



# The Village eView

October 25, 2016

Colette Hoff, Editor

## Legacy: Traditions 29<sup>th</sup> True Holidays Celebration

### Coming Up:

Third Age – Friday November 11

Pathwork – Sunday, November 13

Council – Monday, November 14

Men's Weekend – November 18-20

Women's Culture – Saturday, Nov 19

From the editor (Colette):

*While December 25 is a ways away, it is not too soon to put some thought into what you want the holidays to be for you and your family this year. The True Holidays Celebration on **December 3**, now in its 29<sup>th</sup> year, is a wonderful event to prepare for the weeks to come. As a community, we value sharing experiences and the **Solstice Bus Trip on December 17** provides something for everyone.*

Following the story of the True Holiday Celebration, included in this issue are The Top 5 Timeless Tips for Finding Inner Peace and Joy during the Holidays. I think these ideas work anytime.

### **A True Holidays Story**

A dozen friends gathered in mid-October 29 years ago to discuss how they might make their approaching Winter Holiday season more to their liking. They represented a variety of faiths, situations, and attitudes. Among them they knew that from Thanksgiving through Hanukah, solstice, Christmas, New Year's and Epiphany was a stressful and costly period in

### ***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**

**The EcoVillage at Sahale**

the calendar. They also had memories of better celebrations in years gone by. They had already researched the seasonal difficulties and could document that to improve the season was a worthy goal.

They learned that materialism and consumerism was destroying the season for many folks who felt they had to keep up with the wealthy Jones family. They discovered that prices were often raised at this time of year that many businesses count on making 50-80 percent of their annual sales in November and December. The pressure to buy and to consume was at its peak. They knew that overspending for Christmas created after effects of broken budgets and discouraged households.

They'd done enough reading to know that stresses of the season made some people physically ill and others mentally so. They knew there was a dramatic increase in drinking, acting-out, domestic disputes, driving accidents, suicide and depression. In short, their research documented what they knew from their own experience – that this is a festival of light with a very dark side.

And so...this group of friends began “the true holidays campaign.” Their first week was to improve their own holidays that year. They did so by slowing down the pace of life, focusing on relationships and valuing occasions where they could talk more, listen to each other’s hearts, and share stories, music and enlivening activities. They gave gifts they made, and gifts that kept giving all year, such as theatre tickets, promises of trips, visits, and companionship. Afterwards, they agreed that they had indeed deepened the peace of joy of the season and lessened the stress and financial drain.

The next year they put together a booklet to help other people apply their own proven process as a method for improving any holidays. Other friends were so appreciative, they asked for more of those “holiday booklet” to give to family and friends. So the next year they looked around for funding for their True Holidays Campaign booklet. Fortunately, Puget Power liked their idea and printed 5,000 copies.



For several years now, these booklets have done their work in many, many lives, some ending up across the country. There are a multitude of touching stories of how individuals, with help from family members and friends, have improved the season and restored the traditions that bring relaxation and peace, conversation and joy back into relationships. Here’s a prayer that comes to you: “Forgive us our Christmases, as we forgive those who Christmas against us. And help us do better this year. Amen.”



*Save these Dates !*

## *Joining Together for Peace*

### *True Holidays - Dec 3:*

**W**e invite you to The Goodenough Community's **True Holidays celebration** this year on **Saturday, December 3**, from 6 to 11 PM, at the Mercer Island Congregational Church. Please save the date – and watch the *eView* and your email for more information to come.



The True Holidays party is a fun and family-friendly community event that has become an annual tradition for many, including those beyond the Goodenough Community.

During the evening, we will have the chance to reflect on the kind of holiday season we'd like to have as well as being able to spend time with friends, co-workers, and families (all in one place!) There are planned activities for children, plus food, libations, and a fun silent auction.

**This year again we are happy to be led in contra dancing  
by Sherri Nevins and her musician friends!**

### *Can you hear sleigh bells?*

***Winter Solstice Bus Trip - Saturday, Dec 17:*** 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. [Please register with Elizabeth now at http://www.goodenough.org/solstice.htm](http://www.goodenough.org/solstice.htm)



*This is my wish for you: peace of mind, prosperity through the year, happiness that multiplies, health for you and yours, fun around every corner, energy to chase your dreams, joy to fill your holidays! -- D.M. Dellinger*

# The Top 5 Timeless Tips for Finding Inner Peace and Joy During the Holidays

by Henrik Edberg

*“May you have warmth in your igloo, oil in your lamp, and peace in your heart!”*

## **Eskimo proverb**

The holidays are upon us.

