



Village eView

March 13, 2019

Colette Hoff, Editor

COMING UP

Annual Goodenough Community Meeting,

March 15 to 17

Pathwork, March 24

General Circle, March 25

Heaven

Colette Hoff

In February, as the group gathered to explore a theme for the 2019 Human Relations Laboratory, "Heaven on Earth" is being considered. This issue of the eView is intended to further our exploration. Lab has been described as spacious, where anything can happen. Radical openness in a safe context and connecting deeply with others who are also growing themselves enable Lab to feel like Heaven. Add living in the natural world for seven days, explorations into freedom, being in the present, creative expression of all kinds and we have the potential of living in a heaven we create together. In this heaven, energy would flow, individual life force raised, barriers to love would be lifted, relationships revitalized.

As a child I had a very different notion of heaven, one that was way outside and required almost perfection to attain it at the time of death. Now I believe that we can create heaven on the inside through spiritual development and between and among individuals through relationships, collaborative circles, and the culture we create around our lives.

Four people spoke to me and one gave me a copy of the following Buddhist teaching about heaven and hell, titled Gate of Paradise.

A soldier comes to visit a famous wiseman. And the soldier asks, "Is there really a heaven and a hell?" The Zen master replies, "Who are you?" The soldier says, "I am a samurai." "You? A samurai? What kind of lord would have you as his guard? You look like a beggar." The

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The EcoVillage at Sahale

soldier starts to get angry and becomes so enraged that he's about to draw his sword. The Zen master continues and he says, "Oh, so you have a sword. It's probably too dull to even cut my head." At this point, the soldier is just indignant and he brandishes his sword. The Zen master says, "That's hell." And the soldier immediately recognizes the wisdom in those word that he had just created his own hell; he was deep in hell. It was black and hot and filled with hatred, self-protection, anger and resentment, so much that he was going to kill this teacher. Tears filled in his eyes and he starts to cry, and he puts his sword away. The Zen master says, "That's heaven." This teaching came from the book, The Wisdom of No Escape by Pema Chodron.



The following description of heaven within is from the web site of Wayne Dyer:

Heaven is a state of mind, not a location, since Spirit is everywhere and in everything. You can begin making a conscious decision to look for the unfolding of Spirit in everything and everyone that you encounter. I personally do this by making an effort to look upon my world as if I were observing it through lenses... I personally do this by making an effort to look upon my world as if I were observing it through lenses that filter out the form and all of the material aspects of what I'm seeing, and I can only view the spiritual energy that allows what I'm noticing to exist. Try putting on these imaginary magical lenses and see how different everything appears.

I now see spiritual energy in everyone I encounter. When I'm tempted to judge anyone, I remind myself to view them through my special lenses. When I can do so, all negative judgment dissolves. I feel more peaceful knowing that I'm not just this body that I'm destined to discard. I also feel the life-giving Spirit within me on a daily basis, and it's exhilarating!



Being more balanced spiritually and physically gives me the opportunity to be in a continual state of gratitude and awe. I see miracles everywhere. Try changing your view of the world to one of awe and wonder. Rather than looking for miracles, shift to seeing everything as miraculous. By being in a state of awe, you won't be able to mentally experience boredom or disappointment. Try seeing the invisible Divine flowing through and supporting everyone and everything. A rainstorm becomes a miraculous event, the lightning a fascinating display of electrical fireworks, the thunder a booming reminder of the invisible power of nature. Live the mystery by beginning to perceive what average eyes fail to notice.

<https://www.drwaynedyer.com/blog/heaven-within/>





Annual Goodenough Community Meeting March 15 to 17, 2019

Kirsten Rohde

As someone who is more involved in the daily life of our community, it is always rewarding to join with many others to review our community life in many ways. The input from everyone is essential for us to be sure we are on heading in a good direction and carrying out the mission of our community and all its parts. With the introduction of Sociocracy as a new method of governance we are in the midst of accomplishing a key goal: to always have decisions made at the level of the people most concerned and involved. That would be you perhaps!

