



The Village eView

January 25, 2017

Colette Hoff, Editor

Coming Up:

Pathwork – Sunday, February 5

Council – Monday, February 6

Women's and Men's Conversation

Friday, Feb 24 to 26

Unity: noun, plural unities.

1. The state of being one; oneness.
2. A whole or totality as combining all its parts into one.
3. The state or fact of being united or combined into one, as of the parts of a whole; unification.
4. Oneness of mind, feeling, etc., as among a number of persons; concord, harmony, or agreement.

Taking place in all seven continents, the Women's Marches demonstrate unity! Many friends of the Goodenough Community participated throughout the country. "Goodenough" knitters also joined the national movement. Some pictures and stories follow.

Parker Palmer drew the ideas for the article at the end of this eView from his book, *"Healing the Heart of Democracy: The Courage to Create a Politics Worthy of the Human Spirit."* The article sent in by Deborah Cornett.

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

Women's March – January 21, 2017 – San Diego, CA

contributed by Douglas DeMers

Many thanks to all in cities throughout the world who joined in solidarity with the Washington, DC women's march. This experience was simply awesome!

As you may know, I was unable to join my Goodenough friends for the womxn's march in Seattle. I participated in the march in San Diego – much closer to where Connie and I are staying.



The San Diego march started at 10 AM at San Diego Civic Center Plaza and continued to the County Administration Center – about a mile away. Taking public transit to the event was recommended, and was certainly the convenient way to go. It was my first time using the Trolley system and some preparation beforehand could have made my life a little easier.

A two minute drive to the parking lot for the Amaya Drive trolley stop with plenty of time to catch the Orange-line trolley, arriving at Civic Center Plaza well before the 10AM start time. My first clue that this event was going to be “huge” was how full the parking lot was. More than for a Chargers (think “Seahawks”) game! My second clue was the two long lines of people waiting to buy trolley tickets.

I found one of the last open parking spaces, and got into a ticket line. There probably were a lot of “trolley-newbies” like me ahead in line trying to figure out how to get a ticket to ride. The lines moved slowly, and soon the trolley we all wanted came before I got anywhere near the ticket machine. About half of the line in front of me decided to risk getting on without a ticket, so that shortened the line. Even so, I had just purchased my ticket when the next trolley arrived, and I hurried to get on.

Oops. The Green line?!? WTF!?! No wonder it was not crowded! No problem, though, since the Green and Orange lines share common route until they diverge at the next stop, so I got off at the Grossmont Center stop and waited for the next Orange-line trolley. I caught the next Orange-line trolley and got on. No seats were open, so I stood near the opposite door, holding the hand rail. Scheduled as a 45 minute ride, but with all the riders, and people standing too near the doors – keeping them from closing – so it took a lot longer. The crowd was age- and gender-diverse; and several families brought their young children. Many people wearing hats, signs and protest T-shirts. Strollers, wheelchairs and bicycles – all in the mix. As we traveled toward our destination, more people got on than got off. Pretty soon, we were packed in like sardines. I had to laugh when Weird Al Yankovic's parody "Another One Rides The Bus" came to mind.

“[...] Another one rides the bus;
Another comes on and another comes on;
Another one rides the bus [...]”

Finally, the trolley carefully and slowly pulled through the street crowd into Civic Center station – amid shouts and cheers from the crowded trolley and the crowds on the street. We were at least half an hour late and missed hearing the speeches, although I am not sure I could have gotten close enough to hear much. In a veritable river of humanity the march began, and people left Civic Center Plaza heading toward Broadway, thence to the endpoint down Harbor Drive. Three streams of humanity in the narrow side streets converged into one big river as we headed down Broadway. We walked under cloudy skies, scattered rain – heavy at times, and by the end of the march we were under bright sunshine. A lot of people took pictures and videos – marchers as well as onlookers. Throngs of on-lookers waved from their vantage point at the Westin Hotel San Diego balcony and from the deck of the cruise ship moored in the harbor.

