

The Village eView

April 19, 2017
Colette Hoff, Editor



Becoming Professional

Colette Hoff

pro·fess
[prə'fes] **VERB** v.t.

1. to lay claim to, often insincerely; pretend to: *He professed regret.*
2. to declare openly; announce or affirm: *to profess one's satisfaction.*
3. to affirm one's faith in (a religion, God, etc.).
4. to declare oneself skilled or expert in; claim to have good knowledge of.

About 6 weeks after I graduated from college, I landed an ideal job in a food research facility. Dorothy, my first supervisor, with her hair up tight on her head, taught me about being a professional. There was quite a distinction between the girls who provided office functions and the women who ran the laboratory. I was taught how to do things according to protocols and how to conduct myself following her lead. It was a good training experience for how to apply myself and do my best.

This week, our theme is profess, profession, professional. Two articles are offered.

- What Is A Professional
- Define Success: A Professional 's Guide to Finding Purpose and Motivation

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

This focus on professionalism is about the 2017 Human Relations Laboratory. This weekend, our leadership training experience intends to provide skill-building experiences, practice in listening and relating, being real with each other, evaluating, and collaborating in order to provide a professional and connected staff in August. We have learned over many years that nothing can happen in program that had not been a part of the staff curriculum. Leadership development is a value of the Goodenough Community and will ensure the continuation of high quality professional events into the future. You can expect that the assembled group of leaders will have a theme to present next week.

A flyer is attached for our upcoming women's weekend, another professional event offered by the Goodenough Community, May 5 to 7, 2017. And, Bruce writes about the upcoming men's event in June.



What is a Profession?



A profession is something a little more than a job, it is a career for someone that wants to be part of society, who becomes competent in their chosen sector through training; maintains their skills through continuing professional development (CPD); and commits to behaving ethically, to protect the interests of the public.

We all rely on professionals at many points of our lives – from dentists to teachers, from pension managers to careers advisers, from town planners to paramedics. We rely on professionals to be experts and to know what to do when we need them to.

Back in the nineteenth century, the professions were defined as law, religion, and medicine. Nowadays, the number of professions is much wider and ever-increasing, as occupations become more specialised in nature and more 'professionalised' in terms of requiring certain standards of initial and ongoing education – so that anything from automotive technicians to web designers can be defined as professionals.

The professions are for you if you want...

- an occupation which will help you to build your skills and develop your expertise in a field which interests you;
- to keep learning, be challenged and stay up to date with the latest developments in your chosen area;
- to solve problems, do good work, and be involved in making decisions which help to improve people's lives.
- to earn more money! Professionalism pays: people with professional body membership will earn more than those without (an average of £152,000 more in fact).

Not all of us know what we want to be when we grow up (however grown up we might be...!) Not all of us make the right decisions at 16. There are multiple routes into the professions, and it is never too late to proceed down one of these paths. Find out about professional training and qualifications at our [career sectors](#) pages. Get inspired by different people's stories about becoming a professional by taking a look at our [career videos](#)
<http://www.totalprofessions.com/more-about-professions/what-is-a-profession>



Define Success: A Professional's Guide to Finding Purpose and Motivation



CREDIT: Getty Images

Everyone wants to achieve success, but what does that mean? The truth is, everyone has a different definition of success, and in order to achieve, you first need to understand exactly what success means for you.

Whether you're an entrepreneur or a professional trying to find success in your field, you've probably already faced a failure or an obstacle that's weakened your resolve. If you haven't yet, you're going to.

Finding the motivation to continue and work past these setbacks can be difficult, especially if you lack confidence in your ideas or abilities. Some would argue that overcoming these challenges is a simple matter of gaining more confidence, or gritting your teeth and powering

through them. While this level of tenacity can help you move past your core challenges, it won't help you feel more fulfilled in your work, and it won't motivate you for the future. Instead, it's likely to fatigue you, making you more vulnerable to the negative effects of future obstacles.

If you want to truly overcome the mental and emotional burdens of micro-failures, and position yourself with a sense of purpose and motivation, you have to stabilize your mentality with a solid foundation--and that means defining what constitutes success in your world.

