



**For These Times We are In**

### **Honesty and Respect, Essential for Kindness**

Colette Hoff

**Honesty** is the first quality of kindness offered in Ferrucci's book, *The Power of Kindness*. Honesty is uncomfortable and requires us to be intimate and risk rejection. Lying enables hiding weaknesses, avoiding perceived punishment, protecting someone from what is real, illness, death, unpleasantness-- including small things like, "Your fly is down." The falsehood of lying complicates life, and life becomes more difficult. Anxiety and suffering increase at the thought of "getting caught" which requires another lie to cover that one.

Honesty, on the other hand, allows us to look into someone's eyes and into their heart and encourage them to do the same. Ferrucci references one of my favorite books, *The Transparent Self* by Sydney Jourad and makes the point that transparency includes interactions with our self and interactions with others. They both suggest that we need others to know ourselves. Jourad's premise continues with the theory that transparency alleviates symptoms like anxiety and depression. It also allows more glimpses into our inner life.

Can honesty and kindness coexist? Ferrucci teaches that if kindness is false and not from the heart, it is more like courtesy. Genuine kindness requires the uncomfortable truth.

Saying "no" when we mean "yes" or "yes" when we mean "no" allows others to make free use of our time and space, according to Ferrucci. He acknowledges that truth-telling isn't easy and takes practice. Yet, it can be done non-reactively with tact and integrity.

It is, unfortunately, a human tendency to hide our gifts, our feelings, creativity, and vastness which can be seen as another form of lying. And by separating from that which is our essence, those gifts are more difficult to access and we are less open.

#### ***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

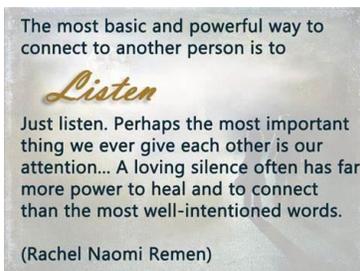
. . .it is the very basis of kindness. False kindness pollutes. As long as you are not living in the truth, you cannot really communicate with others, you cannot have trust, you cannot relate. As long as you do not call the hard realities by name, you are living in the land of dreams. There is no room for you and me there, but only harmful illusions. Inasmuch as we lie, we live life devoid of reality. And kindness cannot exist in a world of masks and phantoms.



An article at the end of the eView on page 11 suggests some specific ways to work with honesty.

**Respect** comes from Latin and means to look again. Looking again and listening are key elements of respect. In seeing another, we give energy and attention. Think of what it feels like when you feel unseen, unheard, and unappreciated. If children are not seen for who they are or perceived as difficult, a soul wound occurs, as described by Thomas Yeomans, and gets carried well into adulthood. Knowingly or unknowingly, we become what others want us to be or choose conflict. And just like honesty when false, life is dimmed.

Ferrucci reminds us that what we think impacts the way we see others. By changing our mind, we can see positive traits and change our perceptions of someone we once thought difficult. Perception adds energy by acknowledging gifts and abilities that need to be seen in order to manifest. Look at people in your life with more curiosity, attention, and positivity. Then notice what you see: same old tired view or are they interesting and enjoyable.



**Listening** is emphasized by Ferrucci because it helps slow down process. The ear is a physical image of our openness to the world. Listening gives value to what is being said and the person who said it. With true listening, we can hear the voice of the soul. The listener, empty of personal agenda, can receive the other in freedom.

**Respect** is an essential quality for conflict resolution. By helping each side feel seen and heard, misunderstandings give way. In giving space by listening and seeing, our minds aren't filling in with judgements and opinions about another that interfere with relationship. Judgement and control often work together through advice giving, suggestions for improvement with the message the way you are doing it is inadequate.

Encouraging the people around us to be themselves without judgement, pressure, or without the idea that they should be different is a significant way to express kindness.

I recently heard an interview with Graham Nash (of Crosby, Stills, Nash, and Young) and he sang, "Be Yourself" from one of his earliest albums (1971).

*Be yourself  
Then you can free yourself  
Free yourself  
See yourself*



Then you can see yourself  
Come on and see yourself



## 2020 Human Relations Laboratory, August 2 to 8

The Lifeways Circle has the responsibility to develop themes and the curriculum for the Lab. We are considering blending our learning about kindness with the 4 “A” words: Ambivalence, Anger, Arrogance, and Anxiety. **Kindness: A Healthy Response to Our Crazy World** is the theme statement we are developing. What are your thoughts?

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.



### **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 31 and June 14** 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.