Streets along the march route had been cordoned off, with police officers unobtrusively stationed at road intersections. The police were quietly present in the background. We stopped several times to wait while police cleared traffic for the next segment of the route. The crowd was respectful and peaceful; the mood felt up-beat and friendly. Many people carried signs and there was often spontaneous eruption of chants, call and response, and song. Most of the time, people walked in silence or in quiet, friendly conversation. A diverse age, gender and ethnic mix of humanity – from babies to grandparents and elders – marching together. At several times, I walked alongside mother-daughter, and grandmother/granddaughter pairs.

As I reached the end of the march, I made my way along the edge of the crowd to try to hear the concluding remarks. The organizers were thankful and appreciative that the march went so well, and were totally amazed at the turnout! The number of marchers was double the original forecast, and was reported to be the largest street demonstration in San Diego history. I read that by the time those at the front of the march reached the destination, there were still marchers leaving the starting area a mile away!

I made my way back toward the trolley stop to return home. For a brief while, I felt like a salmon “swimming upstream” through the pressing crowd as people continued to arrive along the march route. The crowd thinned out and opened up at the park beyond the edge of the administration building, and I followed the trickle of people heading out to the trolley stops. I was thankful the Orange line trolley I rode had plenty of available seats for the 45 minute ride back to where I parked the car.

I am glad I went to this historic event!

So, why did I march? I saw this as a "wake up" call to break me free from my complacency trance and to remember who I am. This also serves to motivate me as a member of a species that clearly needs to take the next Conscious Evolutionary step and take the high road. This "wake up call" also means that I need to stay steady; be ever vigilant; make my voice heard, and take respectful, honorable, and appropriate action.



Thank you Douglas!

Thousands Are Knitting ‘Pussy Hats’ For The Women’s March

Huffington Post

Catherine Pearson Women & Parents Senior Reporter, The Huffington Post

Hundreds of thousands of protestors are expected to flood Washington D.C. on January 21, 2017 to take part in the Women’s March on Washington, the day after Donald Trump’s inauguration. And thanks to a knitting project that has gone viral, thousands of them will be wearing bright pink and cat-eared “pussy power hats.”

The Pussyhat Project, which launched over Thanksgiving, is the brainchild of two friends and recreational knitters: screenwriter Krista Suh and architect Jayna Zweiman.

The women were devastated by the election results and looking for ways to channel their grief. With Kat Coyle, owner of their neighborhood knitting shop, they designed a “pussy power hat” pattern — an extremely simple hat that knitters, crocheters and sewers of all levels can whip up for themselves or for other marchers.

This accessibility is an essential component of the project, the women say. It’s not just about making a strong visual statement on the day of the march, or offering up a symbolic rebuke of Trump’s infamous “grab them by the pussy” comment, though that’s definitely a factor. It’s also about giving people who aren’t able to march for physical, financial or other logistical barriers a concrete way to take part.

“Everyone can participate,” said Zweiman who isn’t attending the the march because she is recovering from an injury that prevents her from being in large crowds. “We’re hearing from people who are saying, ‘I just sprained my ankle and I’m sitting here watching Netflix and it’s the best thing ever.’”

The co-founders have heard from women who tell them that knitting the pattern — or any pink cat hat of their choosing — has been a productive way of managing their election-related anger and grief.

Suh and Zweiman believe the project has struck a nerve because knitting is at once meditative and communal, giving women and men time to, say, reflect on what’s at stake for women’s health under a Trump/Pence administration and to connect with others in yarn shops and in classes.

“For me, a lot of the magic lies in [saying], ‘Hey women of the country, you might not think you’re politically active, but you’re already community organizing in your knitting groups



Marjorie in a pussy hat with Lisa

and women's groups, you just don't call it that," Suh said. "The Pussyhat Project calls it that, which is where a lot of the power comes from."

"We hope," she added, "these hats will become a symbol long after the march."

Pussy hats do make a difference

Susan Smith and her "knitting buddy" Shannon Thomas made and donated "kitty hats" to Goodenough Community friends who walked together in Saturday's Wxmen's March, and more pink hats were donated by Pamela Jefferson-Jarrett, Kirsten Rohde, Colette Hoff, and others.