A time of needed relaxation and more time with the people closest to us.

A time of stress and worries. A time of not all the joy you may have hoped for or been promised by upbeat advertising and movies.

It can be a time of mixed feelings.

So today I would like to share 5 powerful and timeless tips that can help you to make these holidays a more joyful and peaceful time.

### **1. Slow down.**

*“For fast-acting relief, try slowing down.”*

#### **Lily Tomlin**

First, slow down. Even if it may feel silly and if you have to force it a bit. Slow down your body, move and walk slowly.

Breathe slower and more deeply with your belly (and focus on doing just that for two minutes and see what happens).

Slow down your eating (this will not only help you to relax, it will also help you to not eat too much during the holidays since it takes about 20 minutes for your brain to register that you are full.)

Slow it all down and pay attention to what you are doing. Be here now and focus on doing just one thing at a time. By slowing down, by being here now, by not having your focus split between many things you – your body and your mind – start to relax.

### **2. Appreciate the little things instead of focusing on perfection.**

*“Nobody can be uncheered with a balloon.”*

#### **Winnie the Pooh**

Daily happiness is to a large part about appreciating the small things. If you just allow yourself to be happy when accomplishing a big goal or when everything lines up just perfectly then you are making life harder than it needs to be.

Instead, focus on appreciating things that you may take for granted.

Take two minutes and find things in your life you can appreciate now. If you want a handful of suggestions, here are a few of the things that I like to appreciate around the holidays:

- All the tasty food.



- My health.
- My family and friends.
- That I have a roof and a warm home as the snow is falling and the cold winds are blowing.
- The beautiful wintery landscapes.

### **3. Give a bit of joy to someone else.**

*“Since you get more joy out of giving joy to others, you should put a good deal of thought into the happiness that you are able to give.”*

**Eleanor Roosevelt**

This may sound like an empty cliché but it surely works. One of the best ways to become happier is simply to make others happier.

When you make someone else happy you can sense, see, feel and hear it. And that happy feeling flows back to you.

And since the Law of Reciprocity is strong there is another upside. People will feel like giving back to you. Or like paying it forward to someone else.

And so the two (or more) of you keep building an upward spiral of for example positivity, of helping out, of cheering up and of lending a listening ear and support.

### **4. Focus on what is most valuable.**

*“You can never get enough of what you don’t need to make you happy.”*

**Eric Hoffer**

*“Joy is not in things; it is in us.”*

**Benjamin Franklin**

Instead of focusing on a lot of things focus on what is most important and valuable to you.

If you still have Christmas gifts to buy then instead of giving away a lot of expensive stuff it may be better to give one thing that the person you are giving it to will truly appreciate.

Or maybe you could skip giving a physical thing altogether. And instead give away an experience that will become a special day and cherished memory for him or her or for the two of you.

However you choose to go about things over the holidays make it YOUR choices as best you can and not a bunch of shoulds that mostly make you feel deflated.

### **5. Just accept how you feel right now.**

*“We cannot change anything until we accept it. Condemnation does not liberate, it oppresses.”*

**Carl Jung**

Maybe you try some of the tips above. And they still cannot help you to shake that negativity, worries or stress you are carrying around. I would then suggest that you just accept that the feeling is there.

Tell yourself: This is how I feel right now and I accept it.

This might sound counter-intuitive and like you are giving up. However, by accepting how you feel instead of resisting it you reduce the emotional energy that you are feeding into this conflict or problem.

And it then tends to lose speed like a car that runs out of fuel. Sometimes the problem or conflict will then become so weak that it just moves out of your mind.

By accepting what is you have now freed up energy and your attention so your mind can become more level-headed, open and constructive once again. And you can see more clearly and [take focused action towards a solution](#)



**Announcing . . .**

**Save the date**

**A Weekend for Men and Women . . .**

**February 24 to 26, 2017**

**Men and Women Together: A New  
Relationship**

**Join the Conversation!**

### **Third Age Third Age: A context for exploring legacy**

Joan Valles

Our next Third Age gathering is **Friday, November 11** (and yes, we will celebrate Jim Tocher's birthday). Third Age gives us an opportunity to update each other on our lives and have a good conversation on topics related to aging. Third Age is for people about 60 and older and newcomers are always welcome.