### **Mindful Mike's Blog: Respect**

*Mike deAnguera*

This has been a hectic time for me managing my move into the tiny house Tardis II as well as keeping up with all the duties involved in maintaining Sahale.

The news media has mostly focused on COVID-19 making me wonder if one of the objectives of COVID-19 is to dominate the headlines. Like Colette Hoff, I am finding refuge in

the life of Franklin D. Roosevelt. He was certainly an oratory who knew how to use radio to create a relationship with the citizenry.

Colette lent me *No Ordinary Time*, the story of the life of FDR and Eleanor on the home front during World War II. I have already read two books about FDR and listened to several of his Fireside Chats on You Tube. To me he is an example of what a true leader a president can be during a time of crisis. He not only led us through the Great Depression but also World War II. His inspiration enabled us to prevail in both crises. I wish we had somebody like him now.

Respect is something I need to show the people around me. You are all important to me. I simply cannot imagine life without you. Sahale will always be my home and my refuge.

I found two leaflets in Colette's book on FDR's home in Hype Park as well as his Presidential Museum. Once again I am reminded of FDR's home in Hyde Park, New York. It was as much his refuge as Sahale is for me.



Last week a huge cement truck dump a load of concrete on the path leading to our tent site. Josh DeMers, Marley Long and Colette spread the concrete out as it came down the chute. In the photo on the left we all took ownership of the concrete by putting our hand prints and stones in it. Now at last we have a bridge over the swale the rains will not wash away almost annually!

Afterwards we had a house warming party for Tardis II. We each entered one at a time respecting social distancing rules. The place was smudged getting rid of any negative energy. Cedar branches were left on my doorstep.

Later Draï Schindler set up a solar powered set of lights around my front door. No I won't need a porch light.

Today I have moved most of my books, movies, and CDs into Tardis II. It is feeling more and more like home.

My old room is now an apartment with a queen bed and dining room table. It looks so different with my stuff gone. Certainly neat and tidy. It is now ready along with the rest of Khlawi for new guests.



Here you can see Drai, Marley, and Irene Perler beginning the housewarming ceremony. On the right we had the welcome surprise of Kate Martin, a wonderful reunion after many years and our first valley visitor! She now has a van which she is converting into a camper. She is moving back into the Seattle area and will be house sitting for David Hoff temporarily.

Below you can see Matlock and Mindy entertaining us with a nice playful banter while we worked on Hill.



Blueberry



## Re-membling the Song: The Role of Community in Cultivating Social, Ecological, and Personal Resilience in the Face of a Changing Climate

Happy Spring 2020! It is a difficult time to be celebrating in the current COVID-19 era. But if we are connected to community, we have some supports which many others do not, so perhaps we can celebrate that. You might find this compiled list of resources helpful for living in close quarters during a pandemic: [Coronavirus Online Resources for Northwest Intentional Communities](#)

My name is Syd Fredrickson, a long-time member of the [Northwest Intentional Communities Association](#) (NICA), an educational 501c3 nonprofit organization. **NICA's Mission** is to grow and support Intentional Communities in Cascadia bioregion, to make visible the many models of successful, intentionally cooperative ways of living that exist here. We coordinate the exchange of knowledge about Intentional Communities not only to showcase how they

benefit members' lives, but to foster ecological, economic and social sustainability in the wider culture.

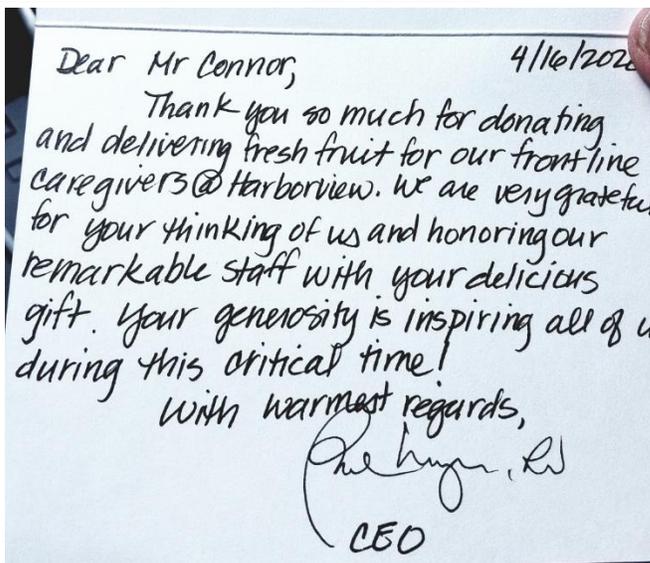
This month we will host an entirely online event: [NICA Spring Gathering 2020](#) in place of the usual live event NICA has done for 26 years. Using Zoom as a platform, we're excited that we can meet without asking people to travel. You can participate in as little or as much as you like. The plans involve virtual yoga, interactive discussion and presentations about various types of **resilience**.

