



The Village View

February 10, 2024

Hollis Guill Ryan &
Elizabeth Jarrett-Jefferson, Editors

Coming Up:

Pathwork, Sunday, February 11, 7pm via Zoom
Nature Systems Work party @ Sahale – Feb 23-24

Goodenough Community March Meeting – All Invited – March 15-17, see inside.

Goodenough Community Annual Summer Retreat – July 7-12, 2024

Here we grow again!

2023 was a landmark year for the Goodenough Community, marked by significant, tangible steps towards becoming empowered and self-led. The past year saw us making major strides in:

- Creating community agreements around standards for safe behavior
- Affirming the form of governance we need as a self-led community
- Clarifying the community's financial status, and projecting resources needed to continue and thrive
- Engaging more hearts and hands in our core work of building a harmonious community, while remaining in right relationship with each other and with those whose lives touch ours

2024 is off to an exciting start. Our Women's Culture led the way in January, holding the first gathering framed by its new leadership team. Familiar and new faces joined in our traditions of creating our Circle and intimate conversation in small groups, as we looked at how to nourish ourselves and our Community with the gift of our feminine wisdom. Our Nature Circle is on site at Sahale as we speak, for the first of five monthly gatherings to tend, nourish and beautify Sahale in preparation for our guest season (*look for the dates of upcoming Nature Circle weekends in this issue!*)

On-Line News of the Goodenough Community System

www.goodenough.org

The Goodenough Community / Convocation: A Church and Ministry
Mandala Resources, Inc. / Sahale Learning Center

On March 15-17, look for our next community-building retreat. In 2023, we recognized the value of spring and fall retreats as fertile spaces to envision the Community's next steps, and map out how to bring them into reality. We'll enjoy the warmth of our friendships as we build on our 2023 momentum to:

- Clarify our vision and mission in words and images, as we work towards a refreshed, reinvigorated public face for the Community
- Make our community ever safer by finalizing a support system for those affected by transgressions of the Community code of conduct
- Update our framework for Community membership, and
- Plan for physical enhancements to Sahale

Consider yourself invited to join us in participating hands-on in our Community's renewal.

And now for something especially exciting! Many of you recall the annual Human Relations Lab as the highlight of your involvement with the Community. From July 7th-12th, we will bring forth what the Community has excelled at in the past: creating a learning container in which we engage in becoming the best versions of ourselves, both as individuals and as a community. We're not quite ready to announce the theme of our Summer Gathering, but we can reveal that its centerpiece will be expert interactive instruction on one of the hottest relationship topics of our time, with equal relevance and appeal to youngers and elders.

As exciting as it will be to learn together again, what is just as exciting is how the Community itself will be coming together to organize and facilitate these portions of the Gathering:

- small learning groups, where we mine the richness of the learning container by trying out what we've learned, within a safe cradle of supportive friends
- community-building activities, some led by various community teams
- the joy of joining in hands-on work together, building camaraderie as we build up Sahale
- and all of this while playing, singing, and otherwise enjoying each other's company!

What would you love to see happen at our Summer Gathering? How would you like to contribute to its success? Your ideas, volunteer efforts, and cheers of encouragement are more than welcome! You can contact the Gathering Design team at goodenoughcommunity@gmail.com.

On Being Resolute

By Hollis Guill Ryan

Here it is, mid-February of the new year. Has enough time passed that you've begun breaking your resolutions? Or are you one of the many who do not make resolutions at the threshold of the new year? Or are you still resolute about making improvements in 2024?

Despite being more than a few short weeks into the new year, my electronic in-box continues to fill with messages about improving my life, about resisting temptation, and about ways to form new habits.

