



The Village View

March 10, 2022

Joan Valles & Rose Buchmeier,
Editors

Coming Up:

Men's weekend at Sahale, March 11 to 13
Pathwork, Sunday, March 13, 7 pm

Take Heart: Courage

Joan Valles

"Courage is a heart word. The root of the word courage is cor--the Latin word for heart. In one of its earliest forms, the word courage meant "To speak one's mind by telling all one's heart." Over time this definition has changed, and today we typically associate courage with heroic and brave deeds. But in my opinion, this definition fails to recognize the inner strength and level of commitment required for us to actually speak honestly and openly about who we are and our experiences--good and bad. Speaking from our hearts is what I think of as "ordinary courage." " Brené Brown

The last few issues of the *Village View* have featured the "tending" words that have been part of the Goodenough Community curriculum for many years. This week we turn to another curriculum piece, the *6 C words*, the characteristics we are trying to develop in ourselves as communitarians: Consciousness, collaboration, courage, compassion, commitment, and creativity. This week, because of what is going on in our world--the heroic and brave deeds of those in the battle for Ukraine--and what is going on in our lives here at home, we are focusing on *courage* and taking heart in difficult times. Colette wrote about six attributes of courage in the Oct. 13, 2021, issue of the *Village View* and spoke openly about the need for courage in her fight with cancer. We know Colette to be a woman of courage, and she is providing encouragement to us all. Also, out at Sahale, we have observed the courage of John Schindler in his battle with the cancer that was

On-Line News of the Goodenough Community System

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supposed to take him out months ago. And the courage of his wife Draï in caring for him. In town, Jim Tocher is ramping up the teeth-gritting courage it takes for total knee surgery on March 30. He's done it before, and it hurts like hell. But worth it. Finally, in this week's issue, Norm Peck fills us in on what many of us have wanted to learn about his recent hospitalization that resulted in a pacemaker being implanted near his heart. He gracefully brings that experience home to our theme.

[Before we go on, a note to our "younger" readers. I, Joan, the eldest of the elders, would love to be reading articles and seeing editorship in the Village View that reflect your tastes, interests, and concerns. I hope you'll consider giving it a whirl.]

Courage, heart, and the last couple of weeks

Norm Peck

About three weeks ago now I experienced a rather rapid increase in shortness of breath.

Since I had an appointment with my primary care physician, I let her know, and we discussed it in addition to my annual wellness visit content. I went home with instructions to monitor my blood oxygen saturation (I had gotten a pulse-oximeter early in the COVID pandemic) and to go to the emergency room if my blood oxygen saturation dropped below 88% for any length of time. Also to make an appointment for a CT Scan as soon as possible, which when I called was Friday (4 days later). While still short of breath the oxygen saturation level stayed above the trigger level for a couple of days.

On Wednesday I'd brought firewood for the wood stove in and was stacking it by the stove when I got very light-headed. I remember standing up to steady myself against a cabinet. The next thing I remembered was standing in front of the bathroom mirror without my glasses and with a bleeding lip. I do not remember falling nor getting up. Once I got reoriented I picked up the lenses and frames of my glasses and reassembled them and decided it was time to go to the ER.



I'd just locked up the house and headed to the car when a former co-worker, Mary Monahan, saw me while walking her dog. She insisted that I sit down and wait for her to take the dog home and brought her car to take me to the ER. I was admitted, got some embroidery (stitches) in the cut from the eyeglass frames below my eye and they got me into imaging for a CT Scan. The CT Scan found a pleural effusion, a build-up of fluid between the chest cavity lining and muscle wall that had mostly collapsed my left lung. I was then put in the hospital for observation. During the night the heart monitor recorded a couple of 3-4 second cardiac pauses and one of almost 15 seconds.



Thursday morning they advised that I go to a cardiac unit in either Yakima or Wenatchee. Since I already have a rheumatologist in Wenatchee, I asked to be referred there, and was accepted there, whence I was taken by ambulance. Once there, and on their monitoring gear, I found myself in the interesting position of not being good enough to be sent home and not bad enough to be at the top of the list for anything, i.e., relatively stable but with the cause of problems unclear. The decision was made to remove the liquid from the pleural effusion, which amounted to 2.2 litres. My breathing and blood oxygen saturation immediately jumped into normal to high-normal range and, after one 4-second cardiac pause the first night there (before the fluid was removed) there were no further cardiac pauses, which all occurred when I was in deep sleep. That in combination with the chemistry of the pleural effusion liquid not indicating cardiac involvement led to the conclusion that the cardiac pauses were likely associated with sleep apnea, while leaving the question of the cause of the pleural effusion up in the air.

