



Mindful Service

For These Times We are In

Mindful Service

Colette Hoff

Since the middle of March, the book, *The Power of Kindness, The Unexpected Benefits of Leading a Compassionate Life* by Piero Ferrucci, has broadened our understanding of kindness. The first introduction was to the importance of kindness to our overall well-being and that it has more faucets than we imagined. The themes: Connection, Empathy and Patience, Trust and Humility are all qualities essential to get through this unprecedented, disorienting experience we are sharing with the world.

Being present, paying attention, on purpose, to the present moment without judgment is a good definition of mindfulness. The practice of **mindfulness** encourages us to pay attention to the **process of our experience – not just the content**. We learn to study the feeling and flow of experience and less caught on our opinions and desires around how we feel experience *should* be. In other words, mindfulness practices support us in taking a small but important step back – a “**breathing space**.” And this supports the arising of curiosity and a fresh perspective on our life or task.

To be in the present with someone else is a gift. The gift of attention is perhaps the most precious and envied of all, even though we do not always realize it.

— Piero Ferrucci, *The Power of Kindness*

We are all embracing mindful practices in hygiene and care for each other through social distancing. All this requires **attention** to know where we are standing, hand washing, etc.

Feeling blessed to be at Sahale with friends, the residents are applying ourselves with more energy and accomplishing many projects. Attention to detail and preparation is an aspect of mindfulness I experience whether in the garden with Marley’s sheet mulching of blueberries; a beautiful wood shed built by Paul Rawe; a newly upgraded cooler with a new floor with new trim and its all white!

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

A transformed bathroom in the log building created by Draï and her team (Mike, Joshua, Marley, Pedge, Pam) more on page 5; a new boat for the children who will be coming back; a hand-hewed 4 X4 crafted by Joshua; a finished bathroom in Klahwie (thanks to Bruce, Pedge, Paul, Joshua and Marley); and a new deck near the hot tub by Kloshe, our main house are all accomplished in addition to firewood production and many other things.

We, the residents, took time this Saturday and walked around Sahale to see and appreciate all these accomplishments and you will find pictures throughout this issue. We were mindful of wanting to share the experience with all who can't be here right now. The above list of accomplishments are also illustrations of mindful **service**, another quality of kindness

The fabric of our life is made of care, solidarity, mutual service. These qualities are so embedded in our daily events that we may not even notice them.

— Piero Ferrucci, The Power of Kindness

I am reminded of my friends Mike and Sarah who provided service to me when I had a flat tire. They expected nothing and would receive nothing for their trouble. Acts of service are ways to make other humans feel better. Ferrucci writes, *There are infinite ways of bringing into the life of another person some benefit, relief, cheerfulness, hope, well-being, intellectual and spiritual growth.* He also highlights that small gestures such as brewing coffee first in the morning, being especially appreciative to a small act, the ways we say yes to each other are qualities of service.

Bestowing kindness on others through acts of service is fairly self-explanatory. But Ferrucci also reminds and encourages us to do these acts for their own sake, without hope of any recognition or praise. When we remind people of the good we have done for them, we put an after-the-fact price on the act. We exact a toll. If one motivation is to show how good we are or collect brownie points sooner or later we give up. If instead the motivation is to help someone heal, feel better, find her/him self, learn and grow; the offering becomes true service freely offered and requiring no sacrifice and no reward. Just like some other aspects



Marley is showing the care for our new grapes.



New deck without small hot tub and transplanted rose

of kindness we get to put aside our own concerns for awhile to attend to the needs of others, strengthening our capacity for self-transcendence that frees us from ego, according to Ferrucci. Looking after others with interest, making mindful contact is a key to our own freedom.

Consider mindfully offers of service to others even if you downplay the importance or difficulty. During our crisis an act of service is valuable. Who do you want to call or write a note to? Offer to pick up something for an older friend.

Be kind to each other and grateful for health even if you feel confined. A good attitude can also be an act of service toward others.