Our gathering will start about **6 p.m.** at the Community Center in West Seattle (3610 SW Barton St.) with a potluck meal. Please bring a side dish or dessert and beverages to share; a

main dish will be provided. An RSVP to Joan ([joanvalles70@yahoo.com](mailto:joanvalles70@yahoo.com)) or phone at 206 819 1089 would be helpful. (And if you forget, we'll be glad to see you anyway.) Looking forward to seeing you and will be sending a reminder closer to the date.

### **Pathwork, Sunday, November 13, 27, December 11 and 18.**

On Sunday evenings for many years, John and Colette Hoff have invited individuals interested in personal growth and sharing their spiritual journeys to join in a process of "Pathwork." These evenings provide good opportunities for individual exploration in relationship to others. It is a process in which we coach and share insights with each other. This fall our focus will be on what is happening in our lives in relation to the themes of sanity, maturity, proactivity and creativity. **All are welcome** even if you are just a little curious.

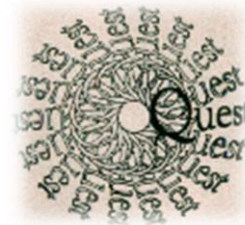
Pathwork is sponsored by Convocation: A Church and Ministry, which promotes an interfaith exploration of the journey of life. Individuals share practices that have worked for them and we often spend some time in meditation together.

**Colette Hoff** provides guiding leadership to the evenings and is joined by John in helping each person deepen their understandings. Email Colette at [hoff@goodenough.org](mailto:hoff@goodenough.org) if you're coming. Pathwork meets at **7:00 p.m.** at the Community Center at 3610 SW Barton Street, typically every other Sunday evening.

### **Quest: A Counseling and Healing Center**

Our belief is that mental and emotional health is a prerequisite 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 be more effective in relationships.

**Call John or Colette (206-755 8404) or Colette and John at Sahale – 360 275-3957. In Seattle,** John and Colette meet with clients at the community center, 3610 SW Barton Street, Seattle 98106, as well as at Sahale.



#### **Men's Weekend**

I'm looking forward to a **fall men's gathering on the weekend of November 18 to 20.** We'll be having a mix experiences together including; hang out time, conversation about our real lives, some outdoor work and free time to enjoy Sahale's fall gifts.

There will be a hot meal to welcome you on Friday evening, followed by a time together to catch up and re-connect. We'll enjoy Saturday and Sunday in a mix of experiences and will close our weekend on Sunday afternoon by 3 PM.

**RSVP** Please let me know if you are able to attend for our meal and space planning by **November 1<sup>st</sup>**.

Warmly,

Bruce Perler [bruce\\_perler@hotmail.com](mailto:bruce_perler@hotmail.com) 206-419-8361



## Post Cards from our Traveling Friends

### Messages from Barbara's Trip in Europe

*(In the planning stage for a number of years, Barbara Brucker and her friend Sharon Russell are traveling to Italy and then Amsterdam. These are edited notes from her messages to me sent by a limited cell phone, Jim Tocher)*

Got to Naples uneventfully (by way of Reykjavik and Amsterdam). Long trip. We had a nice day mostly wandering around on a walking tour via Rick Steves. City is incredibly crowded. Naples is the 3rd largest city in Italy, but the most densely populated.



We found our group and got to Sorrento just fine. Went to a marvelous little concert last night that our leader told us about Hi to Joan. . Rain this morning but looks like it will clear. Off to breakfast now.

\*\*\*\*\*

Went to Pompeii yesterday. Much more there than I imagined. Very interesting. Reminded me of Quebec. Lucked out with weather. It poured while we were at lunch after our 4 hours in Pompeii. Today is sunny. Getting a mix of weather but it's quite mild and comfortable. Interesting people in the group. I met a couple who have a winter cabin 5 miles from Sugar Bowl (Lake Tahoe area)! That's it for now. Too hard to tell more stories using this little (cell phone) thing.

\*\*\*\*\*

Hadn't had gelato since Tues and it was mediocre. Had some today that was stellar. Supposedly one of the two best in Sorrento (there are many). The place had around 50 flavors. They make their own. Much to do to get a meaningful sample. Going to Herculaneum tomorrow. Just got back from a musical production that some of us went to tonight since we had free time.



