

Trust

VILLAGE VIEW SEPTEMBER 1, 2020

Colette Hoff, Editor



Trust and A Sense of Belonging

Colette Hoff

As some leaders from our Virtual Experience were debriefing the experience in a discussion about double binds and their impact, we agreed that basic trust and a sense of belonging were unable to develop naturally as we saw the patterns within participants. While we have recently studied these two qualities in relation to kindness (eView April 1 and April 22, 2020) trust is the first developmental task babies learn. Learning courage and resilience, when basic needs are frustrated is the work. Infants learn to have heart and not live in fear. They learn to stay calm, feel secure, open to surroundings, bonding with mother and the people in it. And it all goes well, the mother joins the infant as the infant joins the mother giving a *sense of belonging* to the infant.

BUT, in families embedded with double binds, the infant learns to adapt to the circumstances presented. Many manifestations of the, *no-win, I'll be punished no matter what*, situation play out within family drama. Being a detective as double binds are untangled allow objectivity as the kinds of "punishments" are identified. Whatever it was, likely there was some withdrawal of love.

In the words of Stephen R. Covey, *Trust is the glue of life. It's the most essential ingredient in effective communication. It's the foundational principle that holds all relationships.*

How can trust be re-built?

John Hoff taught that relationship is the best context to practice. If I can trust this person, then I might be able to trust another allowing the relationships to be authentic. Learning to use words to describe the uncomfortable inner experience of learning to trust another person is a part of changing the inner no to trust to maybe and hopefully yes!

A sense of belonging so necessary for well-being needs some threads of trust to strengthen the connection with others. Self-acceptance is also a quality to be strengthened.

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

Human beings have an inherent desire for a sense of belonging. Connection makes us feel happy and secure while feeling rejected causes unhappiness and pain. Kirstie Pursey Contributing writer at Learning Mind

Brene Brown teaches, *Because true belonging only happens when we present our authentic, imperfect selves to the world, our sense of belonging can never be greater than our level of self-acceptance.*

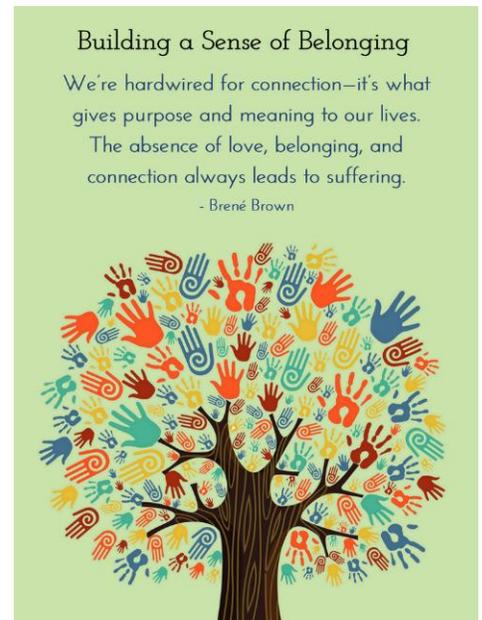
Building a Sense of Belonging Karyn Hall, Ph.D.

To build a sense of belonging requires active effort and practice. One way to work on increasing your sense of belonging is to look for ways you are similar with others instead of focusing on ways you are different. Someone is much older than you? Maybe they have wonderful stories to tell and you love to listen to their experiences. Maybe you value making a difference and can contribute to their lives with your youthful strength. Someone has a different belief system than you? Maybe you both enjoy a good debate or you both value spiritual ideals. Sharing your differences and still accepting the person creates peace. Acceptance does not mean agreement.

Another way to build your own sense of belonging is to work on acceptance of others. To accept others and views that are not the same as yours may require that you open your thoughts to the idea that there is value in everyone's thinking. You can find truth in even the most difficult-to-understand even though you may not agree. One of the best ways to communicate acceptance is through validation. Validation builds a sense of belonging and strengthens relationships. Validation is the language of acceptance. Validation is the acknowledgment that someone's internal experience is understandable and helps you stay on the same side, with a sense of belonging, even when you disagree.

