



# The Village View

July 15, 2021

Elizabeth & Pam  
Jarrett-Jefferson, Editors

## Coming Up--

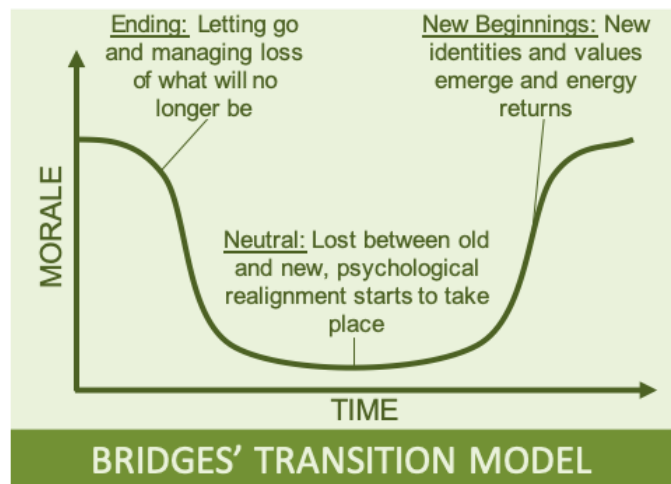
- *Human Relations Laboratory 2021, August 8 to 14, at Sahale Learning Center*

## Transition

Our theme word this week is *transition*, an act or the process of passing from one state, stage, place, or subject to another; change. Last week Colette wrote about re-imagining life as we have known it, looking at life after the deeply unusual year of the pandemic.

Transition certainly involves reimagining, and it also includes the process of recognizing endings and new beginnings. We likely are very familiar with the 1980s author regarding transitions, William Bridges, and his book of the same name. His model explains that the first stage of the transition model is *ending*; the middle stage is the *neutral zone*, where morale remains low and the transition is beginning; and then “new beginnings,” as morale and engagement are reinvigorated.

Life these days, to me, in so many ways, seems to be defined as transition squared-- Our world, country, culture, & environment, including the way we think of these things, are changing. It is exponential transition, and it's not so easily diagrammed or visualized. It feels like transition without an “end” or a “beginning.” Maybe I am just describing being lost in the Neutral Zone!



## On-Line News of the Goodenough Community System

American Association for the Furtherance of Community  
Convocation: A Church and Ministry / Mandala Resources, Inc.  
Sahale Learning Center / The EcoVillage at Sahale

***Our Human Relations Laboratory*** this summer will help us perform a transition of the most fundamental nature, and that means re-orienting to our individual Self(ves), to our inner worlds, which foundationally shape our outer lives, our Earth and planet, to our relationships in general. Learning happening at our annual Laboratory has been described as one of “non-ordinary reality,” an environment that is intentionally crafted to enable deep reflection and learning. It involves an intentional transition to an environment of head, heart, and expression, working together, where change can be explored, experimented with, and safely happen. Perhaps a description of lab might be best “caught (experienced) and not taught.” You yourself could be the judge by being there!

I hope you can join us this summer as we transition from what feels like light years of isolation to one where we are, in so many ways, doing a “reset” on life. I would very much like to see you there!

Warmly –

***Elizabeth***



Human Relations Laboratory | August 8-14, 2021

# RE-ENTRY INTO THE ATMOSPHERE OF RELATIONSHIP



## RE-ENGAGING AFTER A LIGHT YEAR OF ISOLATION

*Collectively we have experienced an unusual event which gives us an opportunity to reimagine our lives.*

Humans are relational beings who thrive with interaction. As you emerge from enforced isolation, how is it going? Where have you been? Where are you now? Where do you want to go?

You're invited to the 52nd Human Relations Laboratory (Lab), a 7-day intergenerational experiential learning & training event that offers many ways to encourage your learning. At Lab you can:

- 👁️ Connect deeply with others who are also growing themselves
- 👁️ Enjoy creative expression of all kinds
- 👁️ Live in the natural world, explore freedom and energy, and live in the present
- 👁️ Stretch into personal empowerment
- 👁️ Learn how your own inner dividedness contributes to the current polarization of our world and how healing leads to understanding.