One possibility is that it is associated with my rheumatoid arthritis, though there is no definitive test for that; that conclusion is arrived at by eliminating all other reasonable possibilities. Cardiac issues, COVID and TB have been eliminated based on test results already received. Some additional results are coming when the lab results are received this coming week. Because of the cardiac pauses observed, the medical team at Confluence Health decided it would be prudent to install a wireless pacemaker, a self-contained unit that is inserted directly into the heart through a small incision in a leg artery. It is a passive monitor unless a cardiac pause of a particular duration occurs, in which case it administers an electrical impulse to trigger a heartbeat. Function and monitoring data are transmitted via a cell-phone connection via a device sent home with me. When held over the heart and activated, it transmits the data to the health care facility. This type device seems to cause fewer complications than wired pacemakers.



I've now started the process of arranging for a residential sleep study, required for a final diagnosis of sleep apnea, which is in turn required for Medicare to cover a CPAP machine, the usual first-line treatment for sleep apnea.

A question Joan asked prompted me to reflect on my experience at a more metaphorical level, with a question about heart, courage and what I've been through recently. It now seems that the triggering event was likely not directly heart related, but a shortage of oxygen/air. Those of you who have known me for a while probably recall that a major aspect of my personal work is receiving, allowing care, love and support rather than striving to be so completely self-reliant. So it's perhaps not a surprise that my body wasn't letting enough in...air in this case (at least proximately) and maybe rest/relaxation (sleep apnea). Enough that it has indeed affected my heart.

I think the conventional view of courage in the Western world is the capacity to overcome fear and do what's right or needed. That certainly seems to me to be the substance of the John Wayne quip that courage is being scared as hell and saddling up anyway. And there is certainly merit in developing the capacity to stay calm, observant, and responsive in difficult situations. Contemplating fear brings me to one of the things John Hoff taught us, about the Three Conscious Choices on the path to living a Conscious life. The first is choosing to live, consciously and with

intention. I interpret this as choosing to be happy in a world that contains suffering, especially my own. The second, where fear arises, is choosing to love. In this context, the opposite or opposing choice is not hate, but fear. Choosing anything other than love is by default to choose fear, or to live in fear. Since there are so many kinds and ways of loving, I've chosen to interpret this choice as choosing to live with compassion, developing the practice of caring as much about what another needs or wants (setting aside for the moment the teaching that separateness is an illusion). This is rather an effective way of avoiding dehumanizing or making those I encounter and relate with "other" or "less than". Making this choice consistently is a much more subtle way of being courageous; it requires me to overcome my own inner conflict about the worthiness of what is important or needed for their life and growth. It is also the necessary precursor to the third conscious choice, choosing to serve. Unless and until I can compassionately comprehend what another person needs and wants, I cannot truly serve them. I can and have served my own perceptions and needs and not theirs, however good my intentions. It does, of course, require me (or anyone else) to become clear about my or their path, what they want to strive for or commit to.



In the final analysis it is just that that has kept me in the Goodenough Community. There was no rote answer, no dogma. John and Colette in particular insisted that I discern my own goals, and path to work on or reach them, to develop an internal locus of control. In the final analysis, that may be the ultimate expression of courage, spirit and heart; to be true to my own heart and calling while being able and available to help others find and hold to their path.

I suppose it must also be said that this assumes a solid base of good mental and spiritual health, and if those are absent help reaching that starting point must precede. Any other choice would be, well, crazy. And being able to gently bring consciousness of craziness is its own separate skill. Aren't we all a little crazy in one way or another? I know I am.



Take Heart

Rick Hanson, PhD

What do you do when the bottom falls out?

The Practice:

Take heart.



Why?

It takes heart to live in even ordinary times.

By “taking heart,” I mean several related things:

- Sensing your heart and chest
- Finding encouragement in what is good both around you and inside you
- Resting in your own warmth, compassion, and kindness; resting in the caring for you from others; love flowing in and love flowing out
- Being courageous, whole-hearted and strong-hearted – going forward wisely, even when anxious, knowing your own truth and, as you can, speaking it.

