

The Village View

February 24, 2021

Colette Hoff, Editor



RESILIENCE

Upcoming Events, on Zoom:

Third Age, Friday, February 26

Pathwork, February 28

Resilience, Skills to Develop

Colette Hoff

Psychologists define resilience as the process of adapting well in the face of adversity, trauma, tragedy, threats, or significant sources of stress—such as family and relationship problems, serious health problems, or workplace and financial stressors. As much as resilience involves “bouncing back” from these difficult experiences, it can also involve profound personal growth. While these adverse events are certainly painful and difficult, they don’t have to determine the outcome of life. There are many aspects of life you can control, modify, and grow with. That’s the role of resilience. Becoming more resilient not only helps you get through difficult circumstances, it also empowers you to grow and even improve your life along the way.

Resilience is not about the absence of difficulties, pain, suffering, adversity, distress, and the like. Resilience involves behaviors, thoughts, and actions that can be learned and developed. The ability to learn resilience is one reason research has shown that resilience is ordinary, not extraordinary. Focusing on four core components:

- **Connection** – Prioritize relationships, accept help, receive support, avoid isolation. Share what you are dealing with.
- **Wellness** – Take care of your body through proper nutrition, ample sleep, hydration, and regular exercise. Appreciate your body. Practice mindfulness through meditation, yoga, and other spiritual disciplines. Focus on gratitude. Find purpose, consider helping others. Be proactive. Move toward your goals.

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

- **Healthy thinking** – Identify areas of irrational thinking and the natural tendency to catastrophize and work toward a balanced view of your situation. Change the story you are telling yourself. You may not change the circumstances but you can change how you interpret and respond to the situation. Accept change as a part of life. Practice deep, slow breathing to alleviate stress. Visualize doing well. Increase self-compassion, self-worth and cultivate joy.
- **Meaning** – Get outside support. Overcome the fear of failure. Be happy for others who are happy. Share your vulnerability.



Allow yourself to be uncomfortable and move toward it. Use the energy of emotion to learn from what is going on.

This fable illustrates the point of developing resilience. *Once upon a time, some frogs fell into a bucket of cream. The sides were steep, none of the frogs could escape, and one by one they gave up and drowned. But one frog kept swimming, working its little legs methodically to stay afloat. And slowly, ever so slowly, it churned the cream into solid butter. Then the frog hopped out of the bucket and lived happily ever after.*

Small persistent effort over time can make the most difference toward building resiliency.

I have a new appreciation for the concept of resiliency. I can't change many things about my diagnosis but I can receive the support and caring that is being expressed for me. I am grateful for all the cards, prayers, light and love that are medicine for me.

References:

1. Resilience 101: How to Be a More Resilient Person, Psychology Today. Tchiki Davis, Ph.D.
2. Building your resilience (apa.org)
3. Resilient, Rick Hanson, Phd. Harmony Books, New York





Meeting the Most Famous Black Woman in the World

DOVEY JOHNSON ROUNDTREE & KATIE MCCABE

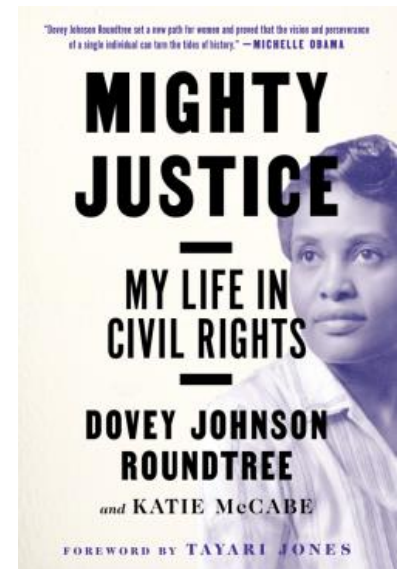
Mary McLeod Bethune founded a college, defied the Klan, advised presidents, and like my grandmother, was a fierce warrior for justice.

Born in 1914, Dovey Johnson Roundtree was subject to the double barriers of institutionalized racism and sexism, but rose from poverty to become a distinguished champion of civil and women's rights. As a member of the Women's Army Auxiliary Corps during WWII, she helped desegregate the US military. She went on to become a crusading lawyer, winning a landmark bus desegregation case in 1955. As a minister in the 1960s, she was in the vanguard of women ordained as leaders in the AME church. In her memoir, *Mighty Justice: My Life in Civil Rights*, Roundtree describes how the support of community, mentors, and family nurtured her career. In this excerpt, Roundtree encounters a friend of her grandmother's, the inspiring Mary McLeod Bethune.