We invite you to join us for this **Spring Gathering on Sunday, May 31** for as much of the day as you can, between 8:30 AM and 5 PM. A schedule is up on our [Facebook event page](#), with more details to be revealed soon!

**Registration is open** at <https://nicagathering.bpt.me> and it has a sliding scale fee. Highlights include Inclusive Yoga led by Miku Lenentine; Presentations from Diana Leafe Christian, Patricia Newkirk, Diane Biray Gregario, Anita Higgins and Joey Crotty. Hosts: Syd Fredrickson and Anita Higgins.



**Frontline caregivers  
note of thanks**



market fresh  
**FRUIT**  
eat healthy at work  
[www.marketfreshfruit.com](http://www.marketfreshfruit.com)

**Frontline Fruit Donations Making a Difference!**

We received a nice note of thanks from Harborview Medical Center CEO Paul Hayes. But the real thanks deserves to go to the donors who provided for our delicious healthy fruit. We are

supporting frontline caregivers at Harborview and Evergreen Medical Center in Kirkland. So far we've fed over 2,600 caregivers.

Also a big thanks to business customers HUB International Insurance and nvidia for redirecting their office food budget to the fruit donation program. For more info on donating fruit visit the Market Fresh Fruit – Healthy Office Snacks [GoFundMe](#) page.

Stay safe and strong,

Tom and Molly O'Connor, Co-owners (dad & daughter)

Market Fresh Fruit – Healthy Office Snacks

[marketfreshfruit@gmail.com](mailto:marketfreshfruit@gmail.com)

206-304-2464

[marketfreshfruit.com](http://marketfreshfruit.com)

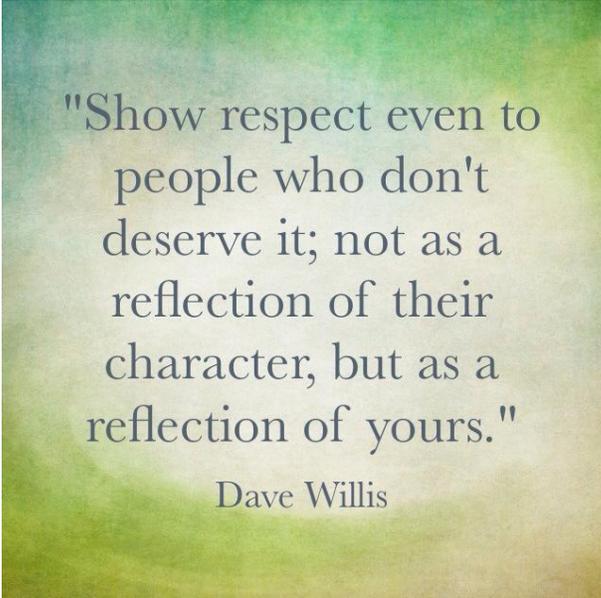
Thank you for your kindness Tom and Molly! Lots of love



**Hosted by Finnriver InCider Space Zoom!**

Finnriver is hosting a virtual gathering space, called InCider, through an online portal called zoom. To participate in InCider Space events, folks can make a sliding scale month

**Link to access tickets for these events and check out the InCider Space Event Calendar here:** <https://www.finnriver.com/farm-music-event-calendar>ly membership contribution.



"Show respect even to  
people who don't  
deserve it; not as a  
reflection of their  
character, but as a  
reflection of yours."

Dave Willis

Local Advertisements:

MODEST  
IMPROVEMENTS



**BRUCE PERLER, GC**  
HANDYMAN SERVICES

licensed. insured. bonded. modesi816pq.  
bruce\_perler@hotmail.com  
FB | ProjectsBrucePerler  
206.419.8361

creative solutions, graphic design, brand identity  
catalogs, brochures, logos. **CREATIVITY** cards. ads  
prepress. production. enviro-friendly design. photo  
manipulation. writing and editing. annual reports  
promotions. consulting. letterhead. invitations. web

wild



redhead design

goddessdrai@gmail.com

**DRAI** Proud Heart Member of the GEC!

**WITHOUT  
RESPECT, LOVE  
IS LOST. WITHOUT  
CARING, LOVE IS  
BORING. WITHOUT  
HONESTY, LOVE  
IS UNHAPPY.  
WITHOUT TRUST,  
LOVE IS UNSTABLE.**

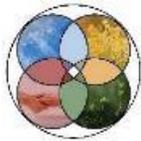
# Programs and Events of the Goodenough Community

**While we are in an unknown time, these dates represent our intention.**

**What makes community meaningful and fun?** The richness of life in community comes in many ways – getting together informally over a meal ... celebrating a significant birthday with long- time and newfound friends ... working together in a creative endeavor ... collaborating in a work party ... thinking deeply with others about what it means to be fully alive and connected with ourselves, each other, and Spirit ... and more.