When you take heart, you’re more able to deal with challenges like aging, illness, trauma, or conflicts with others. You’re also more able to take advantage of opportunities with confidence and grit.

Additionally, it takes heart to live in, live with, and live beyond times that are really hard. Your personal hard time might be bad news about your health, the death of a parent, or betrayal by others. Or it could be related to changes in your country and world, and your concerns about their effects on others and yourself.

There are so many examples of honorable people facing great difficulty with dignity, principle, and courage. They did it. We can, too.



How?

Start by riding out the storm. When big things happen at any scale – in your child’s schoolyard or in a refugee camp on the other side of the world – it is completely natural and normal to be shocked and disturbed by them.

As best you can, stay with the raw experience, the body sensations, the deep feelings, the stirred up fears and anger and perhaps paralysis. Whatever it is, it is your experience; some may be upset about a big event while others may be glad about it; I am definitely not trying to talk you out of your experience. Be mindful of whatever is passing through the big open space of awareness, observing it without being flooded by it. Painful and counterintuitive as it may be, this is the foundation of releasing really hard experiences and replacing them gradually and authentically with thoughts and feelings that are helpful, wholesome, wise, and even happy.

Do things that help you come back to center and find your footing. Personally, I prioritize exercise, sleep, and meditation; I try to feel the truth of being basically alright right now, in this moment, moment after moment (alongside and deeper than pain or sorrow); I do the dishes and make the bed. Walk the dog, call a friend, eat something, look at trees and sky, get a cup of tea and stare into space. Take good care of your body.



Guard and guide your attention. It's one thing to find facts and form the best plans you can. It's another thing to get distracted or upset by news or other people that do not add any useful value.

Take heart in the good that is real. Outside you, there is the kindness in others, the beauty of a single leaf, the stars that still shine no matter what hides them. Right now as you read, all over the world children are laughing in delight, families are sitting down to a meal, babies are being born, and loving arms are holding people who are dying. Inside you, there is your compassion, sincere efforts, sweet memories, capabilities – and much more. Take heart with others, sharing worries, support, and friendship.

Do the things you can. The more that events are turbulent, alarming, and beyond your influence, the more important it is to grow stability, safety, and agency inside you and around you.

Have courage. At all human scales, strong forces have always tried to confuse and frighten others. Whatever outward action is necessary, you can preserve an inner freedom, never cowed or bowed in your core.

Last, I've found it really helps to have perspective. Without minimizing one bit of whatever is awful, it is also true that humans like you and I have been walking this earth for nearly 300,000 years. I see the trees, the land, the ocean – all of it here before me and lasting long after me. Empires rise and fall. Sometimes the center does not hold – in a body, marriage, or nation – and still. And still people love each other, go out of their way for a stranger, and marvel at a rainbow. Nothing, nothing at all can change this. We keep putting one foot in front of the other one, lifting each other up along the way.

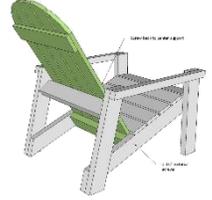


Men's Gathering and Service Weekend at Sahale

The **Goodenough Community Men's Culture** will be getting together at the Sahale Ecovillage and Learning Center the weekend of March 12-13, 2022, to work together at Sahale and gather as a Men's Circle.

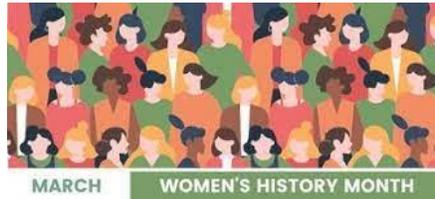
Working with Wood and Each Other seems to be an emerging theme, from possibly building new deck chairs, caring for wood art and structures, pruning and more. We'll be including good socializing time, Happy Hours and Men's Circles.

The structured time will begin Friday evening for those able to arrive on Friday and end mid-afternoon Sunday. Please let Norm and Tod know when you will be arriving, and of any dietary considerations. All attendees must be vaccinated and have had their boosters.



Norm: shkwavrydr@aol.com , 509-607-1124

Tod: todransdell@yahoo.com , 206-409-9793



Women's History Month

Tuesday, March 8, was International Women's Day and March is Women's History Month. We honor our Goodenough Community's women's culture, which has been active since 1983. Women's spring weekend at Sahale is April 29 to May 1.

