



# The Village View

March 24, 2021

Colette Hoff, Editor

## Upcoming Events, on Zoom:

Pathwork, March 28

Women's gathering, April 10

Annual Meeting, April 24

## The Regeneration of Spring

Colette Hoff

I find Spring is a special miracle living in the country. Without central heating, warmer weather means a great deal. A cacophony of bird sounds fills the air as blossoms let out their fragrance. And I love the longer daylight. Some of the meanings of spring including new life, rebirth, renewal, restore, and rejuvenate led me to **regenerate**, especially Spring 2021! Starting almost anything again after a difficult year requires extra energy and intention. There is an element of transformation implied and change is expected.

*Regeneration in biology refers to the ability to grow a new part after damage, like a salamander able to regrow a tail. Every species is capable of regeneration, from simplest organisms such as bacteria to as complex as humans. In the field of biology, regeneration is the progression of renewal, regeneration and growth that makes it possible for genomes, cells, organs, organisms resilient to natural changes or events that cause damage or disturbance.*

[Tissue Regeneration in Humans | Developmental Biology Interactive \(gatech.edu\)](https://www.gatech.edu/research/developmental-biology/)

Spiritually, regeneration means that God brings Man to new life or "born again" (better than before) from a previous state of separation from God.

Regeneration occurs at many different levels in nature, from individual organisms (notably earthworms and hydra), through communities of microbes, to ecosystems such as forests.

Kate MacCord

## 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

You will read in this issue about the plans for a Community annual meeting where we account for the past year. The General Circle has been working to regenerate vision and mission for the community to make sure the community is relevant as we move into the future.

At Sahale we frequently talk about regeneration knowing we likely will not see the results of our actions yet hoping we are making good decisions for future generations. Reforestation is a way we can give nature a hand. Trees help mitigate the effects of climate change, restoring landscapes, contribute to food security, improving soil and provide habitat for diverse species. This week, we are planting Hemlock, Sequoia, and Coastal Redwood trees in order to regenerate these varieties of trees so important in the Pacific Northwest.

As you consider Spring 2021, what area of life are you drawn to regenerate, to transform about yourself? What new are you planting for the future? Do you need to let go of to make this possible? What do you want to grow in yourself?



## Goodenough Community Annual Meeting

By Kirsten Rohde and Elizabeth Jarrett-Jefferson

**It's annual meeting time!** On **Saturday, April 24**, our community will host its annual meeting, both a tradition and a requirement in our organizational charter. We will be meeting this year via Zoom. While we will sorely miss gathering in person, Zoom can enable other people to join us who would not be able to otherwise, and we have learned that we can have fine, intimate conversations via this platform. This will be true for April 24, a day of reviewing our year just passed, sharing highlights, and talking about the future. We have lots of good news to share; and we can look forward to getting updated with each other about the strange year we have just lived through...and what a year it has been!



Our plans thus far include having two- to three meeting times with good breaks in between. And perhaps we'll have time in the evening – if we wish. We know zoom sessions need to be time limited to keep our energy fresh and vital; and we also know that break out groups can work well to change things up and increase connection and intimacy. Those of us on the General Circle are planning intentionally to have light and humorous play times interspersed throughout our day. Have a one-person zoomable skit to offer? Are you able to play the harp in those serious, disconsolate times during our on-line discussions? Are you *the* one whose cat took over their Zoom ID? Bring your own talents and year of truth along to the meeting!

We hope you will join us. There is plenty of good news to share and some important decisions to be made. This meeting is all about us---each of us individually and of our collective-- your input and thoughts are what make our Goodenough world go round.

We will send out the Zoom invitation about a week prior to the meeting. We hope to see you then.



## Trees!

Kirsten Rohde

Sahale has been gifted with literally hundreds of trees! Here is the story:

When we first found Sahale, there were several patches of planted Douglas Fir tree farms. We began thinning one of these areas for the health of the remaining firs and for firewood. Thinning the forest let the light in and we made plans to plant a variety of trees and shrubs in order to create a more diverse forest.



Also the southern part of our land is filled with alders. Alders are considered “pioneer” trees as they are the first to grow in disturbed areas. With clearing that happened many years before we found Sahale, the alders filled in. Our forestry plan, developed with the help of a forestry expert from the Department of Natural Resources, has been to interplant other trees and gradually thin out the alders.

Fast forward to this year and two people named Alex. First Alex from the Hood Canal Salmon Enhancement Center contacted us about planting conifers near the river amongst the alders. He has come with his crew several times and planted about 400 spruce, cedar, and hemlock seedlings throughout the alder forest nearest to the river. This is to create a more diverse forest – these three newly planted species will eventually outlive the alders and be a healthy forested area in this riparian

(near the river) zone. This will create better habitat for the salmon. Coincidentally this also accomplished part of our forestry plan! We are very grateful to these crews for their work planting all these seedlings.

