



# The Village View

January 6, 2022

Colette Hoff, Editor

## **Coming Up—**

**Pathwork**, Sunday, January 9, 7 pm  
on Zoom

**Women's Gathering**, Saturday,  
January 22, 10:00 am on Zoom

**Third Age**, Friday, January 28, 7:00  
pm

## **The Intentions for A New Year**

Colette Hoff

As I was preparing for this issue on the power of intentions set in the new year, my friend Pam Jefferson reminded me of a model taught to us by John Hoff titled The Phases of Our Core Social Process. At the heart of this model is the word *tend*. The word *tend* is from the French and has two primary meanings. One is to listen with anticipation, and the other is to extend attention and energy. **To tend is to serve from the heart.** The model breaks down the larger process of caring and providing for in communal life into five sequential phases: pretending, attending, intending, extending, contending.

### **Pretending: The First Phase**

In pretending, we visualize ourselves ahead in time at a place where our task is finished, the project is completed and we are experiencing our life as an accomplishment. Often when we begin to design an event we ask ourselves how do we want to feel when this is over? What do we want to have learned? Living into the future, we find ourselves reflecting back on how it was we accomplished this future.

### **Attending: The Second Phase**

In the pretending phase, it is crucial to tell the truth to each other about what is happening inside and among us as we visualized a future. We found that some people paid attention to problems and barriers and were slowed in their effort. Others, however, chose to pay attention to where the energy was, to what was working—and they moved more quickly. We began to know that we

## **On-Line News of the Goodenough Community System** **[www.goodenough.org](http://www.goodenough.org)**

American Association for the Furtherance of Community  
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needed to learn more about our successes than to pay attention to our failures. The more we went with our energy and paid attention to what was working, the more quickly people gathered around the effort and picked up the task.

So the second phase of the community process involves experimenting with various options for moving into the future. Almost always the first step is to develop alternative paths and to experiment with each of them, attending to which options present us with the fewest problems and give us the most energy and satisfaction. This phase of attending to our life is one in which we are watching for energy and for people who keep their energy.

### **Intending: The Third Phase**

When we see that our energy is mostly invested in a certain combination of alternatives, we realize the time has come to decide on a specific approach, a specific method for a specific set of purposes. This third phase of community accomplishment relies on our knowledge about *intention*.

To *intend* something is to will it. To “make it so” as they used to say on “Star Trek.” To intend something is to experience one’s self as causal, powerful, knowledgeable, willing, active force. The phase of intending involves carefully communicating and claiming the goal or goals we want to achieve and our consensus as to the general method of achieving it. Putting this in writing is important. We also find it is important to gather information about the task at hand.

### **Extending: The Fourth Phase**

Extending: The Fourth Phase. Someone once said that it is impossible to will more than one thing. This is because real life is complex and because we live within systems that reside within systems, and so forth. As we care for the process that unfolds, we must recognize how our current project connects to other things. A truly good idea can have vast implications during the phase of extending. We are simply being responsible for the impact of our intentions on other people and their concerns. And. . . we are *tending* their needs and aspirations in the same way we are carrying on our own business. Mostly, we are extending in awareness, responsibility, service, and love.

Extending our lives into the future does not begin with numerical growth, but with spiritual vision and respect for what continues to give us energy.

### **Contending: The Continuing Work of Community Life.**

Contending is the final phase of a community’s central process. Contending has to do with developing stamina. It has to do with learning to stay with our energy and with the process of ever deepening, clarifying, and expressing what is important to us. In the phase above we found ourselves impacting others in unforeseen ways, we are therefore we are needing to explain our intention and contend for our vision and mission. Contending does bring a quality of contentiousness which makes it important to be peaceful in our manner and to seek the good of all as our largest purpose.

Consider using this model to develop your intentions and goals for 2022. Pretend you have an idea of what you want and can pretend the outcome as options are being attended to prior to applying

intention and extend the outcome to include others while helping individuals to hold their energy and maintain their perspectives.



**And a beautiful poem for the year that was and the year that is unfolding from National Youth Poet Laureate, Amanda Gorman**

### **New Day's Lyric**

May this be the day  
We come together.  
Mourning, we come to mend,  
Withered, we come to weather,  
Torn, we come to tend,  
Battered, we come to better.  
Tethered by this year of yearning,  
We are learning  
That though we weren't ready for this,  
We have been readied by it.  
We steadily vow that no matter  
How we are weighed down,  
We must always pave a way forward.  
This hope is our door, our portal.  
Even if we never get back to normal,  
Someday we can venture beyond it,  
To leave the known and take the first steps.  
So let us not return to what was normal,  
But reach toward what is next.  
What was cursed, we will cure.  
What was plagued, we will prove pure.  
Where we tend to argue, we will try to agree,  
Those fortunes we forswore, now the future we foresee,  
Where we weren't aware, we're now awake;  
Those moments we missed  
Are now these moments we make,  
The moments we meet,  
And our hearts, once all together beaten,

Now all together beat.  
Come, look up with kindness yet,  
For even solace can be sourced from sorrow.  
We remember, not just for the sake of yesterday,  
But to take on tomorrow.  
We heed this old spirit,  
In a new day's lyric,  
In our hearts, we hear it:  
For auld lang syne, my dear,  
For auld lang syne.  
Be bold, sang Time this year,  
Be bold, sang Time,  
For when you honor yesterday,  
Tomorrow ye will find.  
Know what we've fought  
Need not be forgot nor for none.  
It defines us, binds us as one,  
Come over, join this day just begun.  
For wherever we come together,  
We will forever overcome.