His Holiness the Dalai Lama has promoted the education of Tibetan women and comments: Science observes that women are naturally more prepared for compassion, because they are more sensitive to others' pain—more empathetic. So, biologically, women have more potential for compassion. These days, nurses and others who care for people are, for the most part, female. Judging from history, there would be less danger of violence if in future more leaders were women. Women leaders would take a more active role in promoting human values like compassion. This International Women's Day let's remember that in order for more women to emerge as leaders, the unequal treatment of women in societies throughout the world must come to an end.





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 and all People of Color. 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.

Leading with courage and in context

Jessica Stillman, Contributor, Inc.com

Like just about everyone, I've spent the past few days staring in horror at the TV, watching Russia's barbaric invasion of Ukraine and the incredible courage of the Ukrainian response.

And just like the rest of the world, I've been floored in particular by the mettle of Ukrainian president Volodymyr Zelensky, a former comedian turned politician who, when asked if he'd like to be evacuated in the face of Russian threats on his life, famously responded, "I need ammo, not a ride."

This is clearly courage beyond what the vast majority of us could muster. But according to star Wharton professor Adam Grant, that doesn't mean those called to more everyday forms of leadership can't learn at least one important lesson from watching Zelensky.

What makes a great leader depends on context.



"The internet is ablaze with opinions about what makes him such an effective leader in his own country. The popular story starts with the inner virtues of a great man: Zelensky is being profiled for his charisma and courage and compared to George Washington. Then it turns to the crucible, highlighting how crisis fractures weak leaders and forges strong leaders: Zelensky is being called a lion who found his roar," Grant writes on his blog.

All of this praise may be well earned, but it misses an essential point. What makes leaders great isn't just their internal characteristics, but their ability to understand and reflect the values and identity of those they lead.

"Psychologists find that we're drawn to leaders who represent our group. The people we elevate into positions of authority aren't typical members of our group--they're prototypical members of our group. They're the people we see as exemplifying the ideals of the group and acting in the best interests of the group," Grant explains.

Gandhi, he notes, exemplified the Indian value of asceticism. New Zealand's Jacinda Arden, mourning victims of a mosque shooting in a hijab, mirrored her society's embrace of inclusivity.

"The prototypical Ukrainian is a fighter," Grant observes (and the whole world now agrees). It's undeniable that Zelensky embodies that ideal.

It all starts with empathy and service.

Leaders don't become icons just by being the best versions of themselves. They also need to enact the aspirations of those they lead. That requires empathy and humility.

This ability to understand and embody the values of your team is something everyday leaders can learn from Zelensky. "Charisma attracts attention. Courage earns admiration. But commitment to a group is what inspires loyalty. We follow the leaders who fight for us--and we make sacrifices for the leaders who serve us," Grant concludes.



We all pray that few of us will need to emulate the physical courage of Zelensky and so many of his fellow Ukrainians. But we can be inspired by their relentless commitment to one another. Part of what makes Zelensky great is that he knows what his people need and is trying to give it to them against incredible odds. That focus on others over fear or ego is an example to leaders of all stripes everywhere.



Mindful Mike's Blog: The Peaceful Path of Contention

Mike deAnguera

Didn't I write about the Peaceful Path last week? Yes, but apparently not enough. For a true peaceful path will be one of contention. Contention with others who feel more at home with a warlike response to national and international events.

Thich Nhat Hanh was a peacemaker who ultimately had to follow a path of contention to be loyal to his ideals as a peacemaker. He didn't join with neither South Vietnam nor the Communists. He was rejected by both sides and forced to leave his country to found Plum Village in France. He was dedicated to reconciling both sides which proved unacceptable.

I feel similarly about Ukraine. Did Russia have to invade the Ukraine? Was Russia really backed up against the wall as they would have us believe? What should Vladimir Putin have done? I think Thich Nhat Hanh would have wanted to talk to both sides. After all both Vladimir Putin and Volodymyr Zelensky do have beating hearts. Isn't that where Love first starts? Isn't it better than my side always being right?

It is interesting to note that both national leaders have the same first name. Volodymyr is the Ukrainian version of Vladimir. The name seems to mean 'strong peacemaker' according to the Wikidictionary. Can they be considered peacemakers? Coincidence? I don't believe in coincidences. So I shall await further developments in this story.

