



**Village eView    April 22, 2020**

*Colette Hoff, Editor*



## **For These Times We are In**

### **Kindness Requires Flexibility**

Colette Hoff

Wash your hands, remember your gloves and mask when going to a store, stay socially distant from friends and grandchildren, be patient. All these new behaviors require flexibility, a key aspect of kindness and sound psychology for mental wellness.

Psychological flexibility is the ability to stay in contact with the present moment regardless of unpleasant thoughts, feelings, and bodily sensations, while choosing one's behaviors based on the situation and personal values. Studies show that psychological flexibility is associated with quality of life and mental well-being and may mediate symptom reduction. Without psychological flexibility, people are more likely toward higher anxiety, depression, poorer work performance, inability to learn, lower quality of life, and worry.

It is worth noticing that psychological flexibility is not a state of happiness or ease but an ability to flexibly navigate through changing demands of life, also when difficult thoughts and feelings arise.

Flexibility is one of 18 characteristics of kindness, according to Piero Ferrucci. Everything changes. Our ability to adapt is the way to ensure survival. We will perish if we stay in a fixed place amidst a changing reality.

According to Ferrucci, "Flexibility is a form of practical wisdom, an intelligence that lives in the present, knows how to read the slightest change, and then has the faculty and pliability necessary for adapting to new conditions." Learning we cannot control every aspect of our lives, other people, or situations that are also constantly changing accrues this practical wisdom. Expecting the unexpected is a wiser choice.

In psychotherapy, the therapist helps people learn to be flexible with their self-concept and who are often facing current situations with old, worn-out strategies. The old danger is over, and the present is now, the old story is no longer useful and needs to be reconsidered.

### ***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

Flexibility is essential for thriving relationships People who are flexible are easier to be with.

There is also a spiritual dimension to flexibility as it implies freedom from attachment, being awake in the present, and acceptance of what is, despite potential frustration.



The fear of intimacy can cause barriers in relationship made up of expectations and demands. We expect the people we are connected with to stay the same and fit the image we created for them! Ferrucci suggests, "To give the people we love to be what they want to be. To give them the space to experiment, make mistakes, be creative, fail, or succeed." Flexibility enables asking for forgiveness or saying you are sorry for a mistake and giving forgiveness. Ferrucci points out that kindness is impacted by our availability to the other person. He suggests that an attitude of availability is an important value in relationship of all kinds and necessary for true kindness.

*Kindness is the golden chain by which society is bound together.*

Johann Wolfgang Von Goethe

Susan Salzberg offers another perspective that includes flexibility from her book *Real Change*, which explores how nourishing our essential goodness and compassion empowers us to be forces of change that both soften and strengthen us. I appreciate her use of the metaphor of water and its flexibility. The following is an excerpt.

*When I want to summon strength and power in the midst of awfulness and hate, I contemplate water. Our ideas of strength so often surround images of things that are hard—like rock or even a clenched fist. Perhaps that's why we think love doesn't include strength, just softness. We are thinking in only one dimension. That's why I think of water, in all its manifestations. Look at the many ways we experience water: It trickles, spurts, floods, pours, streams, soaks, and shows itself in many more modes. All these convey evanescence, release, flow. They are all about not being stuck.*

*Water is flexible, taking the shape of whatever vessel it flows into. It's always interacting, changing, in motion, yet revealing continual patterns of connection. Water can be so expressive, a signal of our most heartfelt feelings. We cry tears of sorrow, tears of outrage, tears of gratitude, and tears of joy. Water can be puzzling, seeming weak or ineffectual, yielding too much, not holding firm. And yet over time water will carve its own pathway, even through rock. And yes, water freezes. But it also melts.*



*Human beings have always found uplift and inspiration in metaphors, like water, but we also take inspiration from other people, and their strength and resiliency in the face of difficult circumstances—the ways in which they unfreeze themselves and make change. Not just in one way, but in as many ways as water flows. I have been*

*an inner strength—a way of being as well as a way of acting. I want to lift up exemplary human qualities wherever I see them emerge, however people get there, because it is in recognizing those qualities that we remember what's possible for us.*

<https://www.mindful.org/sharon-salzberg-reveals-why-our-interconnectedness-is-our-greatest-strength/>



In response to the eView of April 15, Gratitude:

## **Roots and Branches: Potawatomie**

Norm Peck

The first line of this week's eView (April 15) caught my attention, and took me back a ways in my life, as it referenced Potawatomie culture and tradition.