*~Amanda S.C. Gorman*



# A Winter Bus Trip to Leavenworth in January *WAS* a great idea! However . . .

Due to Omicron, Covid, and potential snow conditions we are **canceling** this trip this year. Watch for next year's adventure.



*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 Black people. We, as mostly white, will educate ourselves and learn to make a difference. We will continue to speak out about the racial injustice in our country.*

## An Unusual Heroine

Editor's Note: I heard this story on the CBS News. It was very touching to see Claudette meet the lawyer who signed her freedom.

**Claudette Colvin** Claudette Colvin was born **Claudette Austin** in Birmingham, Alabama on September 5, 1939, to Mary Jane Gadson and C.P. Austin. She is an American pioneer of the 1950s civil rights movement and retired nurse aide. On March 2, 1955, she was arrested at the age of 15 in Montgomery, Alabama, for refusing to give up her seat to a white woman on a crowded, segregated bus.

She was pulled off the bus, handcuffed, arrested, jailed, tried, and convicted of violating Montgomery's segregation ordinance and assaulting a police officer, one of the officers who dragged her off the bus, handcuffed and arrested a child tussling against an injustice.

The ordinance charges were eventually overturned by the Alabama circuit court; but the assault conviction, a felony, was upheld. Colvin had been placed on indefinite probation. Yes, indefinite.

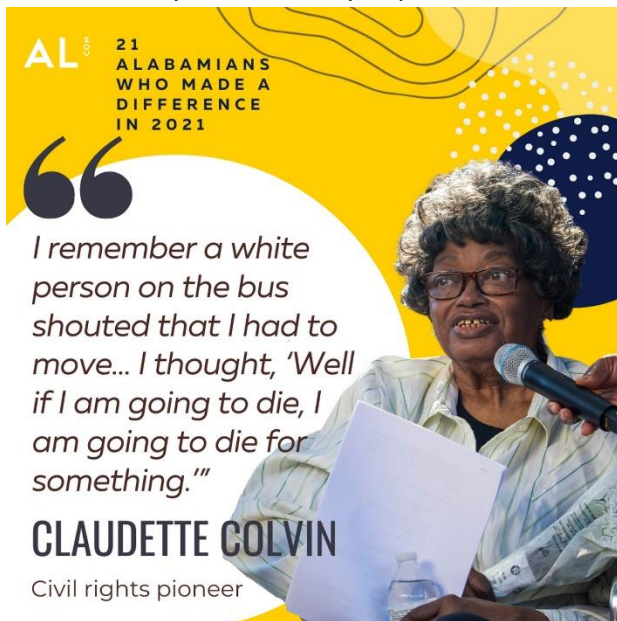


This occurred nine months before the more widely known incident in which Rosa Parks, secretary of the local chapter of the National Association for the Advancement of Colored People (NAACP), helped spark the 1955 Montgomery bus boycott.<sup>[3]</sup>

Colvin was one of five plaintiffs in the first federal court case filed by civil rights attorney Fred Gray on February 1, 1956, as *Browder v. Gayle*, to challenge bus segregation in the city. In a United States district court, she testified before the three-judge panel that heard the case. On June 13, 1956, the judges determined that the state and local laws requiring bus segregation in Alabama were unconstitutional. The case went to the United States Supreme Court on appeal by the state, and it upheld the district court's ruling on November 13, 1956. One month later, the Supreme Court affirmed the order to Montgomery and the state of Alabama to end bus segregation. The Montgomery bus boycott was then called off after a few months.

For many years, Montgomery's black leaders did not publicize Colvin's pioneering effort. Colvin has said, "Young people think Rosa Parks just sat down on a bus and ended segregation, but that wasn't the case at all."<sup>[4][5]</sup> Colvin's case was dropped by civil rights campaigners because Colvin was unmarried and pregnant during the proceedings.<sup>[6][7]</sup> It is now widely accepted that Colvin was not accredited by civil rights campaigners at the time due to her circumstances. Rosa Parks stated: "If the white press got ahold of that information, they would have [had] a field day. They'd call her a bad girl, and her case wouldn't have a chance."<sup>[6][8]</sup>

After 66 years, President Circuit Judge Calvin L. Williams, an African-American stated Colvin's motion, filed on October 26, 2021, to "seal, destroy, expunge juvenile records ... is hereby granted for good cause and its measure of statutory rights in fairness to Claudette Colvin for what has since been recognized as a courageous act on her behalf and on behalf of the community of affected people.







Mindful Mike's Blog: Snow Time  
Mike de Anguera

Jingle bells! Jingle Bells! Oh....aren't we past Christmas? Yes. Now it's shovel, shovel, shovel all the way. With my now sore foot. Bruce Perler has suggested getting new boots. Since I am now a member of the Good Shoe Club with my Ultras, Bruce can also help me get new boots. Obviously I am no expert when it comes to boots. I have had my old boots since at least 1996.