\*\*\*\*\*

Just got back from Capri. Beautiful sunny day. Don't know how to describe the ambiance. Views are fabulous, gardens lush and semi tropical, classic houses climbing the hills above the cliffs.

Yesterday went to Herculaneum. Very different from Pompeii. The part they can excavate is more intact because of the way it was destroyed. We lucked out with the weather just like with Pompeii. It didn't start raining until we were leaving.

The tour has been organized well. When we're going to crowded places we get there when they open so we avoid the worst crowds.

Tomorrow we have free time until 4. We're going to hike up to a monastery, weather permitting. Until today the weather has been off and on a lot. It's been mild but most days have had some rain. That's it for now. Greetings to all



### **News from Hollis and Hal's Magnificent Road Adventure**

Editor(Joan Valles): Our dear Hollis and Hal launched their two-month "Magnificent Road Adventure," on Thursday, Oct. 18, from their home on Mercer Island and headed to the Tri-Cities. There was no room at the inn there so they headed to Walla Walla to see Whitman where Hollis was a student some 50 years ago. Even though it was "Balloon Stampede" weekend they were able to find a motel room but next day, after driving round and round Walla Walla, looking for Balloons, learned they'd been grounded by high winds. They were finding out that the weekend of Oct. 19 was the time of many local autumn events. From Walla Walla they headed to Pullman where Hal went to high school and Hollis and Sam once lived. The roads were jammed with traffic. Hal wanted some Cougar Gold (cheese) and after a long wait in line, they got some at Ferdinand Creamery. They made it to Lewiston, Idaho, where they took the first motel room available and, in Hollis's words: "realized why traffic was so heavy and rooms were scarce, even as far away as Lewiston, when a bus arrived and discharged a load of folks dressed in crimson and gray. The effects of WSU Homecoming were felt many miles away from Pullman!

We pick up their adventure there:

“We have decided to stay longer in southern Idaho and explore more deeply the areas where Hal spent his youth, and we will not go to Yellowstone and points east. That is just as well, we learned yesterday, as we drove through the Sawtooth Mountains and encountered snow, a month earlier than usual. We hear now that Yellowstone already has snow. Today we revisited Craters of the Moon, and I am so glad we did. It is an astonishing landscape. Tonight we are in Pocatello, and we like the hotel room so well (it’s large!!) that we have decided to stay here two nights and use it as a base. Tomorrow we’re going to visit a friend of Hal’s (he had a crush on her in high school), and poke around American Falls. Yesterday we visited Cathedral Pines, the campground where the Smiths spent their summers. I also want to explore Pocatello a little. My father’s first command was named for Pocatello, and he was her first commander, as well. Every year, the remnants of the crew (not of that original crew, of course, which was in 1944) have a reunion here, and I wonder if there is a plaque somewhere commemorating the ship.”



We continue Hollis’s words from email of Oct. 24:

“ ... Yesterday we had a priceless moment that I just have to take a minute and tell you about. We had been in Jackson, Wyoming, and decided to go through Yellowstone to get to Cody, Wyoming. We had earlier decided not to “do” Yellowstone but to go from Idaho to Utah, instead. But, this trip being what it is (flexible!), we changed our minds yet again and went back to Pocatello, then up to Soda Springs, Idaho, and from there to Jackson. We learned that the roads through Yellowstone were clear, so decided to go that way to Cody, which was our (my) chosen destination. Knowing that we could not find lodging in the park, we were just driving through, in order to get out well before dark.

We stopped at Old Faithful to see if we could get a bite to eat, with no intention of waiting around for the geyser to spout. We were strolling toward the Visitors Center when, whoosh!, the geyser erupted. We both agree that we would not have hung out waiting for it, but to have it just spontaneously spout as we passed was spectacular and awe-ful.

From there we set out again on the loop road that would take us to the East Entrance and Wyoming. Fancy our surprise when, a few hours later, we read the sign, “Welcome to Montana”! We pulled off the road, and laughed our fool heads off. How did that happen, we wonder. Never mind. Montana is interesting, and we’ll see a bit of it before we get to Cody. Since we are here in Livingston, we’ll go to the headwaters of the Missouri stopping in Bozeman, which Hal remembers as a pretty little town. Then we’ll find a good route for doubling back and attempting to find Cody again.”

