



Thinking is difficult, that's why most people judge. Carl Jung, 26 July 1875 – 6 June 1961) Photo by Peter Ealey

The Village eView

July 31, 2014

Colette Hoff, Editor

On-Line News of the Goodenough Community System

- The American Association for the Furtherance of Community
- Convocation: A Church and Ministry
- Mandala Resources, Inc.
- Sahale Learning Center

August 3, Gathering on Mercer Island
 August 10 to 16, Human Relations Laboratory
 August 23, XV Cancerversary, Mercer Island
 August 29-September 1, Labor Day weekend at Sahale
 September 12 to 14, Couples Weekend, Sahale

Inner Work

John L. Hoff

Inner work, as we are using it here, refers to **intentionally working with one's self in moving toward self-development.** This term could very well be the oldest description of a process for understanding our self and our motivations. Carl Jung popularized the term **inner work** in the mid-twentieth century. Also, a man named Assiglioli developed a process called Psychosynthesis that was another system for doing inner work. Also, I think Augustine encouraged inner work and that the authors of the biblical psalms suggested inner work by finding metaphors from the external world that bring insight to our inner world—for instance, "The Lord is my Shepherd even when I walk through the valley of the shadow of death." I believe there is a sense in which human beings become human by doing inner work and becoming aware of their emotions, noticing the impact of their thoughts on their bodies, etc.

We are focused on inner work because as a community we are sponsoring our 45th annual Human Relations Laboratory. We create this event for others as well as for ourselves and remind everyone of our commitment to human development. Physical health and psychological development are the individual's responsibility. While our development remains an individual responsibility, it is a society of family and friends that give us the motivation to stay with the process. Socially we recognize that not much positively happens unless our friendships, families and communities expect us to become more mature and responsible as we grow older.

HRL 2014 is shaping up to be an exciting experience as a week-long learning laboratory that cleverly guides individuals to utilize their relationships in order to improve themselves. Each of the days of the week will help us move through a process of opening our hearts, joining others, asking for help, and

being empowered to the change that needs to happen. Also each of the days helps us to deal with the resistance inside of us that emerges as a defense against change. Couples, families, work groups and communities can utilize this laboratory to move their group along. If you find yourself concerned about a relationship you are in, consider joining us for a transforming adventure accompanied by others taking a different version of the same trip.



We are scattering some sayings by Carl Jung and others around this eView in order to remind you of the many facets of self-development and the essential spiritual nature of most inner work. I look for us to have an exciting time in helping each other to learn and grow. By the way, if all of this talk about inner work seems overly serious—we have a good time doing this work. For instance, if you have an instrument, bring it with you to join others in creating music and dance for the week-- inspiration, meditation, and recreation.

You can prepare for this Lab with the following exercise:

1. On a single page, write out the story of your life: Brief and simple.
2. Next, list the crises in your life and what you learned from each of them.
3. Identify what is happening in your life now:
 - (a) What is the purpose of this developmental phase in your life?
 - (b) What are you learning from your experiences now?
 - (c) Is there any way in which you are “stuck” and not seeing the progress you would like?
 - (d) What should this human relations laboratory do for you and your development?
4. Be prepared to use this preparatory work in HRL 2014. There will be a time, early in the event, to share it with others. Come prepared.

Assume that this will take courage for you to claim a focus for your learning and to work proactively with your resistance (we all resist, you know). The variety of relationships that are present in a lab function as mirrors for looking at how you act and the consequences of your actions. Then, you can improve yourself and your relationships.

[Elizabeth Jarrett-Jefferson is the HRL2014 Registrar.](#)

What you resist, persists.

– **Carl Jung**

Jung's Inner Work: Getting in Touch with Ourselves

By Dr. George Simon, PhD | 19 February 2014

From dream interpretation to active imagination, the inner work of Jungian psychology can help tap into the world of the unconscious.

