

Acceptance-

The act or process of accepting

the action or process of being received as adequate or suitable, typically to be admitted into a group:

"you must wait for acceptance into the club"

What you see is what you get!

John L. Hoff

I had one of those moments of awakening the other day, and caught myself in a judgment and an unkind thought about someone. Since I was disappointed in myself and I remembered an old guidance: You were coached, trained, educated to be a good critic. By now you are good at that. **Remember that the change you are making is to extend mercy and forgiveness.**

Our society and our local culture is based on being rational and objective, or in another word, critical. A transforming decision we can make is to feel for the other person and behaviorally, to join them—eye contact, touch, and words that are meaningful. **This is the path of acceptance.** The process of acceptance involves joining and looking at the world through the eyes of the

The Village eView

October 8, 2014

Colette Hoff, Editor

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

October 8, Pathwork

October 31 to November 2, Harvest Weekend

November 4, Third Age Gathering

You have to take it as it happens, but you should try to make it happen the way you want to take it.

~German Proverb

Acceptance is not submission; it is acknowledgement of the facts of a situation. Then deciding what you're going to do about it.

~Kathleen Casey Theisen

other person while listening to what they say they want. Acceptance extends a feeling of being accepted. Sometimes acceptance is extended as forgiveness. To accept a person is to see them as if they are already fine or they are already transformed. I believe that if you have really received forgiveness like this or really been accepted for who you are when you didn't feel good about your self, you already know what I mean, and **you know the power of acceptance**. From this point of view people are acceptable. Most situations are best dealt with as though they are acceptable.

This theme of acceptance has caused me to experience all the offerings and announcements that are in this Village eView in a more open hearted way. I invite you to feel your appreciation for Colette for her editorship and others who have articles in this week. This Village eView is an expression of acceptance, and even more, it is a celebration of being in a community that cares for its people. I conclude with a comment of Thaddeus Golas:

*Inside yourself or outside, you never have to change what you see, only **the way you see it**.*

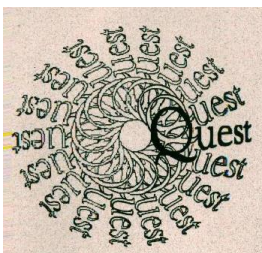


OPPORTUNITIES

Pathwork:

Sunday, October 5, we are **inviting all interested** to participate in a **“Pathwork Process,”** a process of sharing our own faith journeys and spiritual development. The focus is on what is happening in our lives now and not on earlier history. It is a process in which we **coach each other** and elicit insights from those who have done psychological and relational work with themselves. John and Colette Hoff have been asked to provide leadership and to resource us thematically. **John and Colette would each welcome meeting with anyone interested in attending.** Email hoff@goodenough.org to RSVP.

Pathwork will be meeting in West Seattle at the home of Joan. Phil, Barbara, and Jim 7723 13th Av SW, Seattle 98106.



Quest: A Counseling and Healing Center

Our belief is that mental and emotional health are prerequisites 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 (206 963-4738), Colette (206 -755 8404).**

Where are you working, you might ask?

Currently, John and Colette are doing home visits and utilizing community homes for individual sessions and group meetings. We are especially appreciative to Pam and Elizabeth Jarrett-Jefferson and the West Seattle household of Joan, Phil, Jim and Barbara.

Quest is currently offering a group focused on relationship:

Beginning on **Tuesday, October 14 at 7:30 p.m.**, we will be meeting with couples. Some of these couples will be married, some will be committed, some will be living together, some will be serious friends that want a chance to work with themselves and their personal development yet within a relationship with someone else. If you can think of someone you would like to work on self-development with—let them know. Also let us know (John and Colette Hoff) that you are interested in a relational counseling approach to personal development.

This group will be meeting at the home of Pam and Elizabeth who have found that their own relationship has deepened in recent months.

*I know a cure for sadness:
Let your hands touch something
that makes your eyes smile.
I bet there are a hundred objects close by
that can do that.
Look at beauty's gift to us -
her power is so great she enlivens
the earth, the sky, our soul.*

*~Mirabai
(1498-1546, Hindu Mystic Bhakti Poet
and Musician)*

Thanks again to Bill Kohlmeyer for this submission

Saying yes to friendship

Kirsten Rohde

My friend, Claudia, asked me if I'd like to join her Tuesday nights for the start of a group on relationship led by John and Colette Hoff. This group started out as a response to couples to continue their learning from Lab and then expanded to being a group for anyone wanting to learn about being a good friend. I was in the same small group with Claudia at the Human Relations Lab this year and we had agreed that we'd each like to be more intentional about being friends. So I said yes to her invitation.