Try saying yes to opportunities to be with others and then throw yourself in to whatever the activity is. Let go of your judgments. Judgments build walls. Focus on people. At a dinner and annoyed because you don't like the food? The food is not the goal. Connecting with others is far more important than the food or the noise in the restaurant. Gained weight and don't want others to see? Stop isolating until you believe you are worthy. No one is perfect. Others have their struggles with their health too.

Watch your words and your way of thinking. Some inner speech creates separateness and others promote togetherness. Other people don't need "fixing." They have strengths and offer their own unique contributions. Think community and acceptance.



If you are emotionally sensitive, remember that in general people suffer the same emotional pain you suffer, just not as intensely (most of the time) or as quickly. Also, there are many other emotionally sensitive people who struggle as you do. Being emotionally sensitive does not mean you don't belong. Work on not blaming yourself or others.

Attributional Retraining

Dr. Gregory Walton developed a belonging intervention he called Attributional Retraining. Through this intervention, people shift from blaming themselves for painful experiences, such as "I'm flawed," or "It's just me," to seeing that they weren't alone and that other people had experienced the same situations.

The technique is brief. It involves you seeing yourself as an expert on what you have experienced and writing about that experience to help someone else. The key is to write suggestions for other people on how to cope with something you have experienced.

<https://www.psychologytoday.com/us/blog/pieces-mind/201403/create-sense-belonging>

Some additional methods to build a sense of belonging from Kirstie Pursey:

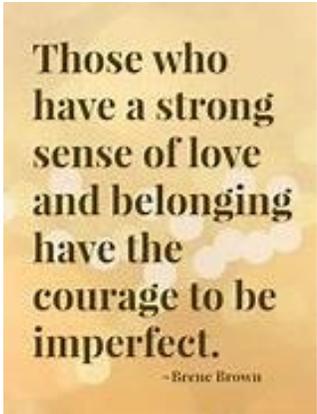
Seek to connect with the right people instead of trying to become more likable to the wrong ones.

If you find the right 'tribe,' you will feel connected to them because of the values and interests that you share. **You don't need to change yourself to fit in with others.** With the right people, you will find that deeper relationships evolve easily because you are able to be yourself.

Stop seeking validation and approval from others and outside yourself.

A desire to feel a sense of belonging can make us people pleasers. Unfortunately, as we all know, you can't please all of the people all of the time. Trying to please others only separates us from ourselves, leading to more pain. And we will never receive love and approval from everyone no matter how hard we try. As Kurt Cobain said, *I'd rather be hated for who I am, than loved for who I am not.* So, give up trying to please everyone all of the time. You have to be true to yourself to create a meaningful life.

A sense of connection is so important to humans, but we live in **a society where the importance of community is undervalued.** Indeed, many media sources seem keen to emphasize what makes us different and divides us rather than bringing us together. This means **it is left to us to build a sense of community and belonging.**



Those who
have a strong
sense of love
and belonging
have the
courage to be
imperfect.

- Brené Brown

From Colette:

And to this end, our General Circle is meeting this weekend to further the work of the Goodenough Community, sharing our passions and deepening our relationship as a circle. We will appreciate your thoughts!



Northwest Permaculture Convergence

September 24 -27, 2020

Registration and more information about this year's convergence.

<https://www.northwestpermaculture.org/>

This event was scheduled to be at Sahale and sadly due to COVID cannot happen as an on-site event. The organizers are instead putting together a virtual event that will include a wide variety of presentations and culture.

Here is a description from the website:

2020 is a year for **Cultivating Community!** To do this best we see small workshops being hosted across the region, with a digital home-base to keep us all connected. We will follow our traditional schedule of Thursday night to Sunday night, live-streaming opening and closing circles, keynotes and all workshops. A digital format anchored with real small gatherings across the land allows us to be super inclusive, flexible on our pricing and share the value of permaculture teaching for maximum impact.

