



Village eView May 13, 2020

Colette Hoff, Editor



For Theses Times We are In

Forgiveness, Helps You Live in the Present

Colette Hoff

Today, I added a message to the Facebook page of Piero Ferrucci. I let him know of the effort we are developing entitled, "The Kindness Project," based on his book, *The Power of Kindness: The Unexpected Benefits of Leading A Compassionate Life*. I had just been researching his valuing of forgiveness and came across his writing on Facebook.

One of the illustrations Ferrucci uses in the chapter on forgiveness makes a thought-provoking point. What if we woke up on a usual morning and everyone has forgiven everything? Countries with rivalries, racial injustice, gender disparity, the mistreatment of children acknowledging that all have rights to exist freely. And further, what if individuals forgave each other for every slight and injustice? The past would no longer be continually recycled and all could live fully in the present. The air would happier and lighter. People would discover for the first time what it means to live in the present instead of constantly reliving the past. Think of the extra energy for new endeavors and creativity that would be generated if blame, prejudice, and revenge were no longer holding energy.

Forgiveness is an inner experience. A person who is angry, holding on to past injustices because of someone else's behavior, makes a choice to let go of the anger that could ruin his life. Learning from the experience, one can create a boundary so that repeated injustices be not be tolerated. Forgiveness is difficult and can feel dangerous. Not only does it require vulnerability, but it can also feel like parts of our identity are wrapped up in the resentment of the wrong that was experienced. Family of origin work in therapeutic processes are intended to trace back how current issues are a replay of the original wound or wrong.

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

For some, forgiving is too difficult and their behavior can demonstrate that they are still caught in the harm that was done and continues to be done. The past becomes a living present; and stagnation, blocked energy, illness, anxiety, depression are the usual outcomes. The quality of one's thoughts are felt throughout the entire organism – in feelings; thinking; mind; body, especially blood pressure; stress and stress-related illnesses. It becomes a choice: What thoughts do you want-- anger and revenge or love and happiness?

To work with forgiveness, two important steps need to be taken:

1. Recognize the wrong and the suffering experienced.
2. Feel the suffering and anger fully.



Ferrucci is clear that there is no room for kindness within an angry host. Anger is a big emotion and it requires us to deal with it, such as giving it space and making new decisions. Forgiveness will help discharge the impact. Empathy, another aspect of kindness, is especially useful. Put your self in the other person's reality. If possible, suspend judgment and be flexible enough to let go of past wrongs. We cannot be kind if we are dominated by the past or are too ridged to ask forgiveness or if we are colored by guilt and or revenge.

Observing the injustice with a larger perspective will also provide more understanding. Ferrucci encourages reconnecting with our Selfness, that part of us that is clear of the ugliness of life. Whether it is a walk in the natural world, meditation, physical activity – connecting with our core is the quickest way to see the absurdity of small quarrels and resentments and instead find love and happiness. Forgiveness then becomes something that we are.



And forgiveness is also—or feels—dangerous: It exposes us not so much to repetition of the original harm as to feeling vulnerable and open. ~ Piero Ferrucci

There are many models for dealing with forgiveness. The REACH model has shown to be effective. Psychologist Everett Worthington Jr., who back in 1996 endured a horrific tragedy, developed the REACH Model after his own elderly mother was beaten and attacked. His ability to develop understanding and forgiveness towards the persons who performed this act became an inspiration to many and is what allowed the REACH Model to take form.

The **REACH Model** is an acronym meaning:

Recall the hurt

Empathize with the one who hurt you

Altruistic gift of forgiveness

Commitment to forgive

Hold on to the forgiveness

Step 1 Recall the Hurt. When we are hurt, it is natural to experience fear or anger. Fear prompts us to run and anger prompts us to attack. It is natural for a victim to try to physically and mentally avoid the aggressor. Mental avoidance consists of trying to forget or distract the mind from focusing on painful thoughts related to the event. Physical avoidance is relatively easy, but escaping thoughts is more difficult and can highly frustrating. It is difficult to forgive if fear or anger still dominates your mind. The way to overcome the fear or the anger is to recall the event and still try to relax. Take deep, slow and calming breaths as you visualize the event and recall the hurt event fully. Do not hesitate to seek help from a friend or a therapist if it's difficult to do on your own.