A design team of experienced facilitators will lead you in large and small groups and in individual processes designed to cultivate warmth, intimacy, insight, and learning.

**WHERE** Sahale Learning Center, nestled on 68 tranquil acres on the Tahuya River near Belfair, Washington.

**TUITION** \$750. The Lab fee includes food service, camping or indoor accommodations, and learning materials. Special rates are available for groups of three or more, seniors, students, families, and interns. Please consider an additional tax-deductible donation to the scholarship fund. If you wish to discuss tuition, please contact Registrar Elizabeth Jarrett-Jefferson. [elizabeth.ann.jarrett@gmail.com](mailto:elizabeth.ann.jarrett@gmail.com)

**TO REGISTER & PAY ONLINE CLICK HERE**

Or visit [www.goodenough.org/lab](http://www.goodenough.org/lab)

### **What is a Human Relations Laboratory?**

A “lab” is a safe *place* to experiment with living from your true nature or conscience. A lab is also a *process* that encourages you to become the best version of yourself.

The Lab emphasizes experiential learning, a lively and engaging method of self-development that uses “in-the-now” experiences as a laboratory for self-study and for gaining personal insight. Experiential learning is both practical (skills-building) and exciting (the liveliness of authentic intimacy).

Each Human Relations Laboratory creates its own unique world of circumstances and shared understandings that has been likened to a native or tribal experience or a non-ordinary reality.

### **Lab offers:**

- A life-changing week in an atmosphere of joy and discovery
- A multi-generational experience with personal and social creativity
- Experienced leaders to design and guide the Lab and its processes, and to offer guidance and support to individuals and relationships

### **A typical day might include:**

- Meditation & yoga
- Learning in the whole group & participation in a small group
- Free time for personal relaxation and reflection
- Expressing your creative self & play time in the natural world

### **Leadership**

**Colette Hoff, M.Ed., Administrative Consultant.** During her 45-year association with the Human Relations Laboratory, Colette has frequently served as Administrative Director. Colette is an adult educator specializing in working with relationships and personal empowerment.

**Pam Jarrett-Jefferson and Tom George, Lab Facilitators.** Tom and Pam bring not only their exceptional facilitation skills but also their fun and engaging friendship for the benefit of the Lab.

Augmenting and supporting Colette, Pam, and Tom’s leadership is a cadre of well-trained and experienced small-group leaders, plus seasoned artists, musicians, and other expressors.

### **Where**

Just 20 minutes from Belfair, Washington, the 68-acre Sahale Learning Center is an easy drive from Seattle, Tacoma, Portland, and the Olympic Peninsula. The land holds within its valley a sacred grove of cedars more than 300 years old. The cathedral-like stillness within this ring of cedars harmonizes with the rush of the Tahuya River, just a few steps away. Held close by hills and forest on one side, an open valley meadow sweeps toward forested hills beyond the river. Abundant wildlife makes its home in the forests, river, and meadow.

### **Sponsor**

The Goodenough Community is a demonstration of how living in community can both transform individual lives and bring about social change.



## Problems of Re-Entry after the Pandemic: From the Editor

I notice I have some trepidation about re-entering relationship, so I have decided to go to the market to see if I can pick out a melon. My intention is to practice my listening skills to make sure I hear when they tell me they are ripe. I found this article supportive, and it gave me some tips. - EJ



## How to Pick Out a Good Melon

**S**o, you've come to the farmers' market in search of a melon, despite your terrible track record with avocados and purchasing shoes online. Well, since you're already here, you might as well try to follow these simple guidelines to help you select a good one.

**Check the Weight** - You want to choose a melon that feels heavy for its size. Pick one up and gauge the weight of it. Does it feel right? Do you somehow not know what the correct weight for a melon is? Lift some others and check them, too. This will not help you find the right one, but it will make the shopper next to you think that you know what you are doing.

**Look for Flaws** - Some melon-skin flaws are bad—like cracks and bruises. Others are good—like sugar spots and pollination points. Learning the difference would require you to be someone with better agricultural and decision-making skills, so you should probably just skip this step.

**Check for a Field Spot** - Find a watermelon and look for the yellow spot that indicates that it was ripened in the field. Watermelons without the spot were ripened via levitation in a special warehouse in Area 51, and because aliens have been so focused on developing time travel they actually know very little about growing fruit.