Traditional Concepts of Success

Defining success may seem easy at first. When asked to define success, most people cite conventional ideas of success, such as achieving independence, attaining a position of power, or amassing wealth. While these definitions of success are popular, they don't apply to everyone, and achieving these goals often leaves people without the feeling of success they thought they'd have.

Pop culture is filled with characters who have achieved one of these traditional goals for success, but who are unsatisfied with it, from Ebenezer Scrooge to Charles Foster Kane. These are hyperbolic illustrations, but they serve a valuable lesson about the illogical appeal of wealth and power. They're alluring goals, but they are often not actually what make people feel happy and fulfilled.

It's impossible to set good goals unless you know which ones are going to truly make you happy. Figuring out what's truly important to you, and filtering out the influence of traditional concepts of success, is the first step to creating a goal structure and ultimately forging a path to that success.

Unconventional Definitions of Success

History is ripe with individuals who have earned great respect because they followed an unconventional path, usually inspired by an unconventional definition of success. To many of these entrepreneurs and mavericks, that level of respect (or fame, in some cases) doesn't matter because they've found ultimate satisfaction in the work they do on a regular basis.

For example, take the story of Andrew Warner--when he was in his 20s, he created a business that ended up earning more than \$30 million of revenue per year, setting him up with enough money to do whatever he wanted for the rest of his life. However, that money wasn't satisfying. Instead, Warner founded Mixergy, an organization dedicated to helping entrepreneurs get their startups off the ground. His definition of success was being able to help other visionaries achieve their goals--and while the money helped him accomplish that mission, it was only a means to an end.

Founder of Virgin and serial entrepreneur Richard Branson is one of the wealthiest men in the world. His definition of success is, "The more you're actively and practically engaged, the more successful you will feel." It has nothing to do with wealth, or power, or even leadership. To him,

The most consistent characteristic of awakened teachers and people I have met is a childlike nature. They laugh, cry, twinkle, and joke, all with a spontaneity born of freedom. Their faces are fluid and reflect a timeless sweetness, even into old age.

Catherine Ingram

WWW.SUCCESS360.COM

the notion of success is about being involved in something you care about--it may seem a bit vague, but finding and working on passion projects is a definition of success just as valuable as any conventional definition.

Finding Your Definition of Success

You may find it difficult to define your version of success, and if you do, you aren't alone. Some of the most conventionally "successful" people in the world are still struggling to figure out what's really important to them. Figuring out what your definition of success is early on is the best way to create goals that will result in true satisfaction--not just money or power.

Picture yourself with all the money and time you could ever want. What would you do? Would you help promote a specific cause? Would you pursue a certain hobby or try to solve a major problem in the world? How would you find satisfaction? If you can answer these questions, you may have just found your definition of success. If not, look outward for inspiration. Look at the stories of entrepreneurs who have found personal success, or speak with your colleagues and mentors to get their insights on what success is, and what's most important in their lives.

Your definition of success isn't necessarily tied to your work life, though it may be dependent on achieving other, smaller goals. For example, if your definition of success is solving a problem in the world and you need a large sum of money to do it, earning that money becomes a primary goal in your life. You just have to remember that earning the money is only a goal on the road to success--it isn't the definition of success. Accepting that perspective can help you better understand and appreciate each step of your journey to true success.

A Foundation for All Your Goals

Once you've figured out what success means to you, you can build the rest of your goals from there. Usually, you'll have two or three primary goals that allow you to achieve your definition of success, such as achieving a certain amount of wealth or stabilizing your business. Each of those goals will have several smaller goals it depends on, and so on.

The key to staying motivated in the face of adversity or unanticipated challenges is contextualizing those shortcomings. Your definition of success also dictates your definition of failure--you've only failed if you've given up on achieving success. For example, if your definition of success is stabilizing your own business, and your first business files for bankruptcy, you can't call that a true failure; you still have a chance to build a new business that leads you to your definition of success.