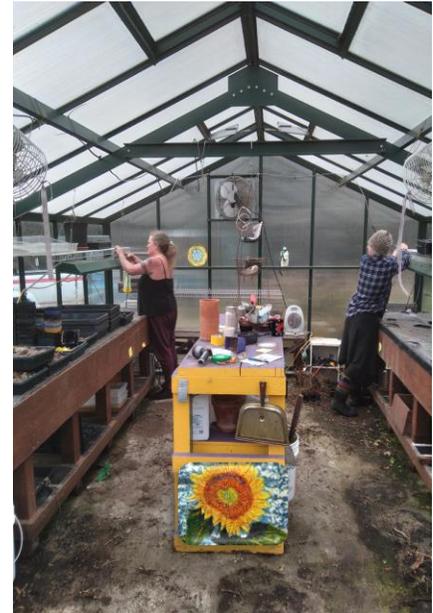
No matter who starts down the path of war the result can only be destruction and death. It can't possibly be about anything else. It doesn't matter what justification is given for starting a war.

I could take sides but Thich Nhat Hanh refused to do so. I admire him for that. I need wise people like him otherwise I will follow my own egoic desires feeding the flames of war.

The Peaceful Path is about how we take care of each other so we can all feel secure. I like feeling secure. When I am safe and secure I won't be manipulated by politicians into supporting a war.

Those on the Peaceful Path need to know what's important for a society to work. Relationships are the backbone. If they not are sound then nothing else will be sound either.

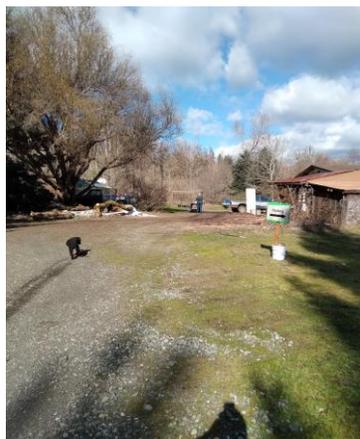
Here you can see Drai Schindler and Marley Long at work getting our green house ready for food production. We are not farmers but we do grow some of our own food. An important first step to getting back power over what we eat from the corporate world.



The Peaceful Path takes work by conscious beings. For me it is a never-ending journey both within and without. It involves serving others. It also involves teaching others since teaching is an important part of the learning process. It is critically important I ask questions. My questions. That is what enables me to make a contribution to community creation.

We are all unique beings. It is our uniqueness that makes adaptation and evolution possible. If we all had exactly the same ideas our culture would have no survival value.

Sahale involves working and weaving together. Otherwise, there would have been no Sahale. No Sahale to make an impact on people like Michael Pilarski and the Permaculture movement. Moreover, our work is contributing to the integrity of our society. Our willingness to work together and learn from each other like Marley and Drai supporting us at our beautiful location.





Programs and Events of the Goodenough Community

Winter and Spring Dates

Community is about adapting to change, and that has been the case with the pandemic as we have adapted many of our ways to connect, most of which are held on Zoom.

Throughout the year we intend to offer programs 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. Information about programs and upcoming events can be found on our website: www.goodenough.org



Human Relations Laboratory, August 7 – 13, 2022 – Mark your calendars now

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. In 2022 we will celebrate 53 years! Contact: Colette Hoff or Elizabeth Jarrett-Jefferson, hoff@goodenough.org, elizabeth.ann.jarrett@gmail.com



The Goodenough Community's governing body, the General Circle, meets monthly on Monday evenings, 7:00 PM

Winter and Spring Dates

- March 18-19 Retreat weekend @ Sahale
- April 25
- May 23
- June 20

For additional information, contact 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.

Saturdays, 10AM to 1:00 PM via Zoom:

Winter and Spring Dates:

- March 26
- April 29 – May 1 - *Annual Weekend for Women*

For more information, contact Hollis Ryan.



The Third Age - Those age 60 and older have been gathering monthly, Friday evenings, 7PM. Contact [Kirsten Rohde](#) for more information

Spring 2022 dates:

- TBA



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. *See article this week on the Men's Cultural Weekend at Sahale, March 12-13.*

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 under the leadership of Pastor Colette Hoff 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: 7pm to 9pm. Contact Colette Hoff: hoff@goodenough.org for Zoom information.

Winter and Spring Dates:

- March 13 and 20
- April 10 and 24
- May 8 and 22
- June 5 and 19

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



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 Hoff (206-755 8404).