The Sociocracy workshop was in April last year and shortly after that the then Community Council, now the General Circle, decided to do a trial of sociocracy for 18 months to 2 years and then decide if we want to continue to govern ourselves with the sociocracy model. We look forward to letting you know how it's going.

We will have time to review our last year in the Goodenough Community, Sahale, and Convocation. We will look at our coming year, including the 50th Human Relations Laboratory – wow!

As always, Sahale is a wonderful retreat for everyone, with the beauty of the land, great food, hot tub and friends. I hope you will join us.

Dinner on Friday is at 6:30 and we'll start at 8pm, concluding on Sunday for lunch.

To RSVP: krohde14@outlook.com



Pathwork, March 10

Colette Hoff

Our Pathwork Circle will meet again on **March 10 at 7:00 p.m.** We will be gathering at the home of Barbara, Joan and Jim in Tukwila. The address is 3535 S. 126th St, Tukwila, 98168. Barbara's cell phone is 206 412-9417.



Pathwork is an excellent context for instituting new spiritual practices, support for maintaining current practice and provides many with a feeling connection so necessary for a good life. Currently, we are exploring the God/Goddess in each one of us.

Pathwork will continue to meet Mar 24, April 7, 28, May 19, June 2 and July 14.





*You must give yourself to love if love is what you're after;
Open up your hearts to the tears and laughter,
And give yourself to love, give yourself to love.*

Kate Wolfe

You Are Invited to ...

The Goodenough Community Women's Weekend

Give Yourself to Love!

May 3-5, 2019

Sahale Retreat Center, near Belfair, Washington

In our lives we often feel surrounded by all things opposed to love, yet we yearn to be loved and to be loving. Wise people tell us to open ourselves to love, but how can we do that in "real life"? We are told we are by nature filled with love, yet at times we feel cut off from our own loving energy. With so much opposing our efforts to love and be loved, what's a woman to do?

Please join us for a weekend of womanly companionship as together we search out barriers to loving energy and explore ways to open ourselves to love. You can count on experiencing friendship and laughter, deep silence and introspection, warmth and nurture, all in the natural tranquility of Sahale Retreat Center. Enjoy hearty, healthful, home-cooked meals and rest in comfortable accommodations.

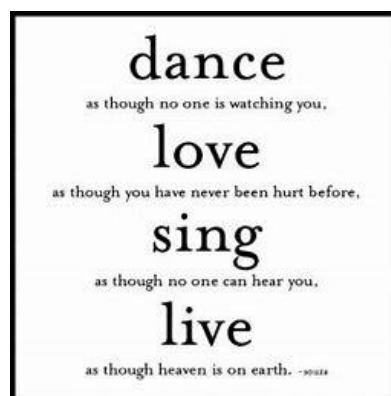
The women's program of the Goodenough Community is a long-established and ever-growing way for women to enjoy each other's company, learn about themselves as women, and even perhaps to experience the Divine Feminine.

More information will be posted on our website, Goodenough.org. You may let us know you plan on attending by sending an email to Elizabeth Jarrett, elizabeth.ann.jarrett@gmail.com

We hope you will be with us May 3 – 5!

The women's leadership team:

Colette Hoff (Key Faculty), Hollis Guill Ryan, Elizabeth Jarrett, Joan Valles, Marjenta Gray, and Rose Buchmeier





The deAnguera Blog: Heaven



Notice Marley, Amanda Lovett, and Avi Caswell are all looking up in the right hand photo. Is that where to look for heaven?

Somehow our culture gives me the impression heaven is up in the sky, out among the stars. Whereas the other place is underfoot in the Earth. But if I were an astronaut, one of the beautiful objects in the sky would be the Earth. The Sun might be below it. Where is up and down?

