



THE VILLAGE VIEW

January 6, 2021

Colette Hoff, editor

Upcoming Events:

Third Age, January 15, on Zoom

Pathwork, January 17, on Zoom

Women's Program, January 23

Another Year!

Colette Hoff

Here we are at the beginning of another new year. Time to declare intentions for the year ahead. I'm sure I could add a list of ten things to help you stick to your goals. Research shows, though, this approach isn't very effective for lasting change. What if, instead, we consider taking on a practice of the wise effort to be present? This quote by Jack Kornfield seemed enough to focus the year:

Wise effort is the effort to be present. It could also be called an act of love, for it invites us to show up for this life with open arms, open awareness, and an open heart; to see what's true in our own bodies and minds and the world around us.

And by becoming present with love, we discover it is the gateway to freedom and liberation. The effort needed to tend the heart isn't to change it or fix it. We don't need heart surgery. We need the attention of love.

That's wise effort. ~Jack Kornfield

Making love is a practice, and I don't consider this about physical sexuality. Expanding one's capacity to feel love, be loving and needing love is worthy work of a lifetime, so why not a year? Being more present means making room in life and relationships for enjoying more good feeling

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 the people in life. The practice encourages an open heart that does not shy away from the presence of intimacy. Consider this week, noticing the people you would like to increase a feeling connection with. Is there someone in your life to increase the amount of good energy you receive from them? This is the practice – its not pass /fail. The only mistake possible is not bothering . . .

This practice might enable you to do more of the things that are good for you, like meditation, healthy eating habits, and more self-care. Most things are possible with an open heart and without egoic forces talking you out of your good intentions.

*A new year has begun!
The Northern Hemisphere begins to lean back towards the sun.
We continue to move inward, rejuvenate, & contemplate.
We nurture ourselves for the coming of new growth and
emerging from our hibernation.
What needs planting?
What needs to be composted?*

*Gina Marie
Woman's Way Red Lodge weekly meditation.*



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.

2020 Has Shown Us the Way Forward

Zenobia Jeffries Warfield

DEC 29, 2020 YES MAGAZINE

“You must find a way to get in the way. You must find a way to get in trouble, good trouble, necessary trouble.”

— Rep. John Lewis

Three people in my family passed away this year within four months of each other: my brother-in-love, from an 18-month battle with cancer; my closest maternal aunt, unexpectedly, from a heart attack; and my fun-loving paternal aunt, from complications with COVID-19.

My sissey, my younger sister—who is a health care worker—was viciously attacked, earlier this month, by an unhinged patient while working. She sustained injuries that landed her in an emergency room, and requires subsequent therapy—physical and mental. Hundreds of thousands of people can share similar stories, if not more heartbreaking ones. After all, at this writing, 316,844 people have died in the United States from COVID-19, and we lead the world at 17.8 million infections.

Illness and death are a part of life. Violence, unfortunately, is too.

We grieve. We suffer. Any other year, I might have said these are all a part of the natural order of being human.

But this year has been excruciating.

We didn't show up perfect. We didn't show up as experts. We just showed up. We proved our capacity to care for and love our neighbor as ourselves.

For 10 consecutive months, nearly every person in this country, and most people around the world, have experienced grief and suffering so overwhelming that we've had no choice other than to turn to each other for comfort and support: financial, material, or just a kind word. And for those with no one to turn to, it became clear that connection to others is indeed a basic need.

It was crystallized, for me, that we are not individuals but a collective.

I've been thinking a lot about that: This interconnectedness between us—between humans. No matter where in the world we are, the complexion of our skin, the language we speak, the gods we worship, many of us have been experiencing the same fears, the same losses.

Of course, that's been true all along. But this year, this global pandemic has us on our knees at the same time. Whether in prayer or surrender, we're all calling on the goodness of each other, on a greater power outside of us and within us, for the health and well-being of a loved one, for an income to feed our children, to pay our bills, for our small businesses to withstand this inevitably devastating economic collapse.

Communities have shown up for each other; state and local governments protected and provided for their constituents—even against the backlash from some; people in urban, rural, and suburban areas joined the national uprising for Black lives and against police violence. We didn't show up perfect. We didn't show up as experts. We just showed up. We proved our capacity to care for and love our neighbor as ourselves.

Going forward, we must hold onto those images of who we are and continue to show up for, provide for, stand with, and protect each other. Because there are other images.

Domestic violence. Community violence. State violence.

Police killings of unarmed Black people—including children: 7-year-old Aiyana Stanley-Jones, 12-year-old Tamir Rice, 22-year-old John Crawford, 26-year-old Breonna Taylor, 46-year-old George Floyd, and countless others, some whose names we don't know. May we never forget them.

And then there are grown White men who call themselves Proud Boys attacking random people on the street and burning a “Black Lives Matter” sign they'd stolen from a church. Those images were reminiscent of White men generations before them slaughtering the Indigenous peoples of this land, hunting down enslaved Africans who dared to escape to freedom, and during Jim Crow pulling Black men, women, and children out of their homes and burning them.

I'm reminded, though, that even as I've had to unlearn the lies and propaganda taught to me via official U.S. history and cultural fabrications, so many are now on the path of unlearning, and relearning the truth about our collective history.

This one year has laid bare our frailties, imperfections, and proclivities to be better humans together.