Report dated Oct. 25:

“By the way, we did make it to Cody yesterday, after visiting the headwaters of the Missouri. The Missouri is formed by 3 rivers coming together, so it is unlike the mighty Mississippi, which starts identifiably coming from a lake in Minnesota and which is so small

at its source that I walked across it on a few stepping stones. In Cody, we're spending 2 nights, and today we walked the main street, enjoying all the western gear that is on display and often on sale, since October is off-season.

We're appreciating our choice to travel off-season because there are few other tourists, so all the innkeepers and shopkeepers want to talk with us – I think they're lonely! So far, the weather has been good, once we got past the influence of the typhoon-that-never-was, which followed us all the way into southern Idaho. The downside of the off season is, of course, that many places are closed. Here in Cody, even motels are closed for the winter. On the other hand, some motels have winter rates, which makes the trip more affordable. And we've been booking motel rooms a day in advance (once we decide where we want to spend the night) by using AARP points, which usually knocks off about \$20. Not every town has a motel that is part of the AARP plan, but so far our lodging is more affordable than we had budgeted for. And that's good!

I am glad we returned to Wyoming. When I drove through this state 25 or 30 years ago (on my way to one of Sam's graduations), I vowed I would return. I've heard people say it is barren and boring, but to my eyes the land is a continuous spectacle. Today we drove along the canyon formed by the Shoshone River, past the Buffalo Bill Dam, and the scenery was wondrous.

Tonight, Hal & I are unfolding the maps again to choose our next route. With consultation from the kindly folks at the local Information Center, we have chosen a route into Utah, but first we are going to detour to see Hell's Half Acre. I have been there twice, and am glad to be going back."

To be continued ...



### **Katie and Kirsten's postcard from Maine**

This has been a wonderful trip, so good to spend time with Katie. We traveled to our home town, Marblehead Massachusetts, then to Katie and Billy's new home in Freeport, Maine



and up to Montreal to see my nephew John. Katie says: such a variety of experiences from ocean side sketching and photography, to revisiting family memorabilia from the 1940's. (and eating lobster)

We were impressed by our mother's correspondence. In the 1940's people wrote letters to stay connected and our mother stayed connected with people from all over, friends, musicians, music students and people from France and other countries. Some of the letters referred to the wartime years in

France. Many more boxes to go but it's a start – there are about 25 boxes in the garage next to the house. The weather has been sunny and warm, very, very rainy for a couple days, we saw snow and beautiful foliage in Vermont and New Hampshire, and now it's in the 40's in Freeport but still nice enough for a walk in the woods on a sunny morning. It was fun to see John who escorted us around Montreal, found parking places for our car, and excellent restaurants for dinner. All in all a nice chance to spend time together.



### **The deAnguera Blog: The Legacy of Accumulation**



Two action shots inside the Log Building! We are moving all kinds of stuff around under the direction of Josh DeMers. Our Work Aways Adam, Haily, Chris, and Lucy participated along with Evelyn and Colette. Lift and carry. Again and again. We were a well-organized and determined team. That's how things get done.

Many of us are accumulators including me. It is easy just to let stuff accumulate in all corners of a home. Even a garage can fill up with stuff. What to do?

I have memories of just needing a futon on the floor of my room in a communal apartment in Guam. Now I have a full sized bed in my 210 square foot room and lots of books. Do I really need all this stuff?

As a community we have appreciated the dry space the Log Building offered for storage. So we filled it up. People donated all sorts of appliances and sinks to us. They went into the Log Building.

Last week we became determined that we were going to clear out the space once and for all. You should see the inside of the Log Building now. So much open space! You can now see the original fireplace that was buried in all of our things. There was enough space for us to process hops inside away from the rain.

We fantasized about holding a dance party here someday. I thought that was a terrific idea remembering the Halloween parties Karl Meyer, a community member held in his shop. The Log Building certainly has the right amount of industrial grunge atmosphere.

I also helped my brother Paul and his friend Dave move furniture from the basement of Paul and Pat's home upstairs. Some items such as the two reclining chairs were heavy and awkward to move. They had to be carefully rotated to get through doors.

We threw the mattresses and box springs out into the back yard. Paul was going to rent a truck to take them to the transfer station. He fantasized jumping up and down on them. New ones would be picked up by Wednesday.

It was nice to see the new wooden veneer flooring in place of the old carpeting. A distinct improvement.

After we were all done Paul and Pat treated Dave and me to a tasty Chinese lunch at Lee's Chinese restaurant at the West Seattle Junction.

