



www.bigstock.com · 51195103

Integration

Definition, noun

1. An act or instance of combining into an [integral](#) whole.
6. **Psychology:** the organization of the constituent elements of the personality into a coordinated, harmonious whole.

Jungian Psychology: Personality Integration

Personality integration is embracing the things that are hidden or blocking our growth and turning those weaknesses into strength. Healing ourselves psychologically.

The idea of integrating elements of our [personality](#) or of delving deeply into our subconscious is not new. Freud would have said that it was an exploration of the unconscious mind and that the conscious mind was just the tip of the iceberg. However a colleague of Freud's, Carl Jung was an eminent Swiss [psychologist](#) with his own school of thought on the concept of [healing](#) the whole self through self [examination](#). Carl Jung gives us an idea of his philosophy and [school](#) of thought in psychology when he states:

"Your vision will become clear only when you look into your [heart](#). Who looks outside [dreams](#). Who looks inside awakens." C.G. Jung

The Village eView

May 6, 2015

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
- The EcoVillage at Sahale

Upcoming Events

Relationship Group – Tuesdays – 7:30pm
Celebration of Gratitude, May 17
[Pathwork, May 17](#)
[Third Age –](#)

The exploration of your inner self is a vast **uncharted** territory but one that can ultimately and dramatically change your life. While it is sometimes difficult to analyze the things we hide from ourselves this article will examine how we can bring our hidden shames into the light and how we can turn many of our weaknesses into strengths. The article will examine some basic Jungian concepts in theory and then present practical methods to assist any individual in their own explorations to improve their self concept and develop a more complete, whole self.

Metaphorically Freud explained the conscious and subconscious mind in a sense as different parts of the same ice berg. The tip of the iceberg was the conscious mind, the smallest part that could be seen and understood easily. While the remaining part of the iceberg was submerged underwater where it could not be easily seen. This metaphor nicely matches the concept that many of our issues about sex, and self worth, many of our issues or blocks, remain hidden in the depths of the caverns of our minds. Psychotherapy in many cases can help us talk ourselves into exploring those caverns. Unfortunately the subject matter in question in many cases prevents us from approaching another individual with that sense of trust and willingness to discuss many of these issues.

Classically one must realize that there are issues, or blocks or hidden things in order to bring them into the light and work on them. The first step is admitting you have a problem or issue. Then from that a variety of different methods can be applied to help the person. Taking a look at accepting your weaknesses and working on them, turning them into strengths is a very empowering concept. One that says that we are not mistakes but that we make mistakes. One that removes the stigma of guilt and allows us new strength and vitality in pursuing our own mental health, and positive growth. One that allows the opportunity to expand our horizons. One should choose to explore inner space and grow. **It is only in growth that we do not stagnate.**

Excerpted from <http://www.essortment.com/jungian-psychology-personality-integration-16771.html>



Awakening to Wholeness

Lee Bladon Esoteric Science.org

Awakening to Wholeness describes a two-fold path of awakening that combines psychological and spiritual development. Psychology is concerned with the personal aspects of our being (i.e. body, emotions, mind and ego-self) and spirituality is concerned with the transpersonal aspects of our being (i.e. soul and true-Self):

- Psychological Development means "growing up" psychologically, i.e. freeing ourselves from the childish, defensive, reactive and egotistical programming that keeps us from

living life fully consciously. It involves mastering (not repressing) our minds, hearts and bodies to free ourselves from the fears, inhibitions, conditioned behaviours, reactive emotions, critical judgements and limiting beliefs that prevent us from living happy, peaceful and fulfilling lives. This is achieved by dissolving the "negative" psychological material that keeps us trapped in these old patterns, and by actively expressing positive qualities in our daily lives.

- Spiritual Development means "waking up" spiritually, i.e. raising our level of consciousness (to connect with our true-Self) and widening our breadth of consciousness (to experience life more fully). It is not about transcending the world; it is about bringing higher levels of consciousness down into our being and expressing them in our daily lives. It is about being here as fully as we can and experiencing all of life. There is nothing we can actually "do" to spiritually evolve because it is the result of not doing, undoing or being. Simply "being" is at the core of every authentic spiritual practice, including meditation, mindfulness and prayer.