We were welcomed warmly and found that everyone is working on the same issues really, whether a married couple or friends like Claudia and me. We talked about what we remember about first meeting each other and how we would describe the nature of our story as friends. For us, we have run across each other in community events and programs and also share an interest in the world of art. We have had fun doing artwork together. Some of the words we chose that we valued in our friendship are: creative, exploring, doing fun things together, a willingness to deepen, and being reflective with each other.

I've always wanted to be a fly on the wall of couples' group meetings and now I have a chance to be there and learn right alongside others. I want to be more intentional in how I relate, choosing my words and responses well so that I am being kind to my partner as well as self-disclosing. This will be good practice and thank you, my friend, for the invitation!



*This on-going group might be a good place to bring a friend and learn how to do relationship much more effectively. **The group meets on Mercer Island at the home of Pam and Elizabeth Jarrett-Jefferson at 7:30p.m.***



A Community Development Weekend

We will be having a **weekend for community development, November 21 to 23.**

For this weekend we are calling anyone interested in the Goodenough Community to join together to envision the future and invest in the opportunities that will be there. More to come.



You're Makin' Me Nervous

Joan Valles

Who is the most anxious person you have known?



That question from John provoked the beginning of a good conversation about anxiety when members of our Third Age group met last Friday. For a few of us, the immediate response was "Mom." But "Dad" also got a vote as we scanned our memories and relationships. Many of us agreed, we can be judgmental of others' anxiety, and we can also be affected by the anxiety of others. We individually identified some of the ways anxiety works within us and how it

affects our behavior. As we get older, our anxiety increases; we have a harder time not being anxious and we need to be more understanding and less judgmental about it.

First off, John suggested that we figure out what we mean by anxious. Notice when you're anxious and what it's about: how it feels for you, how it changes; how you get over it. What do you know that calms you and have you developed a voice inside of you that is comforting. And be aware of who outside you is anxious and how anxiety is different for each of us. What makes me nervous may not bother you at all.

Comfort is the non-pill treatment for anxiety, John said. We identified some of the folks whom we appreciate for comforting us. We also acknowledged we sometimes don't reach out for help to get over it and that some of us have not yet developed a comforting voice inside. For a month, John suggested that we look at the basic guidelines we could follow that would be helpful. Are there practices that decrease anxiety and ways we can help each other be less anxious? There's a lot to be explored and we agreed to continue our conversation at our next meeting.

In future gatherings of our group, ages ~60 to 80—and not altogether unrelated—we want to explore issues of old age, sickness, dying, and death. We know as a group, and as a community, that talking it through helps us get through it. We also know that in sharing our worries and joys, we find comfort.

The next Third Age gathering will be Friday, Nov. 7, at the home of Barbara, Jim, Phil, and Joan in West Seattle. Our evenings start with a social time and potluck meal at 6 p.m. followed by guided conversation on the themes we are exploring.



Report from Barbara Brucker, Oct 7, 2014 3:03pm

10/7 - Back at the Swedish Health Spa

There's not really much to report. I'm back - room 1253. This is becoming a familiar routine. Because I bring quite a bit of my own food, I spend most of the day before admission doing food prep. The hospital food is lacking in vegetable options (choices are steamed broccoli, steamed carrots, steamed peas, and a vegetable medley of carrots, broccoli, & green beans. Tedious at best. I also find the breakfast options to be a far cry from my usual, so I bring my own. In addition to food there is the packing of the rest of the stuff I bring. My own clothes & PJs (I get dressed every day); various electronic devices; books, CDs & projects. Quite an operation. I have a suitcase, a laptop, a plastic bag with my own pillows, and two bags with food & related supplies.

Once here, things are fairly predictable. Jim drops me off about 8:00 on his way to the gym and helps get all the stuff in - it takes 2. I settle into my room and send my refrigerator food to the refrigerator with a nurse. (There is a microwave available so I can heat things as appropriate). An IV nurse comes and accesses my port and then I get hooked up to Matilda (who at this point offers Sodium Bicarbonate). Then I settle in to wait until the pH of my urine is high enough to get the Methotrexate. It usually starts about 5 or 6 the first evening and runs for 4 hours. 20 hours later I start getting leucovorin which is a "rescue drug" that saves my system from the Methotrexate. The rest of the time I wait for my Methotrexate level to get low enough for discharge and get periodic doses of leucovorin. While waiting I visit with friends who drop by, walk Matilda, ride the bike, work on projects, and some evenings watch a video. I was told the worst problem with this protocol was boredom and I decided that was a higher quality problem that I didn't need to entertain. So far, my strategies have worked and while being in the hospital isn't my first choice of where to be, given that I need to be here it is a reasonably pleasant time.