We have hosted at Sahale several Permaculture courses and convergences in the past. We will miss seeing everyone in person but we are excited about the opportunity to join online with many across the Northwest.

At Sahale we are making a number of brief videos featuring our work here, with a focus on soil-building and land restoration. We are tentatively on the schedule for Friday September 25th. Tickets are \$20 and online it will be possible to choose the presentations that you are most interested in during the event. Hope you will consider joining!





Pathwork, a Program of Convocation: A Church and Ministry – September 13

The Pathwork Circle is meeting on Zoom and find it brings connection to friends and encourages reflection on our inner life and spiritual development. 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. Currently, Pathwork meets via Zoom every other Sunday evening from 7:00 to 9:30 PM. You are welcome to join this circle of fellowship, this **Sunday, September 13**, which will continue re orientation to Convocation and Pathwork as a context for intentional living.

Please email Colette at hoff@goodenough.org to get access information to the Zoom call and register your interest.



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.

All humans are born to belong equally. On October 24, 1945, in the aftermath of World War II, the United Nations came into being as an intergovernmental organization, with the purpose of saving future generations from the devastation of international conflict. The UN Charter empowered ECOSOC to establish “commissions in economic and social fields and for the promotion of human rights....” One of these was the United Nations Human Rights Commission, which, under the chairmanship of Eleanor Roosevelt, saw to the creation of the **Universal Declaration of Human Rights**.

**UNIVERSAL DECLARATION OF HUMAN RIGHTS
OFFICIAL DOCUMENT**

PREAMBLE

Whereas recognition of the inherent dignity and of the equal and inalienable rights of all members of the

human family is the foundation of freedom, justice and peace in the world,

Whereas disregard and contempt for human rights have resulted in barbarous acts which have outraged the conscience of mankind, and the advent of a world in which human beings shall enjoy freedom of speech and belief and freedom from fear and want has been proclaimed as the highest aspiration of the common people,

Whereas it is essential, if man is not to be compelled to have recourse, as a last resort, to rebellion against tyranny and oppression, that human rights should be protected by the rule of law,

Whereas it is essential to promote the development of friendly relations between nations,

Whereas the peoples of the United Nations have in the Charter reaffirmed their faith in fundamental human rights, in the dignity and worth of the human person and in the equal rights of men and women and have determined to promote social progress and better standards of life in larger freedom,

Whereas Member States have pledged themselves to achieve, in cooperation with the United Nations, the promotion of universal respect for and observance of human rights and fundamental freedoms,

Whereas a common understanding of these rights and freedoms is of the greatest importance for the full realization of this pledge,

Now, therefore,

The General Assembly,
Proclaims this Universal Declaration of Human Rights as a common standard of achievement for all peoples and all nations, to the end that every individual and

every organ of society, keeping this Declaration constantly in mind, shall strive by teaching and education to promote respect for these rights and freedoms and by progressive measures, national and international, to secure their universal and effective recognition and observance, both among the peoples of Member States themselves and among the peoples of territories under their jurisdiction



Mindful Mike's Blog: Freedom Within

Mike deAnguera

My whole life's story is about getting free. We have been studying kindness for quite some time. Can I be kind while I still don't feel free? An animal in a cage will often try anything to get out. If it fails the creature can lose the will to live. It can feel depressing. Will I be kind if I am depressed? Probably not.

I used to be a radical. A Socialist. I still believe society needs revolutionary change but that change has to come from within and include everybody, even folks I dislike.

It is so quiet out here on the deck of Tum Tum which I am sharing with Bumpy as I type up this article. I am not in any demonstrations or riots, just quietly typing away. The sky is overcast but it's still hot. Temperature is just right.

I have dreams of vacationing at Long Beach eating fish and chips. Exploring Marsh's Free Museum. Meditating on the beach with wind and ocean waves. I frequently make wind and ocean noises with my breath when I meditate. Drai Schindler has even created a beach meditation video for me.

Now I am munching on an apple from one of the nearby trees. John Schindler recently came through mentioning apples So I picked one.