Step 2 Empathize with the person who hurt you. Explain the hurtful act, not from your perspective, but from that of the other. Why did he or she do this? The purpose of this imaginative exercise is not to arrive at the most accurate explanation of the wrongdoer's actions but to find an explanation with which you can live and let go. For example, you may say to yourself, "People who hurt others are themselves usually in a state of fear, anger or hurt" or, "People are not always thinking rationally when they hurt others." Couples often struggle with this concept because they often have such high trust and expectation in each other and can feel betrayed when one hurts the other. But, the love they have for each other can hopefully allow for empathy to take place.



Step 3 Altruistic gift of forgiveness. This can again be a very difficult thing to do, especially when the person giving this gift of forgiveness was the one who originally felt they were the victims. Giving a person who wronged us the gift of forgiveness is a way of telling the person that they are worth it and also helps lift the burden of anger and bitterness.

Step 4 Commit yourself. Make a commitment to yourself to forgive publicly so you don't have a chance to back out later. Such public commitment may include announcing your intention to a group you belong to, write a "certificate of forgiveness" with a specific date on the certificate; write a letter of forgiveness to the wrongdoer and reading it out loud, directly confronting the person who hurt you, or tell a trusted friend about your act of forgiveness.

Step 5 Hold onto forgiveness. Memories of the hurtful event will surface even after you have forgiven the wrongdoer. Hopefully, the memories will not be as emotional and disturbing as they were before you exercised your ability to forgive. Forgiveness should be genuine. Learn to interrupt all thoughts related to revenge and self-pity. True forgiveness reduces chronic anger, fear and stress, increases optimism and brings health benefits.-- *Michael Linn, M.Ed.*

You will find an article on making apologies *“I’m sorry” is more than just words* on page 14 that carries the work with forgiveness further to mend relationship.

Choosing to Forgive . . .

Unlocks the Cell to the Prison inside your heart – it sets YOU free!



“Valley Visitors” and Memorial Day

Colette Hoff

Memorial day weekend is approaching, **May 22 to 25**. While we would love to host our traditional weekend play / work party, the virus is making us re-think our plans and to follow the guidelines set out by Governor Inslee. We are therefore willing to host what we are calling “Valley Visitors” on Memorial Day. **A Sahale Valley Visitor, for example, would call, text or email ahead, let us know about when you are coming.** VV’s would be welcome to drive in and park in our lower campus, enjoying the river and spending time at Sahale. Visitors would bring their own lunch and will be directed to use a specific restroom. Tenting or a self-contained unit is also possible, and we would work with providing meals served out of Potlatch. *Let me know your thoughts and possible plans.* We miss you all here and we are glad to stay safe. Colette’s cell is 206 755 8404, hoff@goodenough.org.

Forgiveness is
the inner act of
making peace
with the past and
of finally closing
accounts.

— Piero Ferrucci

Thanks, Jim, for your memories of Neale!

Reflections on the Life of Neale Huggins

By Jim Tocher

Neale Huggins, a longtime member of the Goodenough Community died April 27th. He was a friend of many of us and will be sorely missed. I thought I would write up a few of my remembrances to share with those of you who knew Neale.

Neale was born in England in 1930 and he was just short of his 90th birthday when he died. He grew up near Manchester and experienced World War II from the age of 9 through 15 – old enough to get the full sense of the devastation it wrought upon Britain. (His older brother died while flying for the RAF). Neale studied aeronautical engineering at one of the red brick universities and eventually came to the United States in the late 1960s. His first job here in Seattle was with the Boeing Company.

I remembered him telling us (he was a great story teller) about his introduction to Boeing. Neale was a proper Englishman, with the full name of Charles Neale Huggins. (Nobody ever called him Charles). His new supervisor greeted him with a firm handshake and a hearty (Boeing-like) welcome of “Welcome Aboard, Chuck! Neale cringed and wondered what he had gotten himself into, but he carried on with a stiff upper lip.