Christianity gives me the impression heaven is where I go when I die provided of course that I have asked Jesus to forgive me.

What does happen after death? I believe I return back to my Divine state. Of course I never left it. I am playing a character role. When I return to my Divine state what I will experience is perfection. Everybody is perfectly loving all the time. It truly is paradise. No adversity. No sickness and no death.

Is this heaven? No. One more element is needed. Adversity. That's why I am here in this lifetime. Adversity eventually wins out when I die. Letting go is part of the exercise of a mortal lifetime. Guess that can be an experience of heaven as well.

I am here to create a story. For that I need adversity. I need something to contend with like Zac Caswell pruning one of our apple trees in the left hand photo. Pruning a tree on a wobbly ladder is hard work. The younger folks certainly seem to like doing the work.

I am challenged by adversity from the time I am in my mother's womb. Conception to birth is an ordeal for both the mother and baby. When the baby is born the ordeal doesn't end but continues through life until death.

A body can restrict me in so many ways. When I am a baby I am totally helpless. I grow out of it as my body grows older. My body gives me a vehicle to grow and learn with. In my original state there is nothing for me to learn since I am in an all knowing state. That can get boring.

A mortal lifetime should never be seen as a cursed state but rather a blessed state. Likewise this mortal body should be seen as a blessed gift, the perfect vehicle for my story to unfold.

Heaven is my experience when I am close to someone. In fact I could sometimes feel like we were one person. We share our stories so we can connect deeply with each other. Sometimes a person's tales can be painful.

Sahale is Chinook for 'almost heaven.' I can agree with this having lived here for 11 years. The key is the word 'almost.' We have to give of ourselves to make this place truly heaven. Sometimes we can come together after some hard times. Those hard times provide the glue I need to experience heaven.



A happy contented Marley resting on her orchard ladder.



A Moving Experience

Dear Friends,

With a plan set in motion almost three years ago, and in collaboration with our community friends, Pam and I are on schedule to move to Sahale and build a home there. This spring, our plan is to put our Mercer Island home on the market and formally begin our transition.



We are asking for your help to help us get our home ready to sell and our belongings packed.

In collaboration with Colette and the community calendar, we have established work parties from late January through early spring.

We would truly appreciate your help and good will – this has been my home for 45 years, and Pam's for 23. It truly will be a moving experience. Any and all help will be gratefully received. Please let Pam or me know if you can join us (adventuredog@hotmail.com; elizabeth.ann.jarrett@gmail.com).

All Days Are Saturdays, 10am to 2pm, except as noted
Location: 3446 77th Place SE, Mercer Island 98040. Lunch and beverages happily provided.

- March 23
- April 13
- April 27

Warmly,

Pam and Elizabeth Jarrett-Jefferson



Our new Whiz Bang Apple Grinder



This new apple grinder is amazing as Jim demonstrates. Tod came up with the plans many years ago. This fall, after some difficulties with the motor to the existing cider press, we made the decision to go for it. Also, we just happened to have a carpenter/craftsman, named Paul Rave, who together with Tod Ransdell put it all together. Currently, Pedge is protecting the finish.

\$\$This project couldn't come out of the general budget and we were not sure how much it would cost all together even with some things available here. So, while it's not our usual way, we built it and now two people are carrying the \$650 it cost. HMM that doesn't seem right.

While we have a donation for \$200, with \$450 to go any contribution would be wonderful. And another \$25.00 has come in. Will you join?

Please mail donation checks to Box 312, Tahuya, WA OR go on line to the Goodenough Community donation button.





Michael Pilarski of Friends of the Trees Society is launching a Go Fund Me campaign to put on the first-ever Global Earth Repair Conference which will bring 500 people together to envision a thriving planet for our descendants seven generations from now and strategize the many steps it will take to get there. Here is the Go Fund Me link.

