



ASSUMPTION

It makes an ass out of you and me

Village eView

March 4, 2020

Colette Hoff, Editor

COMING UP

Gardening at Sahale, March 7

Pathwork, March 8

Annual Weekend, March 13 to 15

Making Assumptions Is Easier than Asking A Question

Colette Hoff

If others tell us something, we make assumptions, and if they don't tell us something, we make assumptions to fulfill our need to know and to replace the need to communicate. Even if we hear something and we don't understand we make assumptions about what it means and then believe the assumptions. We make all sorts of assumptions because we don't have the courage to ask questions.

~Miguel Ruiz, The Four Agreements: A Practical Guide to Personal Freedom

Ask if you need to, but don't assume. Sometimes our bad feelings are only assumptions and speculations doing dark dances in our heads.

~ Bonnie Lyn Smith

Three definitions of the word, *assumption*, are required to understand how the word can function. **First** and most problematic definition is *something that is accepted as true or as certain to happen, without proof*. Assumptions wreak havoc in relationship due to the misinformation that can get concretized as the truth. The misunderstanding grows as the relational *miss* is taken personally, emotions are triggered, and repair is required. We never know what another is thinking and feeling, and assumptions are more often than not incorrect.

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

We have lots of questions that our reasoning mind cannot explain and answers help us feel less anxious even if they are incorrect. We also assume that others think and feel and judge the way we do. And because we assume others will judge us, we tend to reject ourselves before others even have a chance to reject us.

The **second** definition is the act of taking something (or someone) for granted or something that is taken for granted. A typical illustration is that of adolescents who take their parents for granted. Note article titled, **11 Signs You're Being Taken For Granted In Your Relationship** found on page 12.

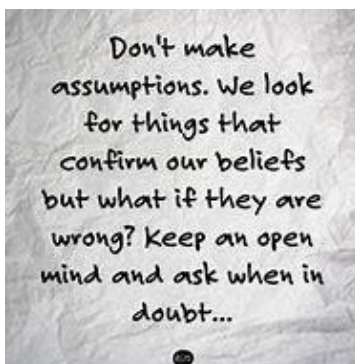
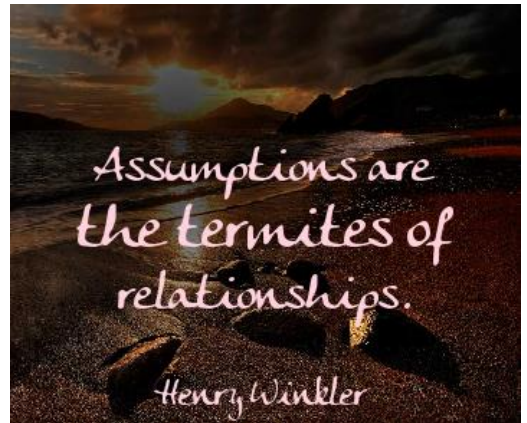
Most human beings have an absolute and infinite capacity for taking things for granted.

~Aldous Huxley

As our annual meeting is coming closer, I wonder if people within the Goodenough Community take the privilege and benefits of belonging to such an important social system *for granted*. Our community provides a practical, supportive context for members in most areas of life. Our annual meeting weekend is a time to feel and articulate the value of the community as well as learn “the state of our community.” *FIC member, Samantha Quinn, writes: Community feels closer to how humans are meant to live. Being separated into individual homes and economic units means we're all exhausted, all struggling for resources and are yet isolated from one another.*

The **third** definition is the thing supposed; a postulate, or proposition assumed; a supposition. Assumptions are necessary within science to test a hypothesis within a theory. These assumptions are usually based on some facts or observations the scientist is attempting to prove.

Within the covenant of the Goodenough Community is the line: *Trusting the good intentions of each one of us*. This line is a positive use of the word assumption and necessary for trust.



Don Miguel Ruiz felt that not making assumptions is so important, he made it one of the four agreements: *To resolve assumptions, find the courage to ask questions and express what you really want. Communicate as clearly as you can to avoid misunderstandings, sadness and drama.* Consider committing to the agreement, **don't make assumptions** as a practice and ask lots of clarifying questions.



Goodenough Community Annual Meeting

March 13-15 at Sahale

Kirsten Rohde

This year's annual community meeting is at Sahale, March 13-15. The weekend gathering is open to all who enjoy and care for our community. If you are interested in our community's purpose, rationale for vision and plans, leadership succession, and our future, this meeting is a place for your energy and your voice. Come share your observations and hear from others.