Would I have had the same desire to renew all my floors if I were Paul? Probably not unless my wife forced me. That floor renewal was quite a job. There is still a lot more work to do before they can move back into their bedrooms again.



Jes and Haley are very happy waiting beside our neat stack of appliances.



### **Thinking of Our Legacy**

Kirsten Rohde

We hope that these last few issues of the eView focusing on legacy might inspire you to think about your personal legacy as well as the legacy of our community. This might be a good time to reflect on whether you would like to remember the Goodenough Community by making a gift through your will or a revocable living trust. This is one way that some of us are ensuring that the community continues its work long after we're gone. If you are considering naming the community in your estate plans or if you have already done so, please let us know of your plans so we can say thank you!



Both Convocation: A Church and Ministry and the American Association for the Furtherance of Community can be named in your will as a beneficiary. Please contact Kirsten Rohde, [krohde14@outlook.com](mailto:krohde14@outlook.com) or 206-719-5364 for more information.



## Community News By Elizabeth Jarrett-Jefferson

---

□ **Happy birthday - Max Fain - October 30**



## With Sympathy

We are so sad to hear of the passing of **Jack George, Tuesday October 18**. Jack was the former husband of Judy Worden, who passed away during the Human Relations Laboratory in August. Our thoughts are with the Buchmeier and George family as they grieve the loss of both parents.



**Judith Ann "Judy" Worden** (*Judy was a participant in the Human Relations Laboratory in 1999 with 3 of her children and three grandchildren!*)

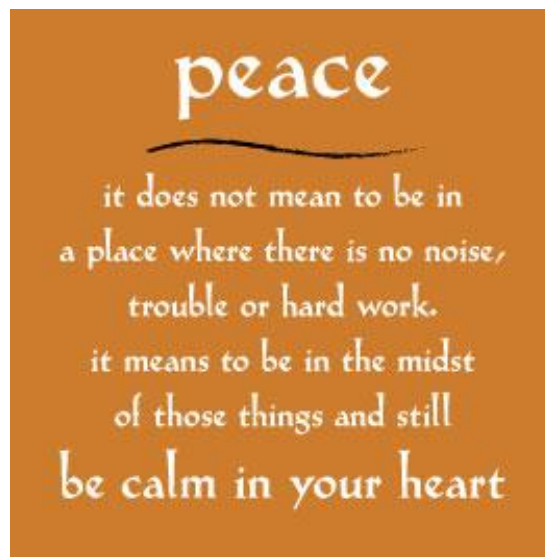
**Obituary** Judith (Judy) Ann Worden, age 82, died on **August 7th, 2016** at her home in Juneau, Alaska. Judy was born in Lewistown, Montana to Jean D. and Dr. Donald K. Worden. Judy was preceded in death by her mother, father, and siblings Donald K. Worden, Jr., Adam (John) D. Worden, and her granddaughter Nicole D. Johnson. Judy is survived by her sister Dorothy Marsh, her children Jennifer Henderson (Theo), Rosemary Buchmeier (Phil), Kathleen Rado, Jeffrey George, and Thomas George, grandchildren Joseph and Kathleen Buchmeier, Jake, Justin, and Jaxen Lawrence, Jensen George, and Tara Greenwood. Judy's life-long effort to help others began during WWII when her 5th grade class cut squares for quilts to be sent to refugees. Judy composed a war song to help sell war bonds. As an early patriot and feminist Judy supported the rights movements and attended many protests.

Judy later became a nurse and worked at: Saint Anne's, Bartlett Rehab Clinic, Pioneer Home in Juneau, as well as nursing jobs in Seattle and Yakima. Judy believed in and upheld the nurses' Nightingale Pledge. Judy's daughters, Jennifer and Rosemary followed their mother's footsteps by becoming nurses. Judy loved her home in Juneau and created her own comforting oasis. Judy loved horses, animals, and birds of all kinds. Her enjoyment of flowers and gardening began when she was raising her children, growing her own food, and continued through her life. Judy expressed her art through beading, knitting, jewelry, and sewing. Her beaded purse won a prize at the Haines fair. A musician, as a young adult, Judy played in bands and taught the guitar.

Judy hoped that others will honor her legacy by helping children, the abused, the elderly, jobless, and homeless. Judy left with a parting quote from Anthony Storr, from Solitude: A Return to the Self, "...[Avoidance] behavior is a response designed to protect the infant from behavioral disorganization. If we transfer this concept to adult life, we can see that an avoidant infant might very well develop into a person whose principal need was to find some kind of meaning and order in life which was not entirely, or even chiefly, dependent upon interpersonal relationships," as she embodied these words until her passing.