You have
two hands.
*One to help yourself,
the second
to help others.*



Marley is sitting on her favorite tool and showing the new tractor overhang – the previous one collapsed in the 2019 snow!



Joshua with his hand-hewn 4 X 4!

Thanks to Pedge for the great pictures!



Paul Rawe tells the story of finding this old boat last year and imagining how it could look. He patched holes, re-finished it inside and out and added new



And the boat was christened "Petite Bateau" and we poured champagne over the bow!

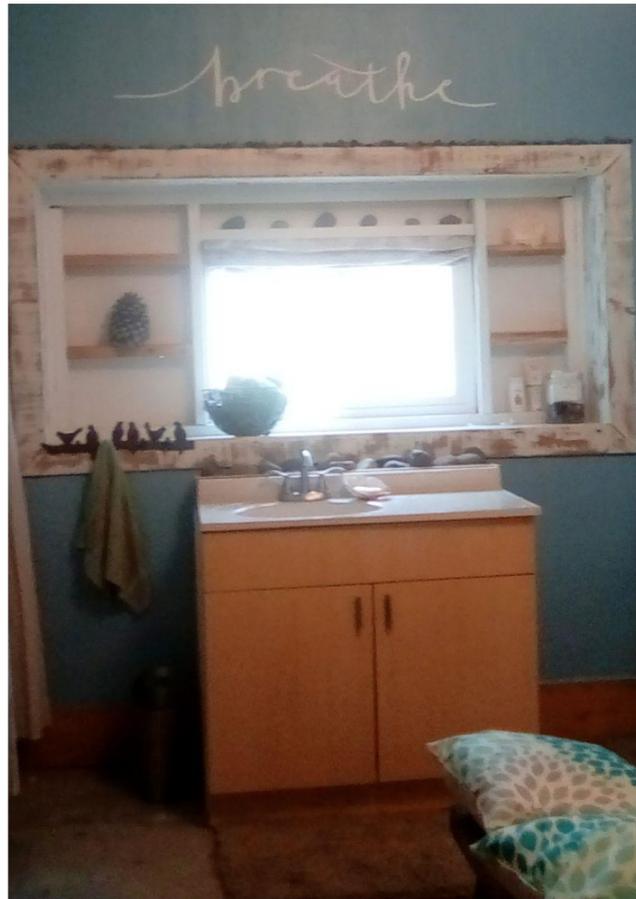


A Low-Budget and High-Happiness Face Lift!

It is my great joy and pleasure to have taken on the project of giving a serious face lift to the Log Building bathrooms, hallway and lobby! It is after all "one of the things I do!" I enjoy making something spectacular with the least amount of money possible — merging a great feel with practicality. When I was a Director of Store Planning for a few Fortune 500 companies, the CEOs and CFOs loved my wild mind and inexpensive solutions. What a fun part of my life. Having not done that for a few years, I have just been tickled and honored to be allowed to spearhead these projects at Sahale. AND the truth is, it would not be happening if it were not for my ROCKING TEAM! Every single one of them contributing their joy, laughter, skill, presence, creativity, talent, problem-solving and commitment. **THANK YOU and THANK YOU to Marley, Josh, Pam, Pedge, Paul, Mike, Jim, John, Kirsten and Colette!** Those who came before did a fine job on the bathrooms. And over the years of all the glorious campers and visitors, the bathrooms were showing their wear. Below are photos of before and after of the women's room which is about 97% done. The new color scheme is Sage and Robins Egg Blue, with a nature theme. No more peeling paint, cracks in the ceiling or walls, stains etc! Fresh and clean. A tad bit "spa-ish" I have been told. Hooray! Now we just need to do the floor and add back in the hardware. The men's room is underway and already is looking handsome and welcoming in dark chocolate, midnight gray, taupe and white, with a super cool blend of nature and "man stuff!" I will share those photos as we complete that project too. The hallway and lobby are in my imagination right now...more to come. I do have to say that keeping busy with this type of physical and creative work is really being kind to my soul, body, mind and heart during this covid wildness!!! Love, Health and Light to all of you - Draí