How shall we shape our future to be relevant to everything from the growing loneliness reported in the news to earth repair?

The annual weekend is a “meeting” but so much more. It is a time to socialize, enjoy Sahale, perhaps a work party rain or shine, and to share together as we look at the last year, the current state of affairs, and the future of all aspects of our community.

Our goals for the weekend include:

- ∞ Getting in touch with the whole of our community and all its parts
- ∞ Governance: membership and sociocracy
- ∞ Future directions
- ∞ Connection with people and place – enjoyment of a good weekend retreat at our own heaven on earth!

We will start on **Friday at 8PM** with dinner available beforehand and conclude at 3pm on Sunday. Please join us. For more information and to RSVP: krohde14@outlook.com

With concern over the world-wide virus the best thing we can do is . . .



Pathwork, Sunday March 8

Pathwork, which began in 1984, has provided a spiritual home for many. A spiritual development program, Pathwork, is designed for beginners and experienced life-time learners who are interested in integrating spiritual practices from the world's major faith traditions. Currently led by Colette Hoff, guest speakers and teachers are invited through technology, to join the circle with a focus to deepen the current theme of mindfulness. Most recently, Stephen Proctor, a teacher from Australia, provided teaching titled *Meditation: Awareness, Mindfulness and Concentration*. Suggested donation is \$25 per session. Consider

joining the circle which meets at the home of Joan, Barbara and Jim in Tukwila. Additional dates include: **March 8, 22; April 12, 19, May 3, 17, 31; and June 14.**



Gardening at Sahale, March 7

The gardening group has committed to setting aside one Saturday per month for the gardens. We are announcing monthly Saturday work parties to keep the good care of Sahale going all year round. Please join, all are welcome! Lots for all abilities. Please let Kirsten know if you are coming. Wear weather appropriate clothes and bring your favorite tools. Lunch provided.

We are using our experience over the years and new ideas all with the goal of growing lots of good produce for Sahale's meals. Working on gardens together is always fun and we're inviting anyone who'd like to join, including folks from "across the Sound." When we have excess produce we can share with everyone.



Saturday, 10 – 4 or so

March 7

April 18

May 23 to 25 (Memorial Day)

June 13





Mindful Mike's Blog: Assumptions

Mike deAnguera

I know myself pretty well. How much do I know about my community friends? I could ask questions but sometimes I am just too shy. So I make assumptions to bridge what I don't know. The problem is that there is at least a 50% chance I will be wrong. Do I really want to gamble on that?

How well do my friends know me? There are aspects of my self that they are aware but I am not.

Remember the Johari Window? That's why feedback is so important. Feedback can clear up assumptions and increase trust.

I made assumptions about the folks around the Belfair/Tahuya area. That's why I want to get to know them better. This will be good for our community and for me.

It's been years since I have been consistent about church attendance. It used to be very important to me. I am discovering that my social life outside the community has become rather threadbare.

So I visited Christ Lutheran Church located right near the intersection of North Shore Drive and Belfair-Tahuya Road. It is an ELCA church meaning it is open to all kinds of folks. It is pastored by the Rev. Julie Knarr.



It is a beautiful church with child care facilities on the premises as well as a splendid waterfront.

The friendly folks here will make a nice contact for our community along with St. Nicholas in Tahuya. We can all band together. That's very good during these turbulent times where so much is changing so fast.

Did you know that Hood Canal has quite a history of being a refuge for folks like us? There was an artist's colony near Union. This was something I knew nothing about until I saw a book in Kirsten Rohde's library on it.

I still remember the years we held Lab at Seabeck. That was 19 years ago. Seabeck was founded by the Colman brothers for visionary groups. I am glad we could add to their long tradition.

Here is a photo of the Hood Canal artist's colony in the early 1900's. They also had a Tori Gate right off the beach.



Save the Date: March 21

Marking Birthdays in March @ Sahale

You'll not want to miss the 60th birthday celebration for **Pam Jarrett-Jefferson** and the 50ish birthdays of **Rachel Hoff** and **Larry Hoff**, a powerful birthday triumvirate! Please join us at Sahale and the Swamp for some revelry and raucousness.

- ☐ **Date** – Saturday, March 21, 4pm (or come for any part of the weekend)
- ☐ **Where** – Sahale Learning Center – 2901 NE Tahuya River Road, Tahuya 98588
- ☐ **Details** - forthcoming. Contact Elizabeth Jarrett-Jefferson or Colette Hoff in the meantime if you have questions.

