



## **For These Times We are In**

### **Gratitude, An Easy Way to Be Happy**

Colette Hoff

Piero Ferrucci feels like a friend to me. I so value his broad understanding of KINDNESS in his book, *The Power of Kindness, The Unexpected Benefits of Leading a Compassionate Life* By. I am grateful for his work.

From the book's cover:

*The Power of Kindness is a stirring examination of a simple but profound concept. Piero Ferrucci, one of the world's most respected transpersonal psychologists, explores the many surprising facets of kindness and argues that it is this trait that will not only lead to our own individual happiness and the happiness of those around us, but will guide us in a world that has become anxious, difficult, and frightening.*

Gratitude is considered as the easiest way to be happy. According to Ferrucci, gratitude is an attitude of the mind, recognizing the value of what life offers us. When we value our lives, we feel full and fortunate, if on the other hand, we don't appreciate all life gives, we feel poor and unhappy. Discontent becomes an undercurrent to life – there is never enough and inner speech is critical and judgmental and is often accompanied by feeling sorry for oneself.

The possibility of feeling grateful is open to us in every moment especially simple things: health, a flower, a sunset, a child. Gratitude requires us to drop defenses like pride and allow in the value of other people in our lives. Making ourselves known without defense, with the awareness that we don't manage well alone are prerequisites for gratitude.

Ferrucci warns that kindness without gratitude is dangerous, if not impossible. People who do not know how to receive and do not feel thankful for what they have been given, are in trouble when they try to be kind. They might even remind others of their attempts at good deeds. Resentment is a barrier to real gratitude.

### ***On-Line News of the Goodenough Community System***

The American Association for the Furtherance of Community

Convocation: A Church and Ministry

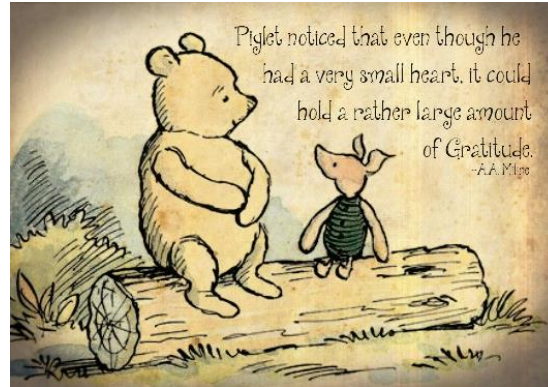
Mandala Resources, Inc.

Sahale Learning Center

The EcoVillage at Sahale

Gratitude is warmth, openness, and intimate. We no longer have much to prove and complaining lessens. Happiness and satisfaction in life come with the realization that we have all we need.

In a practice of living a life of gratitude, I get frustrated with not enough adjectives to express my gratitude. Yet, saying thank you and I am grateful often helps. All the residents at Sahale have so much gratitude for being here in such beauty.



*Kindness has to do with what is tenderest  
and most intimate in us.  
It is an aspect of our nature  
that we often do not express fully -  
especially men in our culture,  
but also women -  
because we are afraid  
that if this vulnerable side comes to light,  
we might suffer, be offended, ridiculed, or exploited.  
We will find rather,  
that we suffer by not expressing it.  
And that by touching this nucleus of tenderness,  
we enliven our entire affective world,  
and we open ourselves  
to countless possibilities of change.*



*~Piero Ferrucci  
(1946 - pres., Italian psychotherapist and  
philosopher)*

Submitted by Bill Kohlmeyer

## Returning the Gift

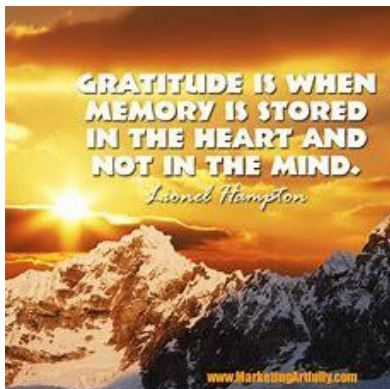
by Robin Wall Kimmerer

In the teachings of my Potawatomi ancestors, responsibilities and gifts are understood as two sides of the same coin. The possession of a gift is coupled with a duty to use it for the benefit of all. A thrush is given the gift of song—and so has a responsibility to greet the day with music. Salmon have the gift of travel, so they accept the duty of carrying food upriver. So when we ask ourselves, what is our responsibility to the Earth, we are also asking, “What is our gift?”