BEFORE

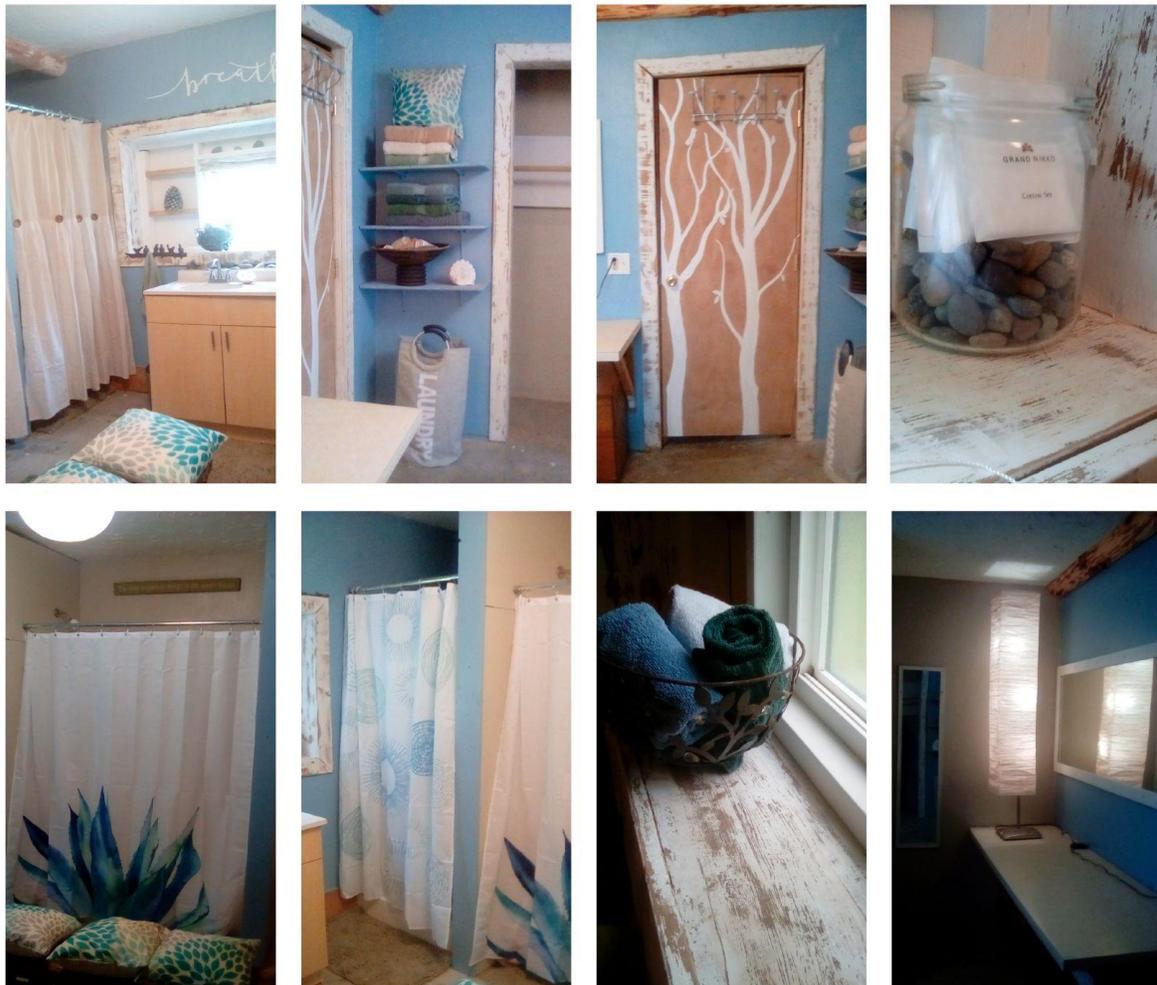


AFTER

BEFORE



AFTER



Hello to my women Friends,

In these turbulent times, my first wish for each of you is robust good health.