In the United States, we are 331 million. A fraction—about 20%—showed in the recent general election that they have no interest in truth. And that's OK, truly. Because 250 million of us sent a message. I believe even a non-vote was not a vote for Trump: It was a statement that we as a people have to be better about hearing the voices of those who have gone far too long unheard, particularly those who resist the labels—progressive, liberal, conservative, right-wing, left-wing, Democrat, Republican—placed on them.

It's really not complicated y'all: We all need to feel safe, to be safe; we all need quality food and clean water; shelter; clothing—to have our basic needs met.

This one year has laid bare our frailties, imperfections, and proclivities, as well as the gaping inequalities, inequities, and injustices that continue to exist. Nonetheless, it has allowed us to witness our potential to be better family, friends, and neighbors—to be better humans together.

To whom much is given, much is required. If we can respond in crisis to be available to one another then we have the capacity to do the same to prevent crises. There's a saying in some Black communities, “I can show you better than I can tell you” —our riff on “actions speak louder than words.”

As you spend time at the end of this year reflecting and setting goals for 2021, here's one to consider: ***“What one thing can I change about myself that will work for the good of all those in my immediate circle, extended family circle, community circle or neighborhood or workplace, local, state, national circle.”***

Editor's note: Hmmmm could be the practice of love with wise effort.

A new kind of social justice movement has risen above the misery of 2020, and it has taken root in our common humanity. It asks only that we keep our eye on each other and show up. Let's let it carry us forward into 2021...and beyond. You don't have to be perfect. You don't have to be an expert. Just find your post and hold it.

Get in the way!



A Reminder . . .

The True Holidays Celebration is a significant fundraising event for the Goodenough Community each year. With the pandemic, many events and usual income sources have had to be cancelled.

So, in lieu of the True Holidays Celebration, this year we are asking you to consider a donation to the Goodenough Community for the amount you might have spent at the True Holidays Celebration in the past—with our gratitude! You can make an on-line donation at www.goodenough.org, and while you are there, notice some of the pictures and new activity on our web site. Remember, donations are tax-deductible and in 2020 those who take a standard deduction will be able to add up to \$300 “above the line” for contributions made to nonprofit charities.

A Sahale Product List can be found on the last page.



Mindful Mike's Blog: Cycle Up

Mike deAnguera

January is here along with continuous rain. Never fear. We shall keep our Christmas lights up to over come the blues following Christmas. The Sun is returning!

Varoom! Varoom! Got my pension papers in the mail. Now time to work on my budget and taxes. Am I turning into a biker? Just ask my friends. They seem to think so. Meek and mild Mike is no more! I am now typing faster than ever.

I never liked riding on motorbikes but sometimes a dash of fantasy is what gets me going. Then I stop procrastinating. The best medicine for anxiety. It really felt good to be working on my spreadsheet.

Of course it helps to have a good night out like at Bruce and Irene Perler's place. That fancy yurt up in the up and coming part of Sahale. We ate hamburgers and watched some good TV shows such as Deep Space Nine, Kim's Convenience Store, and Jeopardy. I personally got warmed by Ned. He's so nice and soft.

Now I am back in my tiny house typing up this article as the drenching rains continue outside.

We are practicing what we have all learned at Lab. Part of it is I learn to be a gracious guest while Bruce and Irene are gracious hosts.

Oh yes we have been working on puzzles and other good things. We are learning to adjust to the COVID quarantine. Maybe hot tub with Presley?



We made kindling and moved two loads of wood to Kloshe and the pit-to-go with the Kubota. We got really soaked. My pants are hanging on a doorknob still drying out. This winter is the time of rain for which our Pacific Northwest is famous.

By January 20th we will have a new president. Here at Sahale we plan an Inaugural Ball to celebrate it. Hopefully the craziness will be gone and sensible decisions can be made.

Life here on Earth operates in cycles. There is the seasonal cycle and the life cycle. Winter is always followed by Spring. Always. I never know what will come my way but I am slowly learning to live one day at a time. I have a pillow reminding me to do just that.

A cycle is a circle. The Earth orbits or dances around the Sun always tilted at an angle making sure her seasons work just right. The Earth also rotates like a whirling dervish giving us day and night. We are all dancing. Just like salmon going to the ocean and coming back to spawn dropping their bodies to begin their journey again.

What's the purpose of it all? A scientist won't be able to answer but an artist might. An artist sees beautiful patterns in everything. Nothing is out of place even when tragedy strikes. For dark elements are as necessary as light ones. There is just One of Us here, the Author of all our lives. The Divine is the greatest dancer there is carrying the whole Universe like a sash He/She throws around.

Our gingerbread house still stands but we are slowly biting pieces off. Wonder when it will finally be broken up? Destruction always follows creation. Tibetan monks know this and it is why they obliterate their sand mandalas when they have finished them. Come to think of it we do the same with our puzzles.



Programs and Events of the Goodenough Community

Includes dates for Winter 2021

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 monthly, 7:00 PM, via Zoom. Below are dates for our winter meetings:

- January 11
- February 1
- March 1

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](#). *Our next Zoom gathering will be Saturday, January 23, 10am to 1:00 PM.*

We will publish a zoom link and invitation in advance.



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 are below. Contact [Kirsten Rohde](#) for more information: December 11

- January 15 February 26.

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.

- January 17
- February 14 and 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.



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 panemic crisis.*

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