As long-time member of our Goodenough Community Men’s group, he always had stories to tell and marvelous (though questionable) schemes to suggest as money raising propositions. One night he told about how we should manufacture and sell stickers which could be placed over the face of Seattle parking meters. The stickers would show that time was still on the meter even though the red flag had popped up. Fortunately we never chose to implement his scheme. But it certainly didn’t lack for creativity.

Neale was a gentle soul – he never lost his British accent, his sense of humor, he never had an unkind word about anyone, and he was always a good friend by keeping in touch with all of us.

I am sad to have him gone, and will keep him always in my heart. May he rest in peace.



Neale Huggins and Phil Stark (passed June 2017)

2020 Human Relations Laboratory, August 2 to 8

The Community's Lifeways Circle has the responsibility to develop themes and the curriculum for the Lab. We are considering blending our learning about kindness with the 4 "A" words: Ambivalence, Anger, Arrogance, and Anxiety. **Kindness: A Healthy Response to Our Crazy World** is the theme statement we are developing. What are your thoughts?

As you can imagine, the virus has caused at least three events at Sahale to cancel. In growing concern for our economics, **we are asking you to register for the 2020 Human Relations Laboratory as soon as you can.** On-line registration is available and please let me know if you have a problem. We hope you also might consider a donation to our scholarship fund to help others participate in the event.



You will read more about the Lab in the eView over the coming weeks. We hope it catches your interest.

Pathwork, a Program of Convocation: A Church and Ministry -

By request, our Pathwork Circle has met on Zoom and we found a good feeling of connection, despite technology.

On Sunday, May 17 and May 31. we are inviting anyone who would like to join in meditation and connection. On May 17, we will spend part of the evening remembering Neale Huggins. Please email Colette at hoff@goodenough.org to get access information to the Zoom call.



Food Forests!

Kirsten Rohde

"Permaculture food forests are intentionally cultivated forest gardens that contain native and cultivated plants and provide yields for humans and ecological functions.

Essentially, it is a low maintenance forest that's edible, medicinal and that enhances your local environment! A food forest is a sustainable and natural way to produce healthy and organic food.

By learning how to tend your specific soil and develop plant communities you'll be able to improve your yield and provide nourishing and healthy food for you and your family."

Marisha Auerbach is lead instructor for an online course through Oregon State University on food forests.
pace.oregonstate.edu/foodforests



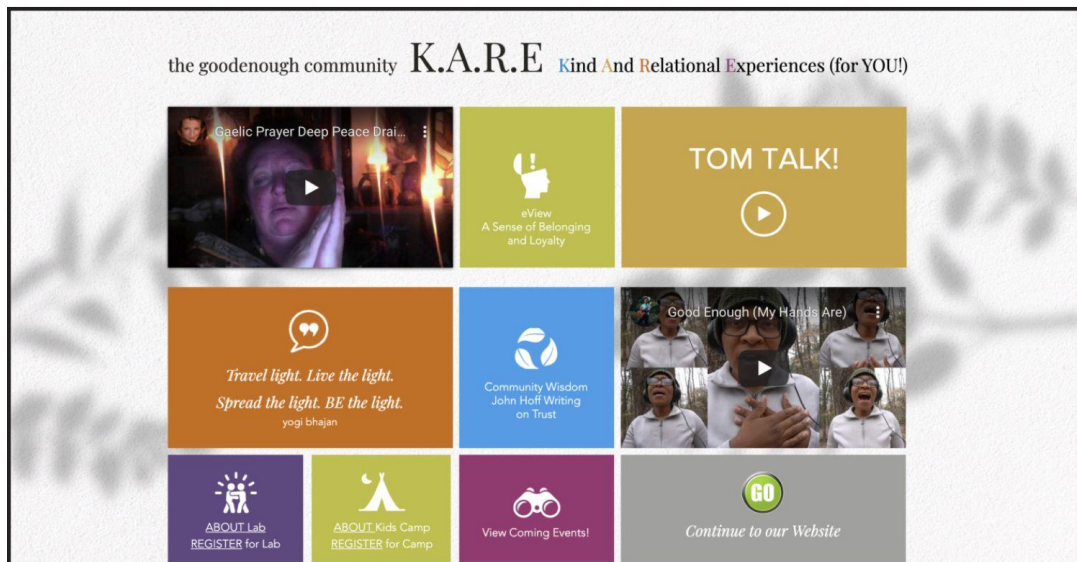
I have been working my way through *The Earth Care Manual* by Patrick Whitefield. The author lives in England and his book was recommended to me by Michael Pilarski (“Skeeter”) who is a permaculture instructor, farmer, herbalist, and wild crafter in the Northwest. The book is about permaculture in the temperate zones like ours. In it is a definition of “stacking” which I’m learning is a key principle in designing food forests. “Stacking is multi-layer growing. At its most basic it’s an imitation of a natural woodland, which usually has at least three productive layers: trees, shrubs and herbaceous plants. A stacked system is potentially much more productive than a single-layer crop such as a field of wheat.... There can be little doubt that the most sustainable way to grow food in any part of the world is the way which most closely imitates the natural vegetation of the area. Here in Britain the natural vegetation is woodland and a forest garden is closely modelled on a natural woodland.”

