



Village eView

August 22, 2018

Colette Hoff, Editor

COMING UP:

PATHWORK EXPLORATION SERIES WITH
TOM GAYLORD & COLETTE HOFF,
BEGINNING AUGUST 26, 7- 9:30

When we smile and welcome the newbie or allow ourselves to be welcomed, we act out of our recognition that belonging is a common human need, one that is not an obstacle to, but in service of, waking up. ~Kate Johnson

This quote came across my inbox from Bill Kohlmeyer. Belonging is a word describing the essence of the Human Relations Laboratory. Regardless of the theme and no matter what happens for each person, belonging as an individual to a larger whole is always a goal of the event. Waking up, discovering and being more of ourselves is a result of belonging which is a choice made on the inside. An article from Psychology Today is included to increase a sense of belonging.

Barbara Brucker has written an article incorporating brain science and the process of change titled, Change Your Story and Change Your Life: Help from Neuroscience. Thank you, Barbara, for this very good article. Katie Sullivan offers some reflections on coming home from Lab. Mike also includes his thoughts about belonging.

Belonging is also a strong feature of intentional community and the Goodenough Community offers opportunities to gather throughout the year. The **Community Council** will resume meeting, **Monday, August 27** and provides a circle of belonging, collaborating on behalf of the whole community. A draft of our fall calendar is in this issue of the eView. The West Coast Communities Conference is an opportunity to experience belonging to a larger community of communities. Consider registering soon. **Tom Gaylord** is providing an opportunity for joining together on Sunday evenings in processes intended to facilitate a variety of kinds of content. **All our welcome to join** this exciting opportunity to use meditation, compassionate listening skills, and work with the body.

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

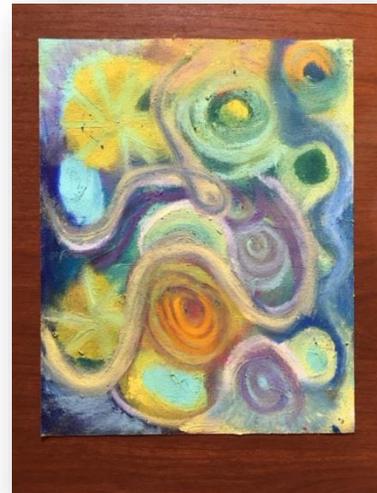
Pathwork Exploration, Open to All

This fall facilitated by Tom Gaylord with Colette Hoff

Tom Gaylord of the Seattle Shambhala Meditation Center has come to us with a proposal related to his own training process and desire to offer service to our community. You may remember Tom and his colleagues were present at Pathwork three times in the winter of this year helping us with death and dying before and after John Hoff's passing. We have accepted his proposal for the fall with gratitude and anticipation.

This coming Fall, Pathwork will explore the deep, long term vision of the Goodenough Community, Pathwork, and the Sahale land. Using methods developed in the Contemplative Psychology program at Naropa University, we will explore our hopes, dreams, and longing for the health and wellbeing of our community. Our first intention is to re-vision our True Holidays Celebration. We also intend to advance our work with the site plan for Sahale.

The practices of Meditation, Compassionate Exchange, and Body Speech and Mind are some of the methods we will use. Pathwork veterans will intuitively know these methods, perhaps with a different name. In all cases, the exploration begins with self, resonates with others, and reveals an unfixed and dynamic tapestry of community interconnectedness. It is said that in this work we become like a tuning fork: by listening to our own senses and feelings, we experience the resonance, the sympathetic vibration of our community and our world. In this way, the wisdom and sanity inherent in all situations is revealed.



Lab Art by Kirsten

Please join us. Pathwork is a program of Convocation: A Church and Ministry, founded by John and Colette Hoff in 1986. Many people have attended Pathwork evenings over many years since its inception in 1984. For this series we encourage all who are interested in the future of the Goodenough Community and Sahale to attend. This is an opportunity to join in a unique blending of spiritual and community contemplation and planning for our future. Attendance at all sessions although encouraged, is not required.

Tom Gaylord is the former Center Director of the Seattle Shambhala Meditation Center and is a student of Contemplative Psychology in the Seattle Karuna Training Program.

This program will meet at the **Shambala Center (3107 E Harrison Street Seattle, WA 98112)** in the Madison Valley area of Seattle. Sunday evenings, 7:00 to 9:30 pm.

Dates include: August 26; September 9 and 23; October 7 and 21; and November 4
November 16 to 18 will be a weekend program at Sahale.