As human people, most recently evolved here, we lack the gifts of our companion species, of nitrogen fixation, pollination, and 3000-mile migrations under magnetic guidance. We can’t even photosynthesize. But we carry gifts of our own, which the Earth urgently needs. Among the most potent of these is gratitude.

Gratitude may seem like weak tea given the desperate challenges that lie before us, but it is powerful medicine, much more than a simple thank you. Giving thanks implies recognition not only of the gift, but of the giver. When I eat an apple, my gratitude is directed to that wide-armed tree whose tart offspring are now in my mouth, whose life has become my own. Gratitude is founded on the deep knowing that our very existence relies on the gifts of beings who can in fact photosynthesize. Gratitude propels the recognition of the personhood of all beings and challenges the fallacy of human exceptionalism—the idea that we are somehow better, more deserving of the wealth and services of the Earth than other species.

The evolutionary advantage for cultures of gratitude is compelling. This human emotion has adaptive value, because it engenders practical outcomes for sustainability. The practice of gratitude can, in a very real way, lead to the practice of self-restraint, of taking only what we need. Acknowledging the gifts that surround us creates a sense of satisfaction, a feeling of enough-ness which is an antidote to the societal messages that drill into our spirits telling us we must have more. Practicing contentment is a radical act in a consumption-driven society.



Indigenous story traditions are full of cautionary tales about the failure of gratitude. When people forget to honor the gift, the consequences are always material as well as spiritual. The spring dries up, the corn doesn’t grow, the animals do not return, and the legions of offended plants and animals and rivers rise up against the ones who neglected gratitude. The Western storytelling tradition is strangely silent on this matter, and so we find ourselves in an era when we are rightly afraid of the climate we have created.



We human people have protocols for gratitude; we apply them formally to one another. We say thank you. We understand that receiving a gift incurs a responsibility to give a gift in return. The next step in our cultural evolution, if we are to persist as a species on this beautiful planet, is to expand our protocols for gratitude to the living Earth. Gratitude is most powerful as a response to the Earth because it provides an opening to reciprocity, to the act of giving back.

*Excerpted from Returning the Gift.*



*Dr. Robin Wall Kimmerer is a mother, scientist, writer, and Distinguished Teaching Professor of Environmental Biology at the SUNY College of Environmental Science and Forestry in Syracuse, New York.*

Also submitted by Bill Kohlmeyer



## 2020 Human Relations Laboratory, August 2 to 8

The Human Relations Laboratory has served many, many people over its 50 years of offering a week-long learning experience. Many attendees have participated over 20, 30, and 40 years, choosing to continue to grow themselves as more effective human beings. There is tremendous gratitude for John L. Hoff who initiated the Lab and allowed the event and its leadership to continue to learn and develop.

The Goodenough Community is planning to host the Lab again this year albeit being wise to the state of the virus as we get closer to August. We would rather plan and cancel rather than not be prepared. The staff of the Lab is going to come together via zoom this month, a rather challenging endeavor but much better than not connecting. Several leaders are requesting we continue deepening the curriculum we offered last year with a focus on mental wellness and the 4 A's: Arrogance, Anger, Anxiety, and Ambivalence. We realize that these four concepts might be valuable for increasing awareness as we navigate a new reality due to the Covid virus. Much more to come on theme and focus.

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.





## Greetings, A Note of Farewell and Gratitude

Pedge Hopkins

This is my note of farewell and gratitude as I depart Sahale on April 17th for the Long Beach Peninsula. I've been planning this, with Colette's blessing, since January. My partner Una and I have had an agreement that if either one of us needed the other for close-in support we would have each other's back. I'm grateful for her wisdom and resilience all these years that recognized my nomadic nature and life's journey of growing through experiences involving work, travel and service. And now it is time to return to the home she and I share since 1994 and begin a new journey of growth and learning. Part of that will be through my new job as the Event Coordinator for the historic Sou'wester Lodge ([souwesterlodge.com](http://souwesterlodge.com)). Covid-19 is affecting plans at the Lodge as it is Sahale, providing me time to learn their reservation system, communication and coordination processes with event bookings, plus becoming familiarized with the brand and details of the property and its features. It is a delightful quirky-arty place. Please check it out, and if so inspired, come visit!