Awakening to Wholeness clearly and comprehensively describes the dynamics of human consciousness, ego-development, psychological healing, personal development and spiritual growth. It also includes a range of powerful transformational tools, techniques and practices that can help us to:

- Understand why we think and behave the way we do.
- Heal and re-integrate the wounded parts of our psyche.
- Manifest our full potential.
- Let go of the things that are holding us back.
- Lead a happier, richer and more fulfilling life.
- Know and express our true-Self.
- Realise that what we have been searching for has always been here – inside of us.
- Recognise that the opportunity to awaken is always right here and now.



LEADERSHIP FOR COLLECTIVE WISDOM

~by Alan Briskin, co-author *The Power of Collective Wisdom*, Apr 29, 2015

Leadership for Collective Wisdom - A network of people seeking to embody and radiate outward principles of collaboration, nonviolence, and wisdom necessary to address existential issues of life and be equipped with the tools, skills, and practices necessary to respond effectively in the world.

FIVE CONDITIONS FOR THE EMERGENCE OF COLLECTIVE WISDOM

1. Deep Listening

Listening with an intention that the other person feels heard and seen; creating the conditions and presence for the other to more fully come into their own highest being. Listening to what is said and unsaid.

Listening with one's full self, with heart, mind, body, and soul.

2. Suspend Certainty

Capacity to suspend what we think is right, correct, or proper for a period of time, allowing other ways of knowing and other people to contribute to an expanded understanding.

Suspending habits of understanding which are solely rational and logical - allowing novel ways of knowing to be experienced, e.g. from cerebral ways of understanding to emotional and intuitive ways of knowing, from rational logical mind to mythic spiritual mind.

3. See Whole Systems

Seek diverse perspective.

Remain alert to the intrinsic interdependence of one's own group, other groups, larger collectives, and our shared Earth.

Ask essential questions.

Design whole systems to take into account the interdependence of the parts.

Attend to all facets of organizational health – leadership, relationships, teams, individual role performance, organizational purpose, outcomes, and consistent strategy.

Sensemaking - the on-going inquiry into how individuals and groups create coherence.

4. Gather for Group Emergence

Cultivate parallel ways of knowing - intuition, intellect, somatic awareness, respect for ancestral knowledge, regard for nature and physical space.

Be alert to what is emerging in the energetic field of the group - both thoughts and emotions.

Allow disturbances to established ideas or norms to lead to greater discernment and group resiliency.

Create safe spaces for dialogue.

Maintain respect for others, for relationships, for human decency.

Practice restraint in speaking with clear articulation of your own ideas, feelings, and passions.

Attend to the emotions arising within yourself and others.

5. Trust in the Extraordinary

Trust in what can emerge above and beyond your current understanding.

Welcome all that is arising.

Resist being constrained by the limitations of normative values or other's expectations.

Recognize the power of synchronicity and meaningful coincidence to shape choices and inspire awe and action.



Alan Briskin is a leadership and organizational consultant. He is author of *The Stirring of Soul in the Workplace* and co-author of *Daily Miracles*, *Bringing Your Soul to Work*, and *The Power of Collective Wisdom*.



Highlights from our women's weekend

Joan Valles

The first highlight for me: Our weekend opened Friday evening with a gift. Arji Cakouros, guest artist, teacher, and healer primed us for sound sleep and dreaming with healing sound with the result that on Saturday morning, rested and open-hearted from the experience, we had many dreams to share, and Arji selected one for us to work with in some depth. It was a wonderful beginning to a weekend of learning, heartfelt conversation, and intimate sharing. Arji is the mother of Yako, one of the interns at Sahale who is working on a film project about our community. We were blessed that Arji and her partner Laraaji, who offered a concert and workshop for us at the Community Center on Tuesday, stayed in the area long enough for Arji to join us for a time before having to leave for the airport and their next venture.

Highlight: Colette led us in guided meditation and reflection on a woman's developmental tasks using as text "She," a classic by the Jungian analyst Robert Johnson, drawing on the myth of Psyche and Eros. I noticed the metaphors for tasks (such as sorting, strategizing, focusing, loving) cropping up often in the conversations among us. Working this way, for me, goes deeper. I like the creativity of picturing, for example, sorting seeds (discernment, a task of the maiden) or collecting golden fleece (strategizing, a task of the mother).