Statistics show that we spend almost a third of our lives asleep. But what of our “waking” hours? Some would argue that even when we’re not sleeping, we operate through so much of the day on virtual “autopilot” that we’re not really all that aware. We’re conscious, to be sure. Just how conscious are we? We might be aware of our environment — at least aware enough to respond to others, take action in the face of danger, and engage with our surroundings. But how aware are we of our “inner environment” — that vast universe of feelings, urges, inclinations, yearnings, and needs that generally lies below the surface of normal consciousness?

For years, analytically-oriented psychologists and other therapists have sought to help folks become better connected with the world of the unconscious. Devotees of Jungian psychology call the systematic effort to access this virtually unlimited but generally untapped resource as “inner work.” Inner work is often carried out through the interpretation of dreams and a variety of other spiritually-oriented exercises. It’s through this inner work that we can get in deeper touch with our single greatest asset: ourselves.

Carl Jung believed that our dreams have a unique ability to inform us about hidden aspects of ourselves and acquaint us with our full nature. He went a step further than his mentor Sigmund Freud in his speculations about the roles various symbols in our dreams play. Both Freud and Jung viewed these symbols as the “language” our dreams use to connect us to those parts of ourselves we have either grown to ignore or for some reason have cast out of our conscious awareness through repression. Jung believed the characters, objects, and circumstances in our dreams provide us more than mere clues to our individual unconscious thoughts and yearnings. He viewed these things as the symbolic representation of the deeper realities inherent in all the various manifestations of creation. The symbols in our dreams therefore have the power to connect us not only to aspects of ourselves of which we’re generally unaware, but also to the even more vast or “collective” unconscious shared by all living entities.

To fully understand the meaning of various symbols and, consequently, the deeper meaning of our dreams, most of us need a disciplined regimen of reflection and introspection. It is within such a discipline that the real art of dream interpretation lies. Through the regular practice of various exercises that have proven their value over time, we can get in touch with ourselves at a level we might never have imagined possible.



Most folks well-versed in the art of inner work find it essential to keep a dream journal and to have the journal readily available to them, and not just at bedside. You don’t want to forget potentially important details of a dream, and keeping the journal handy will allow you to capture as much of the content of your dreams as you can and as soon as possible. While you want to get most of your journal entries made soon after you wake and your dreams are still fresh in memory, you might also find

yourself remembering certain key things and having certain insights throughout the day, so having your journal with you and at the ready will allow you to add these things for later reflection. It's a good idea to take special care to journal the parts of your dreams that stood out to you in some way, and to reflect a bit on the various "associations" you have with those key symbols. It's also helpful to record the dominant feelings, emotions, and overall mood you remember were associated with the various characters and events in your dreams. While there's no single "correct" way to journal, many find it helpful to leave some spaces between the thoughts and reflections being recorded so that insights that come with subsequent reflection can be easily inserted. Once you get into the practice, it's easy to see why a dream and reflection journal is such an indispensable tool in one's inner work.

*Your visions will become clear only when you can look into
your own heart. Who looks outside, dreams; who looks
inside, awakes. – Carl Jung*

*At present our attention is engrossed in the outside world.
We are in love with the world
and spend hours and hours thinking about it.
We have simply to invert our attention
and see the light of God.
Like a lotus flower with its head above the muddy pool,
we should live in the world and yet be out of it.
Wisdom lies in leaving desires
and making the search within.
This is the digest of spirituality.
Love is the keynote in our quest.
God is within everybody.
He is the controlling Power keeping each of us in the body.
When we see the same Light in everyone,
when we see that God resides in every heart,
then our angle of vision will change.
We will have kind thoughts for all creatures.
We will have respect, compassion and love for all.
There is no place without God.
The entire creation is his manifestation.
But you can see this only
when your attention is withdrawn from outside.*

*~Saint Kirpal Singh Ji Maharaj,
(1894-1974, President of the World Fellowship of Religions,
Teacher of Science of Spirituality)*