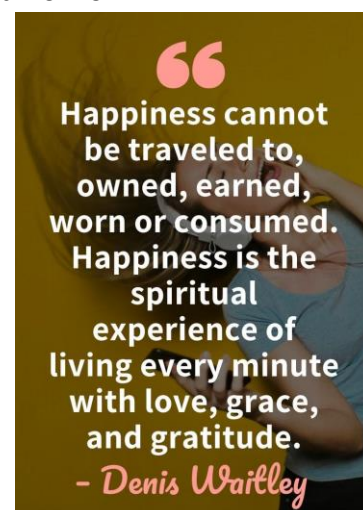


As I write the Sun is rising in the East and the full Moon is slipping below the horizon in the West. Spring is coming forth at Sahale.... fluorescence is afoot!! For two cycles of the seasons I've witnessed the trees from my front porch ready for winter and now slowly leaf out and bud. The squirrels and birds hunker down after the Fall Equinox and are now busy with their nests. There is so much life around me as I sit on my stoop each day. For over two years I've enjoyed the pleasure of Nature flowing and changing before my eyes at my Shabin. I think this is the best view on the land!

I can say the same for my experience with the Goodenough Community overall, and particularly our version of it at Sahale. I have come to appreciate the ebb and flow of community through human cycles, sometimes in sync with the natural world, sometimes disconnected through our behavior that can so easily affect the whole of us.

I also have come to respect and appreciate the depth of wisdom, caring, and kindness by many that hold us together even when these behaviors have our 'elbows all out poking others!' I have done my share of poking while here. And now, with the gift of hindsight, I recognize the knot hole I squeezed myself through, and the subsequent expansion of my heart and spirit all that squeezing facilitated. It is so rare to find a place where one can do this personal work in plain view and be well held, even while being self-righteous, arrogant and self-absorbed. Whew! No small thing that.

I leave with great gratitude and appreciation for the people that have found their way here, perhaps for years or only a few weeks or months. Each have been a teacher for me as I navigated personalities along with our collective desire to improve and grow our beloved Sahale. Thank you to each and every one! With love, Pedge



## Saying Good Bye with Gratitude

Colette Hoff

I first met Pedge in the fall of 2004, when a group of women were deciding to utilize Sahale for an event. Since then, she has attended many Human Relations Laboratories and women's events and is a friend to many community members.

It is with gratitude that we say goodbye to Pedge. She has contributed a great deal to Sahale, including establishing operational systems; offering her leadership in many ways; organizing especially, the Log Building; tracking numerous things; many, many dump runs and much support for what was going on at any one time.

Pedge is a good story teller and after hours around a fire we hear them. She has had an adventurous life and has many skills. Una is a lovely woman and I honor Pedge's commitment. We all wish Pedge the best in her new life.



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

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

**Sunday, April 19** we are opening the circle to anyone who would like to join in meditation and connection. Please email Colette at [hoff@goodenough.org](mailto:hoff@goodenough.org) to get access information to the Zoom call.



### Nettles: A Gift from the Land

The folks at Sahale recently went picking nettles around the property. I am grateful for this little plant that has many nutrients and think of it as a spring gift. We made soup, tea, and froze some as "nesto" and froze some for the future.

The following from an herbal web site describes some of the values of nettles.

Stinging nettles suffer from a problem of perception -- consuming anything whose name includes "stinging" does not sound like a good idea. Thin hairs on this plant may irritate your skin if handled without gloves,

and there is even a stinging nettle eating competition to test contestants' pain threshold. However, preparing stinging nettles for pain-free consumption is well worth the effort: this green vegetable offers excellent nutritional value.



Bastyr University, a natural-medicine education center in Washington State, notes that nettle is a nutritious food that has vitamins and minerals, including iron, potassium and silica.