Conclusion

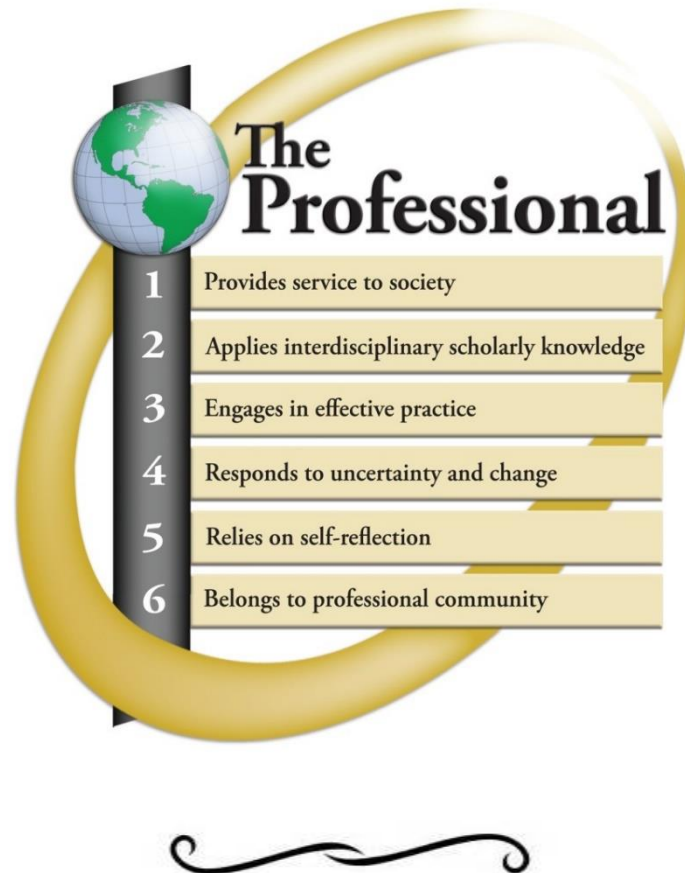
Taking charge of your own professional destiny with a unique definition of success will put you on the true path to satisfaction. For some, success means earning a specific amount of money or achieving a certain level of power, but for most people, those achievements won't result in satisfaction. Understanding what really satisfies you is the key to building and pursuing goals that truly matter, and grounding your temporary setbacks with context and understanding.

By Jayson DeMers

Jayson DeMers is the founder and CEO of AudienceBloom, a Seattle-based contentmarketing and social media agency. You can contact him on LinkedIn or Google+. Full bio

@jaysondemers

Founder and CEO, AudienceBloom@jaysondemers



And our friend Max Fain, a professional artist, is in a show opening Saturday!



Columbia City Gallery

Artists' Reception | Saturday, April 22th, 5-7pm

[Show runs April 19th through May 14th]

4864 Rainier Avenue South | Seattle, WA 98118

In the heart of historic Columbia City

206.760.9843 | www.columbiacitygallery.com

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4
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A Thank You form Josh DeMers!

Is this what it means to be in community? I feel so loved, so seen, so well supported. Some of your notes surprised me - I didn't realize you saw something or other in me, or felt some way toward me. But most of all I feel your collective and individual love and encouragement behind me, like a wave I can ride to India. And, I know if I need to freak out or talk to someone or vent or be heard or encouraged I can reach out and be comforted by any number of people. I hope I can bring back something great to share with y'all!



Men's Weekend and Tent Raising

I'm writing to invite you men to a **spring retreat weekend, June 9-11**. This date is the best fit for the most of the men I've asked. I realize not all of you will be able to make it, a sad truth about planning. If you're not able, please consider sending me an email with a "check in" you'd like shared in our circle.

This year, different than we've done before, we're combining our annual raising of our Big White Tent with our men's retreat. The tent raising, as we usually do, begins on Friday morning and concludes Saturday by lunch. Jim Tocher and Norm Peck generally like to have about 8 to 10 guys on hand for a tent raising. It takes that many to execute the entire process smoothly, as we've learned. Look for further contact about this and, if you'd like to pitch in, let me know and I'll pass your interest along.



On a personal note, I'm still feeling the important opening of our recent women's and men's weekend intensive and I'm interested to continue the conversation as theme for our gathering. If you were not present for this event you could know that we plunged into the important and sometimes difficult topic of patriarchy, gender inequalities, changing roles and fluidity of gender identity. It was a powerful experience of truth spoken and heart opening.

What aspects of this theme would you like to explore? What about the structures of patriarchy would you want to explore together? For me, the notion that I'm part of the problem and the solution continues to ring. I want to urge on my own wake up to my unconscious gender bias and the ways I act out old ideas, asleep to my impact.