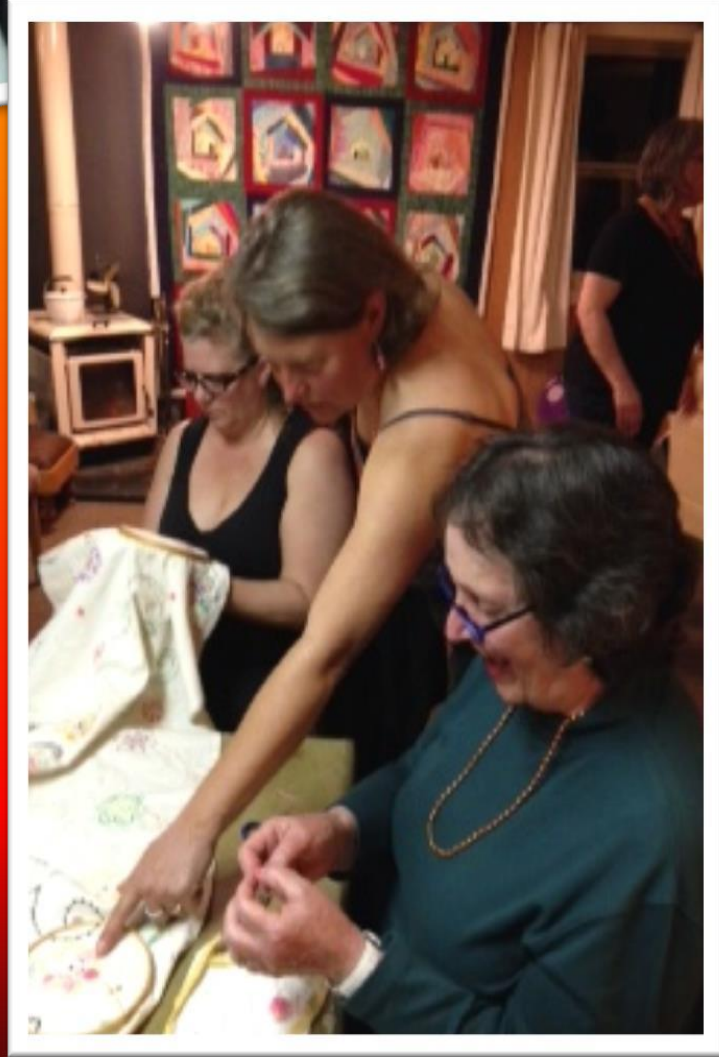
Highlight: Colette and Hollis working together in leadership—a model for us all. And the attentiveness, insight, and interaction of all the women present.

Highlight: Work on the table runner that we started at last year's women's weekend progressed with embroidery that gives it more dimension and beauty. Saturday night the project was moved to the living room of Kloshe, where we had an evening of quiet conversations, massages, music, and relaxing.

Thanks to the goddess for sunny weather, nourishment of body and spirit, and good friends.

And, thanks to Hollis, we have some beautiful pictures:





**Women's Weekend
May 2015**

Announcing

The Thirteenth Annual

Memorial Day Weekend Play/Work Party

Friday, May 22 to Monday, May 25, 2014

Working our land and preparing our buildings and paths . . .

Well-organized work parties will have plenty to do for all abilities and we will seek a balance between work and play. There will be wholesome meals, outdoor play, hot tubing, and relaxation. The only charge will be a donation for food.

Sahale's Gift

*Walk this land and be silent
It will heal you day by day.*

*Be still and listen
To all she has to say.*

*Go slow and gentle
You will know your way.*

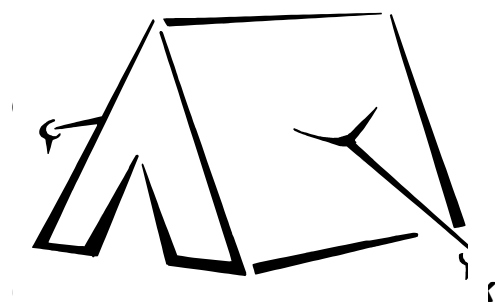
*Walk this land and be silent
And she'll heal us day by day.*

*Composed by Greg Garbarino and the members of the Goodenough Community
at our annual weekend, March, 2002*



A small fairy ring, November 2013

It's that time again!