In the 1920s, the most famous Black woman in America, if not the world, was Mary McLeod Bethune—educator, activist, and consultant to President Coolidge. That such a woman should have called upon my grandmother, should have huddled with her in close conference upon the broken-down sofa at our house at 905 East Boundary Street, should have consulted with her on the future of Negro children, defies the laws of chance and, indeed, every reality of the social hierarchy, at least as we know it today.

Yet consult with Grandma she did. The first time I laid eyes on the great woman, I was perhaps 10 years old. She was nodding gravely as my grandmother spoke and sipping a tall glass of Grandma's homemade locust beer. Though Grandma's schooling had ended at the third grade, and Dr. Bethune presided over the education of college students at the Florida institute she herself had founded, they addressed each other in the manner of old acquaintances and trusted allies. She called Grandma "Rachel," and Grandma in her turn called her renowned visitor "Mary."

I never did come to know precisely how the two of them met, but this was the era of the Black women's club movement, which cut across class lines in a way that has no modern counterpart. Any one of my grandmother's connections—her close friendship with Charlotte's NAACP president, her relationships with wealthy Black ministers' wives, her office in the prestigious Order of the Eastern Star—might have placed her in Dr. Bethune's path as she barnstormed through the South in the '20s, recruiting women for the National Association of Colored



Women's Clubs. Whatever their initial connection, I am entirely persuaded that having met once, my grandmother and Dr. Bethune were drawn together in the way kindred spirits are in great struggles.

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No two women I have ever known—and in adulthood I would come to know Dr. Bethune very well indeed—fought for justice quite so fiercely as those two.

Even as a child of 10 or 12, I sensed in Dr. Bethune something powerful, almost regal. Ebony-skinned and crowned with an enormous feathered hat that matched her silk suit, she spoke in a voice so rich, so cultivated, so filled with authority that it held me fast. By the time my grandmother knew her, she was already a figure of legend, a woman who had done the unthinkable: she had defied the Klan, alone. I knew what that meant, for I carried with me from one terrible night in my earliest childhood the shadowy memory of men howling and whips lashing and horses' hooves pounding outside our house, of hot darkness pressing on my neck, of the muffled sound of my sisters' sobbing, of Grandma's feet dragging on the floorboards as she paced, and the clear awareness that not even my grandmother for all her boldness could have protected us if the men in the white hoods had determined to do us harm.

That Dr. Bethune had taken on that nameless horror stunned me. But she had, rather than abandon her campaign for Black voting rights. She'd faced down the Klansmen who'd threatened to burn her college to the ground, so the story went, turning the campus floodlights upon the horde of hooded men with their torches and leading her girls in the singing of spirituals, one after another, until at last the men turned their horses around, and rode off into the night.

And there were so many other stories, told and retold among church folk and the ladies' societies Grandma entertained. They spoke of the world-renowned woman who'd begun life as Mary Jane McLeod, daughter of freed slaves. Alongside her sixteen brothers and sisters she'd picked cotton in the fields of Mayesville, South Carolina, until with her brilliance she captured the attention of a Black missionary who'd seen to her schooling. Barred because of her race from the missions of Africa to which she felt called, she'd taken on the fight for Negro advancement

as her life's work. In a tiny cabin with five pupils, she founded the Florida normal school that would eventually become Bethune-Cookman College, and as a child I loved to hear the tales of how she'd used packing crates for desks and elderberry juice for ink and raised funds by selling sweet potato pies. Later, when poll taxes shut Blacks out of the voting booth, it was said she took to bicycling around the countryside collecting money to pay them.

No church paper in those days failed to mention her, and when the weekly newsletters arrived from the AME office, Grandma would scan the headlines in search of Dr. Bethune's name, then command Eunice or Bea or me to read the article aloud, often more than once. If Dr. Mary McLeod Bethune, child of slaves, could rise from poverty to command the attention of presidents, Rachel Graham's granddaughters could do the same. In fact, Grandma insisted, we would do the same—or she'd know the reason why not.



Mary McLeod Bethune stands with a group of students at Bethune-Cookman College. Photo by Corbis/Getty Images.

From **Mighty Justice** by Dovey Johnson Roundtree and Katie McCabe © 2009, 2019 by The Dovey Johnson Roundtree Educational Trust and Katie McCabe. Reprinted by permission of Algonquin Books of Chapel Hill. All rights reserved.