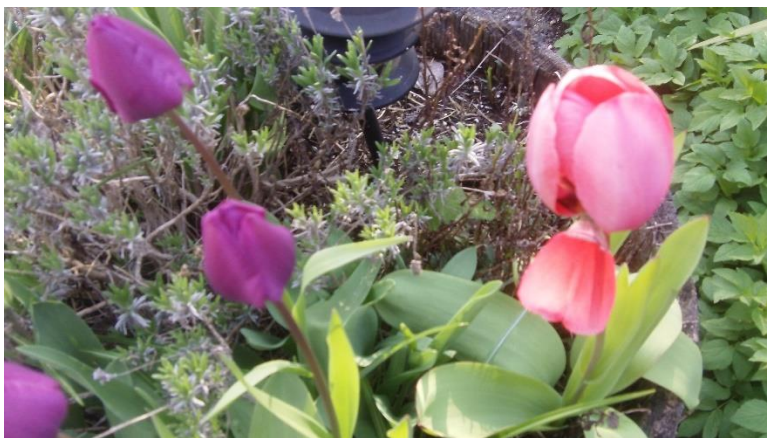
Sahale Wish List

A refrigerator for Potlatch with ice maker
Brown and aqua double sheets
Bed side lamps
Brown, blue, gray, green towels

Please RSVP with your interest about our Men's Retreat and look for more details as the time draws nearer. Warmly, Bruce Perler



The deAnguera Blog: Marking Spring 2017



The glories of spring. Such beauty for a short time. Flowers that will soon dry out and drop off. If bees are hard at work that flower will be pollinated and produce a seed.

In today's modern world it is sometimes very hard to appreciate the gift of spring. The renewal of spring following a long winter. I have to wonder if I would appreciate spring were it not for the winter.

Earth is truly a magical place, a special place. It is a place of birth and death. Every flower on these pages will shortly be gone. The colors!

Perfection is on display in these photos. The perfection of life.

Like the flowers we too are here for a short time. We bloom, grow old and eventually drop off. What's left is the next generation. Also each of will have memories of our life experiences. That is the life cycle. A perfect mortal life cycle.

Of course spring also means mowing the grass. Fortunately the mower started right up with just one pull of the cord. That's because I sprayed it with a can of starter fluid. Time for action.

Next weekend will be our training weekend for the next Human Relations Lab. We need to remember what we are about as we come into action for 2017.

Winter is always followed by spring. Darkness followed by the light of love.

Last weekend our Pathwork circle talked about Easter. Easter as a major part of the Christian Calendar. Passover. Christ's resurrection. A Pagan holiday as well. In little more than a month, Muslims will begin Ramadan, a time of fasting. Our Pathwork circle has also studied Ramadan, part of our study of Islam. Every religious tradition has its own way of marking the cycle of the year. Why? To help us mark our journey through the year. A journey with signs along the road we can't miss. It is a way for our culture to put its stamp of ownership on the Earth's life cycles.

I know I am getting older. If I have a road map with signs on it I will understand my life's journey better. Interpretation is left up to us. What if I never bothered to use any traditions to interpret my life? For me that would feel like a meaningless life. Nothing to share with any body.

It is important I have traditions to mark my years. This is something I share with the others of my culture. It gives all of us a common language. I can hang my individual life on a common framework.

A lifetime is always perfect. Its purpose is for each of us to create an original, meaningful life story. With heroes and villains. Guides as well as adversaries. All have a place in any body's story.



Ah the beauty of spring!
Well we are getting some
sun. Very wet though.

An opportunity to become a member of our community

Kirsten Rohde

We are offering a simple membership plan at the rate of \$5/month, or \$50 for the year if paid up-front. Our desire now is to be inclusive, understanding that we will together begin to define some rights and responsibilities of membership. While we generally use a form of consensus for decision-making, having membership formalizes decision-making for community issues. Our Community Covenant continues to guide us.

Belonging: membership of a group or organization offers

- a sense of belonging,
- a desire to help with decisions and plans,
- joining together,
- valuing our community and its work,
- buying in means you tend less to take things for granted,
- the feeling of home,
- heart commitment.