June 5 to 6, 2015

We will again gather to work together to put up our tent. Please let me know if you can make it.

Summer is coming and that means it is time to raise the big white tent at Sahale. We have chosen to do the job on **Friday June 5th and Saturday June 6th**.

I know that many of you work on Fridays, but we will do what we can with those of us who can be there on Friday. On Saturday we will finish up the job. Usually we can get the roof frame assembled on Friday and also get the three roof sheets up on the frame.

We will start about **10:00 AM on Friday**. On Saturday we will start about the same time.

Please let me know if you can help us out. And let me know when you will be arriving. Thanks a lot. I expect we will have a good time (as always) with this project.

Norm Peck <shkwavrydr@gmail.com>



May 17 Pathwork: A Circle of Trust

Colette Hoff

Our next Pathwork gathering will be Sunday May 17 using the theme of Authenticity.

See eView from April 22, 2015 for readings.

Pathwork is a commitment to encouraging people to their fullest development. This means encouraging:

1. **Maturity** an awareness of one's age and the responsibilities to act accordingly or even a little better, being aware of developmental tasks of all ages and being responsible to them including a conscience on fulfilling one's own intentions.
2. **Sanity** or being proactively responsible for your mental and emotional life. Sanity also has to do with the choice to be in relationship and to care for other people's experiences.

3. **Awakeness** as Self to the energetic quality of life in a body.
4. **Intellectual** preparation or an approach to learning about your own intelligence and how to make the most of your mental capabilities.
5. **Compassion** (learning to feel) and a sense of **service** to others.

The Pathwork Circle meets on Sunday evenings at 7:00 at our new Community Center at 3610 SW Barton St. in West Seattle. You are welcome to join!

Pathwork Schedule for Spring 2015:

No Pathwork May 10 (Men's weekend)

May 17 Pathwork

No Pathwork May 24 (Memorial Day Weekend Work Party)

May 31 Pathwork

.....

Human Relations Laboratory

August 9 to 15, 2015

A Path from Stuckness to Freedom

**Seven rich days of experiential learning and social
creativity within a community environment**

Sahale Learning Center

Kitsap Peninsula

Register soon at www.goodenough.org (Space is limited)

360-275-3957

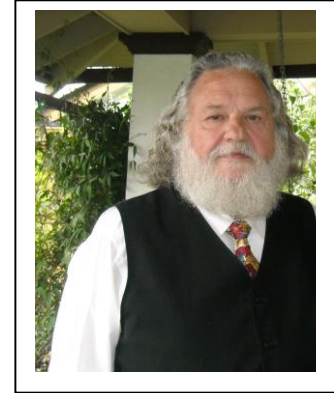


Useful for your marriage, a resource for your family and a kick
in the pants for your personal development.

This Summer's Human Relations Laboratory

John L. Hoff

Our community is preparing for the Human Relations Laboratory which will be held from **August 9 to 15, 2015**. We have been gathering for a human relations laboratory for 46 years. We call it a human relations laboratory because we focus for the week on improving our relationships. However, our primary focus is to encourage the human development of each person. While we are highlighting human development, we utilize our relationships as a way of supporting personal growth as well as calling each of us to our own growth and health. Most people that visit with us decide to come back a for the Lab week and they all seem in agreement that the lab is part of what has made our experiment in community valuable.



By the time the Lab week begins, we will have reviewed the problems that need to be addressed and we will have re-visited the goals and purposes to be a learning community. Our emphasis this summer will be to see ourselves as life-long learners and we are pausing again to reflect on our intentions to develop ourselves. The Lab is a collection of people who are there both to develop ourselves as individuals and to help each other improve our relationships and efforts toward life-long learning.