### ***Returning the Gift***

*by Robin Wall Kimmerer*

*In the teachings of my Potawatomi ancestors, responsibilities and gifts are understood as two sides of the same coin. The possession of a gift is coupled with a duty to use it for the benefit of all.*

His name was Jerry. I never knew his last name. He was the first Native American I encountered in my young life. Jerry worked at the same auto salvage yard as my Uncle Bob. He was different than the others there; quieter, less dramatic, drank coffee in the afternoon while the others started their beer. He was a Prairie Band Potawatomie, he said when I asked. My dad earned extra money lettering and painting the checkers on the Bell Taxi cabs that the salvage yard put together from surplus police cars, in the days before spray can paints, and he had me help him fill in the checkers after he hand-painted the edges. Jerry was always interested in watching the artistry of it and seemed interested or amused at a child learning from and working with his father. I think he once said he didn't see that very much. While I didn't know him well, he was different than anyone I knew in a way that intrigued me, though I didn't understand it.

The county just east of Manhattan, Kansas was Pottawatomie County (spelled with two "t"s), and the Prairie Band Potawatomie Reservation was at the eastern edge of that county, the destination of the tribe after their first forcible displacement from the Indiana/Ohio area that was their traditional homeland. I didn't know that then, of course.

In high school, our teams were the Manhattan Indians. The first sports coach at the high school was Frank Prentup, and the name "Indians" was chosen to honor him. He was a Prairie Band Potawatomie man, and was widely respected. About five years ago, there was a group who questioned the appropriateness of "Indians" as a school symbol. After much argument, a group of students (who wanted to keep the name) contacted the Tribe, and his family. The family and Tribal Council wrote a letter to the School Board supporting keeping

3 the name, because it honored a tribal member who had been part of the school's history,

rather than a generic appropriation or distortion of their culture. While some debate remained, the final decision was to honor the family's wish.

In university, I was always bored by the 'general breadth' requirement courses, and often arranged with professors to take upper-level courses, allowed "by permission of the instructor". In lieu of "General Anthropology", I took the Native American Anthropology and History course. It was then that I learned more about the history of violence and abuse of Native Americans, as well as a bit more about their pro-Columbian distribution, multiple migrations, languages and cultures. All the Potawatomie bands are now distributed well to the west of their traditional homelands, from Wisconsin to Kansas and Oklahoma, where some were pressured into going when the Atchison, Topeka and Santa Fe (Now BNSF/Santa Fe) Railroad and federal government took some of the Kansas band's ceded tribal land in the 1860's. That course was the beginning of a longer and deeper interest in Native American contemporary life and culture that continues for me today.



## 2020 Human Relations Laboratory, August 2 to 8

The Human Relations Laboratory has served many, many people over its 50 years of offering a week-long learning experience. Many attendees have participated over 20, 30, and 40 years, choosing to continue to grow themselves as more effective human beings. There is tremendous gratitude for John L. Hoff who initiated the Lab and allowed the event and its leadership to continue to learn and develop.

The Goodenough Community is planning to host the Lab again this year albeit being wise to the state of the virus as we get closer to August. We would rather plan and cancel rather than not be prepared. The staff of the Lab is going to come together via zoom this month, a rather challenging endeavor but much better than not connecting. Several leaders are requesting we continue deepening the curriculum we offered last year with a focus on mental wellness and the 4 A's: Arrogance, Anger, Anxiety, and Ambivalence. We realize that these four concepts might be valuable for increasing awareness as we navigate a new reality due to the Covid virus. Much more to come on theme and focus.

As you can imagine, the virus has caused at least three events at Sahale to cancel. In growing concern for our economics, we are asking you to register for the 2020 Human Relations Laboratory as soon as you can. On-line registration is available and please let me know if you have a problem. We hope you also might consider a donation to our scholarship fund to help others participate in the event.

You will read more about the Lab in the eView over the coming weeks. We hope it catches your interest.



## Gratitude

Members and friends of the Goodenough Community and the residents of Sahale are so grateful to Hal Smith and Hollis Ryan for all the gifts they have given due to their recent move even without help! In the future wood shop at Sahale, Hal's tools will be a wonderful asset. Household items are already absorbed and two chain saws have been used well along with yard tools and two wheel barrows. The list of gifts goes on and so does our appreciation.



## Earth Day 2020

The enormous challenge — but also the vast opportunities — of action on climate change have distinguished the issue as the most pressing topic for the 50th anniversary.

Climate change represents the biggest challenge to the future of humanity and the life-support systems that make our world habitable.

With global battle lines emerging between investors backing “green stimulus” measures and industry lobbyists aiming to weaken climate regulations, United Nations Secretary-General Antonio Guterres cautioned governments against bailing out heavily polluting industries. “On this Earth Day, all eyes are on the COVID-19 pandemic, the biggest test the world has faced since the Second World War,” Guterres, a former Portuguese prime minister, said in a statement. “But there is another, even deeper emergency, the planet’s unfolding environmental crisis.” an interview at the U.N. Climate Change Conference (COP25), in Madrid, Spain December 11, 2019. REUTERS/Susana Vera

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In celebration of Earth Day 4.22 I'm inviting you, your family, and whoever you are quarantined with to spend 3 mins sending love and gratitude to Earth by putting bare skin on the ground Wednesday at 8:25p MST (7:25p PST, 10:25p EST) It would be amazing to have people all around the world essentially giving Mama Gaia a hug from all directions at the exact same moment. (And receiving one too - we all need a hug right now!) What do you think? You in?