Sahale is now in the state of Snow. Snow on the ground. What would this time of year feel like without the snow? Gray. January is not Christmas. We took down all our lights last week. Now I have to think of the New Year and.....taxes! It seems Christmas is party time with Santa, presents, and caroling. Caroling to remember old time favorites from when I was a kid. All gone but we still have snow. Snow to shovel. Snow to keep me from thinking of other things. Snow to enable me to procrastinate! Now I have the perfect excuse to put everything off. After all shoveling snow does take up plenty of time every day. The nicest part is when I think I am all done it snows and I get to shovel all over again.

I lost my camera but as you can see my computer takes pretty good photos though it is best for taking selfies. Hmmm.....maybe I should get a Smart Phone as it can take great pictures. But it has features I could do without such as a disappearing keyboard. I like to keep things simple not because I am enlightened. Rather I like the freedom my life offers.

Freedom has been my intention for most of my life. When I was a teenager I wanted to go to Alaska. Alaska was my escape from school as well as home. Now I see it much more broadly but it took quite a few decades. Why so long? Have I got anything better to do? Maybe my goals have something to do with my awareness. I now see life as short rather than long. This will affect whatever choices I make.

My intentions change as I get older. Why is that? Well I have learned to see beyond the narrow confines of a career. It simply won't satisfy me anymore. Now my friendships are more important. I choose to move beyond the career/retirement paradigm. I will work with the limitations of my aging body but I will not let this dominate my life. The people I admire the most never retire. They just keep going in spite of limitations. As an example the Dalai Lama is 86 years old. He knows his Earthly life will come to an end but he has no plans to retire. Same is true for the head Lama at Sakya Monastery in Seattle.

A lifetime always is about change. That's because impermanence is the rule. Nothing in this world lasts forever. The Divine always wants to play a new game. Death is simply another change. Not a moving up but rather leaving the movie house of mortal life and returning to my original state.

Snow pictures look better at a slant, don't you think? More Feng Shui action? My camera always seems to know better than me how to compose a good picture.



## **Programs and Events of the Goodenough Community**

### **Announcing Winter and Spring Dates**

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

Throughout the year we intend to offer programs that help you participate in your own development, learn about relating well with others, and help you discover your potential for having 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 7 – 13, 2022 – Mark your calendars now**

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. Next summer in 2022 we will celebrate 53 years! Contact: Colette Hoff or Elizabeth Jarrett-Jefferson, [hoff@goodenough.org](mailto:hoff@goodenough.org), [elizabeth.ann.jarrett@gmail.com](mailto:elizabeth.ann.jarrett@gmail.com)



**The Goodenough Community's governing body, the General Circle,** meets monthly on Monday evenings, 7:00 PM



### Winter and Spring Dates

- |   |          |
|---|----------|
| <input type="checkbox"/> January 24, 2022 | April 25 |
| <input type="checkbox"/> February 21      | May 23   |
| <input type="checkbox"/> March 21         | June 20  |

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.

*Saturdays, 10AM to 1:00 PM via Zoom:*

### Winter and Spring Dates:

- ☐ January 22, 2022
- ☐ March 26
- ☐ April 29 – May 1 - *Annual Weekend for Women*

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



**The Third Age** - Those age 60 and older have been gathering monthly, Friday evenings, 7PM. Contact [Kirsten Rohde](#) for more information *There will not be a gathering on December 17.*

### Winter and Spring 2022 dates:

- ☐ January 28, 2022
- ☐ February 25
- ☐ April 15



**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.

For information, contact Norm Peck, [shkwavrydr@aol.com](mailto:shkwavrydr@aol.com)



**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. Participants come together under the leadership of Pastor Colette Hoff and find support and encouragement, gaining wisdom from the world's faith & wisdom traditions. All are welcome to join. Meetings are held via Zoom on alternate Sundays: 7pm to 9pm. Contact Colette Hoff: [hoff@goodenough.org](mailto:hoff@goodenough.org) for Zoom information.

*\* The next fall date: December 19 – this is a change \**

### Winter and Spring Dates:

- |  |                 |
|--|-----------------|
| <input type="checkbox"/> January 9 and 23  | April 10 and 24 |
| <input type="checkbox"/> February 6 and 20 | May 8 and 22    |
| <input type="checkbox"/> March 6 and 20    | June 5 and 19   |



**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.



### **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 Hoff (206-755 8404).

## 6 Tips for Setting Intentions

by [weliveinspired.com](http://weliveinspired.com)  
[facebook.com/WeLiveInspired](https://facebook.com/WeLiveInspired)

1. **Declare what it is you want to attract or confront**
2. **Brainstorm Baby Steps**  
(what steps can you take to move towards the "thing")
3. **Magnify your intention by talking about it with people you trust.**
4. **Magnify it even more by boldly writing down your intention**
5. **See yourself getting the outcome you desire. How does it feel?**
6. **Let go & let God do the rest-**  
**Trust that everything will work together for your good!**