The title of this Lab is: **The Path from Stuckness to Freedom** in which we are both reviewing the problems we are having in our own personal development **and** we are learning how to help each other be released from what holds us down or keeps us stuck, and the lab program allows us the opportunity to help each other be freer to become unstuck and more committed to developing our personal sense of freedom. If it is true for yourself or someone you know—this lab, HRL 2015--will be an unusual opportunity to talk about what is holding you back and to ask for help in choosing freedom and growth. The people who have become staff for this event are intellectual studying how to emphasize freedom and transcendence while at the same time encouraging each other to do the same. This will be a resource for couples and families and friendships of all kinds. Our on-going conversations indicate that we are motivated to make this a rich celebration of experiential learning.

Dyanne and Chris Harshman will be with us this summer with all their musical talents and accomplishments. They are helping with the design of the Lab, along with son Gabe who is enabling us develop a rich culture of music and dance and full of surprises.





The deAnguera Blog: Integration with Bees



We have reached a milestone here at Sahale. We are keeping a hive of bees. Mark, a carpenter who worked on John and Colette's new apartment has given us our first hive. You can see Bruce and Irene are carefully setting it in place in the garden below Kopet WaWa. The photo on the right shows the bees starting to come out of their box. Irene told me this is when the bees begin to orient themselves to their new location. The older bees are training the new ones how to fly. What did the bees do next? The colony split and a bunch left with a new queen to form another colony. Irene Perler immediately called Mark and he came to assist us. Apparently the parent colony was way too full of bees. The key was finding the new queen and getting her into a box along with some of her worker brood. Some sweet stuff was put into the box to serve as a place to start from. We moved the new colony to a spot near the parent colony.

As you can see I took a couple of photos which I cropped, hoping to focus in and crop a photo of a bee showing the legs, antennae, and other details of bees in action. Unfortunately my camera could not zoom to enough detail. The photos my camera takes are only 4 mega pixels in size. That can capture a lot of detail but not enough to show honey bees in the detail I'd like. Cropping photos was fun because it gave me the chance to see what I could do with the Windows software. Since the bees have their home in the vegetable garden below Kopet WaWa and their Latin name is *Apis Mellifera*, I suggest we call this garden Mellifera's Garden. It sounds like a woman's name and the bees are almost all female. The garden should suggest their presence which we always need to be aware of when we walk there. Mellifera's Garden. Her winged sisters pollinate the flowers of our vegetables and will eventually make honey for us.

The bees make me more mindful about my garden work. Sharing the garden with Mellifera's sisters is a good thing as it helps me integrate more with the Earth as well as folks around me. Producing food with the sisters is a great Earth connection. We produce our food consciously with love. Quite unlike the food factories supplying our supermarkets. When we lose the

connection to the land producing our food, strange things happen. Non food stuff out of a chemist's lab finds its way to our tables.

Commercial honey is often not real honey at all. It can come from China where corn syrup is just dumped into the hives and bees make sweet stuff out of it. Mark told us that we can even tell by the taste which plants were used in making the honey.

Originally there were no honeybees in North America. They were brought by European colonists so all the wild honeybees we see are actually feral bees.

I have never been afraid of bees even though I was stung a couple of times as a youngster. They never bothered me and I love watching them hard at work gathering honey. They will in fact work themselves to death.



Mark is helping Irene put the bees from the new colony in a box. Since these are domesticated bees, I wonder if they would have been able to produce a hive on their own. Irene told me such attempts frequently fail.



And here is more about the bees:

Bees have arrived at Sahale

Irene Perler

This week the Ecovillage at Sahale joined a growing network of beekeepers, when I arranged for getting a hive of honey bees. There are many reasons why I feel having bees at Sahale is important. Of course they will help the fruit trees, the grapes, the berries and other plants at Sahale create even more fruit. They are fascinating to learn about and are a symbol of Community order and commitment to the whole. Each bee is a servant to its colony and dedicated to its queen, but no bee is more significant than another; they each play an essential role. Moreover, I consider what we are doing by keeping bees, as a form of activism and it is dear to my heart to care for the future of all life on the planet.



There is so much I could share about bees and their significance in the whole of our food security system and as a symbol of community herself...but for now I'll tell you a story of how we got our bees this week.