JohnSchindler chain sawed down our holly tree in front of Potlatch and felled it without damaging anything. Now that's skill. I certainly could not have done it although I have used a chain saw in the past.

Josh DeMers assisted with the Kubota tractor. Getting the huge tree down to our biochar burn area was a huge challenge.



If I am to seek social justice it must begin with me. I must be just and kind in my thoughts towards others. For Jesus every action began with a thought. The end result can be a shooting so I need to be careful what I think. Thinking kind thoughts about others as I eat my apple.

Freedom must begin within me. It can never start anywhere else. If I am anxious and fearful I am not free. If I am not free I cannot enable anyone else to be either.

Being kind and generous is at the heart of Buddhism which focuses on eliminating suffering. Suffering arises from craving anything. Wanting what I don't have. Fantasizing about it. Better to fantasize about fish and chips. At least that's one craving I can satisfy.

My ego is not a bad guy. He just needs to have the Watcher with him where ever he goes. Notice I don't try to eliminate my ego. It is what makes me me. Take it away and my life will have no purpose. That's why Zorba is now my companion as I read his story. Zorba explains every thing so well as an illiterate Greek peasant. Of course I would not want to be him totally but I believe he would make a good companion for both the Dalai Lama and Jesus. He shows just how valuable an ego can be.

Here are Josh and Marley Long helping John saw down a row of box wood trees. If I had no ego would I have taken one of them to the biochar area with the Jane Deer tractor?





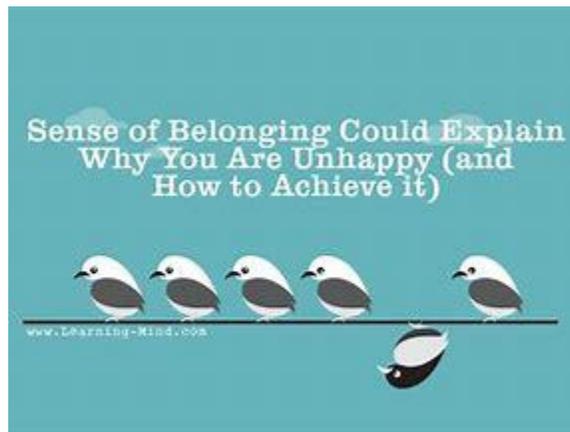
Dear friends and supporters,

We have a big announcement to share with all of you...

Starting now 10% of all unrestricted donations to the Foundation for Intentional Community (FIC) will go towards a newly created BIPOC Intentional Communities Fund.

The Fund is intended to support Black, Indigenous, and People of Color (BIPOC) in joining, forming, and developing intentional communities. Management of the Fund will be held by a Council that is all or majority BIPOC (now in the process of forming). The Council will determine the vision and criteria for allocating funding. See below for more details.

Donate to FIC and help grow the BIPOC Intentional Communities Fund!



Programs and Events of the

Goodenough Community

Note: NEW DATES for FALL 2020

Because of our unpredictable times, dates and descriptions shown 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.

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 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 alternate Monday evenings, 6:30 PM, via Zoom. Below are dates for our fall meetings:

- September 14, 28
- October 12, 16
- November 9
- December 7

For additional information about dates, contact Elizabeth Jarrett-Jefferson,
elizabeth.ann.jarrett@gmail.com



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. Fall virtual dates are

- September 26
- October 24



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, virtually since the pandemic. Our fall dates are on Fridays:



- September 11; November 6

Contact Kirsten Rohde for more information: 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. Stay tuned for additional information.



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. Currently, Pathwork meets via Zoom every other Sunday evening from 7:00 to 9:30 PM. You are welcome to join. Contact Colette: hoff@goodenough.org for the Zoom link. The remainder of the fall 2020 dates are:

- September 13 and 27
- October 11 and 25
- November 8 and 22
- December 6 and 20



Work and Play Parties throughout the Year. *Traditionally,* the Goodenough Community sponsors work parties over Memorial Day weekend as well as other times throughout 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!

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 panemic crisis.

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