I’m also learning that attention to what is beneath the soil, the roots, worms, and microbes, are also a layer in a successful food forest. At Sahale we have two budding forest garden projects. One is in the lower fir forest which had Douglas Firs planted close together as in a tree farm. Consultation from foresters has led to thinning so that the remaining firs are healthy but also creating light and breezes into the forest. Native plants are volunteering in the clearings and we will plant more to create the vertical layers for a productive and healthy forest garden.

We are also converting a grass lawn below my house into a food forest. So far we have nut and fruit trees started and some fruiting currants. Over time, many layers will be added, taking care to think about shade from the trees as they grow and plants that enjoy each other’s company. Built in an area that was part of the river bed in the distant past, the soil is more rock than healthy growing medium so we are amending and will include some plants that will add to the soil with their roots and vegetation, as well as microorganisms in the soil.

Versions of food forests are being created in city back yards, school gardens, by the side of roads, and more. With a variety of trees and plants they attract bees, butterflies, birds and more. They can include flowers and shrubs that contribute their beauty. Monocultures can seem tedious by comparison and they don’t help the earth to be repaired.





Welcome to the New Goodenough K.A.R.E. Page!

(Kind And Relational Experiences)...for YOU!

It is now the opening page of

www.goodenough.org

Please visit TODAY and come back often!

It will be updated weekly, offering you a fresh library of inspirational
Videos, Songs, Quotes, John Hoff Articles, Friends Interviews and Stories
to feed your soul.

Additionally this website entry point is now a quick and easy way to access
eView and to read about and register for upcoming events.

If you have questions or feedback, please email goddessdrai@gmail.com

BE WELL.

BE HAPPY.



Mindful Mike's Blog: Forgiveness

Mike deAnguera

To forgive another is to let go of whatever grudge I may have with that person. When I don't forgive another I actually hurt myself. Even in this time when politicians and the ruling elite easily take advantage of us. Why is this true? Because ultimately there is only one of us here on this planet. Whatever I do to another, I do to myself. I need to be careful if I ever use the word, "stupid" to describe another. Is it possible that whatever I hold against another I myself have done at least in my mind? Yes, I am guilty of such thoughts. So I should never judge another. Then I release myself and open to joy.

It is just as important that I forgive myself. I should never tell myself what I would never tell another. One of Jesus's most important commands is to "Love your neighbor as yourself." But what if I don't love myself? How then can I love my neighbor? Forgiveness is part of being a loving being. Without forgiveness there can be no love, compassion, or kindness.

The Buddha would understand. Otherwise how could he have withstood the assaults of Mara, the Buddhist version of the devil while sitting under the bodhi tree?



I am in the process of clearing out my stuff including old files. All this brings back old memories.

Old stuff I had long forgotten. I wonder about my life. Obviously I am not as advanced as the Dalai Lama. If only I could have been like him throughout my life. Did I do anything important? Most folks reading this blog think the answer is "yes." I should think the same way. Right?