#oneloveearthday



### Pathwork, a Program of Convocation: A Church and Ministry -

By request, our Pathwork Circle has met on Zoom and we found a good feeling of connection, despite technology.

**Sunday, May 3, May 17, and May 31** we are inviting anyone who would like to join in meditation and connection. Please email Colette at [hoff@goodenough.org](mailto:hoff@goodenough.org) to get access information to the Zoom call.



### Biochar: A New Experiment

**Biochar** is charcoal used as a soil amendment for both carbon sequestration and soil health benefits. Biochar is a stable solid, rich in carbon, and can endure in soil for thousands of years.<sup>[1]</sup> Like most charcoal, biochar is made from biomass via pyrolysis. Biochar is under investigation as a viable approach for carbon sequestration,<sup>[1]</sup> as it has the potential to help mitigate global warming and climate change.<sup>[2][3][4]</sup> It results from processes related to pyrogenic carbon capture and storage (PyCCS).<sup>[5]</sup>

Biochar may increase soil fertility of acidic soils (low pH soils), increase agricultural productivity, and provide protection against some foliar and soil-borne diseases.<sup>[6]</sup> Regarding its definition in production, biochar is defined by the International Biochar Initiative as "The solid material obtained from the thermochemical conversion of biomass in an oxygen-limited environment".<sup>[7]</sup>

The results of experiments at Sahale will follow soon!



## Mindful Mike's Blog: Flexibility

*Mike deAnguera*

Do I look ready for this week's topic? I am wearing a mask to protect me from COVID-19 but notice my eyes. Am I scared? Does that show flexibility?

Flexibility means the ability to adapt to changing circumstances. All creatures have this to some extent. Humans can not only adapt to their surrounding but also alter them. Other primates are only found in limited areas such as Rwanda where mountain gorillas live. Humans on the other hand are found all over the Earth in every climatic zone. There's even a few living at the International Space Station in the vacuum of space.

Colette Hoff told me flexibility produces kindness. It releases me from the feeling of being backed into a corner. It allows me to relax. This is the soil in which empathy, compassion, and kindness grow. Kindness enables connection which grows more kindness. Kindness is the antidote to fear and isolation. It can ultimately lead to a work free of the curse of war and hunger. I wonder how far this can go?

I have a photo of my house being moved into place. A historic moment for me. Can you see a new home just being towed into place? By moving into this tiny house I am joining a movement. The inventor of tiny houses, Jay Schafer intended tiny houses as a path to freedom away from high costs. A solution to homelessness. I feel a connection with homeless folks every time I go into Seattle.



Thanks once again to all the hardworking folks who helped me get my house into place and hooked up. They include Josh DeMers who towed it in with our Kubota tractor, Paul Rawe who is getting it leveled, Marley Long who helped me dig all the necessary holes, Jim Tocher who directed the project, Draí Schindler for helping me plan the house's interior, and Russ Puskovcik for hooking up the wiring for the power.

You see? The best way to achieve flexibility is to band together. I would not have been able to any of this work by myself. In fact I would never have considered tiny houses in the first place. I am learning why people work best in tribes. We work with each other to meet each other's needs rather than competing with one another. Humans have always worked best in tribes while our current civilization is crumbling because it is not sustainable.

What else did we do? Produced our first biochar! Kirsten Rohde is observing the steam rising from our efforts. I helped Marley, Draí Schindler, and Kirsten gather dry branches and

break them up into smaller pieces to be tossed on the fire tended by Josh. I can remember when I first learned about biochar at a Pemaculture Convergence at South Seattle Community College. Much better than a burn pile with very little smoke.

Last Friday Pedge Hopkins left for Long Beach. We gave her a good send off the night before remembering what a friend she has been to all of us. We had macaroni and cheese with bacon, what Pedge fondly called “Oakie food.” Here Pedge is smiling because we got her a great beverage for her going away gift.



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](mailto:seamusic@live.com)> with questions.



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**and Events**

## **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](http://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](mailto: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. Contact Kirsten Rohde for more information: [krohde14@outlook.com](mailto: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](mailto: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 19, May 3, 17, 31; June 14.** Contact Colette Hoff for more information: [hoff@goodenough.org](mailto: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](mailto: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](mailto:hoff@goodenough.org)

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](mailto: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.**