**Smell the Melon** - Does it smell sweet or just like the skin of a melon? Don't ask the person standing next to you to smell it for you—just grab a few melons and do it yourself. A watermelon should smell

slightly sweet, like candy. A cantaloupe should smell slightly musky, like a middle schooler who's just discovered cologne. It doesn't matter what a honeydew smells like, because it will always just end up as filler fruit, alone and untouched at the bottom of the bowl.

**Tap the Melon** - Does it sound hollow, or is that just the sound of your existential dread about picking the wrong melon day after day until you eventually die?

**Take a Break** - The other people at the farmers' market are beginning to wonder why you've touched almost every melon and still have not purchased one, so now is a good time to walk away. Go and buy a basil plant or some more CBD pickles and then make your way to a different fruit stand, ideally at the opposite end of the market.

**Try Again** - Once at the new stand, pick up a cantaloupe and inspect its skin—is it beige but not green? Firm but not too firm? Soft but not too soft? Are you beginning to wonder if there is any way that the aliens might have time to travel into the future to see if the melon you're holding will actually be a good one? Unfortunately, the answer is no.

**Inspect the Stem** - Rule out any melons that still have a stem attached to them. Yes, the little shriveled-up knob makes the melon look cute and might come in handy when decorating your Little Free Library for Halloween, but it also means that the melon was harvested too soon. If you buy it, you will have just made another disastrous life choice.

**Look for a Good Shape** - Keep an eye out for a melon with a uniform shape, but not suspiciously uniform. A melon shaped like a rhombus is just some sort of alien practical joke.

By Julie Vick – *The New Yorker* 2021/ Photograph by Salomé Fresco / Getty

## Mindful Mike's Blog: Transition

Mike deAnguera



My brother Paul will be coming to Lab this year. It will be quite an experience for him. It certainly was a life changer for me. In fact every Lab since has been a life changer for me. I always learn a lot during a Lab and spend the rest of the year digesting it. That way it goes deeper.

I feel like I am progressing with each year. If I were living any other way I might feel like my time is over. Nothing left to do but somehow occupy my time. With each year I have something to look forward to.

Lab enables me to live rather than just exist. Here I feel like I am a real human being rather than just a factor of production.

I have lived here at Sahale with my friends for quite a long time. We are a firm foundation for each other. That's what the Human Relations Lab has done for me.

My life is a journey because I am always changing. My body is getting older and I can sense I am getting a little bit wiser. In fact every day is different than the day before. I never do anything the same way twice. So I know this year's Lab will be different.

Have I wanted my life to be a journey? Yes, otherwise my life serves no purpose. If I stay asleep I suppose that might be okay but that is not a story I care to read. Likewise I would not want to live



someone else's life. I only want to live my life my way. I will relate to others as Mike and not as anybody else.

Here Josh DeMers, Marley Long, Ashley Shields, and Bruce Perler are putting up drywall in our new wood shop. A process underway. Naturally we all look forward to when the wood shop is finished. But in the long run I will leave this Earth. So when it comes to helping install drywall or paint the new library in the Log Building I need to remember the importance of process. My life is a process starting with birth. Every other process is contained within it. A story is a process. Of course if you are like me you will want to read the last page first. I want to know how the story ends. What gets finished. But I wonder if the process of our projects is the most important part. What would the Human Relations Lab be like if we all knew how to relate to each other perfectly? Boring. I probably would not even want to attend.

I have a pillow on my bed that reminds me to take life one day at a time. That's how to do any process. One day at a time. Do enough for today. Then rest. Part of the rest is taking in what happened today. Did I get done what I needed to do? Have I been at my best? Sometimes the answer is no. But there is always another day to do better. To do what didn't get done today. And to remember why I am here in the first place.

One day the show of my life will be over. Do I want to know when? No. I only want to live in the present. Help with planning tomorrow but never living there.

Here is a good example somebody totally living in the present: John Schindler on the Kubota tractor.







Now we (members and friends of the Goodenough Community) are taking a stand for love and equality over all the expressions of racism and injustice and inequality against People of Color. We, as mostly white, will educate ourselves and learn to make a difference. We will continue to speak out about racial injustice.