In the Goodenough Community, we recognize such ways to connect as expressions of living life fully and in communities of all kinds. Throughout the year we offer programs that help you participate in your own development, learn about relating well with others, and discover your potential to have a good time in life and with others.

We welcome your interest and your participation, and hope that you will join us at any – or many! – of this year’s events. More information about programs and upcoming events can be found on our website: [www.goodenough.org](http://www.goodenough.org)



The **General Circle** meets Monday evening for light dinner & business at hand. In 2020, our meeting schedule will be: 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 hopefully be in June. Stay tuned. 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 May 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. If you have interest or know someone who might be, please contact Colette Hoff, [hoff@goodenough.org](mailto:hoff@goodenough.org)



**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)

**Work and Play Parties throughout the Year.** *Traditionally,* the Goodenough Community sponsors work parties over Memorial Day weekend (May 22 to 25, 2020) as well as other times throughout the year, to express gratitude for the presence of our beloved retreat center, Sahale, and to experience the satisfaction of playing and working together. Please email [hoff@goodenough.org](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.**

## Importance of Honesty in Life

---

### How to practice honesty

**See yourself lying:** In case, you are a frequent liar, your rate of lying could be twelve to eighteen lies per hour. However, it varies from person to person. Now that you are well aware of importance of practicing honesty, no matter what may come, you must be vigilant about your thoughts, your words and your actions. Analyze your lies and give a serious thought to your pattern of lies. Is it to harm or hurt someone? Analyze every act of your lie and be honest in accepting your lies and observing them. Apologize the self for your habit of lying and promise the self for gradually reducing your frequency of speaking lies and other dishonest practices.



**Promise yourself practicing honesty in your daily life:** For practicing honesty you must promise yourself that you will always maintain truthfulness behavior towards everyone you meet and everything you do. Affirm yourself, everyday immediately after getting up in the morning and say to you, “Today I will strive hard to remain honest in all circumstances.” Repeat this affirmation five to ten times in your mind with full dedication on this statement. And get out of your bed for your daily routine.

In the evening when you are going to bed, ask yourself, “Did I maintain honesty in all circumstances today?” In case, your answer to this question is negative, then you must promise the self not to deviate from the path of honesty tomorrow. Thank God/Supreme forces/Higher power for helping you fulfillment of your promise. And now you can go to bed for peaceful sleep.

**Fill your thoughts with honesty:** It is your conditioning of mind and your belief system that makes you honest or dishonest. In case, you are practicing dishonesty, at the outset, it emanates as your thoughts. You must learn to purify your thoughts. There is are various ways for the meditation. Observe your thoughts and make efforts to bring honesty in your life style.

**Use honesty in every small act:** Think honesty in every sphere of your life. Be honest in every small act of your daily life. Speak honest words when you are speaking someone over phone, sending messages and sending mail. Be honest on social media websites such as Face book, Twitter etc. Practice honesty to its fullest extent.

**Maintain an honesty v/s dishonesty ledger:** Maintain a ledger in which every evening before going to bed you must record all or most actions of the day where you have been dishonest, but you could have been honest. Write every act of dishonesty and also write a pledge that next time in such circumstances I shall be honest. I will not cheat or cause harm to others.

Practicing honesty is a difficult task, yet it is not impossible. You are well aware that honesty helps developing your character, trust, and acceptability. And your credibility is increased

with your habits of practicing honesty and truthfulness in life. People give you respect and develop faith in you. Your relationship with others strengthens.

Practicing honesty is not your goal; rather it is a journey for your entire life. Consider it an ongoing process. It will bear sweet fruits of happiness, peace of mind, contentment and respect in society and trustworthiness for you throughout your life.

By now you must have realized importance of being truthful in life and felt that indeed 'Honesty is really the best policy.'

Be honest and remain happy.

<http://freeinfoworld.com/importance-of-honesty-in-life/>

**Never be afraid to raise  
your voice for honesty and truth  
and compassion** against  
injustice and lying and greed.  
If people all over the world...  
would do this, it would change  
the earth.

— *William Faulkner*