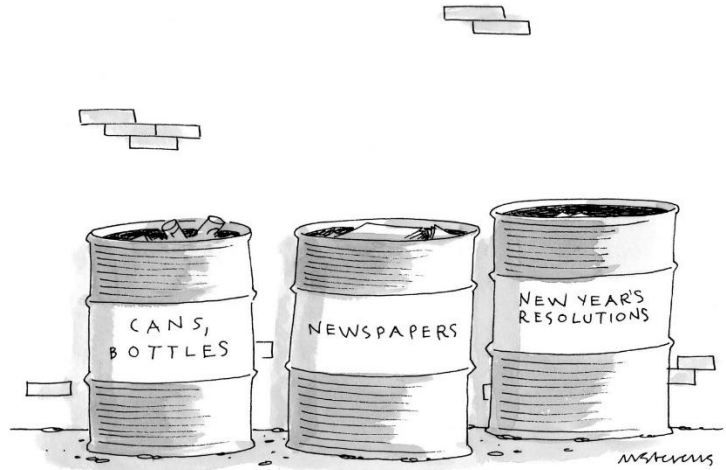
I have been particularly captivated by advice to learn to have fun. Have fun? Isn't that something even a child can do? Isn't it somehow irresponsible for an adult to seek opportunities for *fun*? Well, in December I

attended a holiday party and had more fun than I've experienced in a long time. According to the newsletter that caught my attention after that, "fun" is more than "a good time." Heaven knows, I have lots of good times. But the author's definition of fun is a combination of playfulness, connection, and flow (flow is being so present to the moment that you lose track of time). Any 2, or even 1, of those qualities will yield a *good time*; *fun* is the result of experiencing all 3 at once. So, my new year resolution? Learn what is fun for me and create occasions to experience it.

Along with advice about how to keep my resolutions came this from *Dave's Garden*. An excerpt gives me history of making resolutions at the turn of the year:

Are you determined to keep your New Year's resolutions? Thank the ancient Babylonians. They invented the practice of making pledges or promises upon the new year over 4,000 years ago. So the resolution to eat healthier, exercise more and be better organized wasn't a modern idea. Seems humans felt the need to turn over a new leaf each year long before many other customs and ideas were invented. The Babylonians had a little different spin on the practice though. They believed that the promises they made each new year were heard by their gods and they wouldn't take very kindly to any resolutions that were not completed and would punish anyone who did not live up to what they pledged. We have only ourselves to answer to if we do not keep ours.

Melody Rose, January 01, 2024
DavesGarden.com



Making a resolution at the turn of the year is an old, old tradition. I don't know what kinds of promises the Mesopotamians made to their gods, but according to a Forbes survey about modern resolutions, nearly half (48%) of the survey respondents resolved to improve fitness, while more than a third (38%) declared they would improve their finances and another third (36%) want to improve their mental health. Farther down the list at 25% was the resolution to make more time for loved ones, and making more time for hobbies and improving work-life balance were tied at 7%.

<https://www.forbes.com/health/mind/new-year-resolutions-survey-2024/>

This year, thanks to my electronic in-box, I am learning about others' resolutions and ways to achieve them. And the desire for more balance in life has spawned articles and books to help us reduce our dependency on screen time. For example, *The Guardian* reports, "Let's be honest – many of us are deeply unhappy with the excessive time we spend on our phones," and offers an online series of articles, "Reclaim Your Brain," to help us find the right balance between our physical and digital lives (<https://www.theguardian.com/lifeandstyle/ng-interactive/2024/jan/01/is-it-time-to-reclaim-our-brains>). Catherine Price, "How to Feel Alive," guides readers through the process of breaking up with their phone and Kevin Roose, tech writer for the New York Times, is trying his own approach to disconnect from his phone. (https://www.nytimes.com/2019/02/23/business/cell-phone-addiction.html?unlocked_article_code=1.NE0.22cT.e-ZyhJ142thO&smid=url-share&utm_source=substack&utm_medium=email).



An old (1912) but relevant promise came from Christian D. Larson in his book *Your Forces and How to Use Them*. It reads, in part:

Promise Yourself

To be so strong that nothing can disturb your peace of mind. ...

To make all your friends feel that there is something worthwhile in them. ...

To be just as enthusiastic about the success of others as you are about your own.

To forget the mistakes of the past and press on to the greater achievements of the future.