<https://www.gofundme.com/global-earth-repair-conference>

More info at <https://www.earthrepair.friendsofhetrees.net>



Spatialist for Hire

Pam Jefferson

Do you need help with organizing a room for more efficient storage and use of the space? Do you need help sorting and organizing your stuff? I can do all of it for you or just give you some ideas for you to work with. My hourly rate is \$25.00. You can reach me at **206 372 9801**.



Programs and Events of the Goodenough Community

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 ... and more.

In the Goodenough Community, we recognize such ways to connect as expressions of living life fully and in communities of all kinds. Throughout the year we offer programs that help you participate in your own development, learn about relating well with others, and discover your potential to have a good time in life and with others.

We welcome your interest and your participation, and hope that you will join us at any – or many! – of this year’s events. More information about programs and upcoming events can be found on our website: www.goodenough.org

The **General Circle** (Community Council in Sociocracy vernacular) meets Mondays at 6:30 for light dinners & business at hand. The next meeting will be January 28 at the home of Tom George (8708 182nd Place SW Edmonds, WA 98026). Future meetings are Feb 11, 25, Mar 11, 25, April 8, 29, May 6, 20, June 3, July 15.



Annual Goodenough Community Meeting March 15 to 17, 2019

This gathering is foundational to all programs and events within the community. We will have time to learn the status of various areas and to share views about our community. Come and be curious! Please contact Kirsten Rohde for more information. krohde14@outlook.com

The Women’s Program is a long-established and ever-growing way for women to enjoy each other’s company, learn about themselves as women, and even perhaps to experience the Divine Feminine. We are announcing the annual women’s weekend, **May 3 to 5** at Sahale Learning Center. Contact Elizabeth for more information.



The Third Age - Those of us age 60 and older have been gathering every other month, Friday evenings in Seattle. Stay tuned for the next meeting. Contact Kirsten Rohde for more information: krohde14@outlook.com

The Men's Program

Our **Men's Circle** is an expression of brotherhood and practice with wisdom, gathered from own lives, other men's work advocates and the founders of this circle. In the fall of 2018, during our annual *event-tent take down project*, we began preparing for a men's *right of passage* experience preceded by a smaller group vision quest. These two events will be scheduled for this spring, the vision quest component centered around a small group backpacking trip into the Olympic National Park.



For more information, contact me: bruce_perler@hotmail.com



Pathwork, a Program of Convocation: A Church and Ministry On alternate Sunday evenings an interfaith circle of practice meets between 7:00 and 9:30 PM under the leadership of Colette Hoff. This is a time to learn together about our personal development, to talk out our chosen practices for the development of a spirit filled life, and to learn the skills of joining with others in service. **Gatherings are in Seattle, Mar 10, 24, April 7, 28, May 19, June 2 and July 14.** Contact Colette Hoff for more information: hoff@goodenough.org

**New dates for Summer Camp 2019:
Wednesday, June 27 to Tuesday July 3, 2019**

Summer Camp for Youth

A wonderful opportunity for children 9 to 12 to have a full camp experience in a beautiful setting with loving leadership.

Contact: Irene Perler, Irene_Perler@hotmail.com



Human Relations Laboratory, August 4 to 10, 2019

This intense and joyous week-long event is a communal experience of personal growth and relational development within a rich culture with art, music dance, song, drama and more. This summer we will celebrate 50 years! Contact: Colette Hoff, hoff@goodenough.org

True Holidays Celebration, Saturday, December 7, 2019

Be part of this fun-filled family-oriented evening and prepare yourself for the winter season (whatever faith tradition you follow) that fills your heart. Contact Elizabeth for more information.



Work and Play Parties throughout the Year

Traditionally, the Goodenough Community sponsors work parties over **Memorial Day weekend (May 24 to 27)** 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. Please email hoff@goodenough.org with information about what may be coming up. It

is a great time to bring friends to share Sahale!



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 more effective in relationships. Call Colette (206-755 8404) to make arrangements.