The second Alex is a friend who lives on Harstine Island and writes a weekly article about permaculture in the Mason County Journal. A couple months ago he wrote about an organization that is cloning California coastal redwoods and distributing them in the Pacific Northwest. See <https://www.ancienttreearchive.org/> for more information about this organization. The theory is that with global warming the redwoods in California may not survive. Some have already been lost due to increasing wildfires. Some of these trees are 1000, even 2000 years old. Re-planting redwoods in the Northwest may be successful as our region warms over the years. I contacted the local person who is distributing redwoods and arranged to go to his home to pick up these free trees. He is a wonderful older man who provided us with a number of sequoia seedlings and two redwoods. Alex has offered many more redwoods to us also. Altogether people all over this region are getting thousands of these trees to plant, creating new forests that will, we hope, survive many hundreds of years into the future. Some are cloned from the ancient redwoods in California – others are seedlings grown from seed of the existing trees. Some of the sequoias are going into our newly thinned fir forest as well as hemlocks.

Sahale’s land will be healthier in many ways due to these unexpected offers of free trees. As we thin Douglas Fir, we need to be aware that removing trees creates atmospheric changes – trees transpire, sequester carbon and send oxygen into the atmosphere. Replacing trees we remove is a necessary part of keeping balance on our land. These new little seedlings are beings on this land that will be cared for and treated with reverence as they grow. Sahale is truly fortunate thanks to our friends who care about the trees.

## Pathwork:

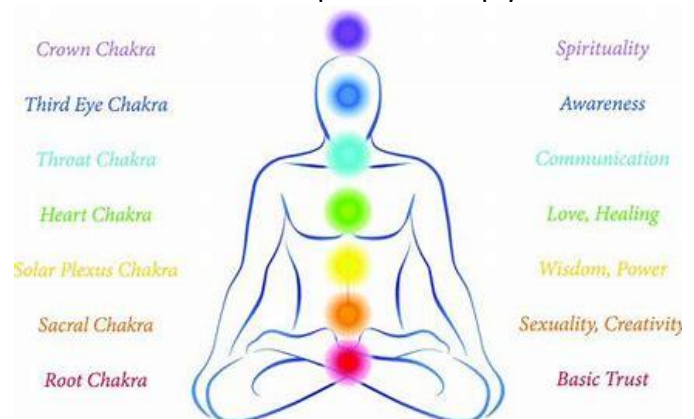
### What are your weaknesses? What are your strengths?

*By Hollis Guill Ryan*

For example, how would you assess your general energy level? How would you rate your physical flexibility? How often do you intentionally make contact with nature? Are you able to accept others as they are? Are you a good listener? Do you have a personal vision that guides you in life? Do you learn easily and quickly?

Each of these questions addresses at least one of your chakras, those whirling, swirling centers of energy spaced along your spine. Your answers to these and other questions help you assess the openness of each of your chakras.

Participants in [Pathwork](#) are learning about chakras and how they affect or reflect our strengths and our weaknesses. For many, this is a new way of coming to know ourselves. Assessing the flow of each of my chakras has encouraged me, for I find confirmation that I have grown and strengthened significantly over the many years I have devoted to personal study. I feel grounded, energetic, able to communicate and to create, and I feel strong in myself. Those qualities reflect openness in at least five of my chakras. And, although I have grown stronger in the qualities of my Third Eye and Crown chakras, I see that I would benefit from learning to open them more fully.



How do we open a chakra that is not flowing freely? Well, I do not know that yet. But as we continue to learn about chakra energies, I'll be looking for ways to open my chakras more fully and to keep all my chakras open and flowing.





## Mindful Mike's Blog: Regeneration

*Mike deAnguera*

Regeneration means to put forth once again after a period of time. Plants go through a seasonal cycle of blooming. Then the flowers fall off. When Spring arrives once again they bloom. A community's vision goes the same way. It starts out as a radical way to be with each other but after a while it just becomes the new normal. Boredom can set in. Is this all there is? I suspect every community will confront this situation eventually. The old leadership dies off or becomes a burden. So the vision that brought the community into being in the first place needs to be regenerated. Perhaps the old dream needs to be modified.



In our case the ARCC students are enabling me to see Sahale once again through their eyes. Each group is different. This group has been camping out and working for the last 3 weeks. Today it is cold and rainy. I certainly would not feel motivated to work in this kind of weather.

Yesterday it was sunny and I had a chance to see a group of young people working in our kitchen garden.

Later Alex Fethiere who writes a permaculture column for the Shelton Mason County Journal gave us his take on permaculture. He helped me to see that permaculture is not just about planting things but rather a whole way of life. His approach of course was not the same as those of others but many of his ideas would be in agreement with Mike Pilarski. Alex is letting us know how permaculture is diffusing out into mainstream society. The very fact that he is writing a column in a local paper is significant.

I find myself with a renewed sense of purpose. Of course, I could ask myself am I doing enough? What is my motivation? Fortunately Presley Harrington has helped me work on my creativity with the building of our fairy house. Play is where I develop my creative juices.

The theme of play was also used during a permaculture development course I took at Sahale many long years ago. I was urged just to let go and put out any ideas I had for Tum Tum. It would have been nice if I had had this kind of freedom in school. Grades make me afraid to take those kinds of risks.