Watchcare



Rose Gossett is now home from the hospital after knee replacement surgery. Wish you the best healing Rose and take care of yourself, Leo!

Love to you each

Transition is happening at a certain home on Mercer Island and it needs our *attention*. Tod Ransdell, Hal Smith and Hollis Ryan are leaving their nest, downsizing and moving to new quarters. Over the history of the Goodenough Community we have moved many households and have had fun in the process. You have two opportunities to help:

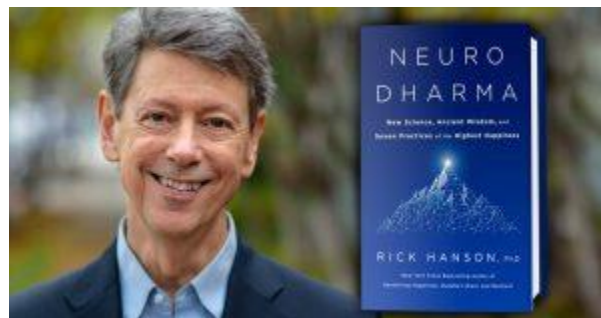
- Hal and Hollis would appreciate help on **Thursday, March 26**.
- Tod would appreciate help on **Saturday, March 28**. Please contact Pam Jarrett-Jefferson if you are willing to lend Tod a hand. adventuredog@hotmail.com



Talk + Book Signing at Third Place Books in Seattle, WA

June 4, 7:00 pm - 9:00 pm PDT

Rick Hanson will offer a talk and book signing for his new book *Neurodharma* at Third Place Books (Lake Forest Park Location), in Seattle, Washington. Third Place Books, 17171 Bothell Way NE, #A101 Lake Forest Park, WA 98155 United States



Update: We're almost on top !

The roof on our Sahale-based gathering tent has been ordered!

And you can still donate now at www.goodenough.org

Scroll down to the donate button for Goodenough Community. In comment section, please note tent roof.

For more information: Tom George thomasageorge@live.com



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hands please

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Programs and Events of the Goodenough Community

Please Note: New dates for 2020 are highlighted.

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** meets Monday evening for light dinner & business at hand. In 2020, our meeting schedule will be: March 9, April 6, 20; May 4, 18; June 1, 15. Our **Annual weekend** will be **March 13 to 15.**

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 meet Saturday mornings from 10:00 to 2:00 with lunch included. In February, our meeting will be February 29.



The annual women's weekend will be April 24 to 26. For more information, contact Hollis Guill Ryan, hollisr@comcast.net

True Holidays Celebration, Saturday, December 5, 2020

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 Jarrett-Jefferson for more information.



The Third Age - Those age 60 and older have been gathering every other month, Friday evenings in Seattle. April 17 will be 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. The semi-annual men's weekend will be **June 5 to 7**. For more information, contact: 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 goals, 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. **In 2020,**

Pathwork will meet March 8, 22; April 12, May 3, 17, 31; June 14. Contact Colette Hoff for more information: hoff@goodenough.org



Summer Camp for Youth NEW DATES for 2020!

In 2020, Camp will begin Monday June 22 and will close on Sunday, June 28. *Summer Camp* is 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 2 to 8, 2020

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

Work and Play Parties throughout the Year. *Traditionally,* the Goodenough Community sponsors work parties over Memorial Day weekend (**May 22 to 25, 2020**) 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 an appointment.

11 Signs You're Being Taken For Granted In Your Relationship

Teresa Newsome - Bustle

A little appreciation is nice, especially from the one you love. But maybe your partner doesn't appreciate you. Or, at least, they don't show it. And no matter how much you give or do, it doesn't seem to make a difference. This is one of the first signs that your partner is taking you for granted. When your partner stops seeing **all** of the things you do for them as wonderful, giving acts of kindness and starts seeing them as everyday life, or stops noticing them at all, it doesn't just damage your relationship. It damages your self-esteem. It makes you feel like nothing you do is good enough. It makes you feel like your partner isn't interested in you anymore.

And it's important, in terms of being in a happy relationship, to make sure you make your partner feel appreciated. Taking your partner for granted is often the first step in the long, miserable road to relationship collapse. I saw it all the time when I worked for domestic abuse victims. If you have a nagging feeling your partner is taking you for granted, but you're not sure or not ready to face it yet, check out these signs. Then open the lines of communication with your partner, and nip it in the bud before it poisons the waters.