Rudolf Steiner's exercises for human development

From Wikipedia, the free encyclopedia

Rudolf Steiner developed exercises aimed at cultivating new cognitive faculties he believed would be appropriate to contemporary individual and cultural development. According to Steiner's view of history, in earlier periods people were capable of direct spiritual perceptions, or clairvoyance, but not yet of rational thought; more recently, rationality has been developed at the cost of spiritual perception, leading to the alienation characteristic of modernity. Steiner proposed that humanity now has the task of synthesizing the rational and contemplative/spiritual components of cognition, whereby spiritual perception would be awakened through intensifying thinking.^[1]

A central principle of Steiner's proposed path to spiritual development is that self-development - inner transformation - is a necessary part of the spiritual path: "for every step in spiritual perception, three steps are to be taken in moral development." According to the spiritual philosophy Steiner founded, anthroposophy, moral development:^{[2][3][4]}

- Reveals the extent to which a person has achieved control over his or her inner life;
- Ensures that he or she lives in harmony with the surrounding natural and social world;
- Correlates with his or her progress in spiritual development, the fruits of which are given in spiritual perception; and
- Guarantees the capacity to distinguish between true perceptions and illusions, or to distinguish in any perception between the influence of subjective elements and objective realities.

The emphasis on goal is both right and it is wrong. The goal is important. The inner work – the transformation of beliefs, thoughts, and habits that stand in the way of achieving your goal – creates the possibility and opportunity for you to move to levels you haven't been before. Often, it's the inner work that makes achieving your goal possible.

The emphasis on goal is both right and it is wrong. The goal is important. The inner work – the transformation of beliefs, thoughts, and habits that stand in the way of achieving your goal – creates the possibility and opportunity for you to move to levels you haven't been before. Often, it's the inner work that makes achieving your goal possible.

Qatana Smania

To attain inner peace you must actually give your life, not just your possessions.

When you at last give your life – bringing into alignment your beliefs and the way you live then, and only then, can you begin to find inner peace.

~ Peace Pilgrim

VeryBestQuotes.com
Photo : Soikha



“When you work in the inner mind, you invoke and receive the help of the impersonal, unlimited resources of the universe.”

– Roger McDonald –

Motivational Quotes About.com

We can be mindful of the dharma as we go about our lives. Then we notice our imperfections, but rather than becoming frustrated by our inability to rid ourselves of these shortcomings, we notice that our interdependence with all life also brings us kindness and joy, unconditionally.

*~Rev. Patricia Kanaya Usuki
(Canadian Buddhist Teacher)*

Long Dance at Sahale

Colette Hoff

*This fire is the fire of love and forgiveness
This fire is the fire of kindness and gratitude
Burning away everything that stands in the way of love
This fire brings purification
This fire is healing the nations
This fire, this fire of love.*



This chant permeated the fire circle in Central Park and reverberated throughout the trees during a very long night with drums and rattles keeping the beat. Sahale is blessed that this amazing spirited event takes place in our home. Tod, I wish you could have seen your yurt used due to rain as the place for a maiden ceremony. (Thank You). With touches of beauty and creativity all around the property, the women very much value all the preparation prior to the event. Also the men of the Sahale EcoVillage who had to leave for various places were most appreciated. Thank you to all in the Goodenough Community on behalf of the 64 women who attended the event.

We cannot change anything unless we accept it. – Carl Jung

Community Watchcare:

Cancerversary Fifteen, August 23!

From Hollis Ryan

I am so happy to forward to you Sam's (Staatz) "save the date" invitation (**August 23**) to **Cancerversary XV**. Yes, that is Cancerversary Fifteen!

When I look back 15 years to the summer of 1999, so many memories and so many feelings wash over me. Chief among them is deep gratitude for our good fortune. After all, Sam's prognosis was grim. At Cancerversary I, we were not expecting to be able to celebrate Cancerversary II.

I am grateful, too, for the many new friendships formed because of Sam's cancer. We joined the University of Washington Medical Center's Brain Tumor Support Group, and entered an entirely new set of relationships. Sadly, some of those friendships have ended with the passing of our friends, and I pause to remember them and to send warm thoughts to their families. And quite a number of these friendships have survived and endured for many years, and I celebrate them!