And in these weeks of isolation, I am sad to confirm that we are canceling the Goodenough Community's 2020 annual women's weekend.

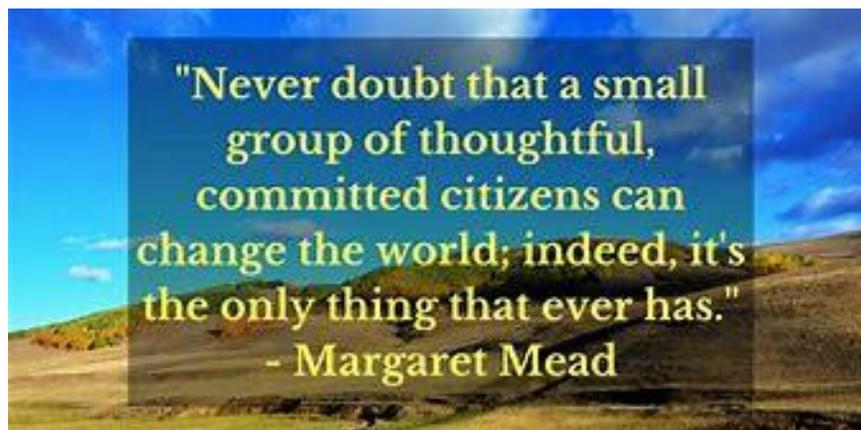


The irony is clear: We are required to remain apart from others in a time when being deeply connected would be most reassuring. Canceling our women's weekend, which generates sustained and healing relational closeness, is the wisest choice for our physical wellbeing, yet sacrifices the connection our hearts long for.

A secondary result of canceling our weekend and other events for the greater good of preserving public health, is the loss of much-needed income for the Goodenough Community. Like other businesses, charities, and individuals, the community faces difficult economic times ahead. You may be facing such difficulties yourself. However, if it is possible for you to donate the amount you would have paid for the weekend, or some part of it, we would be grateful. You can donate online (www.goodenough.org) or send a check to Post Office Box 312, Tahuya, Washington 98588.

Meanwhile, please do all you can to create and maintain connections with the people who bring you comfort. I look forward to the days when I can once again greet you with a hug.

Be well, Hollis





Bees and Blueberries

Kirsten Rohde

Today, I went outside and after walking around a bit I realized I was hearing a familiar sound – bees! Just like that, the temperature was in the high 60's and the sun was out and there they were. One even buzzed around my head as if to say – “Hey, we’re here!”

I spent time putting Mason bee cocoons out into all the bee houses we have around Sahale. A few cocoons that I already put out in one house last week have started to

hatch. The pear and apple blossoms are just about to open so it should be a perfect time for the bees to get nectar. Mason bees are native, solitary bees, meaning they don't live in colonies like honeybees do. The females put their eggs into tube like holes, either in the wild or in constructed houses as in the photo. The female gives each egg a ball of pollen to feed on as it develops over the summer and each is separated by a wall of clay mud, before the next egg is deposited.

The method I am learning, from CrownBees.com, in Carnation is to help bees stay healthy by decreasing predators and pests through

cleaning the nesting holes each fall, so the bees multiply each year. Mason bees only travel a few hundred feet from their nest but pollinate at a much higher intensity than honey bees. Thank you to Paul Rawe for building some of the houses last year.

Blueberries!

Meanwhile Marley Long has been caring for our blueberries on the slope below the large terraces. Colette helped Marley weed; the blueberry plants, smashed down by snow in the winter, were helped to be upright again, then Marley put cardboard and deep mulch around the blueberries to prevent weeds. With the fencing put in by Bruce and friends a few years ago, we will now have happy blueberries and a good harvest – no deer munching and no weeds!



Mason bee house



Bee cocoons that have been stored in the fridge all winter and are now ready to hatch.



These blueberries were planted around ten years ago as part of a Permaculture Course held at Sahale. Thank you everyone and most recently Marley for taking care of our blueberries.