## **Anti-Asian Racism Has Come Roaring Back with Covid-19: Cathy Park Hong on Being Asian American**

*By Crystal Hana Kim*



**The Minor Feelings author talks about stereotypes in the wake of the coronavirus and being inspired by Richard Pryor**

Cathy Park Hong. Photograph: Ali Smith/Ali Smith for *The Guardian*

*Wed 1 Apr 2020 06.47 EDT*

When the state of New York received its first confirmed coronavirus patient, both the New York Times and the New York Post published articles with accompanying pictures of East Asian people, even though the diagnosed woman in the news report had recently travelled to Iran.

“Anti-Asian racism has come roaring back with the coronavirus scare,” says Korean American writer Cathy Park Hong. “People don’t think Asians face racism, but it’s always lurking under the surface. For instance, my friend is worried for his kids. He lives in New York City, and he has a son in school who has been bullied and made fun of for having the coronavirus. There’s this yellow peril stereotype that never goes away.”

*Minor Feelings*, Hong’s collection of essays, explores how society’s perception of Asian American identity shapes the experience of being an Asian American. Growing up in Los Angeles, Hong was reminded almost daily that how white America viewed her community clashed with her own

experiences. For instance, she writes: “You are told, ‘Asian Americans are so successful,’ while you feel like a failure.”

“Minor feelings” are defined in the book as the feelings that arise “for instance, upon hearing a slight, knowing it’s racial, and being told, *Oh, that’s all in your head*”. Hong explains: “When I was a kid, I would see my mother clearly being condescended to by white adults, by white women especially ... they would dumb down their words.” She points out that there has been “no critical vocabulary for this dominant culture that was constantly gaslighting my lived experience. Because my experience wasn’t being acknowledged, I had these feelings of shame, suspicion, melancholy, and paranoia.”



Asian Americans are often stereotyped as successful, model-minority immigrants. At the same time, they are also often excluded from discussions of US culture. Hong points to the recent primary elections: “Asians are hyper invisible. We’re not even included in racial breakdowns in polls. We’re always listed as ‘other’, if we’re listed at all. For example, with Super Tuesday, there was so much news about the black southern vote, the Latinx vote, the white rural vote, the white urban vote, the white college-educated vote, but nothing on Asian Americans ... Did they vote for Bernie or Biden? We’re not statistically visible.” Hong sighs. “It almost feels like we’re not publicly participating in this country.” The racism takes many forms. She writes about how Asian American women are seen as “fetish objects”, while Asian American men are often considered “unmasculine, untrustworthy, suspicious, and foreign”. Also: “Chinese is synecdoche for Asians the way Kleenex is for tissues.”

Minor feelings are not only felt by Asian Americans, of course. Hong cites Claudia Rankine’s *Citizen* as a book that investigates the phenomenon among African Americans, and explains how “*Minor Feelings* explores the trauma of a racist capitalist system that keeps the individual in place. It’s playing tennis ‘while black’ and dining out ‘while black’.”

Hong is the author of three poetry collections; *Minor Feelings* is her first set of essays. It took shape, she says, from watching the comedy films of *Richard Pryor* while experiencing a period of depression. “It was revelatory. The way he talked about race was so brutally honest and funny and unvarnished. It made me think that I had never encountered Asian identity being written in that way.” Watching Pryor also reminded Hong of the Korean term *han*, “which is a collective national Korean emotion of affects that includes bitterness, melancholy, nostalgia, and resentment, that’s rooted in the trauma of war, colonialism, and now, late capitalism”. Hong realised that *han* “isn’t isolated to South Korea ... There’s this specific combination of feelings when you can’t overcome the structural inequities you’re living under.”

As a daughter of immigrants in Los Angeles, Hong says she “was alienated in the way that a lot of Asian kids are alienated”. Though born in Koreatown, her family moved to the Westside in her early childhood, with her father eventually buoying them to a level of success that allowed Hong to attend private high school and college at Oberlin in Ohio. “On paper,” she writes, “my father is the so-called model immigrant.” Behind closed doors, however, the family had to contend with his anger and heavy drinking. Hong says: “For my family, there’s still this anxiety to assimilate. That’s also a survival tactic, to look ahead and not look back, and to be, if not white, then white-adjacent, which is destructive.”