To think well of yourself and to proclaim this fact to the world, not in loud word, but in great deeds.

To live in the faith that the whole world is on your side, so long as you are true to the best that is in you.

More ways to improve your life come from David Brooks, New York Times columnist. Any of these "life hacks," as he calls them, would make a worthy resolution. Here are a few from his article "Here are the greatest life hacks in the world (for now)":

Denying or deflecting a compliment is rude. [Resolve to] accept it with thanks.

Getting cheated occasionally is a small price to pay for trusting the best of everyone, because when you [resolve to] trust the best in others, they will treat you the best.

[Resolve to] never be furtive. If you're doing something you don't want others to find out about, it's probably wrong.

[Resolve to] never pass up an opportunity to hang out with musicians.

If you, like me, sometimes ask, "The world's problems feel too big to solve. So why bother?" you may take comfort from this resolve that draws on giving meaning to life.



... it has felt as if the world has just gotten worse and worse [despite my efforts to make a positive difference]. ... My therapist reminded me that the architects and craftspeople who built cathedrals knew that not even their children's children would see it completed. That made a light bulb go off ... It made me realize I need to stop looking at my [volunteering] as a means to an end, but as a practice that has meaning in and of itself, whether or not it advances progress. ... This realization gave me the inspiration and ability to keep going.

Excerpt from The Seattle Times, January 1, 2024.

Dear Carolyn, syndicated columnist,

"The world's problems feel too big to solve. So why bother?"

May your new year be filled with purpose and joy.



Dalai Lama and Desmond Tutu.

Photo by Tenzin Choejar.

Introducing the Women's Leadership Circle of the Goodenough Community

When the Women's Leadership Circle asked for women interested in helping design and produce the women's program, several women said, "Yes!" Our Women's Leadership Circle now includes:

Elizabeth Jarrett-Jefferson, a long-time member of the leadership circle. She feels fresh energy rising among us and brings her interest in women's aging and legacy.

Sue-Marie Casagrande recognizes the importance of joining with feminine energy – not just women, but feminine energy wherever it is found. Sue-Marie says women are keepers of the flame.

Maryann Schumacher has attended Goodenough Community women's programs for many years because she flourishes in the presence of women. Participating in the community's women's programs prompted her to work with her own mental health, a valued emphasis she had not encountered elsewhere.

For **Laura Sweany**, the women's program nurtures a precious culture, and she wants to be part of the alchemy. The program's celebration of archetypes and thresholds speaks to her.

Rosemary Buchmeier believes we are in a time of change, not only in the community but throughout the entire world and believes that feminine energy can be a positive influence on change. She values the training she has received through her years in the women's leadership circle.

Hollis Guill Ryan has led the program for many years and is gratified that women new to community leadership are eager to join the circle. Like the community and the women's program, she herself is in a time of transition. Hollis is taking a brief "sabbatical" and will return to leadership and participation shortly.

Recent members of the leadership circle are Marjenta Gray, who has participated in the program and its leadership for many years, and long-time leaders Joan Valles and Colette Hoff, both of whom have passed away.

Nature Circle

Laura Sweany

As with many parts of our beloved Goodenough Community, the Nature Circle, designed to caretake the land at Sahale, had been in a fallow period. Since the passing of the Hoff's, as well as some of the most active core Legacy Members, we who remain have been taking stock of our community - who are we? What parts of community are important to us? Almost everyone who returned our survey in

early 2023 said Sahale was deeply important to their relationship with the Goodenough Community, and that gave the slumbering Nature Circle new vitality. We rediscovered our love of the land, and our delight in working with each other, as we built monthly work parties from January to June of 2023. Guests at Sahale commented that the land had not looked so good in a long time, and they felt the renewed sense of energy and purpose that our work seeded.

Now we are building our weekend work parties for early 2024, and we heartily invite YOU to come and join us! We miss you all and encourage you to return for a weekend (or two, or three!) and reacquaint yourself with the beauty of Sahale, and the camaraderie of working with kind, generous, service-oriented friends as we continue to polish Sahale - and ourselves - until we all shine!

