

The Village

eView

February 8, 2017

Colette Hoff, Editor



Coming Up:

Pathwork – Sunday, February 19

Council – Monday, February 20

Women's and Men's Conversation

Friday, Feb 24 to 26

A blend of related topics in this issue are leading to an exciting conversation between women and men, **February 24 to 26**. Hollis writes about some of the questions that will be considered on our weekend.

How to politely disagree is one frame offered to help us know how use awareness to monitor triggers and be curious about differences in others. Can we approach relational difficulties with tolerance and compassion?

Self-care in resistance and how to be effective in activism surviving the next four years is an article that speaks to some issues that I have heard many people address.

Islam and the role of women is another perspective on the status of women in Islam. These articles enable a stance for equality and partnership rather than patriarchy and domination.

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



*A bit beyond perception's reach, I sometimes believe I see
That life is two locked boxes, each containing the other's key.*
Piet Hein, poet and scientist, 1905-1996

Dialogue with Men and Women: Finding the Keys to Better Relationships February 24 to 26, 2017

In these times, we see many examples of male and female roles and styles. How can we understand each other better and work well together?

Join stimulating intergenerational conversations, exploring:

- ◆ Your own inner masculine and feminine, patriarch or goddess.
- ◆ How men and women perceive and respond differently.
- ◆ How to express personal power respectfully..
- ◆ How cultural gender stereotypes affect us.
- ◆ What traditions do we value, and how do we want to transform?
- ◆ Healing ourselves and our relationships.

Costs:

Individuals: \$175
Two or more registering together: \$150 each
Cost includes room, board, and learning materials.
Limited scholarships are available. Contact Colette Hoff, hoff@goodenough.org

A weekend workshop
sponsored by the Goodenough Community

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

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

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



Finding the Keys to Better Relationships

Hollis Guill Ryan



Are you curious about men and women, and what they think of themselves and each other?

When you think deeply about it, do you believe there are significant differences between women and men? If so, are those differences due to nature? Or, if men and women are fundamentally different, is it because of social expectations?

What do you imagine men think is healthy masculinity? How would you describe femininity?

What can youngers and elders learn from each other about gender across the generations?

What questions would you ask women? What would you ask men? What do you most want to know about evolving gender roles and relationships?

From Friday evening, February 24, until Sunday afternoon, February 25, women and men will gather in thoughtful and stimulating dialogue, shaking loose the effects of traditional understandings of men and of women, exploring current and evolving roles, discovering shared and divergent perspectives.

Expect to do more than talk, however! Bring your drum and rattle, your dancing feet, your voice, your exuberance!

Designed for men and women of all ages, this event will benefit those who are single and those who are in any stage of relationship.

Adding to the depth of conversation will be the gracious grounds of the Sahale Learning Center – more than 60 acres of forest, meadow, and flowing water. Plus, whatever the weather, accommodations are cozy, and healthful, home-cooked meals are abundant.

The weekend, including room, meals, and learning materials, costs \$175 for individuals and \$150 per person for people registering together.

Do you have more questions? Are you ready to register? Send an email to Bruce Perler (bruce_perler@hotmail.com), Hollis Guill Ryan (hollisr@comcast.net), or Colette Hoff (hoff@goodenough.org). We look forward to seeing you!



How to Politely Disagree, According to Science

Michelle Kinder

Jan 27, 2017

Kinder is executive director of Momentous Institute in Dallas, a program dedicated to developing social emotional health in children

After an election that was glaringly short on tolerance and compassion, it's clear we need a new kind of public conversation, where we learn to reach beyond the comforts of people who already think like us, to listen and talk in new ways. This seems daunting. But as a family therapist, I find it heartening to know that practicing social and emotional health in our own homes, even in small ways, can lay the groundwork for a return to civility and connection. In my field, a theory known as "family systems" argues that creating change anywhere in the family can improve the entire system. Think of the country in this light — as a family. By using three key tactics of social and emotional health, we can take a strong next step toward a healthier society.