Many, many good things have grown from what at first seemed like a horrible experience with no possible good outcome. We have, as I say, new friends. I have found a satisfying career based on my experience as Sam's caregiver. Each of us has experienced personal growth and deepening. Our own relationships within our extended family have been renewed and refreshed and strengthened. The list goes on.

And so, as Cancerversary XV approaches, I feel reflective. And ... I feel like celebrating! I hope that you will join the festivities. Even if you cannot join us in person, I hope that from a distance you will celebrate with us. It is indeed a joyous and grand occasion.

With love, Hollis

And a message from Sam:

My brain tumor turns 15. I need all the wiggly bits on both hands and one foot to count that high, so that's worth a party. And not just any old party. Cancerversary XV. That's what. What's that mean, you ask? Well, for now all you need do is mark **Saturday, August 23** on your calendar. And plan to be here on that day. Stay tuned; more details will follow on a more appropriate date.

Sam Staatz

P.O. Box 28670

Seattle, WA 98118-8670

staatzs@comcast.net h (206) 568-8678 –c (206) 550-5932

Nobody, as long as he moves among the chaotic currents of life, is without trouble.

– Carl Jung

The deAnguera Blog: Olympics Trip with Paul and Pat



What can one say about a trip like this? Well I took over 199 pictures and chose these three. They seemed to stand out the most to me.

On the left my brother Paul is sitting on a vast tree stump the dried up lakebed of Aldwell Lake. This was the first of two dams removed from the Elwha River to restore its original flow and the salmon run on it. Salmon are now starting to come up the river. Lake Aldwell was named after the enterprising engineer who built the first

dam in 1914. We had a lot of fun and challenges hiking around the lakebed. There were many stumps, some very large.

On the right is a picture of the coast around Lake Ozette. Strangely there were very few waves and it was calm around a point. No big breakers like Long Beach or Westport. Why? Beats me. It could have something to do with wind direction. Perhaps the sea stacks had something to do with it. There may have been some offshore reef where the waves broke.

Inland we saw lots of tall ancient forests in Olympic National Park as well as two empty homesteads. The cabins had been thoughtfully maintained by the park rangers. They were located in grassy clearings. In fact the only time I ever saw any grass or weeds was in the clearings. The two homestead cabins had originally belonged to Michael and Hume who earned their living by hunting cougars as well as leading backpackers in the woods.

Backwoods driving? How about the bumpy potholed road leading up the Striped Peak on the Strait of Juan de Fuca? Tom James being a jeep guy would have loved this road though I don't recommend driving it in a Toyota Corolla. I think the poor car got a few bumps falling into monster potholes. We did get a great view of Vancouver Island but that was all.

We stayed at Watkins' Rest which was 12 miles outside of Port Angeles. A very nice 3 bedroom home complete with movies and a barbecue. It sure was great to come back to this nice place after a hard day hiking and driving around the Olympic Peninsula.

One night we watched one of the movies from the owners' movie collection. It was "The Help" a film about black maids and their working conditions in Mississippi during the early Sixties. I think the film had quite an impact on all of us.

We discovered at a Ranger Station that the Olympic Peninsula has species found nowhere else. This because it's relative isolation allowed it to develop a unique ecosystem. On the coast we heard strange bird cries. This was a very educational trip for me.

The Pacific Plate endlessly grinds down underneath the North American Plate. Basalt lava from ancient seamounts gets scraped off along with sedimentary rock from the ocean floor. All this accumulating debris is what created the Olympic Peninsula. It reminded me of the mile long lump of basalt that had been rammed into the Oregon Coast, Yaquina Head. It was so strange to see this huge lump of ancient lava just sitting there.

Basalt is very dense, resisting the wearing down that would consume other sedimentary rocks.



We even saw some industrial grunge on our trip such as these cabooses that were once a restaurant but are now...abandoned!

To find out what is truly individual in ourselves, profound reflection is needed; and suddenly we realize how uncommonly difficult the discovery of individuality is.

– Carl Jung

Welcome!