Annette Holmstrom reports:

I was the lucky recipient of one of the beautiful pink hats Shannon knitted. My husband Bill Painter wore another donated hat from the Goodenough Community. We just can't thank you all enough for your generosity, and we plan to cherish the hats for a long, long time!

We parked our car near the Seattle Center, took the Monorail downtown, and met the march coming up the street near the Library. Here's what I wrote on my Facebook post about our experience:

Absolutely astonishing and gratifying how many people joined us at the Women's March in Seattle today: We're not alone! Memorable moments:

- * Bill in his pink hat. What can I say? He is the best.
- * Seeing all the kids with signs they made themselves. My fave: young Hazel's poster, which read "I have a dream." Her mom said she thought it up all on her own.
- * The young woman who asked to take our picture, so she could show her dad that 'older people like him' thought like she did too. Embrace our senior status, I say!
Another young woman and her partner who told us they were terrified, and feared they would lose their healthcare policies.



- * The lovely Goodenough Community friends we began the day with, and the nice woman who knitted me my very own 'kitty' hat to wear - for free.
- * The thousands and thousands of gracious, thoughtful Seattleites we stood in solidarity with today. THIS is America.



I'm inspired and uplifted by the scale of participation and response to the Womxn's March. Following Michael Moore's recommendations, one of the speakers along with Ashley Judd and Gloria Steinem, I'm contacting my senators and representative regularly with comments and concerns about issues and cabinet positions that I feel need attention. The unraveling of the good work by the Obama presidency cannot not be allowed. Today I read in the news that the new regime has pushed to restart the Keystone XL and DAPL pipeline projects. This is unacceptable. I will actively resist. Its my responsibility as a citizen of conscience.

*Beware
of the differences
that blind us
to the unity
that binds us.*

*~Huston Smith
(1919-2016, philosopher, theologian, minister)*



This collage was put together by Hollis Ryan.

Prompted by Recent Women's Marches

Love Norm

About a century ago women were at least nominally recognized as people too: prior to that time women did not have the right to vote. Slightly less than a half-century ago, there seemed to be some movement to acknowledge women should have the right to choose their own health care and outcomes, at least regarding pregnancy. That right, based on the Supreme Court *Roe v Wade* has since been steadily eroded in many places, in part based on opposition to abortion (which I have seldom seen as a first choice by women I know), because the providers generally offer a broad range of women's health services, and an attack on one became an attack on the full spectrum of women's health care. Anyone is free to have their own opinion, and to make their own choice (or should be)...AND...do not or should not be allowed to impose their opinion or choice on others involuntarily. I perceived the Women's March not so much as 'anti-Trump', though that may have been present, as taking a stand that women should be treated with respect, not be subject to harassment and objectifying, and have the freedom to choose their own health care options without imposition by others, be paid equally for equal work and in short have the same range of options as are routinely available to men (at least most white men).

When my step-daughter chose in high school to be involved in team sports and be a cheerleader, I had to do some personal attitude adjustment; those were simply not things I'd ever had an interest in or wanted for anyone. But because it was what she wanted, I overcame my biases and strongly supported her in HER choices (not my own)...because I believe that strongly in freedom and personal choice. I continue to want her, and every other woman, to have the freedom to, and be empowered to, be and become who and what they desire and choose...just like any other human being. It seems that the 'in-power' party does not believe in or support those things. Men and women are not the same (fortunately), yet deserve equal rights and opportunity.

I am also for universal access to health care and a few other things like that, and against wars and walls. Immigration? For millennia there were no humans on the American continents. Even the First Nations peoples are recent arrivals in geologic timescales. We are a nation of immigrants; why change that now?

Enough, and probably too much. There was more wit, humor, joining and mutual support at the many Women's Marches in a few short hours than I've seen in either political party in the last year. Simply choosing positivity seems better than choosing fear.

ADVERTISEMENT

Hi Everyone! It's time to cut!! A Pruning Experience

Here's the first two weekends for this year's Organized Response to Orchard Prep.