KATIE MCCABE is a freelance writer whose article on African American medical legend Vivien Thomas won a National Magazine Award and was the basis for an award-winning HBO film. *Mighty Justice* is the product of her 10-year collaboration with Dovey Johnson Roundtree.

DOVEY JOHNSON ROUNDTREE was an attorney and minister who was one of the first women to be commissioned as an Army officer and who helped win a landmark case banning segregation in interstate bus travel. She passed away in 2018 at the age of 104.



Mindful Mike's Blog: Creative Evolution

Mike de Anguera

Do you fantasize working with fairies and elves? I certainly do. Bought a children's book on the tooth fairy while I was still working at the Boeing Company over 20 years ago. Were fairies trying to contact me then? I would like to think so. For me that was like going to the moon.

The Findhorn story also inspired me. A whole community working with fairies and elves. My kind of people.

Later I read the story of Lilly Hill Farm near Lawton, Michigan. The owner Penny Kelly found elves trying to contact her. They really wanted to work with her but it took a long time for a good working relationship to be established.



Sahale is taking us all on a journey. A lot of work such as pruning trees is involved. I took down enough prunings to build a mound over 4 feet high.

Phil Buchmeier joined Tod Ransdell and Tom George in pruning our fruit trees. Thanks everybody! Of course you can also see Josh DeMers, Marley Long, Atlas, and Irene Perler pruning trees. Rose Buchmeier spent a lot of time weeding our gardens by Kloshe.

So far we have had Sahale for nearly 20 years. In that time we were introduced to permaculture and ecovillages as well as biodynamic farming. Sahale has changed our community work a lot. We were introduced to Mike Pilarski of Friends of the Trees. He also worked with fairies and helped create the yearly Fairy Congress. I even got some fairy orbs on pictures I took.

My work at Sahale has exercised my left brain. But now with the help of Presley Harrington I am using my right brain. We created two fairies out of clay. It was not that hard. Presley made the clay out of corn starch and baking soda in about two minutes. As I worked with the clay I let the clay tell me what sort of fairy it wanted to be. Both of our fairies turned out very nicely. Unlike the souvenirs I collected through the years this reflects my expression of artistic talent. The colors matched perfectly. Especially the royal blue dress with red and yellow flowers.

Now I feel I am not just wishing for the presence of fairies. I am actually choosing them with Presley's support. The more we both work on our project the more fairies will become part of our lives. We are even going to design a logbook for communicating with them.

Findhorn didn't start out working with fairies and elves. It was originally based on the work of Eileen Caddy. It was Dorothy Mac Lean who began contacting nature spirits at Findhorn.

Are Presley and I contacting nature spirits here at Sahale? We would like to think so. We have not seen any yet but we certainly felt their presence.

Here we are building a house for our fairies. I found the rolled bark we used for the walls. It looks like something out of Tolkein or Star Trek.



Wishing Jim Tocher a Speedy Recovery

Our long-time & beloved Community member Jim Tocher is recovering from recent knee surgery; and with physical therapy Jim will soon be dancing!. Sending love and healing, Jim!

- Legions of Your Friends

Programs and Events of the Goodenough Community

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

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 new-found friends ... working together in a creative endeavor ... collaborating during 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.

Of course, 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



The Goodenough Community's governing body, the General Circle, meets semi-monthly, 7:00 PM, via Zoom. Below are dates for our winter meetings:

- March 1
- March 15

For additional information, contact [Elizabeth Jarrett-Jefferson](mailto:Elizabeth.Jarrett-Jefferson@goodenough.org)



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](mailto:Hollis.Ryan@goodenough.org). *Stay tuned for an announcement of the next Women's gathering.*



The Third Age - Those age 60 and older have been gathering monthly, Friday evenings, 7:00 PM. With the pandemic, meetings are virtual. The next scheduled meetings is February 26. Contact [Kirsten Rohde](mailto:Kirsten.Rohde@goodenough.org) for more information.

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. A weekend is planned from June 4 & 5, 2021. Stay tuned for details.



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. You are welcome to join. Meetings are held via Zoom on alternate Sundays from 7pm to 9pm. Contact Colette: hoff@goodenough.org for Zoom information.

- February 28
- March 14 and 28



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.



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

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 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.*

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Remember you are good enough
Everyone is different
Stop comparing yourself
Individuality rocks 🌱
Learn something new daily
Involve yourself in what you love doing
Enjoy things that make you happy
Not everyone can be 1st, 2nd, or 3rd
Care about yourself and others
Expect that some days won't be great

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