Congratulations to Britt LiaBratten Urquiza and her husband Miguel on the birth of their son, Nicholas Sol Urquiza, on July 28, 2014.



Until you make the unconscious conscious, it will direct your life and you will call it fate.

– Carl Jung

Could Your Relationship Use a Tune-Up?

Announcing a Workshop for Couples, September 12 to 14, 2014

John and Colette Hoff

There have been several studies of relationship that were done in the last 10 years and they draw a similar conclusion:

- Long-lived relationships value most the friendship that has grown.
- Friendship is defined partly by the ease with which partners live with each other, and partly by the thoughtfulness with which partners tend to each other's needs.



We are developing a weekend for couples with help from the Perlors and some other couples that will be attending. We have decided to encourage couples **to focus on strengthening their friendship and learning how to work together as partners who bring important but different gifts to the relationship.**

In our 34 years of marriage we have also worked together coaching people to be friends and married people to be more effective partners. The couples who have been rearing children tell us they receive

complements from their children on the way they work well with each other. These children parents acknowledge they are learning how to be friends with each other. So we are focusing on the specific intentions and the practical agreements that make marriage and family and friendships work.

There is always a lot of value in practicing together and noticing how the same skills are practiced by different personalities and in a variety of situations. We are convinced that trying harder doesn't help as much as consciously developing skills. Could **your** relationship use a tune-up and some support from others?

Preparing for This Workshop

Couples have always indicated to us that they have a certain amount of apprehension in coming to a couples workshop. We suggest that you use this energy wisely preparing together to get some of the work you need to do –**done!** Here are suggestions.

To help this workshop meet your specific needs:

1. **Together**, set aside an hour (not more) to **identify the trouble spots in your relationship**.
2. **Individually**, reflect on what you could **do** to improve your effectiveness and enjoyment your relationship. That is, **state your intentions to individually improve your relationship**.
3. Individually, write a brief note to each other that **promises to do your part** to make this relationship workshop effective for you both.
4. Discuss **together** some of the **songs that you have been mutually enjoyed** and be prepared to share them.

What You Can Expect at This Workshop

This workshop will be held at Sahale Learning Center, a beautiful setting at the tip of the Kitsap peninsula on the Tahuya River about a mile from Hood Canal. You will be able to hike and get some exercise. You will also be paired with another couple or two where you can practice and be observed and receive feedback. You will also have several **sessions together as a couple** when you practice skills and explore ideas alone and together. We will be sharing bountiful meals and will have opportunities to socialize as a group.

Cost: The cost of the weekend is \$350 per couple which includes room and board as well as learning materials.

Where wisdom reigns, there is no conflict between thinking and feeling.

– Carl Jung

EVENTS OF INTEREST



Take a simple survey and help with an Oxford University study! A research project from masters student, Sarah Boone

Please spread the invitation to anyone you can...Sarah is trying to get over 200 responses to the survey in the next month.

Dear Community Member,

For those of you who may not know me, my name is Sarah Boone and I am an alumna from the University of Washington and a current graduate student at the University of Oxford. (I am also Bruce and Irene Perler's daughter.) I am writing now because I am conducting some exciting new research on water conservation in your area, and would like to invite residents in your neighborhood to participate. This research involves a short online survey (less than 10 min!) that looks at how a number of different factors influence our use and conservation of water. Research like this is important as it gives academics and policy-makers insight into how to manage our resources more sustainably and how to improve services in your community. This study meets the highest standards of ethics for participatory research as set by the University of Oxford. Also, all answers to the survey questions are completely anonymous. I have attached more information about myself and the study to this email if you would like to know more.

***To participate in this study, you and your friends/neighbors can simply follow this public link:
<https://research.socialsci.com/s/seattlewaterconservation>***

(Note: If you are like me and never click on links in emails, then just type this URL into your browser.)

After participating in this study would you be willing to forward this email to people in your community? Thank you very much for supporting this important work! As a fellow Seattleite, I hope that through this research we can help improve decision-making about water and our stewardship of this precious resource.

Please feel free to email me with any questions or comments!