1. Beware the Amygdala Hijack. You over-react. We all do. It happens. But understanding the neurobiology of over-reaction can help us bring our best selves to difficult situations. When differences seem unbridgeable, the amygdala — part of the brain's primitive limbic system — can hijack the pre-frontal cortex, the home of rational thinking. This overload activates the fight, flight or freeze response and makes it impossible for us to see the situation with clear eyes. When triggered like this, we say or do things we normally wouldn't. But we can train our brains to note when this is happening. With that heightened awareness, we can choose to handle it differently. Without it, we react out of habit and can damage our relationships. In discussions with people who have different beliefs, pay attention to physical clues, like your heart racing. Awareness strengthens your capacity to recover quickly, maintain calm and keep thinking. It won't resolve issues instantly, but it can create safety so you can continue solving the problem in the future.



2. Approach differences with genuine curiosity. When we see someone new, our brains identify them as either an "outsider" or part of our group—in less than a thousandth of a second. Such snap judgments impair our capacity to listen with genuine curiosity — which, as StoryCorp's Dave Isay argues, is one of the most powerful gifts we can give other people and ourselves. Listen to family or strangers with curiosity, not judgment. This will transform them in your mind from a flat caricature to a three-dimensional human being. This makes it easier to accept everyone's flawed complexity, including our own.

3. Model clarity and courage. A subset of Americans interpreted the election results as permission to engage more openly in hate crimes. The Southern Poverty Law Center recorded some 900 incidents of harassment in November alone — many occurring in schools, where all kids ought to feel safe. To create families, communities and a public culture that welcome and encourage conflicting points of view, be clear about non-negotiables like racism or sweeping judgments. Call attention to acts of intolerance, both publicly and in your own daily life. Speak out against slurs and jokes that target groups of people. We should respect context and the past by researching and understanding our history of civil unrest. Our kids need to see us valuing diversity and developing intergroup friendships — and to see us challenging our assumptions and growing in the process.

Culture develops in a dual process: From top-down and bottom-up, one interaction and one intention at a time. We have a lot of work to do. But we can't underestimate our personal and community power in setting the tone for our national conversation and fostering tolerance and compassion.



How to #StayOutraged Without Losing Your Mind

Mirah Curzer Lawyer. Feminist. Photographer. Slurper of noodles and drinker of scotch.

Self-Care Lessons for the Resistance

Since the election, a lot of people not previously involved in activism have jumped in with both feet. The ACLU and Planned Parenthood have been [inundated with donations](#), mostly from first-time givers. A reproductive rights non-profit I work with just hosted its third 30-person meeting of prospective volunteers — before the election we had been meeting with people occasionally, one on one. The election of Donald Trump was a wake-up call for many people, and that's just incredible. I'm so excited and inspired by this outpouring of support and enthusiasm for action. If you're gearing up to become an activist for the next four years, I commend you and look forward to standing beside you.

But before we head out to the barricades together, there's something you need to know.



This is not going to be an easy four years. We're going to be subjected to constant gaslighting by the President and his administration. We'll be dealing with a ferocious, multi-front attack on the entire progressive agenda, without exception, and a lot of it is going to succeed. We're going to helplessly watch institutions we care about and depend upon destroyed. The Trump years are going to be emotionally exhausting and deeply traumatic for all of us, but particularly to those dedicated to protecting the vulnerable and preserving democracy.

Most of us are not ready to take on the mantle of the resistance. There are things we can do now to get ready, but if we don't, the ranks of would-be activists and resisters are going to thin out *very* quickly.

Professional organizers and veteran activists have strategies for staying sane during a long fight. If you're serious about sticking it out in the picket lines for the duration of the Trump presidency, you're going to have to learn these strategies or else burn out in the first six months.