If you would like to join us in membership, please contact Elizabeth Jarrett-Jefferson, elizabeth.ann.jarrett@gmail.com



Birthdays & Anniversaries

- + Happy 27th birthday, Sarah Boone – April 20
- + Happy 25th Wedding Anniversary, Paul and Carla Geraci – April 25!
- + Happy fourth birthday, Gage Finley Jarrett – April 25
- + Happy birthday, Lee Benner – April 29



Making Choices about Medical Care in Later Life, Wednesday May 3, 5:15 – 6:45 p.m

Submitted by Hollis Ryan

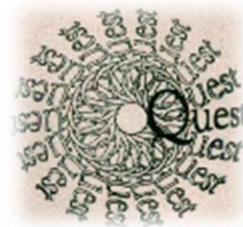
Would you like to know how geriatricians are thinking about your choices? Let's discuss!

Speaker **Wayne C. McCormick**, MD, MPH, is a Professor of Medicine at the University of Washington, Department of Medicine, Division of Gerontology and Geriatric Medicine,

Harborview Medical Center. He is a graduate of Washington University Medical School in St. Louis and of the University of Washington School of Public Health in Seattle. He is a former Robert Wood Johnson Clinical Scholar and is board certified in medicine, preventive medicine and public health, palliative medicine, and geriatrics. **Date, time, location: Wednesday May 3, 5:15 – 6:45 p.m.,** Odegaard Undergraduate Library. **Register [HERE](#)**, or click through on the event announcement at uw.edu/uwra/calendar.

Quest: A Counseling and Healing Center

Our belief is that mental and emotional health is a prerequisite for spiritual well-being, collaboration, and the expression of compassion. Quest's counseling and education programs, open to all interested individuals, focus on empowering individuals, couples, and family groups to be happier and be more effective in relationships.



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

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

Calendar of Programs and Events, 2017

What makes community meaningful and fun?

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

In the Goodenough Community, we recognize such ways to connect as expressions of **community culture**. Throughout the year, we offer **cultural programs** so that you can engage with the community, participate in your own development, and have a good time.

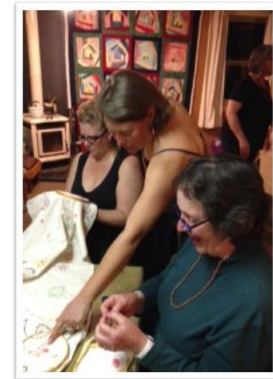
We **welcome your interest** and your participation, and hope that you will join us at any – or many! – of this year's events.

Women's Culture

Women's Weekend, May 5-7, 2017 at Sahale

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

Focal Person: Hollis Guill Ryan, hollisr@comcast.net



Third-Age Gatherings

Next gatherings will be Friday evenings, March 31 and May 12 at the community center in West Seattle. Focal Person: Kirsten Rohde, krohde14@outlook.com



A weekend for men is being planned for **June 9 to 11**. Focal Person: Bruce Perler, bruce_perler@hotmail.com

Work Parties throughout the Year

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

Focal Person: Colette Hoff, hoff@goodenough.org

Summer Camp for Youth, June 25 to July 1

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

Focal Person: Irene Perler, Irene_Perler@hotmail.com



Human Relations Laboratory, August 6 to 12, 2017



This intense and joyous week-long event is a communal experience of personal growth, and has been presented annually and is now in its 48th year!

Focal Person: Colette Hoff, hoff@goodenough.org

True Holidays Celebration, Saturday, December 2, 2017



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

Focal Person: Kirsten Rohde, krohde14@outlook.com

Winter Solstice Bus Trip, Saturday December 16, 2017

Board a bus, play in the snow, shop in Leavenworth, have a horse-drawn sleigh ride and enjoy an abundant dinner. Focal Person: Colette Hoff

New Year's Eve at Sahale, 2017 – 2018

Sunday will be New Year's Eve and Monday will be New Year's Day next year.

Annual Organizational Meetings **March 2018 This weekend is foundational to all programs and events within the community. Come and be curious!** Please contact Kirsten Rohde 206 719-5364 for more information.

Professional Behaviors

- The Basics:
 - Show up at work everyday, and on time
 - Maintain good hygiene
 - Dress appropriately
 - Follow the rules
 - Make sure you understand that your employer expects a “full day’s work for a full day’s pay”