Stinging nettle is naturally high in iron, with 1.46 milligrams per 1-cup serving of cooked leaves -- the equivalent of 2 cups of fresh leaves or 2 tablespoons of crushed, dried leaves -- which makes 1 cup of nettle tea. Stinging nettles supply iron -- each 1-cup portion contains 7.7 percent to 17.5 percent of the daily recommended intake, depending on your nutritional requirements. The calcium content of stinging nettles is also significant: 1 cup provides 32.9 to 42.8 percent of the amount you require daily. Calcium promotes strong teeth and bones, and it may also lessen the symptoms of premenstrual syndrome, preventing headaches, mood swings and bloating.



Photograph by Marley Long

**Vitamins in Nettle Tea** Including stinging nettles in your diet gives you a huge boost in vitamin A. A 1-cup serving contains 1,790 IU of this vitamin, nearly three times the amount you need in a single day.

Vitamin D works with calcium to strengthen your teeth and bones, although its main role in the body is to normalize the amount of calcium and phosphorus in your bloodstream. Your body is able to store extra vitamin A, so the additional vitamins you consume are not wasted. Stinging nettles also serve as an excellent source of vitamin K, a vitamin your body requires for blood clotting. Each 1-cup portion contains 369 to 493 percent of the daily recommended intake. Like vitamin D, your body can store vitamin K for later use.

**Stinging Nettle for Iron Deficiency** Iron is an essential mineral that helps produce hemoglobin and myoglobin, two proteins that carry oxygen in your body. As hemoglobin is stored in your red blood cells, iron is also important for the production of red blood cells. Although nettle is a rich source of iron and may be beneficial for treating anemia, it should not be used in place of accepted medicine. Nettle also contains pro-vitamin A, the vitamin B complex, vitamin K1 and vitamin C, which can help the body absorb the iron and other minerals found in the plant. Both the leaves and the roots of the plant have long been used in herbal medicine, according to the nutritional-education website Herbs 2000, and nettle has frequently been used to make tonics to treat weakness and anemia symptoms. For more go to: <https://www.leaf.tv/6653042/nutrition-of-stinging-nettles/>

So nettles are the earth's gift to us and we receive with gratitude.





## Mindful Mike's Blog: Gratitude

*Mike deAnguera*

What a way to start an article on gratitude! Me wearing a mask! Scary! Covid-19 sure changed things around here. Of course Sahale is the best place to be at a time like this. Looks like we will be in this for the long haul. The news media continues showing frightening images so we look at it as little as possible. I am grateful not only for a place to ride out the Covid19 storm but also to rest and build my life as well as my home.

I am not the only one with sleep issues. Some other community members now also have trouble sleeping at night.

My foremost gratitude goes to Pedge Hopkins who taught me about gratitude many weeks ago. She will be leaving this Friday for Long Beach, Washington to be with her long time friend, Una. I am going to miss Pedge.

Next I am grateful to Colette Hoff and Kirsten Rohde for creating our beautiful Covid-19 masks like the one I am wearing. Kirsten has such an amazing collection of Singer sewing machines. She showed me one from 1953 and explained that Singer used to send out representatives to check out how your machine was working. They really cared about their customer relations. Maybe we all can start a new fashion trend.

Our local fairy, Julie Wolf is always cheerful. This morning I helped her pot vegetables such as lettuce. I filled pots with soil from a bag and handed them to her. Thank you Julie for bringing me such cheer. You put a different touch on our Sahale gardening work.



I am also grateful to Colette Hoff for preparing nettles so we can have nettle tea. Nettle tea has so many medicinal uses including boosting the immune system. Colette also prepared a tasty nettle soup. She can be seen in the right hand photo preparing the nettle leaves which a group of us picked.

Meanwhile Josh Demers and Marley Long have been working on the spot for my tiny house. Josh has precisely measured for the six pier blocks which the home will rest on. Many, many thanks to everyone including Jim Tocher, Paul Rawe and Pam Jarrett-Jefferson for all your hard work. You have all taught me that the best asset anybody can have is a loving community.