1. Don't Get Used to Trump — Get Away From Him

The last few months have been a relentless onslaught of awful news. My homepage is the New York Times, and it's started to feel like every time I open my browser I get the wind knocked out of me. I wake up in the morning, check my phone, and a cloud of sadness and anxiety settles over my entire day. I can't live like this over the long term, and neither can you.

So when it gets to be too much, it's ok to unplug for a bit. Stop refreshing Twitter and reading the news. Stop feeling guilty when someone asks you if you've been following the latest story and you have to say no. Go a week or a day or even an hour without talking/reading/writing about the dumpster fire smoldering along in Washington. It will still be there when you get back, I promise.



This is really important, because at some point it *will* become too much to handle. You can cope by shutting it out for a while — binge watching Netflix, playing with your dog, going to yoga. But if you don't do that, if you try to maintain this fever pitch of anguish and fear and outrage, something far worse than a little down time is going to happen. Your brain, to protect you, will just turn down the volume on the outrage and *adapt*.

People can get used to anything, and if you don't take steps to prevent it, you will get used to Trump.

You will stop being shocked by the latest scandal and horrified by the latest attack on civil rights. Trump will become the new normal. And that is the worst thing that could happen, because THIS IS NOT NORMAL, and democracies fall when their people stop resisting.

We have to stay outraged for the next four years and resist the powerful urge to adapt to the new normal. But that doesn't mean you have to live the next four years in a constant

state of anxiety and anger. It means, when you *do* think about Trump and his minions, the appropriate feeling is outrage. But you can't live like that all the time, and that means you have to spend a significant amount of time *not* thinking about Trump and all the work that has to be done. Do not get used to Trump — get away from him.

I promise this will not make you a bad activist or a weak person. You will do more good if you make time for non-Trump conversations and non-political activities. It's like taking a vacation from your job, which research has shown dramatically boosts productivity. Take a good long break, then come back refreshed and ready to work.

Not every job has to be done by you, even if you're the best at it. If social media trolls are giving you heart palpitations, you can let a tweet go un-answered. Even if you're the most knowledgeable person at the dinner party, you don't have to be the one to jump in when the conversation turns to politics. For that matter, you don't have to show up to the dinner party if you know it's going to turn into a debate.

2. Focus Your Energy on One or Two Issues

You can't show up to every march and donate to every cause. You can't write treatises on every issue and argue with every Trump supporter on your Facebook page. If you want to be effective on *anything*, pick an issue or two that matter most to you and fight for them. Let the others go.

Important caveat: I'm not saying we *collectively* should pick a few issues and let everything else fall by the wayside. Please don't confuse me with those saying we have to abandon "identity politics" if we want to make progress on economic inequality (or vice versa). This is advice to individuals, not the party or the movement as a whole.

Another important caveat is that you shouldn't actively undermine other people's issues. Just because you aren't personally excited about something doesn't mean it's not important. The only way this works is if lots of people focus on lots of different issues, with the result that all the important stuff gets covered. So don't be in the business of trying to convince people to switch their allegiance from one issue to another. Don't tell people to stop talking about racism because climate change is more important, or that health care can wait because we have to focus on LGBTQ rights. It's *all* important.

The movement works as a coalition of people focused on different issues, so don't let anyone convince you that by focusing your energy on one or two issues, you have effectively sided with the bad guys on everything else. Ignore people who say things like, "you're not a real feminist if you aren't working to protect the environment" or "you're betraying the cause of economic justice if you don't show up for prison reform." That's all nonsense. There is a spectrum of support, and nobody can be everywhere at once.

By the same token, don't allow yourself to be shamed for being new to the game. Ignore people who tell you that your protests of Trump are hypocritical because you didn't protest Obama. That's hogwash for many reasons, but most importantly, **YOU ARE HERE NOW AND THAT'S WHAT MATTERS**. Do not engage in activist one-upmanship, and don't allow yourself to be shamed for not being fully briefed and up to date on everything, for not spending your days glued to CSPAN and Twitter, for not making someone else's number one issue yours as well. **That is a demand for emotional labor from you, and you do not have to give it.**

Sure, retweet and share on Facebook about your peripheral issues, but focus your real energy on the things you care about most. I will do the same for my different but complementary issues, and that's how the work gets done.