Kind regards,

Sarah Boone

MSc Student in Water Science, Policy and Management
School of Geography and the Environment
University of Oxford, United Kingdom

[view email in browser](#)



The NW Permaculture Convergence Board is happy to announce a new partnership (umbrellad-er-ship) for the 2014 season. We encourage all our members to attend the [Whatcom Skillshare Faire](#) happening August 23-24 outside of Bellingham. We will have a 'Permaculture' area of the fair and on Sunday morning will hold our annual meeting there.

The Skillshare is a project of Transition Whatcom, and the worldwide Transition movement began with a Permaculture course!

[Registration happens through the Faire](#) and we are able to offer a discounted meal plan for members ([see below](#)).

Or, if you're a woman, see you at the [West Coast Women's Permaculture Gathering](#) happening **September 18 to 21** in Washington.

Camp Hamilton is located near Monroe, Washington and provides groups the perfect opportunity to retreat into the woods. Camp Hamilton's natural beauty contains 570 acres of forest, 80 acre Lake Hannon and trails throughout the extensive property. Bunk/dormitory style facilities are heated and have restrooms and showers nearby. They serve home cooked, family-style meals in a cozy dining hall.

Or, if you'd like to converge with the whole western hemisphere, see you at the [North American Convergence](#) ([link](#))



Harmony Park is a beautiful 40-acre outdoor events venue and budding permaculture demonstration site with a gorgeous lake.

This is a historic event you won't want to miss! The NAPC includes workshops for all levels and ages, open panels, as well as super-fun, hands-on activities and a design implementation that will leave the site better than when we arrived

(sometimes you just need to put your hands in soil). And there's more! Before and after the NAPC, there will be urban and rural site tours plus multiple-day workshop intensives led by some of North America's most respected permaculturists like Toby Hemenway, Jude Hobbs and Mark Shepard. Practitioners and designers from rich, diverse backgrounds—urban and rural, young and old, men and women—will impart their wisdom and expertise. There's so much to learn and share! **The North American Permaculture Convergence will help to connect and advance North American networks of permaculture practitioners. The NAPC will also create opportunities for in-person and virtual connections, sharing resources and defining the structure, function and organization of our collective groups moving forward.**

This very first North American Permaculture Convergence offers a special opportunity to meet up to 1,000 permaculture movers and shakers from across North America to share our successes and strategize how to create a permaculture future. Permaculture pioneers, authors, teachers, organizers, consultants, visionaries and farmers getting together to talk story and build symbiotic relationships.

EVERY PERMACULTURIST IN NORTH AMERICA IS INVITED! Old and young, Experienced and novice. The NAPC is a historic moment. It marks the cusp of a new era, the turning of the wheel, the passing of the guard. Be a part of this historic event.

This is a meeting of the minds. This is a gathering of the experts.

(Remember Sahale hosted the first NW Permaculture convergence, Editor)

We are very pleased to announce

The Inland Northwest Permaculture Guild's 2014 Convergence:

"Back to the Roots"

at the beautiful Heartsong Retreat Center

7034 Hwy 291, Tumtum, WA

(between mile markers 24 and 25)

Four days! Thursday through Sunday, Sept. 11, 12, 13, and 14.

Contact us: zone1@inlandnorthwestpermaculture.com

509-725-0712

Why are we doing this? For *fun*; for the *value* of coming together as a group; to *deepen* our understanding of permaculture principals and practice; to facilitate a *sacred* honoring of the land and it's marvelous multiple inhabitants with its glorious varied species; to maintain and reinforce our regional *interconnectedness*; to develop a *core* of individuals that the community can depend on as the necessity of implementing permaculture *solutions* becomes more dire; to *nurture* a lasting relationship with the Heartsong Center as an on-going venue for permaculture-related activities; so that we can express our *love for Earth* and the global picture by accomplishing as much as possible in our short time together and laying the groundwork for productive work *for many years to come*.