Mindful Mike's Blog: Mindfulness
Mike deAnguera

Since I am Mindful Mike, I should have mindfulness all figured out. Right? Actually mindfulness is a practice and therefore a journey. Any practice will put me on a journey. Would I want it any other way?

If I did and felt everything perfectly, my life loses its purpose. Part of the reason why I am here on this Earth is to create drama. I can create and experience plenty of drama with myself and other people. I watch movies to see drama and the struggles characters go through. This is what creates the plot, the framework for any story.

Part of being mindful is learning to see myself from the Watcher perspective, that is from outside my egoic self. I need a strong internal foundation from which to live my life. This is something I never gave much thought to in the past. As a result I felt mostly like a victim.



Sahale is in process. This has been true since the Goodenough Community bought it back in 2001. The years seemed to go by so fast.

See how Draï Schindler holds up a beam in the Log Building Women's Bathroom. That room has been so artfully decorated by Draï, Marley Long, Pedge Hopkins, and myself. We have also been working on the Men's Bathroom next door. Our campers will have nothing but the best.

Paul Rawe has been working on a small boat for the pond. Now it is finished and both Colette Hoff and Marley have rowed it. Watching them play with the boat was a lot of fun. The boat sent ripples out across the pond. It should be pretty popular with the kids during Summer Camp.

Last week we took stock of all the work we have done. Altogether it was a big accomplishment. It felt good to walk around our land. There is a new woodshed at Kloshe with a shake roof thanks to Paul. The deck around the hot tub by Potlatch has been redone. The broken hot tub has been taken away. We toured the new Khlawi bathroom and laundry room which Bruce Perler, Pedge, and Paul finished. We also passed by the Maintenance Shed which has been completely reorganized by Pam Jarrett-Jefferson.

Finally we stopped by the new food forest being developed on the former front lawn of Tum Tum. Josh DeMers, Marley, and Kirsten Rohde planted new fruit trees amid paths marked out in straw.

So much seems to be changing. Yesterday I had a phone conversation with one of my VA doctors in Seattle while I sat on Tum Tum's porch. It was a relief not to go into Seattle during COVID-19.

Today was the first really warm day. Even the air feels different without the cold edge of previous weeks. Of course flowers have been blooming for quite some time.

Colette has been making masks for all of us. I now have one of my own and it doesn't fog up my glasses.

Oh, Marley made a nice pose with her mask. It could be a new fashion statement. It reminds me of last year when Draï and I made a similar pose during my hospital episode.



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 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.

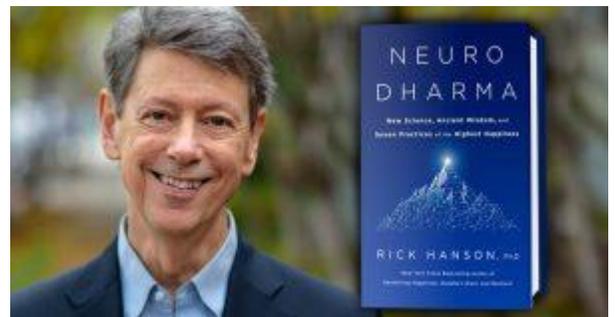
For the past ten years he has worked both as a behavioral analyst for the developmentally challenged and a yoga teacher. His endeavors have taken him to Peru where he has worked in clinics for the locals of impoverished communities. He now leads workshops in the pacific northwest on body mechanics and 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> with questions.



Talk + Book Signing at Third Place Books in Seattle, WA

June 4, 7:00 pm - 9:00 pm PDT

Rick Hanson will offer a talk and book signing for his new book *Neurodharma* at Third Place Books (Lake Forest Park Location), in Seattle, Washington.
Third Place Books, 17171 Bothell Way NE, #A101
Lake Forest Park, WA 98155 United States



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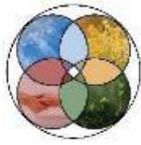
Programs and Events of the Goodenough Community

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



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



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. April 17 will be the next meeting. 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. 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 April 12, May 3, 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!

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.

*"We were born to unite with our fellow men,
and to join in community
with the human race."*

Cicero