3. Make Activism Fun

Do things that are good for the world, but do them in ways that you personally enjoy. Yes, call your representatives, but maybe make a contest of it with your friends, like you might challenge each other to achieve workout goals. Volunteer for an immigrants' rights clinic with a group of colleagues, and then go out for drinks afterwards and feel free to be proud of yourselves. Go to the Women's March with your mom and your sister and your best friend — and have an amazing time. Laugh, sing, chat, and flirt while you're voting with your feet. You don't have to suffer to make a difference.

Don't let anyone tell you that [humor has no place in the movement](#), or that you aren't allowed to be proud of your contribution, or that it's unseemly to have fun while you're doing serious work. That's all bull, and it's counterproductive to boot.

As Saul Alinsky wrote in [Rules for Radicals](#), protest and activism is supposed to be loads of fun for the protesters. (And I can tell you from personal experience that he's right.) If you're not enjoying yourself, you're doing it wrong.

One of the best ways to make activism fun is to make it easy. Resolve to do something small every day, without fail. There are many "daily action" lists going around, each with different emphasis, but they're all very similar. Pick one and commit to following it. It will make you feel great, and will do wonders to combat that helpless, hopeless feeling. Plus, by doing something every day (even if it's small) you will actually accomplish a lot — probably more than if you only do *big* things once a year.

Don't forget to play to your strengths. There's no need to force yourself to do a kind of work that you find unpleasant or boring. If you're a writer, write articles shedding light on important issues, convincing the other side or rallying your allies to action. If you're an artist, make art with a conscience. Teachers can bring social justice into your curriculum. Lawyers can volunteer at free legal clinics, write amicus briefs, do pro bono work. Like to argue? Be the one who calls out the sexist comment at a dinner party when everyone else doesn't know how to react. Love to bake? Bring cookies to activist meetings and homeless

shelters. No matter what your passion is, there's a way to use it for good and have a great time doing it.

4. Take Care of the Basics

Finally, I would be remiss if I didn't point out the ordinary, everyday self-care. It's obvious and mundane, but this stuff is even more important when you're living under the strain of an oppressive government. You need a strong foundation from which to fight, so take care of the basics.



Go to therapy. Yes, really. Even if you don't think you need it. Even if your mental health is generally good. We get checkups to maintain our physical health, so why not mental health? It's not cheap and it's not always covered by insurance, but if you can afford it, get yourself a therapist right now. You'll thank yourself when the resistance is in full swing and you have someone to talk to.

Get enough sleep. You'd be amazed what sleep-deprivation does to your body and mind. If you do only one self-care thing (other than therapy), this should be it.

Go to the doctor. And the dentist. It's hard to focus on social justice when a toothache is keeping you up at night or your low thyroid is making you so sluggish you can't think. Take care of your body — you only get the one.

Exercise. You don't have to run a marathon, but do some yoga or go for a jog or at least take a long walk.

Spend time with friends. Just be with people who love you, doing fun stuff.

Get some me-time. Read a book, watch a movie, take a walk, whatever. Just be in your own company for a while.

Eat well. Sure, healthy is good, but I also mean delicious. Cook (or order) food that makes you happy.

Get outside. If you live near woods or mountains or oceans, awesome. If not, just stroll around your neighborhood and breathe some fresh air.

Make your bed. Seriously, it takes like two minutes max and makes such a difference.

Oh, and *call your mother*, if you can.

<https://medium.com/the-coffeelicious/how-to-stayoutraged-without-losing-your-mind-fc0c41aa68f3#.aevrz7yta>



Islam and the Role of Women

A basic synopsis of the status of women in Islam and the Muslim world.