For more information: Colette Hoff at hoff@goodenough.org

activity is. Let go of your judgments. Judgments build walls. Focus on people. At a dinner and annoyed because you don't like the food? The food is not the goal. Connecting with others is far more important than the food or the noise in the restaurant. Gained weight and don't want others to see? Stop isolating until you believe you are worthy. No one is perfect. Others have their struggles with their health too.

Watch your words and your way of thinking. Some words create separateness and others promote togetherness. Other people don't need "fixing." They have strengths and offer their own unique contributions. Think community and acceptance.

If you are emotionally sensitive, remember that in general people suffer the same emotional pain you suffer, just not as intensely (most of the time) or as quickly. Also, there are many other emotionally sensitive people who struggle as you do. Being emotionally sensitive does not mean you don't belong. Work on not blaming yourself or others.

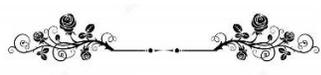
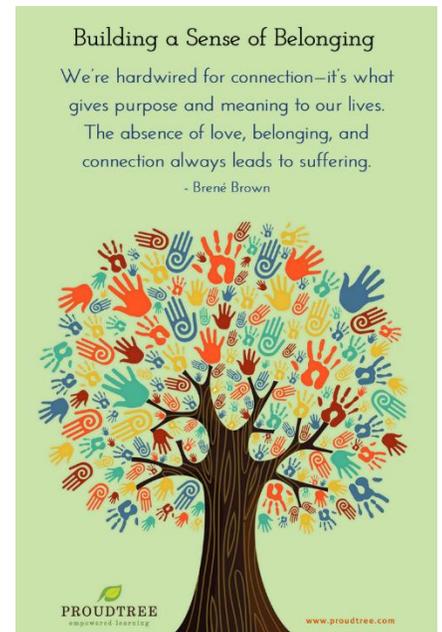
Attributional Retraining

Dr. Gregory Walton developed a belonging intervention he called Attributional Retraining. Through this intervention, people shift from blaming themselves for painful experiences, such as "I'm flawed," or "It's just me," to seeing that they weren't alone and that other people had experienced the same situations.

The technique is brief. It involves you seeing yourself as an expert on what you have experienced and writing about that experience to help someone else. Here is a [video](#) on how the technique works for college students. The key is to write suggestions for other people on how to cope with something you have experienced.

If you are not a college student, the issues in the video may not seem relevant. But consider how you would use the technique. For example, what two points would you offer to others about coping with intense emotions or rejection sensitivity? Your experiences can make a difference for others who also have intense emotions.

<https://www.psychologytoday.com/us/blog/pieces-mind/201403/create-sense-belonging>



Change Your Story and Change Your Life: Help from Neuroscience

A follow-up from lab

Barbara Brucker

Although this article is inspired by content from Lab 2018, the material is relevant for everyone.

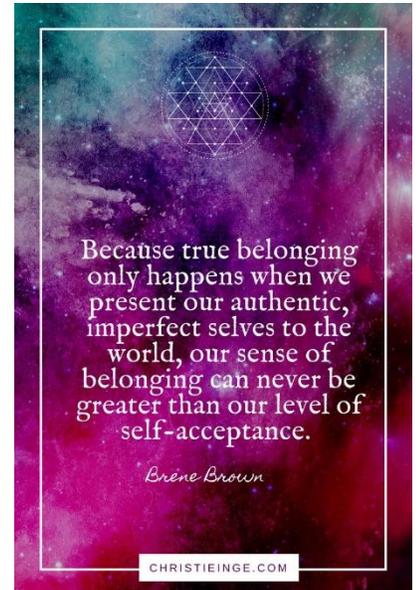
In the orientation materials for lab, a piece from Marga Biller, the Project Director at the Harvard Learning Innovations Laboratory, discusses how unlearning – learning to think, behave or perceive differently – in the face of beliefs, behaviors or assumptions that get in the way of change is necessary for effective change. Unlearning occurs in three contexts: mindsets, habits and systems. This piece focuses on changing mindsets. The stories we tell ourselves about our identities, traditions and assumptions.

Neuroscientists remind us that when we change our brains, we change our lives. When we want make a change in our lives, we can use our mind (how we think, the stories we tell ourselves) to rewire the circuitry in our brains. We can choose develop new pathways and live with more joy and freedom, or we can allow habitual and often negative ways of thinking and believing to limit our freedom. The first step is to catch on to the inner story, the negative self-talk and beliefs. Many of these stories and beliefs were learned in childhood. They keep us comfortable and secure. They are also ruts and barriers that can become maladaptive and keep us from growing. To change the story is to learn something new, change your mind, and redo a piece of neural circuitry.