First a little back story...About two years ago, Mark Edell was remodeling an apartment for John and Colette Hoff and he told us about his honey and beekeeping hobby. He gave us some of his wonderful honey and we all enjoyed it very much! It turns out his hobby is quite successful and he is helping restore natural health to his some 60 or more hives in the Westsound region. He brings his hives to a local farm to insure that they have good pollination of their orchards and fields. He is a gentle and motivated beekeeper and he offered to mentor me since I showed interest and a desire to help the bees, which is important work to him. He has been working successfully over several years to selectively breed his bees to have strong natural immune systems that deal better with the many diseases and infestations common to bees these days. He no longer needs to treat for common problems.

Mark encouraged me to do a little reading and get a few supplies and then he said I should just dive in, that it wasn't very hard and that it was very rewarding. He didn't think I'd need much to get started and sent me to the local supplier for some protective gloves and a smoker and a helmet with "veil" or face netting. I got these basic supplies and that was all. Last Friday, he helped me load a hive, weighing about 50 pounds with a full colony of bees, their hive and their "brood" into the back of my Toyota on Friday morning before they were very awake and wanting to go out and forage. Bruce had built a stand to keep the bees off the ground and make it easier to reach the bees during hive inspections. He and I placed the hive on the stand and I removed the screen that was keeping them inside the hive. It was just starting to warm with

the sun on the hive and the humming was present inside. I watched for a little while and came back in about an hour just to check on things. It was evident that bees were coming out and over the next hour it seemed like they were performing the orientation flight patterns that Mark had described to teach themselves about their new location. It all seemed like it was as expected, but within a short time later, maybe an hour or so, there were a lot of bees in the air around the hive and “swarming” in a cloud above the hive and near the pear tree by the hot tub. Before long there were a lot of bees attaching to the pear tree and I called Mark to explain. He said that the box he gave me had so many bees in the colony that it must have “split” and this group of bees were likely following a new queen and looking for a new home while another queen and half the bees still remained in the original hive.

Mark drove over and I watched and assisted as he got the swarm out of the tree and into a smaller holding box, called a nuc. He sent me back to the bee supplier with a list of a few more things to get and I returned. All seemed to settle down and the next morning I checked on the “nuc” and it seemed awfully quiet. I opened it and it was empty...the bees must have gone, either they returned to the old hive or headed out looking for a different home. I was instructed to put on another box on the original hive in order to provide more room for the over-populated and growing colony. It was a sign of a healthy and strong colony. Now my hive had grown in one day!



Later that morning, during the women’s meeting, I was told that it appeared that the bees were swarming again. Sure enough another group of bees were forming a swarm and attaching to a bush nearby settling into the branches and making a heart shaped dense cluster of bees all hanging onto one another. I called Mark and he reminded me of how he had moved the swarm the day before and he encouraged me to do it myself. Well...wow, that was a lot to take on, and yet, I was excited to have this amazing opportunity. I suited up and fortunately, I had bought another hive the day before and I cut the branches of the bush and carried the swarm over the hive and shook them into the new hive. Some of the bees separated from the branch and stayed behind, so I went back for more. This time I got more bees and as I shook them into the box, more of the bees began coming towards the hive and flew into the box. I must have gotten the queen, because then every other bee eventually just flew right into the box.

This was all very exciting and marvelous to experience. I became a beekeeper in 24 hours! Today, I inspected the inside of the new hive and looked for the young queen. I believe I saw her, but there was so much activity going on, as the workers lady bees are making the new hive comb and they want to protect her so they cover her up. The work of building the hive was obvious, so I am assured they are all there, but I will try again to find the queen in a week or so. For now, I will leave them “BEE” and they will build their new home. I have not gotten stung

yet at all...just sayin'. I hope you will ask me about the bees when you visit Sahale and let me help you learn how to be around them. They are very gently and busy...they have a big job and they tend to just move around you if you are in their way. Try not to move too fast around them, speak softly and they will enchant you with their interesting activities. Welcome home, bees!

News from Members and Friends

Dyanne Harshman and Sarugano:

“Our first day in Zimbabwe”! – April 23



More Images from Claudia Fitch in Berlin



Berlin then & now



Charles Bridge Moments





A Celebration of Gratitude

with **Barbara Brucker**, who is grateful...