Despite some popular images of Muslim women as repressed and oppressed, many women today are actively affirming the rights and responsibilities that they believe the Qur'an affords to them. The Holy Book affirms that men and women are created from one soul to be partners to each other, that males and females have the same religious responsibilities, and that both genders will receive like rewards on the day of judgment.

In only a few instances are circumstances for men and women notably different in the Qur'an, and these verses are being seriously studied and interpreted by both women and men today. Passages that seem to affirm male authority over women are based on the Islamic understanding that men are responsible for the financial support of women. Some Muslims argue that they should be reinterpreted in cases where women are now the financial providers. While the Qur'an allows a Muslim man to take up to four wives, it also insists on equal treatment for all. Some Muslim women are ensuring monogamous marriage by making it part of the marriage contract, and polygamy is forbidden in states where it is against the law.

Traditions that have circumscribed the full participation of women in society are being scrutinized and challenged as antithetical to the practices of Prophet Muhammad. Wives of the Prophet, known as the "mothers of the faithful," serve as models for those Muslim women who want to legitimize female activity in all ranges of society. Historians differ in their explanation of why the freedoms available to the earliest Muslim women were soon denied to most of their successors. In many areas of the world through which Islam spread, and for much of its history, a general patriarchy prevailed. Although it is still the norm in many Islamic countries, in recent years there has been a great deal of discussion about the necessity of reclaiming women's participation in the public realm.

Much of the conversation about women's rights has been based on issues of legal reform as new nation-states have tried to work out the particulars of Islamic family and personal laws. In recent years it has focused on such matters as education, activity in various ranges of the workforce, political participation, dress, and the assumption of new roles and responsibilities for women in the practice of the faith. Of course there is not universal agreement on these issues. Many traditional Muslims either actively or passively still affirm the necessity of women remaining at home and publicly inactive. The most extreme form of the segregation of women is displayed in the determination of the Taliban to prohibit women's education and to promote an exclusion that is neither suggested nor supported by the Qur'an. Most Muslims condemn this treatment of women as intolerable and incompatible with a truly Islamic system.

Muslim women, like their sisters everywhere, differ widely in their interpretations of appropriate attire, behavior and attitude within the Islamic context. Some insist on so-called "Islamic dress" and others do not. Some want to work in the public realm and others do not. Some consider themselves "feminist," but their definition is usually different from the western understanding of the term. For those who wish to take advantage of them, women's regional and international networks are growing and are helping Muslim women together to raise appropriate questions and find Islamic answers.

Read more at <http://www.beliefnet.com/faiths/islam/2001/10/islam-and-the-role-of-women.aspx#XEXtDgKGg4ulY0XX.99>

Editor's Note: You are welcome to join our study of Islam, February 20 will be the next session.



The deAnguera Blog: The Art of Communication



Often times when we work together good communication skills are an absolute must. We must coordinate with the others especially when using a tool like the jack hammer. In the left hand photo Zach is joyfully carrying the resulting product: a piece of concrete, urbanite. The right hand photo shows Rose Buchmeier observing Josh DeMers sharpening the blade of a pair of pruning shears. Phil Buchmeier showed us all how to sharpen tools.

Only about 20 percent of communication is in words. The rest is in facial expression as well as body language. I learn best when being shown something personally several times. That's how long it takes me to learn a new skill.

When learning a skill it is important for me to speak up and ask questions. Just because somebody else can understand something right away doesn't mean I will. We all have different learning styles. That's why for me individualized instruction is often the best.

How well I am able to communicate with another person depends on how well we know each other. We all have different ways of interpreting our surroundings. This can make communicating with each other a challenge. I can make assumptions on how I am understanding things, yet those assumptions can be wrong.

Because of communications training offered at Lab I am much better at getting my message across to others. Our approach involves three people in a group. One person shares something. Another is the receiver and a third person is the observer. The observer lets the other two know how well they communicated with each other.