White America has flattened our experience to a single story – *Minor Feelings* is an attempt to overthrow that.

The dissonance between her life at home and the perceptions put on her by the outside world, led Hong to art and writing in her teenage years. Oberlin was where she began to embrace the “bad” English of her childhood. “My teacher said: ‘You don’t have to be ashamed of the broken English you grew up speaking. You can use that as a strength in your writing.’ That really stuck with me.” Hong’s essay “Bad English” details her evolving relationship with language. “It’s one of the best benefits of growing up bilingual, right?” she says. “You realise that meaning is slippery.”



*Minor Feelings* “started out as poetry, then fiction, and then it became this collection,” she says, and points to the subtitle of her book: *An Asian American Reckoning*. “It’s not *the* Asian American reckoning.” Hong wants to overthrow the monolithic story of one Asian American identity. “Maybe what I’m responding to is how white America has flattened our experience to a single story, how they perceive us as one kind. The book is an attempt to overthrow that.”

Hong is careful to emphasise that she is exploring race through her specific life experiences. “There’s this fear of exposure, of presenting the right narrative that will put your family on a pedestal rather than knocking them down. I felt that greatly.” She knew, though, that she needed to embrace vulnerability. “I wanted the book to be as persuasive as possible, and in order to be so, it had to reach the reader’s heart, not just their mind.”

- *Minor Feelings* by Cathy Park Hong is published by Profile. (£16.99)
- <https://www.theguardian.com/books/2020/apr/01/cathy-park-hong-minor-feelings>



## Programs and Events of the Goodenough Community

*Because of these unpredictable times, dates and descriptions shown represent our plans for now.*

**Community is about adapting to change, and that has been the case with the pandemic as we have adapted many of our ways to connecting, many of which are via Zoom.**

Throughout the year our intention is to offer programs that help you participate in your own development, learn about relating well with others, and help you discover your potential to have a good time in life and with others.

Information about programs and upcoming events can be found on our website:

[www.goodenough.org](http://www.goodenough.org)



### **Human Relations Laboratory, August 8 to 14, 2021**

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 52 years! Contact: Colette Hoff, [hoff@goodenough.org](mailto:hoff@goodenough.org)



### **The Goodenough Community's governing body, the General Circle, meets monthly, 7:00 PM, via Zoom.**

For additional information, contact [Elizabeth Jarrett-Jefferson](#)



**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. For more information, contact [Hollis Ryan](#).



**The Third Age** - Those age 60 and older have been gathering monthly, Friday evenings. 7:00 PM. With the pandemic, meetings are virtual. Contact [Kirsten Rohde](#) for more information

**The Men's Program** - Our Men's Circle is an expression of brotherhood and practice with wisdom, gathered from our own lives, other men's work, advocates, and the founders of this circle.



**Pathwork, a Program of Convocation: A Church and Ministry** – Pathwork offers you a spiritual home in which to rest and to share your heart and mind as you move through these unpredictable times. We come together under the leadership of Pastor Colette Hoff and find support and encouragement as we clarify our personal goals and develop the practices we choose for a spirit-filled life, gaining wisdom from the world's faith & wisdom traditions. All are welcome to join. Meetings are held via Zoom on alternate Sundays from 7pm to 9pm. Contact Colette: [hoff@goodenough.org](mailto:hoff@goodenough.org) for Zoom information. \* Note – Dates for August and September TBA \*



**True Holidays Celebration, Saturday, December 4, 2021**

We are planning our 2021 event! Hold this date on your calendar. We traditionally hold this event on Mercer Island. Stay tuned for details.



**Work and Play Parties throughout the Year.** Traditionally, the Goodenough Community sponsors work parties over Memorial Day weekend as well as other times 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](mailto:hoff@goodenough.org) with questions during these times of the Pandemic.



**Quest: A Counseling and Healing Center**

Our belief is that mental and emotional health is a prerequisite for spiritual wellbeing, 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) if you find you need to talk out your feelings regarding the pandemic crisis.*