According to Rick Hanson, our brains have a negativity bias. The negative experiences stick like Velcro while positive ones slide off like Teflon. In order to change the inner beliefs and stories it's necessary to focus on what supports the person you are growing (positive experiences) rather than what undermines that person (negative experiences). We can use our experiences and how we focus on them to strengthen who we are becoming. The brain re-wiring process put forward by Rick Hanson uses the acronym **HEAL**. (It is discussed thoroughly in the lab notebook in the chapter from Hanson's book *Resilient*).

The first step in the process – **H**aving the experience is called activation. It turns the circuitry on. The experience can either be noticed while you're having it, or created through remembering a positive experience or calling up a positive feeling.

The rest of the process is called installation. This is where the mark often gets missed in making positive changes. The positive experience doesn't land deeply enough to make a difference. The experience is noticed but not held onto so it slides off. To land the experience more deeply first **E**nrich the experience. Savor it, focus on it, feel it as fully as possible. After you have done that, **A**bsorb the experience. Let it sink into your being, choose to take it in and focus on what is



pleasurable about it.

The final step Link is optional and requires you to hold the positive in the foreground of your consciousness while at the same time holding the matching negative you are replacing which is held at the side. The positive experience is then allowed to begin to soothe, reduce or replace the negative. It's important in this step to let it go if the negative begins to hijack your mind.

I know these techniques have made and are making a difference for me. I hope they are helpful to you.



Meditation on lab 2018

Katie Sullivan

After leisurely unpacking, following my trip home from Lab, I was putting away my suitcase in the garage, and I noticed a box containing a quilt I last worked on about 9 years ago. A big UFO (unfinished object!) almost done, and all the materials I would need for completing it were right there in the box. Curious to take a closer look, I realized that I had pieced together in a way that I no longer work. I still like it, but... what is missing??? The somewhat muted colors and careful piecing seems limiting to me now, I guess. And this morning it occurred to me that was metaphor for my experience at lab this year.



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Lately I have enjoyed using brighter colors and scraps collected over the years from all my projects and combining them. And when I look at the story that I tell myself about my life, I would like it to be broader and wider and not limited to the ways I have thought in the past. I still like my old story; it has served me well at times, but I want to include some bits and pieces I have left out and to let go of having to make it neat and tidy and consistent. From color theory- and life!- I am learning that using 2nd chakra orange enlivens 5th chakra blues, and that 1st chakra red adds warmth to 4th chakra greens.

I am appreciating lab this year for all the opportunities it provided me for reflection and conversation, for listening and joining. For a wonderful multi-generational small group. For playful explorations in art and music. For the drumbeats calling us all together. For new friends and reconnecting with older ones. For some unexpected surprises and encounters. For bare foot walking meditation on damp grass. For Sahale.

*In gratitude,
Katie*

Draft Calendar for the Goodenough Community, Fall 2018

Please contact Colette Hoff if you have a conflict or want to make a suggestion.

Pathwork dates are on **page 2** of this eView.

The **Community Council** will be meeting, **Mondays at 6:30** for a light dinner. The first meeting, **August 27** will be at the home of Tom George (8708 182nd Place SW Edmonds, WA 98026. It will be a commuting experiment and fairly close to the Kingston Ferry for those from Sahale.

Additional dates include: September 20, 24; October 8, 22; November 5

The **Third Age** group will meet on October 26 at the home of Joan, Barbara, and Jim. December 14 is the next proposed date.

The **Women's Culture** will gather on **September 22, from 10:00 to 2:00** location will follow. Marjenta noticed that **Holly Near** is playing on Saturday September 22 at the Columbia City Theater in Seattle. Please purchase your own ticket (\$25) and let Marjenta know if you are planning to attend.

Holly Near @ Columbia City Theater.

http://www.songkick.com/concerts/34490444-holly-near-at-columbia-city-theater?utm_source=13783&utm_medium=partner

The next meeting will be **Saturday October 27**, 10:00 to 2:00 p.m

The **Men's Culture** will announce proposed dates next week.

Christmas Day dinner at Sahale is becoming tradition. Make your plans.

New Year's Eve at Sahale will be a Monday night. Plan to come for the weekend!

The **Friends of Sahale** 4th Annual weekend will be **January 18 to 20**.

The Human Relations Laboratory will be **August 4 to 10, 2019**



The deAnguera Blog: Belonging



I know where I belong. Do you? My home is with a group of people living on the Kitsap Peninsula. I have a room there as well as access to over 68 acres of woods, meadow, orchards, and river front. I also have good friends such as Colette Hoff preparing delicious blackberry jam and Irene Perler who invited several of us to share dinner at her yurt.