1. Your Partner Never Says Thank You

You do all kinds of stuff to make your partner happy, from cooking a meal, to being sweet, to doing big, complicated favors. And your partner never says "thank you." This could mean that your partner has come to expect this kind of treatment. That it's their normal, and they don't see it as you doing anything you shouldn't already be doing. They often don't realize all you do until you stop doing it. This is a classic example of your partner taking you for granted.

2. Your Partner Never Asks Your Advice

If your partner never asks your advice, it could be that they don't want your advice. They may be taking your education, instincts, and how well you know them for granted. Instead of being the kind of partner you make decisions with, you're the partner who will just go with the flow — or at least that's how your partner feels. Let your partner know that you're a part of the decision making process, too, and that you're not just an accessory in their lives.

3. Your Partner Never Asks Your Opinion

If your partner never asks your opinion, it could be that they don't value your opinion. Or that they're taking for granted the fact that you're a complex person who is always growing and changing. They might think they know you so they don't need to ask you. Whether they don't want your opinion or they think they know it, they're taking your right to have an opinion for granted. Your voice matters.

4. Your Partner Makes Plans Without Asking You

Does your partner get home from work and say, "By the way, we are going to dinner with the neighbors tonight." OK. You could have asked me if I wanted to go. When one partner makes plans without consulting the other on a regular basis, they're taking their partner's time for granted. They're also making a big assumption that their partners are interested and available for whatever, whenever. It's healthier to discuss these things together before committing.

5. Your Partner Doesn't Do Their Fair Share

Is your partner lazy? Do you do more than your fair share of the housework without your partner noticing or feeling bad about it? That's probably because your partner is taking for granted the fact that you'll just do it. Maybe they think it's your job or role. Maybe they just get away with it. Not doing an equal amount of work can very much be a sign you're being taken for granted. Mutual effort is an important part of a healthy relationship, according to counselor Kimberly Key in an article for Psychology Today.

6. Your Partner Doesn't Do Special Occasions

If special occasions are important to you, and your partner doesn't care, that's a definite form of taking you for granted. Your partner may be under the assumption that it doesn't matter how they treat you because you'll always be around. It could also be that your partner doesn't understand the importance of special occasions. Some clear communication from you both, and a little effort on your partner's part can solve this pretty quickly.

7. Your Partner Doesn't Make Much Of An Effort To Be Romantic

Not all people are naturally romantic, and not all people are comfortable performing romantic gestures. But there is no reason your partner can't do small romantic gestures to make you happy, if that's what you want or need. If you've expressed this time and time again and your partner hasn't budged, there's a very real chance you're being taken for granted. One partner should not ever choose to willfully ignore the needs of the person they love (within reason of course).

8. Your Partner Is Unfaithful

If your partner cheats on you, they're totally taking you for granted. They're risking losing what they have, because they think they'll get away with it. They're taking your intelligence for granted in thinking you won't find out. And their taking the life you built together for granted. Cheating is one of the ultimate acts of taking someone for granted. It's a dangerous roll of the dice.

9. Your Partner Doesn't Ask About Your Day

Maybe they don't ask because they don't think to. Maybe they don't care. Maybe they don't ask because they assume they know how your day went. Or maybe they don't ask because they just take for granted that you're partners in crime who need to keep sharing in order to maintain a close connection. Either way, not checking in with you or asking you about your life is a subtle way to show that they lack concern for your total happiness.

10. Your Partner Doesn't Consider Your Feelings

Does your partner pick their friends over you, make decisions they know will upset you, do things you've agreed they wouldn't do, or just act like a jerk a lot? This is a problem. Your happiness and your feelings are not something your partner should ever take for granted, especially not on a regular basis. This is behavior that screams "unhealthy relationship" and if you feel in your gut that you deserve better, you probably do.

11. Your Partner Comes & Goes As They Please

This is a sure sign of a one-sided relationship. Your partner doesn't talk to you about where they're going, if you had plans in mind, or if you wanted to spend time together. They just leave whenever they want, to go wherever they want. But you don't (or can't) do that. You

think its inconsiderate, and you don't take the time you have to spend together for granted. You need to let your partner know that they can't take for granted the fact that you're always cool with being excluded from decisions about how you guys spend your time.

Once you address these issues, your partner will either realize they've been taking you for granted and try to change, or continue on like it's just your problem. Then you'll have your answer about whether or not you're equally devoted to the relationship.

<https://www.bustle.com/articles/162597-11-signs-youre-being-taken-for-granted-in-your-relationship>