Too early to know how things are going; however, I trust they will go well and I will be out of here sometime this weekend. As usual, send good thoughts for that.

PS. If you want to learn how to access the CaringBridge site, please go to www.caringbridge.org and search for me. Then send a request for permission to access the site and I'll send you the password.



True Holiday Celebration Saturday, December 6 **Reflections from an interview with John Hoff**

Colette Hoff

John says that he really loves this program and it reminds him of holiday programs like this he has been to since he was a child. There is a chance to do contra dancing with Sherry Nevins and her band. You can get your first Christmas treats. There are gifts to buy from the Silent Auction and usually some singing. I enjoy seeing our grandchildren play and perform. It is quite an occasion.



Seriously, the event was created more than 25 years ago to offer a 15-minute long opportunity to reflect on what you would like out of the holidays and to do some planning to make the season better. Many people comment that this period of reflection and planning has added greatly to their happiness during the holiday season.



READING, WRITING, EMPATHY: THE RISE OF SOCIAL EMOTIONAL LEARNING

by [Courtney Martin](#), syndicated from [dowser.org](#), Oct 04, 2014

“The great gift of human beings is that we have the power of empathy.” ~Meryl Streep

Marc Brackett never liked school. “I was always bored,” he says, “and I never felt like any of my teachers really cared. I can’t think of anybody that made me feel inspired.”

It’s a surprising complaint coming from a 42-year-old Yale research scientist with a 27-page CV and nearly \$4 million in career funding. But Brackett knows that many kids feel the way he does about school, and he wants to do a complete emotional makeover of the nation’s schools.

At a time of contentious debate over how to reform schools to make teachers more effective and students more successful, “**social emotional learning**” may be a key part of the solution. An outgrowth of the emotional intelligence framework, popularized by Daniel Goleman, **SEL** teaches children how to identify and manage emotions and interactions. One of the central considerations of an evolved EQ—as proponents call an “emotional quotient”—is promoting empathy, a critical and often neglected quality in our increasingly interconnected, multicultural world.

Brackett quickly learned that developing empathy in kids requires working on their teachers first. Ten years ago, he and his colleagues introduced a curriculum about emotions in schools, asking teachers to implement it in their own classrooms. When he observed the lessons, he was struck by the discomfort many of the instructors showed in talking about emotion. “There was one teacher who took the list of feelings we had provided and crossed out all of what she perceived of as ‘negative’ emotions before asking the students to identify what they were feeling,” Brackett says. “We realized that if the teachers didn’t get it, the kids never would.”

So in 2005, Brackett and his team at the Health, Emotion, and Behavior Lab at Yale developed a training program—now called **RULER**—that instructs teachers in the skills, knowledge, and attitudes necessary for emotional health, then helps them shift the focus to children. The program focuses on five key skills: **recognizing** emotions in oneself and others, **understanding** the causes and consequences of emotions, **labeling** the full range of emotions, **expressing** emotions appropriately in different contexts, and **regulating** emotions effectively to foster relationships and achieve goals. Classrooms adopt “emotional literacy charters”—agreements that the whole community agrees to concerning interpersonal interactions—and kids use “mood meters” to identify the nature and intensity of their feelings and “blueprints” to chart out past experiences they might learn from.

But the curriculum doesn’t just exist as a separate subject—teachers are trained to integrate lessons in emotion into other subjects. A discussion about the protagonist in a young adult novel, can be an opportunity for students to practice reading emotional cues. History becomes

not just a lesson about dates and battles, but a study in the ways in human emotion can be inspired or manipulated by charismatic leaders.

Now in use in hundreds of schools around the country, RULER has been measurably successful. Research indicates that the average student in a RULER-enriched classroom has 11 percent better grades and 17 percent fewer problems in school. Now, Brackett's group is embarking on a 10-year study of the longer-term effects of the RULER curriculum on 200 students in New York City and New Hampshire high schools.

In one New York City school that serves a high number of special needs students, administrators attribute a 60 percent reduction in behavioral problems to the RULER approach. "One teacher used to go home with welts on her body because these kids were so emotionally challenged that they were kicking and hitting her," Brackett says. "Since she's been doing emotional literacy for two years, she's had no incidents."