...just as we are for her!

Sunday, May 17, 2015 - 3:00 PM to 6:30 PM

The Goodenough Community Center, 3610 SW Barton Street, Seattle

Please **RSVP** by emailing Elizabeth Jarrett-Jefferson
Elizabeth.ann.jarrett@gmail.com

The following is from Barbara's CaringBridge web site posting:

Party Coming Up - and some milestones

By [Barbara Brucker](#) — May 6, 2015

Party day is coming soon. Some of you have received an eVite, some I don't have current emails for, so I'm reminding you that you're invited to

A Party: With help from many friends, I am planning a **Celebration of Gratitude Party, May 17 (Sunday)** from 3:00 to 6:30. It will be held at **3610 SW Barton Street, Seattle (West Seattle)**. Mark your calendars and come if you can. I feel very blessed through the events of this past year. So much has gone "my way" and I have had such incredible support from friends, co-workers, medical staff and family that I want to say thank you to all and to celebrate my wellness. Please come if you can. It is helpful if you RSVP to Elizabeth Jarrett-Jefferson at elizabeth.ann.jarrett@gmail.com, and if you find yourself free and haven't done an RSVP, don't stay away.



More milestones: On Wednesday, April 22, I had my port removed. For me it marks the end of an era. No more chemo, don't need the port. Hooray.

Today, May 6, I started back to work. This week last year was the last week that I worked, so it really has been a year. It was the Tuesday after Mother's Day that I learned I had a brain tumor. Between losing the port and going back to work it feels like the beginning of a new era. I'm planning on working two days a week because I enjoy working with patients and I enjoy my co-workers on the rehab team.

Thank you all for your support and prayers over the past year. It means a great deal to me and I know that it has been an important part of my healing.

Love,
Barbara



c

There is still time:

A Time to Gather as Men

(Liberally paraphrased and shamelessly plagiarized from Ecclesiastes 3)

To everything there is a season, and a time to every purpose under the heaven:

A time to be born, and a time to die; a time to plant, and a time to reap;
A time to kill, and a time to heal; a time to break down, and a time to build up;
A time to weep, and a time to laugh; a time to mourn, and a time to dance;
A time to cast away, and a time to gather together; a time to embrace;
A time to get, and a time to lose; a time to keep, and a time to let go;
A time to keep silence, and a time to speak;
A time to love, and a time to hate; a time of war, and a time of peace.

May 8, 9 & 10

Hosted at Sahale Learning Center Sponsored by the Goodenough Community

Contact Bruce Perler bruce_perler@hotmail.com
206.419.8361

Community is an organized social response to authentic human life. Last year a number of men asked to begin gathering again in the context of the Goodenough Community, an intentional learning community. Bruce Perler, Douglas DeMers and Norm Peck have agreed to organize a response to that request, with the help of our consulting elder John Hoff. We are inviting the men who made the request and others we would like to share time with as men, and others who have expressed interest.

For as long as bands, clans, tribes and cultures have been, it's been true that men have gathered together with men, and women with women. In the larger American culture, some traditions such as this have faded or become splintered. We believe there is merit in the perennial wisdom, which encourages us to gather as men, that is worth exploring and enlivening in our modern context.

*Somewhere there must be a **balance that organizes around the goal of men supporting men in becoming the best version of ourselves, facing what our lives present us with, and learning better ways of being while moving through life's circumstances.** That is the kind of men's culture I seek to support in this community.*

~ Norm Peck

This week end gathering is a time to spend talking, catching up with each-other's lives, working together and designing together a Men's Culture we want and need in our lives.

We'll be gathering first on Friday evening around 8:00 PM, and closing our weekend at around 3:00 PM on Sunday.

New to gathering as men? See if it's a fit by talking with Bruce. [206-419-8361](tel:206-419-8361)

Upcoming Events

15th ANNUAL

Fairy & Human Relations Congress

Communication & Co-Creation with Nature Spirits, Devas and the Faery Realms

JUNE 26-28, 2015

Skalitude Retreat, Twisp, WA.

<http://www.fairycongress.com/>

"Greening Our Neighborhoods With Permaculture."