The Human Relations Lab gave me another chance to put out my creative juices. I even developed my own Pathwork Guide which I shared with almost nobody. Could I have taken the

risk to share it with others? Maybe it was too personal but it was the best way for me to figure myself out.

Could a group of us have founded a community together and bought Sahale? No. We needed a strong leader like John Hoff to bring us together. As a minister he had to impart his unique vision to us.

Ministers typically are about keeping the status quo going regardless of whether they are conservative or liberal. To depart from the status quo is risky. So both the leader and the led need to be willing to take risks.

To regenerate means to reexamine the dream of community once again. Then make John's vision my own. It is not to recreate Findhorn but listen to what Sahale really wants to be through us. Sahale can enable us to live with the Earth once again though it will always be an incomplete journey. We don't have to get everything right all at once because that would be impossible.

The Tahuya River has given us a new gift: a nice beach which we will all enjoy this summer.



**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. 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.**

The rise in anti-Asian hate crimes in the United States and Canada is despicable. In the wake of the mass killings in Atlanta, there is a renewed awareness of a problem that has been growing

during the pandemic. Hate crimes are up in places like Seattle, Portland and Vancouver, BC. Now is a good time for all of us to be more conversant with our region's deep anti-Asian history.

The 1850 Donation Land Claims Act, a forerunner of the Homestead Act, banned Blacks, Asians, Hawaiians, and Native Americans from settling in "free" land in the Oregon country. Many of the Hawaiians, then called "Kanakas," came to the region with the Hudson's Bay Company as early as the 1820s. In 1853, Washington Territory banned Chinese people from voting. When the Ku Klux Klan first appeared on the West Coast in the late 1860s, their targets in Oregon and California were people from China who came to live and work in America. The Chinese expulsion efforts in Seattle and Tacoma in the 1880s are particularly notorious. A series of laws and anti-immigration efforts targeting Asians in the late 19th and 20th century were explicitly racist and hostile, as was the grave injustice of Japanese incarceration during World War II. Harassment, official and otherwise, has continued.

There are some good resources to learn more. The **Washington State Historical Society** has a resource page for reading about the Chinese Exclusion efforts. **Densho** is an excellent resource on the Japanese incarceration. The University of Washington's **Center for the Study of the Pacific Northwest** offers a curriculum on the history of Asians in Washington State. There are many more instances of anti-Asian behavior and policies, obviously, but we all need to be better educated about the systemic issues that underlie the present and what these communities have had — and still have — to overcome. From Mossback, Knute Berger KCTS



***Now Updated through June 2021***

## **Programs and Events of the Goodenough Community**

***Because of our unpredictable times,  
dates and descriptions shown represent our plans for now.***

**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 new-found friends ... working together in a creative endeavor ... collaborating during 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.

**Of course, community is about adapting to change, and that has been the case with the pandemic as we have adapted many of our ways to connecting, many of which are via Zoom.**

Throughout the year our intention is to offer programs that help you participate in your own development, learn about relating well with others, and help you discover your potential to have a good time in life and with others.

Information about programs and upcoming events can be found on our website:

[www.goodenough.org](http://www.goodenough.org)



**The Goodenough Community's governing body, the General Circle, meets twice monthly, 7:00 PM, via Zoom.** Below are dates for our spring meetings:

- April 12, 26
- May 10, 24
- June 14

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 2PM:**

- April 10, Saturday
- May annual gathering – May 8, extended day event.

Times TBD. For more information, contact [Hollis Ryan](#).



**The Third Age** - Those age 60 and older have been gathering monthly, Friday evenings. 7:00 PM. With the pandemic, meetings are virtual. Contact [Kirsten Rohde](#) for more information.

- April 16, 2021    May 21

**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. A weekend is planned from June 4 & 5, 2021.

**Pathwork, a Program of Convocation: A Church and Ministry** – Pathwork offers you a spiritual



home in which to rest and to share your heart and mind as you move through these unpredictable times. We come together under the leadership of Pastor Colette Hoff and find support and encouragement as we clarify our personal goals and develop the practices we choose for a spirit filled life, gaining wisdom from the world's faith & wisdom traditions. All are welcome to join. Meetings are

held via Zoom on alternate Sundays from 7pm to 9pm. Contact Colette: [hoff@goodenough.org](mailto:hoff@goodenough.org) for Zoom information.

- March 28, 2021
- April 11 and 25
- May 9 and 23
- June 13



**True Holidays Celebration, Saturday, December 4, 2021**

We are planning our 2021 event! Hold this date on your calendar. We traditionally hold this event on Mercer Island. Stay tuned for details.



**Human Relations Laboratory, August 8 to 14, 2021**

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 52 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 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](mailto:hoff@goodenough.org) with questions during these times of the Pandemic.



**Quest: A Counseling and Healing Center**



Our belief is that mental and emotional health is a prerequisite for spiritual wellbeing, 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 pandemic crisis.*

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