No services will be held at Judy's request. In lieu of flowers, Judy requested donations made to your choice of these local organizations: Planned Parenthood, Gastineau Humane Society, Hospice and Home Care, Southeast Alaska Independent Living (SAIL), Aiding Women in Abuse & Rape Emergencies (AWARE).

Published in The Juneau Empire from Aug. 24 to Sept. 23, 2016



**Cultural Programs in the Goodenough Community are created for visitors and they are developed as opportunities for our members and friends to practice our lifeways and apply them to contemporary issues and problems in our lives.** For instance, the men's program must be an expression of the best wisdom men have gathered from their life together—about what is a good man and how he could best express that in his own life. Similarly, women must return to the essentials of being a good woman in this day and age.

## Calendar of Programs and Events, 2016-2017

What makes community meaningful and fun?

The richness of life in community comes in many ways – getting together informally over a meal ... celebrating a significant birthday with long-time and newfound friends ... working together in a creative endeavor ... collaborating in a work party ... thinking deeply with others about what it means to be fully alive and connected with ourselves, each other, and Spirit ...

In the Goodenough Community, we recognize such ways to connect as expressions of **community culture**. Throughout the year, we offer **cultural programs** so that you can engage with the community, participate in your own development, and have a good time. We **welcome your interest** and your participation, and hope that you will join us at any – or many! – of this year's events.

### Human Relations Laboratory, August 6 to 12, 2017

This intense and joyous week-long event is a communal experience of personal growth, and has been presented annually for more than 40 years.



Focal Person: Colette Hoff, [hoff@goodenough.org](mailto:hoff@goodenough.org)

### Men's Culture



Men's Weekend, **November 18 to 20**

Focal Person: Bruce Perler, [bruce\\_perler@hotmail.com](mailto:bruce_perler@hotmail.com)



### Women's Culture

**Concert, Friday October 14; Saturday November 19**

**Mark your calendar: Women's Weekend, May 5-7, 2017**

Women of the Goodenough Community have been gathering intentionally and regularly since 1983 to discover in themselves and each other the essence of womanhood at any age and the presence of the Divine Feminine.

Focal Person: Hollis Guill Ryan, [hollisr@comcast.net](mailto:hollisr@comcast.net)



### Third-Age Gatherings

**Next gathering will be in November 11. Joan will pass on the date to all.**

Focal Person: Kirsten Rohde, [krohde14@outlook.com](mailto:krohde14@outlook.com)

### True Holidays Celebration, Saturday, December 3



Be part of this fun-filled family-oriented evening, and prepare yourself for a holiday season (whatever faith tradition you follow) that fills your heart.

Focal Person: Kirsten Rohde, [krohde14@outlook.com](mailto:krohde14@outlook.com)

### Winter Solstice Bus Trip, Saturday December 17, 2016

Board a bus, play in the snow, shop in Leavenworth, have a horse-drawn sleigh ride and enjoy an abundant dinner

Focal Person: Colette Hoff

### *New Year's Eve Weekend at Sahale*

#### **New Year's Eve at Sahale!**

This year New Year's Eve is on Saturday night. We plan to continue our tradition of good conversation, winter walks, hot tubbing, making meals together, and celebrating the change of year. Dinner will be served at 7:30 p.m. on New Year's Eve. Time will also be given for some personal and shared reflection and for joyful celebration.



### **Work Parties throughout the Year**

Traditionally, the Goodenough Community sponsors work parties over Memorial Day weekend (**May 26 to 29, 2017**), as well as other times throughout the year, to express gratitude for the presence of our beloved retreat center, Sahale, and to experience the satisfaction of playing and working together.

Focal Person: Colette Hoff, [hoff@goodenough.org](mailto:hoff@goodenough.org)

## Summer Camp for Youth, June 25 to July 1

A wonderful opportunity for children 9 to 12 to have a full camp experience in a beautiful setting with loving leadership.  
Focal Person: Irene Perler, Irene\_Perler@hotmail.com



Watch this page – or visit our website at [goodenough.org](http://goodenough.org) – for information about these and other events and programs. Some are in town at our Community Center in West Seattle, and others are held at Sahale, our rural retreat center near Belfair, Washington.