February 4, 5

Saturday/Sunday sessions with Video/Training Please RSVP
Consultation with the Aesthetics Team wanted.

NOTE: No Pruning on Feb 27 to 29

BYOB. Be Your Own Bhagwan!!!! or Bring Your Own Beers.

Phil Buchmeier is facilitating the fun y'all. RSVP at buchmeiers1@gmail.com



**The Art of Pruning
Fruit Trees**



The deAnguera Blog: Women's March



This march was the largest I have ever participated in. We were told over 100,000 people were in the Seattle march. It took us over two hours to get out of Judkins Park where the march started. By the time we left the park the front end of the march had reached Seattle Center. Over 3.6 miles of streets packed solid with marchers.

A lot of cities around the globe had Women's Marches. In every case streets were filled with marchers. We could see them via the phone of a community member. I believe the global total was over two million. Most countries were represented.

The Women's March was the first one I participated with other community members. I marched with Colette Hoff, Phil and Rose Buchmeier, and Barbara Brucker. Along the way we met up with Margenta Gray, Lisa Leibfried, Elizabeth and Pam Jarett-Jefferson.

As always it felt good to be taking the streets back. My sign was a simple one I made up the day before at Sahale. You should have seen my pink pussy cat hat! There were lots of pink hats in the crowd.

The last 8 years we were complacent. We made the mistake of thinking that if we just elect the right person everything will be okay. But the real work actually begins after Election Day. We all need to stay in contact with our congressional representatives letting them know what we think. If we don't interact with our government how are they going to know if they are doing the right thing?

We don't have regular access to the halls of power unlike corporate lobbyists. Nor do we have the media. Our only avenue to get attention is the streets. I think we sent a message to the President-elect. No matter who the President is he can only do what we allow him to do. It is important to understand that he won with just 26 percent of the voting electorate. The largest percentage, 46.5 percent didn't vote at all. That's not much of a mandate.

I definitely believe lack of community in society at large had an impact. Demigods take advantage of our fears. Rulers represented the heavens, usually the sun. That's how

ancient Egypt and the Inca Empire were run. Civilizations were built around such rulers and their kin. The bigger the country the more remote was the ruler.

By contrast tribes had chiefs who were almost always part time with no special privileges. If one ever did anything not desired, that person was not chief anymore.

Our community is in its own way trying to recreate the tribe. Many efforts like ours are now spread across the planet. Even Occupy demonstrated what a large group of people could do. I was amazed at the amount of organizing that went on. What might we do this time? Something similar with permaculture and community involvement?



Two energetic folks dancing a jig in a bed room window in support of us as we marched by.



A bit beyond perception's reach, | sometimes believe | see
That life is two locked boxes, each containing the other's key.

Piet Hein, poet and scientist, 1905-1996

Dialogue with Men and Women: Finding the Keys to a New Relationship February 24 to 26, 2017



Men and women are talking again about male and female roles and relationships. Are you, too, looking for more effective relationships between genders?

Talking helps. Come build on conversations prompted by recent women's marches.

Take part in stimulating intergenerational conversations about:

- Awareness of your own inner maleness *and* femaleness.
- Power, love, energy
- Patriarchal past and possible futures
- Cultural influences
- Tradition and transformation
- Healing and understanding

Costs:

Individuals: \$175

Two or more registering together: \$150 each

Cost includes room, board, and learning materials.

Limited scholarships are available.

Contact Colette Hoff,

hoff@goodenough.org

On-line registration will be available soon.

A weekend workshop sponsored by the Goodenough Community

This weekend will be held on the peaceful and spacious grounds of the Sahale Retreat Center on Hood Canal.

While this is not a couples' event, it will provoke creative conversation for committed couples.

For further information contact: Bruce Perler (bruce_perler@hotmail.com),
Hollis Guill Ryan (hollisr@comcast.net), or Colette Hoff (hoff@goodenough.org).