If I am driving in an unfamiliar area it is best to have someone who is able to use a map or GPS. I need to concentrate 100 percent on the road and can't be constantly looking at a map. I remember the time I helped navigate Bruce Perler around Oakland and Berkeley, California.

Lately a group of us watched a video of Gary Moulton showing how to prune trees. This video has been around for many long years yet is still quite good. I have seen the video many times yet still need that on the job guidance. Trees can be different and trying to decide what to prune is quite a challenge for me. Gary would say, "If in doubt prune it out." That's easy.

I believe an important part of communication training is doing videos of each other because then each of us can see how we are coming across. This is also a good way for each of us to develop confidence in our knowledge and ourselves. Growth can occur when I take ownership of something. Making movies can be fun especially with the new computer technology. Even my camera can take videos for You Tube. I produce something which continues communicating long after I am done. That's a true legacy.



Irene and Pam Jarett Jefferson standing in the rain along with two very wet dogs, Cooper and Cody. Irene is smiling and also holding an umbrella. She is not wet so she is happy.

Birthdays and Anniversaries

□ Happy birthday - Irene Perler - February 7

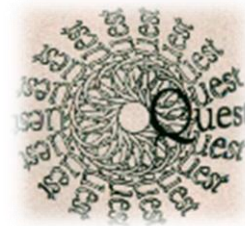


*"If we want this relationship to work,
we'll have to start communicating.
I'll go first-- get your feet off the table."*

Quest: A Counseling and Healing Center

Our belief is that mental and emotional health is a prerequisite for spiritual well-being, collaboration, and the expression of compassion. Quest's counseling and education programs, open to all interested individuals, focus on empowering individuals, couples, and family groups to be happier and be more effective in relationships.

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



Cultural Programs in the Goodenough Community are created for visitors and they are developed as opportunities for our members and friends to practice our lifeways and apply them to contemporary issues and problems in our lives. For instance, the men's program must be an expression of the best wisdom men have gathered from their life together—about what is a good

man and how he could best express that in his own life. Similarly, women must return to the essentials of being a good woman in this day and age.

Calendar of Programs and Events, 2017

What makes community meaningful and fun?

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

In the Goodenough Community, we recognize such ways to connect as expressions of **community culture**. Throughout the year, we offer **cultural programs** so that you can engage with the community, participate in your own development, and have a good time.

We **welcome your interest** and your participation, and hope that you will join us at any – or many! – of this year's events.

A Weekend for Men and Women . . .

February 24 to 26, 2017

Men and Women Together:

A New Relationship

Annual Membership Meetings

March 10 to 12



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



Women's Culture

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

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

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

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

Third-Age Gatherings

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

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

Work Parties throughout the Year

Traditionally, the Goodenough Community sponsors work parties over Memorial Day weekend (**May 26 to 29, 2017**), as well as other times throughout the year, to express gratitude for the presence of our beloved retreat center, Sahale, and to experience the satisfaction of playing and working together.

Focal Person: Colette Hoff, hoff@goodenough.org

Summer Camp for Youth, June 25 to July 1

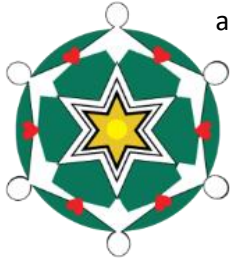
A wonderful opportunity for children 9 to 12 to have a full camp experience in a beautiful setting with loving leadership.

Focal Person: Irene Perler, Irene_Perler@hotmail.com



Human Relations Laboratory, August 6 to 12, 2017

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



Focal Person: Colette Hoff, hoff@goodenough.org

True Holidays Celebration, Saturday, December 2, 2017



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

Focal Person: Kirsten Rohde, krohde14@outlook.com

Winter Solstice Bus Trip, Saturday December 16, 2017

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

Focal Person: Colette Hoff

New Year's Eve at Sahale, 2017 – 2018

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