Why the change? "She told me that she developed a lot more empathy for her students when she grew to understand that emotions didn't only exist when they exploded," Brackett says, "Kids in these classrooms now have permission to say that they're shifting in to the red quadrant of the mood meter, rather than exploding."

The idea of emphasizing emotional learning began in 1994, when Goleman created the **Collaborative for Social and Emotional Learning**. Now the group serves as a central body for programs like Brackett's across the country and the world.

CASEL president Roger Weissberg, says that it takes "the three Ps" to make effective social and emotional learning a reality: policy, at both the state and federal level; principals' buy-in; and professional development. CASEL is teaming up with other leaders in the field to conduct a study of SEL standards in all 50 states.

Despite substantial data indicating that SEL raises test scores, there are naysayers, particularly as school systems struggle with tight budgets. In a recent interview on a local television station in Connecticut, a newscaster said to Brackett: "The kids can't read, but now they'll learn how to whine really well."

He chuckled, but responded in all seriousness: "You have to think about what motivates students to want to learn. If you know how emotions drive attention, learning, memory, and decision making you know that integrating [SEL] is going to enhance those areas."

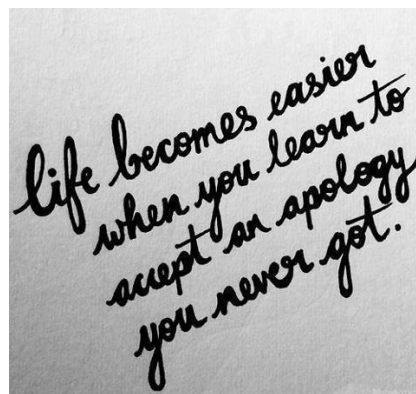
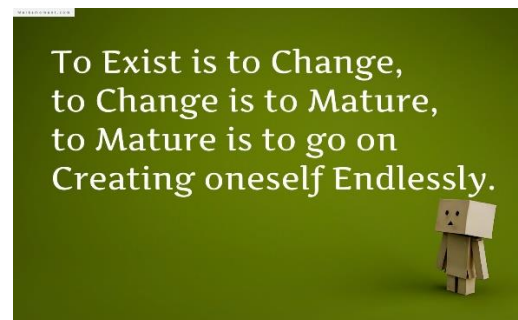
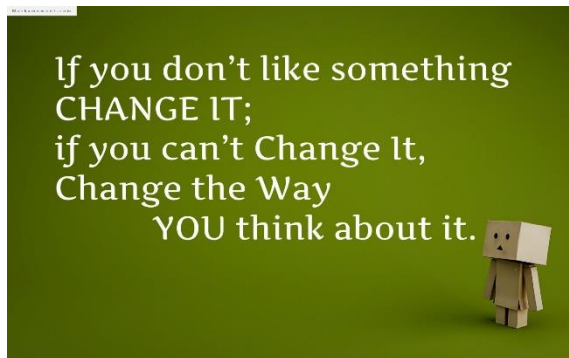
Interest in SEL spiked after Rutgers University student Tyler Clementi jumped from the George Washington Bridge in September 2010 after being bullied by his roommate. Clementi's death was one of at least a half dozen suicides of gay teens around that time, prompting the creation of legislation, the hugely popular "[It Gets Better](#)," campaign, and an uptick in interest and foundation funding to the nation's various SEL programs.

But real change, Brackett says, will come from embracing SEL as a core part of the curriculum, not by parachuting into assemblies at schools trying to “solve bullying.” “Emotional literacy should be taught from womb to tomb, because the emotional challenges we meet vary as a function of our age,” he says. “You’re not going to teach a kindergartener not to alienate people, but you might point out that little Mario looks lonely. In middle school, it’s appropriate to start talking about alienation.”

Brackett says his own experiences being bored and bullied in school contributed to his interest in emotional learning. “I think back to being 12 years old, sitting in 7th grade, having kids push me, bang my fingers in the lockers, draw on me with a pen, and no one was doing anything about it,” he says. “I didn’t want anyone to stand up for me, I just didn’t want it to happen. We have to make people more empathic.”

This article originally appeared on [Dowser.org](http://www.dailygood.org).

<http://www.dailygood.org/story/824/reading-writing-empathy-the-rise-of-social-emotional-learning-courtney-martin/>





You see, I am already that which I seek to be. Merely by seeking it I am making a statement to the Universe that I am not there yet. So the Universe echoes back to me that I am not there. So I will try even harder to get there. The harder I try the more I am saying that I am not there. What a contradiction! Meditation is not about seeking to become something. Rather it is a means to clear out the chatter. How do I do that? Just let my mind chatter away and ignore it. A chance to let the ripples die down in a pond.