Marley has been giving Yoga lessons to Josh, Julie and me the last three days. This is definitely what we need. It is nice to see leadership emerging from the younger people. Yoga is a way to help me relax and discharge energy from my body. I know for a fact that after a yoga session my blood pressure goes down. So does my anxiety.



Josh, Marley, and Julie definitely represent community growth points. So does the creative talent of people like Draï Schindler who is helping me design my home as well as the Log Building bathrooms.

I am most grateful for the larger permaculture/ecovillage movement of which we are a part. It feels good to be at the cutting edge of something wonderful.

We are like the rough agates John Schindler collects. You should see them when they are polished. All the trials we go through polish us like these beautiful agates.



We are hoping to host this new event:

**Pain Body Healing, July 2 through 6, 2020 at Sahale Learning Center**

Academy of Qi Dao - Lama Tantrapa; In Flow Coach - Sean Hall

Do you or anyone you care about suffer from physical pain? Would it be great to know how to overcome years - or even decades of chronic aches and pains?

You are welcome to discover for yourself how to heal physical pain and address its root causes, rather than covering them up with pain killers. Start now by using the four foundational principles of this healing system. These applications can help you effectively release the undue tension that is responsible for most of chronic pain, stiffness, and energy blockages that may be wrecking your health without you knowing it. Learn effective methods to release muscle tension and explore how pain can be a powerful teacher on the path of healing. Determine your holding patterns while identifying the psychological states of being behind them. Learn how to avoid and correct spinal abnormalities and experience natural flow of energy.

Release and heal chronic tension and pain faster than you ever thought possible! By attending this presentation, you will discover for yourself the principles of energy awareness that will help your mind and body collaborate in your healing process.

Lama Tantrapa is a Bon Lama in the tradition of Tibetan Shamanism and the 26th generation lineage holder of his family's tradition of Qi Dao, also known as Tibetan Shamanic Qigong. His teachings integrate the physical, psychological, and energetic practices of this form-free style of Qigong with the essence of Tai Chi, Qigong, and Yoga.

Lama has over 40 years of experience in Meditation, Qigong, and Martial Arts having been  
9 trained by his Grandfather from the tender age of six. After receiving religious asylum in the

US in the 1990's, Lama has dedicated his life to helping others through his Academy of Qi Dao as well as educating people about the Energy Arts through his award-winning talk show The Secrets of Qigong Masters.

Lama's teachings empowered thousands of people from all over the world, including many professional athletes, speakers, dancers, singers, writers, and actors, to live happier and healthier lives.

Sean Hall, BCaBA, RYT, (son of Lynette Hall) is a qigong coach who specializes in combining qigong, yoga and behavioral intervention to help his clients realize their full potential. He is the founder of In Flow Coach and serves his clients by coaching them in developing their inner wisdom and self-awareness through movement and introspection.

For the past ten years he has worked both as a behavioral analyst for the developmentally challenged and a yoga teacher. His endeavors have taken him to Peru where he has worked in clinics for the locals of impoverished communities. He now leads workshops in the pacific northwest on body mechanics and energy awareness. Sean has gotten the attention of musicians in Tacoma who want a better connection with their bodies and works with many of the local artists. Sean is a musician and mentors other young musicians over the summer months during the Live It Out Loud program. It is his love for music and movement that inspires him help other musicians thrive and succeed. [seamusic@live.com](mailto:seamusic@live.com) > with questions.



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## Programs and Events of the Goodenough Community

**While we are in an unknown time, these dates represent our intention.**

**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](http://www.goodenough.org)



The **General Circle** meets Monday evening for light dinner & business at hand. In 2020, our meeting schedule will be: April 20; May 4, 18; 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](mailto: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.



**The 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](mailto:krohde14@outlook.com)

### **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. The semi- annual men’s weekend will be June 5 to 7. For more information, contact: [bruce\\_perler@hotmail.com](mailto: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 April 19, May 3, 17, 31; June 14.** Contact Colette Hoff for more information: [hoff@goodenough.org](mailto: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](mailto: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](mailto: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](mailto:hoff@goodenough.org) with information about what may be coming up. It is a great time to bring friends to share Sahale!

### **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.**