Birthdays and Anniversaries

- **Happy birthday - Joan Valles - January 25! We love you! (82 years old)**
- **Happy birthday - Kathleen Buchmeier - February 3! (25 years old)**
- **Aric Hamilton Jarrett - February 4 (37 years old)**



Announcing . . .



The birth of Phil Stark's Great Granddaughter, who came in at 7 lbs, 7 oz. She is awaiting her name!

Phil is currently on respite care there while his daughter Karen is in Dallas with her eldest daughter Mariel and Mariel's husband Jon McBride. Karen went there to await the arrival of her first grandchild, and the baby came today -- a girl, 7 lbs, 7oz. (No name yet; she is very new.) She is Phil's first great grandchild. Phil's son-in-law, Jim, is practicing a lullaby on his violin and came by to play it to Phil today.

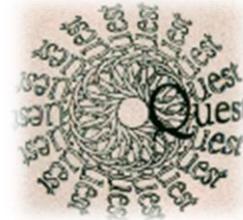
Phil will probably be at Madrona Park for another week or two. If you want to visit, the address is 31200 23rd Avenue South, Federal Way, WA 98003, phone (253-941-5859). Phil's phone number is (206) 240 6774. Madrona Park is very easy to get to from I-5. You take the S 320th St. exit, stay to the right, and take the first major right at 23rd Ave. S. McDonald's is on the corner. Madrona Park is on the right just before the traffic light at S. 312th St. Phil is in room 318.

Congratulations to Phil and his family!

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 be more effective in relationships.

Call John or Colette (206-755 8404) or Colette and John at Sahale – 360 275-3957. In Seattle, John and Colette meet with clients at the community center, 3610 SW Barton Street, Seattle 98106, as well as at Sahale.



Cultural Programs in the Goodenough Community are created for visitors and they are developed as opportunities for our members and friends to practice our lifeways and apply them to contemporary issues and problems in our lives. For instance, the men's program must be an expression of the best wisdom men have gathered from their life together—about what is a good man and how he could best express that in his own life. Similarly, women must return to the essentials of being a good woman in this day and age.

Calendar of Programs and Events, 2017

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 ...

In the Goodenough Community, we recognize such ways to connect as expressions of **community culture**. Throughout the year, we offer **cultural programs** so that you can engage with the community, participate in your own development, and have a good time. We **welcome your interest** and your participation, and hope that you will join us at any – or many! – of this year's events.

A Weekend for Men and Women . . .

February 24 to 26, 2017

Men and Women Together: A New Relationship

Annual Membership Meetings

March 10 to 12



Men's Culture will be joining the women's culture for creative conversation February 24 to 26, 2017. A weekend for men is being planned for the spring. Focal Person: Bruce Perler, bruce_perler@hotmail.com



Women's Culture

Next Saturday gatherings are January 21 and April 8, 10 am -2 pm, at the community center in West Seattle

Women's Weekend, May 5-7, 2017 at Sahale

Women of the Goodenough Community have been gathering intentionally and regularly since 1983 to discover in themselves and each other the essence of womanhood at any age and the presence of the Divine Feminine.

Focal Person: Hollis Guill Ryan, hollisr@comcast.net

Third-Age Gatherings

Next gatherings will be Friday evenings, January 20; March 31 and May 12 at the community center in West Seattle. Focal Person: Kirsten Rohde, krohde14@outlook.com

Annual Goodenough Community Memberships Meeting: March 10 to 12 at Sahale. It's a good time to support the organization that surrounds all our activities. We will share accomplishments in the prior year and join in visioning the future. Anyone is welcome to attend. Please contact Kirsten Rohde 206 719-5364 for more information. And RVSP to??.

Work Parties throughout the Year

Traditionally, the Goodenough Community sponsors work parties over Memorial Day weekend (**May 26 to 29, 2017**), 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.

Focal Person: Colette Hoff, hoff@goodenough.org

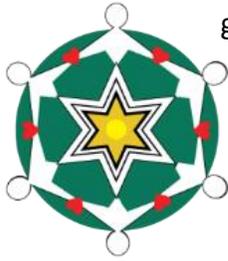
Summer Camp for Youth, June 25 to July 1

A wonderful opportunity for children 9 to 12 to have a full camp experience in a beautiful setting with loving leadership.