Do I deserve the support I get? Of course. I need to be compassionate to myself. Forgiveness is essential to letting go. I AM WORTHY AS I AM. I do not have to do anything to make myself more worthy.

Even the Dalai Lama falls short. He was interviewed by Real Change, Seattle's newspaper for the homeless community. He showed that he really didn't have much understanding of their plight. That's because he has been waited on by attendants all his life. He was driven out of China during the Communist takeover but found a refuge in Darmsala, India. So the Dalai Lama as a teacher has to follow the same path as the rest of us. To me this does not detract from his purpose. For me it makes him more real and I can identify with him. If he was perfect in everything then he would not be human but rather a god. I can't learn

anything from a god because there's no connection. The Dalai Lama sees himself as a simple Buddhist monk. He is on a pilgrimage.

Life is limited. Old stuff needs to be let go just as I am doing with my room in the Klahwie Guest Cottage.

Last week Pam and Elizabeth Jarrett-Jefferson threw a party serving hamburgers and hot dogs along with tasty potato chips. We do everything we can to make it through this crisis. Forgiveness is always possible.



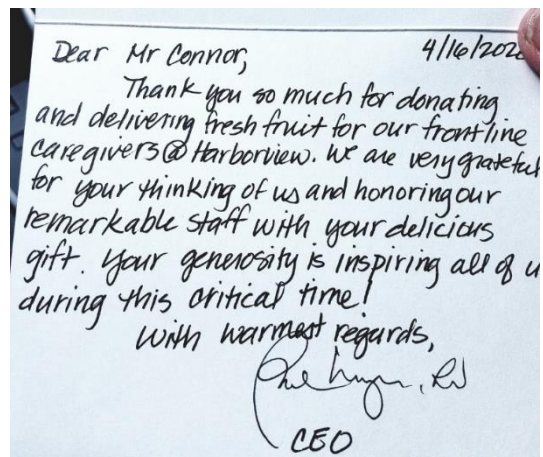
What's Mindy's reaction? Sit on top of a box full of strawberry plants. She is forgiven.



Frontline Fruit Donations Making a Difference!

We received a nice note of thanks from Harborview Medical Center CEO Paul Hayes. But the real thanks deserves to go to the donors who provided for our delicious healthy fruit. We are supporting frontline caregivers at Harborview and Evergreen Medical Center in Kirkland. So far we've fed over 2,600 caregivers.

Also a big thanks to business customers HUB International Insurance and nvidia for redirecting their office food budget to the fruit donation program. For more info on donating fruit visit the Market Fresh Fruit – Healthy Office Snacks

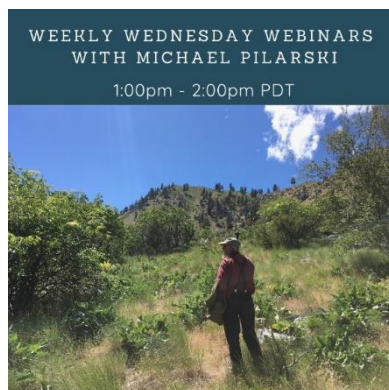


GoFundMe page.
Stay safe and strong,
Tom and Molly O'Connor, Co-owners

Market Fresh Fruit – Healthy Office Snacks
marketfreshfruit@gmail.com
206-304-2464
marketfreshfruit.com



Thank you for your kindness, Tom and Molly!



Link to access tickets for these events
and check out the InCider Space Event
Calendar here: <https://www.finnriver.com/farm-music-event-calendar>

Hosted by Finnriver InCider Space Zoom!

Finnriver is hosting a virtual gathering space, called InCider, through an online portal called zoom. To participate in Incider Space events, folks can make a sliding scale monthly membership contribution.

Join us live on Zoom for the following webinars

"Medicinal Plants in Permaculture Systems"
May 13, Wednesday 1:00pm - 2:00pm PDT.

"Ecosystem Restoration Camps"
May 20, Wednesday 1:00pm - 2:00pm PDT.