Permaculture Convergence, the weekend of August 28, 29 and 30.

This year's Convergence will be in the River Road Neighborhood, 3 miles northwest of downtown Eugene, Oregon.

→|→|→|→|→|→|→|→|→|

Cultural Programs & Events in 2015

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.

Programs & Events in 2015

Third Age Gatherings

The Conscious Couples Network

Family Enrichment Network

The Men's Culture

Women's Culture

Human Relations laboratory

Sahale Summer Camp

Relational Weekend, page

Third Age Gathering: Next Meeting May 15, 2015

Joan Valles

The Third Age group is for older adults, approximately age 60 and older, who are interested in exploring the issues of living well while aging and supporting each other in this “third stage” of life.



May 15, Sept 18, October 23, and November 20 are the remaining 2015 dates.

Third Agers meet at the home of [Phil, Joan, Barbara, and Jim](#) in West Seattle. Gatherings start at 6 PM with potluck supper. An RSVP is always helpful – either by phoning us at 206-763-2258 or by emailing me at joanvalles70@yahoo.com

Announcing:

Women's Culture, Upcoming Gathering: Saturday, June, 6, 2015

Hollis Ryan



At the end of the women's weekend, a suggestion was made to re-gather and continue some of the work that was begun over the weekend.

So while some friends are putting up a large white tent, the women will be meeting together as well as helping with meals. We will gather beginning at 10:00 Saturday until 5:30 p.m. You are welcome to negotiate for a spot to spend the night.

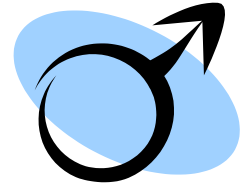
Attendance in the most recent weekend is not required. Come join us!

RSVP Elizabeth Jarrett-Jefferson

Men's Program

Theme: Friendship among Men

The men of the Goodenough Community will be meeting for a weekend this spring, **May 8 to 10, 2015**. Please let [Bruce Perler](#) know of your interest.



Memorial Day Weekend, May 22-25, 2015

at Sahale Learning Center

Join us for a weekend of well-organized work parties balanced with play, wholesome meals, hot tubbing and relaxation. The only charge is a donation for food.

Sahale Summer Camp for 9 to 12 Year Olds

June 22 to 28, 2015

<http://www.goodenough.org/camp.htm>



Sahale Summer Camp is entering its 10th season! We invite youth aged 9 to 12 to join us for 6 nights and 7 days of fun living in nature at Sahale Learning Center.

We enjoy a program rich in experiences just right for this age zone. Youth enjoy traditional camping experiences with our tent village set up around a giant campfire pit for evening programs complete with stories, singing, s'mores and friends under a canopy of stars.

We teach skills of outdoor living and provide experiences which help you get to know yourself and have confidence making friends. We also impart a gentle sense of responsibility for caring for each other and the land. We do this through natural activities of taking care of camp and being part of small clans that spend time together each day getting to know each other and working together.



A training program for 13- to 17-year-olds is also included and is an excellent opportunity for leadership training. For more information, see [The Junior Staff Training Program](#). Please contact Irene Perler for more information - 206.419.3477 or irene_perler@hotmail.com.

Human Relations Laboratory

August 9-15, 2015

A Path from Stuckness to Freedom

Sahale Learning Center

On the Kitsap Peninsula near Belfair

Register soon (Space is limited)

www.goodenough.org (360) 275-3957



Sponsored by

The Goodenough Community –

An event designed to encourage human development

- This event can inspire your own desire to be a better person.
- Whether you are focused on personal mastery or trying to improve your relationships, you will find this learning/training event will facilitate your growth.
- The Lab context provides opportunities to practice interpersonal skills and experience community formation.
- Former attendees have referred to the Lab as transformative and rejuvenating.

We offer the opportunity for social creativity in play, drama, dance, music, song and conversation. Each day will include time to explore the magical land of Sahale.

To register: www.goodenough.org or call (360) 275-3957 to discuss your interest.

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 (206 963-4738), Colette (206-755 8404).

Currently, John and Colette are now visiting with clients at the new community center, 3610 SW Barton Street, Seattle 98106 as well as Sahale.