[>>> Register Now! <<<](#)

(Please pre-register as we need to know the number of people attending)

[>>> Apply as a Presenter and/or Trading Circle Booth <<<](#)

This year, we are trying a more "Do-It-Yourself" approach to organizing our annual gathering. The richness of our collective experience will be enhanced by the active participation of attendees who share their talents and gifts with the group.

[>>> Become a Convergence Sponsor <<<](#)

The Heartsong Center is in a beautiful setting just 20 miles northwest of Spokane. Heartsong abuts a large, wooded park with nature trails and a lake. The center itself has ample meadows for car camping and RVs, wooded hideaways and grassy grottoes for tent camping, space for a Daily Trade Circle (which will be something along the lines of a barter fair/farmers' market/trade show), outdoor demonstration areas, some indoor lodging options, a sauna, showers and ample parking. [Have a look at pictures of Heartsong.](#)



There is a large main building that houses a good sized, commercial-style kitchen, a large upstairs meeting room (can seat 60 people and shared floor space for sleeping-- bedding and personal belongings put away or set aside during the day), a downstairs meeting space that can be used as a breakout area or small workshop space, a large, shaded outdoor porch useful as a meeting/workshop space and a shower (there's another shower available in an outbuilding).

There will be a large, "big top" tent we'll use for multiple purposes. There is a house on the property that is known as the Women's Lodge that can house 8 to 11 women. There is a yurt available for lodging. It is a shared floor space indoor sleeping area. There is a small cabin that can house up to six in a shared sleeping space that is reserved for seniors or special needs attendees.

There is a small, wood-fired sauna with a pond adjacent to it that is available for use. All attendees are encouraged to bring firewood for a community fire circle as well as for the sauna.



A short walk up the driveway takes you to a scenic lake called Red Lake that has good swimming or canoeing/kayaking (bring your own boat). Children must be closely supervised and must wear life-vest when in a boat.

Admission will be by donation with a suggested donation of \$40 (except for work traders). No one will be turned away for lack of funds. Everyone will be expected to sign up for a minimum of one hour of volunteer work during the event.

Pre-registration is strongly encouraged! [Register now!](#)

If you would like to sign up for work trade, please sign up [HERE](#). Please sign up by Aug. 20.

We invite you to [share what you know](#) at the Convergence, whether as a workshop presenter, hands-on project coordinator/teacher, demonstration presenter, artist and/or a

trader/artist/artisan/producer/grower/tables at the Daily Trading Circle. Please describe what you would like to offer on our website before August 31 so that we can review your presenter applications and add you to the Convergence schedule. All presenters are encouraged to bring their own canopies. Apply to present [HERE](#). Apply for a booth in the Trading Circle [HERE](#).



Bit O'Summer

Elizabeth Jarrett-Jefferson

Birthdays and Anniversaries

- **Happy birthday #25, Gabe Harshman – August 2.**
- **Happy birthday, Marta McDermott – August 6.**

On Thankfulness

*From the book **Thank you – In Appreciation of You and All That You Do***

Some people just have a way of giving us a much-needed lift. They make our lives brighter or our hearts lighter – but we don't always get the chance to tell them how we feel. No matter where you are or what you do, someone helps you get there. Somewhere along the line are people who step up to the plate for you, or believe in your dream, or dig down deep into their pockets, or come up with a bright idea. Someone shows up when the chips are down, or sticks around when everyone else has gone home, or meets an impossible deadline, or gives you a pat on the back when you deserve it, or a gentle nudge when you don't. Someone keeps the lamp of friendship lit, or the home fires burning, or lends you an ear, or writes the eulogy, or brings the casserole, or makes you laugh until your sides ache, or tells you they care and mean it. Sometimes the words fail us and we're not quite sure what to say, but here's a start. From the heart – Thank you!

The Goodenough Community:

Cultural Programs & Events in 2014

For the Goodenough Community, cultural life is an arena for creative expression.

All programs and events are open to the public. We welcome your interest and participation.