Local Advertising

MODEST
IMPROVEMENTS



BRUCE PERLER, GC
HANDYMAN SERVICES

licensed. insured. bonded. modesi816pq.
bruce_perler@hotmail.com
FB | ProjectsBrucePerler
206.419.8361

creative solutions, graphic design, brand identity
catalogs, brochures, logos. **CREATIVITY.** cards. ads
prepress. production. enviro-friendly design. photo
manipulation. writing and editing. annual reports
promotions. consulting. letterhead. invitations. web

wild



redhead design

goddessdrai@gmail.com

DRAI Proud Heart Member of the GEC!

Programs and Events of the Goodenough Community

While we are in uncertain times, these dates represent our intentions.

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: June 1; 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. 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.



Third Age - Those age 60 and older have been gathering every other month, Friday evenings in Seattle. Contact Kirsten Rohde for more information: krohde14@outlook.com

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 May 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!

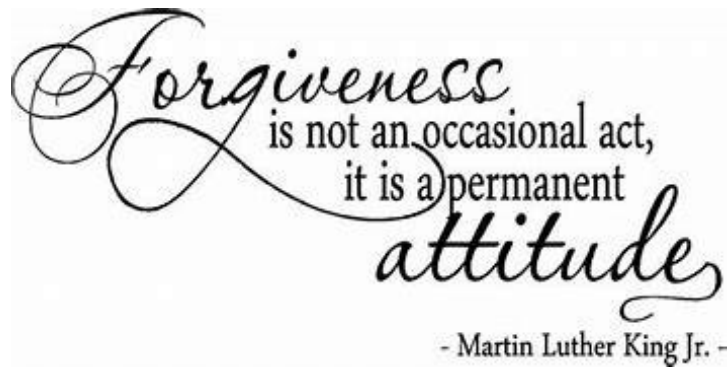
Cancelled

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) if you find you need to talk out your feelings regarding the crisis.



“I’m sorry” is more than just words

Lance Frazer (from the *Costco Connection*, February 2020)

Apologies are part of life, and they are part of business. While a successful apology shows an acknowledgment of, and responsibility for, a problem, all too often we get them wrong. Roy Lewicki, professor emeritus of management and human resources at Ohio State University’s Fisher College of Business, tells the Connection there are six components to any good apology:

- ♥ **an expression of regret,**
- ♥ **an explanation of what went wrong,**
- ♥ **an acknowledgment of responsibility,**
- ♥ **a declaration of repentance,**
- ♥ **an offer of repair and,**
- ♥ **a request for forgiveness.**

The more of these you include, the better your odds of mending or preserving a relationship.

In an experiment, Lewicki and his colleagues tested how more than 700 people reacted to apologies that contained from one to all six of these components. “We were interested in what makes apologies more or less effective, so we constructed a hypothetical scenario with apologies containing one or more of the key components and asked [test subjects] to judge their effectiveness,” he says.

What they found was that the more components the apology included, the more effective it was judged, the two key components being an acknowledgment of responsibility and an offer of repair.

But, cautions Lewicki, the components were not weighted equally, and language was key. “We’re so used to hearing political doublespeak involving too many words without meaning, where it gets in the way of the message and minimizes the apology,” he says.

One kiss of death for an apology? “The phrase ‘I’m sorry if anyone was offended by what I said/ did,’ ” Lewicki tells the Connection. “That phrasing is completely empty, conveys a meaning that is both underhanded and cynical, and shows neither empathy nor sincerity.”

Empathy and timing are vital elements, he feels: “The closer to the offense that you apologize, the more effective it is. If you wait too long, it only gives the offended more time to stew in that juice, and makes the apology less meaningful and less effective.”

Lewicki ends with a warning: “The bottom line in all of this is that, from Washington to Hollywood to the sports world, there are so many people apologizing for so much that the overall efficacy of the apology is being diminished unless it’s a really finely crafted, empathetic apology.”

Lance Frazer is a California-based writer.

Rebuilding trust

Trust expert Roy Lewicki says an apology is important because the violation casts a shadow over victims’ confidence in their own judgment, creating uncertainty and tension, which a well-crafted apology can help restore. “That reflects on the individual’s character,” he says, “and that is a long healing process, which takes not only a well-crafted apology, but considerable action over a period of time—not just words.”—LF