Wavy lines. Everything vibrating with energy. Everything energy. Maybe all pure thought.



Bite O'Fall

Elizabeth Jarrett-Jefferson

Birthdays - Have a wonderful day, everyone!

- October 2 – and a belated happy birthday to Richard Kenagy

If they can't
accept you for
who you are,
they're not
worth it.

http://www.Quotezenry.com

Time is a
DRESSMAKER
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EVENTS OF INTEREST



Harvest Weekend, October 31 to November 2 (NEW DATE)

This year, our apples are ripening early! In fact, we've decided to hold our harvest weekend on October 31 to November 2. While some trick or treaters may not be able to attend, there will be cider-making and lots of applesauce as well as good meals. Feel free to join for the day or overnight. Email hoff@goodenough.org with your plans.

The Goodenough Community: Cultural Programs & Events in 2014

For the Goodenough Community, cultural life is an arena for creative expression. All programs and events are open to the public. We welcome your interest and participation.

Over thousands of years human communities have organized not only their work life but also their relational and cultural life. The Goodenough Community organizes its cultural life around encouraging human development—through our programs for men, women, committed couples, families and around age groupings. Cultural programs usually encourage maturity, responsibility, and the development of valued relationships. Some of our programs bring everyone together with a seasonal emphasis. Following, are program offerings for the next period on our calendar.

Third Age Gathering, Friday, November 7

Joan Valles

**"Old age is ready to undertake tasks that youth shirked
because they would take too long." W. Somerset Maugham**



The Third Age group is for older adults, approximately age 60 and up, who are interested in exploring the issues of living well while aging, and supporting each other in this "third stage" of life. Call Joan Valles for more information at 206 763 2258, or email me at joanvalles70@yahoo.com

Women's Culture, Upcoming Next Gathering, Saturdays: November 15



Saturday, November 15

10:00 a.m. – 2:00 p.m.

We will meet at the home of Rose Buchmeier:

9033 13th Avenue SW

Seattle, WA 98106

For directions, call Rose: 206 764 0193

The Conscious Couples Network presents: An Evening for Committed Couples



Friday, November 14

We will explore the joys, challenges, and effective processes for committed relationship and offer the kind of support that can only come from a network of couples.



Mark your calendars for 2015!

Human Relations Laboratory

August 9 to 15, 2015

The best event to experience the Goodenough Community!

Seven Fun-filled Days of Social Creativity & Experiential
Learning about Friendship and Effective Relationship

Sahale Learning Center

A 68-acre retreat on Kitsap Peninsula

Family Enrichment Network Parent Group

If you are interested in developing a supportive parent circle for study and conversation about family life, to begin this fall, please contact *Irene Perler* at 206-419-3477 **or email** irene_perler@hotmail.com. Topics could include: simplifying and organizing life, creating a family culture, development stages and sibling dynamics, understanding roles within the family.

True Holidays Celebration - Saturday, December 6



Our annual celebration will be held on Saturday, **December 6, 2014**. This event has more than 25 years of history and is set early in the holiday season in order to deepen and enrich the winter holidays for people of all faith traditions. This interfaith celebration will again be at the **Mercer Island Congregational Church** and commences at 7:00pm. Kirsten Rohde will be our host and guide.

Winter Solstice Bus Trip – Saturday, December 20

Old fashioned fun for all ages! With your friends and family, enjoy this day-long journey that embraces the longest night of the year.

We will board a chartered bus and travel over Snoqualmie and Blewett Passes to the beautiful Bavarian Christmas village of Leavenworth. Then we'll head to Eagle Creek Ranch, just outside of Leavenworth, where a horse-drawn sleigh ride awaits us, followed by a buffet dinner.



New Year's Eve Weekend at Sahale!



This year New Year's Eve is on **Wednesday** night. You are invited to come to Sahale for the weekend to join in saying goodbye to 2014 and hello to 2015. You are welcome to come as early as Friday. We plan to have our usual times in good conversation, winter walks, hot-tubbing, making meals together and celebrating the change of year. **Dinner will be served at 7:30pm** on New Year's Eve. Of course, we will have our **7th annual** Train Dominoes Tournament. Time will also be given for serious reflection and joyful celebration.

Email Kirsten, Bruce or Elizabeth: krohde14@outlook.com, bruce_perler@hotmail.com,
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