Over thousands of years human communities have organized not only their work life but also their relational and cultural life. The Goodenough Community organizes its cultural life around encouraging human development—through our programs for men, women, committed couples, families and around age groupings. Cultural programs usually encourage maturity, responsibility, and the development of valued relationships. Some of our programs bring everyone together with a seasonal emphasis. Following, are program offerings for the next period on our calendar.

Third Age Gatherings

Joan Valles

"Old age is ready to undertake tasks that youth shirked because they would take too long." *W. Somerset Maugham*



The Third Age group is for older adults, approximately age 60 and up, who are interested in exploring the issues of living well while aging, and supporting each other in this "third stage" of life. Call Joan Valles for more information at 206 763 2258, or email me at joanvalles70@yahoo.com

"The value of old age depends upon the person who reaches it. To some men of early performance it is useless. To others, who are late to develop, it just enables them to finish the job."
--Thomas Hardy

Women's Culture



Hollis Guill Ryan

In September we began a new year in the women's culture, a year of exploring our journeys as women along "the road less traveled."

As is our custom when we gather as women, we will take time for inward reflection, we will share stories, we will give nurture and receive comfort. We will sing and stretch and share lunch. Our gatherings are informal and welcoming. Over the programmatic year, each gathering builds on the preceding ones yet each is discrete. We encourage you to attend as many as you can, but it is not necessary to attend them all. We invite all women who enjoy the company of women to join us as we learn, practice, and grow in our journey.

Human Relations Laboratory

August 10 to 16, 2014

The best event to experience the Goodenough Community!



Seven Fun-filled Days of Social Creativity & Experiential Learning about Friendship and Effective Relationship

Sahale Learning Center

A 68-acre retreat on Kitsap Peninsula

Family Enrichment Network Parent Group

If you are interested in developing a supportive parent circle for study and conversation about family life, to begin this fall, please contact **Irene Perler at 206-419-3477 or email irene_perler@hotmail.com**. Topics could include: simplifying and organizing life, creating a family culture, development stages and sibling dynamics, understanding roles within the family.

A Fall Harvest Weekend – November 7, 8, 9



Join the men and women of the Goodenough Community for a weekend in processing apples at Sahale. We'll make cider and applesauce and all participants will come away with some products! **November 7, 8, 9, 2014**, at Sahale Learning Center. A donation for food will be appreciated.

True Holidays Celebration - Saturday, December 6



Our annual celebration will be held on Saturday, **December 6, 2014**. This event has more than 25 years of history and is set early in the holiday season in order to deepen and enrich the winter holidays for people of all faith traditions.

This interfaith celebration will again be at the **Mercer Island Congregational Church** and commences at 7:00pm

Winter Solstice Bus Trip – Saturday, December 20

Old fashioned fun for all ages! With your friends and family, enjoy this day-long journey that embraces the longest night of the year.

We will board a chartered bus and travel over Snoqualmie and Blewett Passes to the beautiful Bavarian Christmas village of Leavenworth. Then we'll head to Eagle Creek Ranch, just outside of Leavenworth, where a horse-drawn sleigh ride awaits us, followed by a buffet dinner.



???

New Year's Eve Weekend at Sahale!



This year New Year's Eve is on **Wednesday** night. You are invited to come to Sahale for the weekend to join in saying goodbye to 2014 and hello to 2015. You are welcome to come as early as Friday. We plan to have our usual times in good conversation, winter walks, hot tubbing, making meals together and celebrating the change of year. **Dinner will be served at 7:30pm** on New Year's Eve. Of course, we

will have our **6th annual** Train Dominoes Tournament. Time will also be given for serious reflection and joyful celebration.

Email Kirsten, Bruce or Elizabeth: krohde14@outlook.com, bruce_perler@hotmail.com,
elizabeth.ann.jarrett@gmail.com

Quest: A Counseling and Healing Center

Our belief is that mental and emotional health are prerequisites for spiritual well-being, collaboration, and the expression of compassion. **Quest's** counseling and education programs, open to all interested individuals, focus on empowering individuals, couples, and family groups to be happier and more effective. Call John (206 963-4738), Colette (206 -755 8404). We're continuing to use the office at 2007 33rd So in Seattle.