[Our upcoming dates:](#)

Feb 23-25

Mar 29-31

April 19-21 aka ALDERMANIA! (more exciting info to come)

May 24-27 Memorial Weekend

Please bring your favorite tools, gloves, kneeling pads, and weed buckets. Ability-appropriate tasks are available for all who attend. Wonderful food, comfy beds, soothing hot tub, and good friends, old and new, await! Confirm with Laura Sweany at alwaysgrowingdesign@gmail.com or Elizabeth Jarrett at elizabeth.ann.jarrett@gmail.com no later than the Tuesday before the weekend you are attending, so the Sahale team can plan for your comfort.

Community is not a spectator sport! Come and re-connect -

The Nature Circle: Kirsten Rhode, Rose and Phil Buchmeier, Mike DeAnguera, Russ Pogemiller, Tom George, Laura Sweany

The Grand File Switcheroo

By Laura Sweany

Nature Systems Circle

As part of the New Years 2023 weekend shenanigans, we managed to pull off the massive migration of 2 storage units' worth of tools and GEC historical documentation from our local long term public storage to our beloved Sahale. Many woodworking tools from Hal and Hollis were installed in the newly built Workshop on Kirsten's parcel, and load after load of books, files, tapes and papers of all kinds were safely loaded into the Log Building. Jim, EJ, Pam, Laura, Joe, Diana and Benny, with great assistance from locals Michele, Darrel and Paul made this transition happen without incident or injury, and this move will save the community hundreds of dollars a month in storage fees. Thanks to all for their amazing help!

Coming Soon: The Great Sorting - Don't miss it!

Upcoming Events from the Goodenough Community – A Brief Recap:

Our next Village View – Late February / early March

Our next Village View editors are Hollis Guill Ryan and Elizabeth Jarrett-Jefferson.

Mark your calendars and stay tuned for further information:

- **Nature Systems February weekend** – March 29-31. *See other dates earlier in this edition.*
- **Spring Gathering of the Goodenough Community** – March 15, 16, and 17, 2024. We will also mark the 64th birthday of Pam Jarrett-Jefferson.
- **Summer Gathering of the Goodenough Community** – (held last year in early August and instead of the HRL) – July 7 – 12 (Sunday through Friday). Focus: Community building & creativity.

Programs and Events of the Goodenough Community: *An Overview*



Throughout the year we offer programs and events that help you participate in your own development, learn about relating well with others, and help you discover your potential for having a good time in life and with others. As we work through this period of transition, we have limited or changed our offerings, but check this page for the latest information. Information about future programs and events also will be found on our website: www.goodenough.org and in future *Village Views*.

The Goodenough Community's governing body, the General Circle



Currently meets weekly on alternate Monday evenings, 7 PM on Zoom. For additional information, contact [Elizabeth Jarrett- Jefferson](mailto:Elizabeth.Jarrett-Jefferson)



The Women's Program is a long-established and ever- growing way for women to enjoy each other's company, learn about themselves as women, and even perhaps to experience the Divine Feminine. *Please contact Laura Sweany, alwaysgrowingdesign@gmail.com*

The Third Age - Those aged 60 and older customarily gather every other month, Friday evenings, at 7 PM by Zoom. Contact [Kirsten Rohde](mailto:Kirsten.Rohde) for more information.



The Men's Program - Our Men's Circle is an expression of brotherhood and practice, with wisdom gathered from our own lives, other men's work, advocates, and the founders of this circle. A men's service weekend at Sahale is coming up – Date to be announced. For information, contact [Norm Peck](#)

Pathwork, A Program of Convocation: A Church and Ministry. Pathwork offers a spiritual home in which to rest and to share your heart and mind as you move through these unpredictable times.

Participants come together and find support and encouragement, gaining wisdom from the world's faith and wisdom traditions. All are welcome to join. Meetings are held via Zoom on alternate Sundays: 7 to 9 PM. Our next session: Sunday, February 11.