Focal Person: Irene Perler, Irene_Perler@hotmail.com



Human Relations Laboratory, August 6 to 12, 2017



This intense and joyous week-long event is a communal experience of personal growth, and has been presented annually and is now in its 48th year!

Focal Person: Colette Hoff, hoff@goodenough.org

True Holidays Celebration, Saturday, December 2, 2017



Be part of this fun-filled family-oriented evening, and prepare yourself for a holiday season (whatever faith tradition you follow) that fills your heart.

Focal Person: Kirsten Rohde, krohde14@outlook.com

Winter Solstice Bus Trip, Saturday December 16, 2017

Board a bus, play in the snow, shop in Leavenworth, have a horse-drawn sleigh ride and enjoy an abundant dinner

Focal Person: Colette Hoff

New Year's Eve at Sahale, 2017 – 2018

Sunday will be New Year's Eve and Monday will be New Year's Day next year.



**The Third Annual Friends of Sahale Weekend,
January 13 to 15, 2018**

Five Habits to Heal the Heart of Democracy by Parker Palmer

The human heart is the first home of democracy. It is where we embrace our questions. Can we be equitable? Can we be generous? Can we listen with our whole beings, not just our minds, and offer our attention rather than our opinions? And do we have enough resolve in our hearts to act courageously, relentlessly, without giving up—ever—trusting our fellow citizens to join with us in our determined pursuit of a living democracy?

—Terry Tempest Williams

"We the People" called American democracy into being. Today, the future of our democracy is threatened. How can "We the People" call American politics back to health at a time when, in the words of Bill Moyers, "we have fallen under the spell of money, faction, and fear"? One answer is close at hand, within everyone's reach. We must return to the "first home" of democracy, which, as Terry Tempest Williams points out, is found not in a centuries-old document or in a distant city, but in the human heart.

A young French intellectual named Alexis de Tocqueville made much the same point when he visited our young nation in the 1830s, returning home to write the classic *Democracy in America*. In it, he predicted that democracy's future would depend heavily on the "habits of the heart" its citizens developed, and on the health of the local venues in which the heart gets formed or deformed: families, neighborhoods, classrooms, congregations, voluntary associations, workplaces, and the various places of public life where "the company of strangers" gathers. These habits and the places where they are shaped form the invisible infrastructure of American democracy on which the quality of our political life depends. It is an infrastructure we have neglected at our peril, just as we have neglected its physical counterpart.

The heart is where we integrate what we know in our minds with what we know in our bones, the place where our knowledge can become more fully human.

When Tocqueville and Terry Tempest Williams speak of the human heart, they mean much more than feeling or sentiment. "Heart" comes from the Latin *cor*, so in its original meaning, it points to the core of the human self, that center-place where all of our ways of knowing converge: intellectual, emotional, sensory, intuitive, imaginative, experiential, relational, and bodily, among others. The heart is where we integrate what we know in our minds with what we know in our bones, the place where our knowledge can become more fully human. *Cor* is also the Latin root from which we get the word courage. When all that we know of self and world comes together in the center-place called the heart, we are more likely to find the courage to act humanely on what we know.

If "We the People" are to help heal our ailing democracy—and if we do not, who will?—we need to develop five crucial habits of the heart. That, in turn, depends on people in positions of leadership dedicating themselves to forming these habits in the local venues I named earlier: families, neighborhoods, classrooms, congregations, voluntary associations, workplaces, and the various places of public life where "the company of strangers" gathers.

An understanding that we are all in this together. Biologists, ecologists, economists, ethicists and leaders of the great wisdom traditions have all given voice to this theme. Despite our illusions of individualism and national superiority, we humans are a profoundly interconnected species—entwined with one another and with all forms of life, as the global economic and ecological crises reveal in vivid and frightening detail. We must embrace the simple fact that we are dependent upon and accountable to one another, and that includes the stranger, the "alien other." At the same time, we must save the notion of interdependence from the idealistic excesses that make it an impossible dream. Exhorting people to hold a continual awareness of global, national, or even local interconnectedness is a counsel of perfection that can only result in self-delusion or defeat. Which leads to a second key habit of the heart...