We all work together to make Sahale work. I am not just an employee. I am a member with lots of supportive close friends. The Human Relations Laboratory is about building such close friendships.

Why is it so important to know where I belong? My relationships are the most important factor in determining the kind of person I am. It is critical that I surround myself with the right kind of company. I know from hard experience what happens when I don't.

How could I have connected myself with the right people in the past? Well, the answer was the Goodenough Community and I had to both be ready for each other. We had to work towards each other. In the past I relied upon various churches and my activism to make connections. I even experienced community for the first time at the Service Home in Norfolk, Virginia when I was in the Navy. Maybe the Navy was my best shot. It gave me access to the VA which saved my life.

It is true I seemed to float from one set of people to another letting my employment be the determining factor. Now I wish I had not let these relationships go. I was unable to see the bigger picture. That took many decades. Guess that's part of the process of my life. Maturity allows me to see the bigger picture. Guess that makes me a mature adult!

When I belong to a group I am much less likely to drift around as a victim. Psychologically, I work much better. Now my relationships determine how I approach life in a healthy way.

As a kid I had Scotty, Katherine, and Nancy as my first friends. Where are they now? You see? None of us planned for the long term. We just lived for the moment and allowed the river of life to carry us far and wide. In the process my life got fragmented into unrelated bits. As a result I could get some parts to work but not others. I could not live a life of integrity. I need help from my friends to do that. Friends I live a life with.

Do you know where you belong? Maybe like me you didn't give this much thought until life forced you to. Want something different? Come to Lab next year or try one of our other events mentioned in the Eview.

Changing relationships are what will change this country for the better. I don't think anything else will work.



Who can resist a face like this – especially the eyes? Ned has his own charmer. He knows where he belongs.



The conflict between the need to belong to a group and the need to be seen as unique and individual is the dominant struggle of adolescence.

QUOTEHD.COM

Jeanne Ellum

West Coast Communities (Un)Conference: Cultivating Collective Liberation

Something is Emerging

What are the Communities of the Future?

Join us for an intergenerational inquiry

- What are the Social, Cultural, Spiritual and Deep Eco-logical Technologies for communities of the Future
 - Intentional Communities as Living Laboratories for Social Transformation
- Conversation & Innovation around Privilege, Access and Inclusion within Intentional Living Movements
- Envisioning Communities as vehicles for Cultivating Collective Liberation in the larger society

“Enlightenment is a group activity” - Charles Eisenstein

September 14-16, 2018

Sahale Ecovillage and Learning Center

Tahuya, WA

Now accepting applications for programming Sliding Scale Registration Options
and Scholarships Available

For more information:

website: www.WestCoastCommunitiesConference.org

email: WestCoastCommunitiesConference@gmail.com

Facebook: www.facebook.com/westcoastcommunitiesconference



Spiritual connection and engagement is not built on compliance, it's the product of love, belonging, and vulnerability.

Brené Brown

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Anniversaries

- 🇺🇸 **Happy 6th** Anniversary, Amie and Colin Aylward – August 25
- 🇺🇸 **Happy 11th** Anniversary, Jenn and Aric Jarrett – August 25



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**.



Calendar of Programs and Events

This calendar will be updated next week!

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 Third Age - Those of us age 60 and older have been gathering every other month, Friday evenings in Seattle. **Future meetings:** We will start our meetings again in the fall. Contact Kirsten Rohde for more information: krohde14@outlook.com

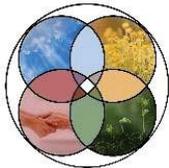


The Women's Program is a long-established and ever-growing way for women to enjoy each other's company, learn about themselves as women, and even perhaps to experience the Divine Feminine. Contact Hollis Guill Ryan for more information and directions to our meeting place: hollisr@comcast.net.

The Men's Program is 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. Contact Bruce Perler for more information: 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.** See the article in this eView about the fall program: August 26, September 9, 23, October 7, 21, November 4 and November 16-18 weekend. See *article previously in this eView*. Contact Colette Hoff for more information: hoff@goodenough.org



The Goodenough Community Council meets alternate Monday evenings in Seattle to discuss the day-to-day activities of the community and engage in planning, evaluation, and more. Contact Colette Hoff if you are interested: hoff@goodenough.org



True Holidays Celebration, Saturday, December 1, 2018
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: Kirsten Rohde, krohde14@outlook.com

Work and Play Parties throughout the Year

Traditionally, the Goodenough Community sponsors work parties over Memorial Day weekend 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)



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