An appreciation of the value of "otherness." It is true that we are all in this together. It is equally true that we spend most of our lives in "tribes" or lifestyle enclaves—and that thinking of the world in terms of "us" and "them" is one of the many limitations of the human mind. The good news is that "us and them" does not have to mean "us versus them." Instead, it can remind us of the ancient tradition of hospitality to the stranger and give us a chance to translate it into twenty-first-century terms. Hospitality rightly understood is premised on the notion that the stranger has much to teach us. It actively invites "otherness" into our lives to make them more expansive, including forms of otherness that seem utterly alien to us. Of course, we will not practice deep hospitality if we do not embrace the creative possibilities inherent in our differences. Which leads to a third key habit of the heart...

An ability to hold tension in life-giving ways. Our lives are filled with contradictions—from the gap between our aspirations and our behavior to observations and insights we cannot abide because they run counter to our convictions. If we fail to hold them creatively, these contradictions will shut us down and take us out of the action. But when we allow their tensions to expand our hearts, they can open us to new understandings of ourselves and our world, enhancing our lives and allowing us to enhance the lives of others. We are imperfect and broken beings who inhabit an imperfect and broken world. The genius of the human heart lies in its capacity to use these tensions to generate insight, energy, and new life. Making the most of those gifts requires a fourth key habit of the heart...

A sense of personal voice and agency. Insight and energy give rise to new life as we speak out and act out our own version of truth, while checking and correcting it against the truths of others. But many of us lack confidence in our voices and in our power to make a difference. We grow up in educational and religious institutions that treat us as

members of an audience instead of actors in a drama, and as a result, we become adults who treat politics as a spectator sport. And yet it remains possible for us, young and old alike, to find our voices, learn how to speak them, and know the satisfaction that comes from contributing to positive change—if we have the support of a community. Which leads to a fifth and final habit of the heart...

A capacity to create community. Without a community, it is nearly impossible to achieve voice: it takes a village to raise a Rosa Parks. Without a community, it is nearly impossible to exercise the "power of one" in a way that allows power to multiply: it took a village to translate Rosa Parks's act of personal integrity into social change. In a mass society like ours, community rarely comes ready-made. But creating community in the places where we live and work does not mean abandoning other parts of our lives to become full-time organizers. The steady companionship of two or three kindred spirits can help us find the courage we need to speak and act as citizens. There are many ways to plant and cultivate the seeds of community in our personal and local lives. We must all become gardeners of community if we want democracy to flourish.

If I were asked for two words to summarize the habits of the heart American citizens need in response to twenty-first-century conditions, I would choose *chutzpah* and *humility*. By *chutzpah*, I mean knowing that I have a voice that needs to be heard and the right to speak it. By *humility*, I mean accepting the fact that my truth is always partial and may not be true at all, so I need to listen with openness and respect, especially to "the other," as much as I need to speak my own voice with clarity and conviction.

American Democracy is a non-stop experiment in the strengths and weaknesses of our political institutions, local communities, and the human heart. The experiment is endless unless we blow up the lab, and the explosives to do the job are found within us. But so, also, is the heart's alchemy that can turn suffering into compassion, conflict into community, and tension into energy for creativity amid democracy's demands.

Today we are in the middle of another election cycle. Once again, false claims, half-truths, hateful rhetoric, fear-mongering and demonization of the opposition dominate our civic space, driving out the genuine issue-oriented debate a democracy needs to survive and thrive. We need citizens with *chutzpah* and *humility* to occupy our civic space and call American democracy back to health. There is no reason, at least no good reason, why our number cannot be legion.

Parker Palmer drew the ideas for this article from his book, "Healing the Heart of Democracy: The Courage to Create a Politics Worthy of the Human Spirit."

