



The Village

eView

March 1, 2017

Colette Hoff, Editor

Coming Up:

Pathwork – Sunday, March 5

Council – Monday, March 6

Annual Weekend – March 10 to 12

Men and Women's Weekend: An Appreciation

Joan Valles

"I think it was a very important weekend in the life of our community. It was spirit filled, with a real desire to know and understand each other," Barbara said.

We were talking over dinner, Barbara Brucker, Jim Tocher, and me, about the men and women's gathering last weekend at Sahale. Thirty-five men and women, ages 18 to 82 with each decade represented, joined in what was offered as a "dialogue with men and women, finding the keys to better relationships." We came home tired from the intensity of our efforts, yet hopeful and energized by our work. We appreciated the strong leadership of Colette Hoff, Hollis Ryan, and Bruce Perler and their team. "Leadership and the hand offs among leaders was very smooth." And we each appreciated that everyone—everyone—joined in. Every voice was listened to with respect.

Colette guided us in working with the concept of "sub selves," those inner characters we all experience. When they are young and untamed, when they direct our lives, it's hard to relate to. Similarly, if we have unfinished work with a parent of either gender, it is difficult to relate well to another. We also recognized the toxic effect of patriarchy on both women and men.

Drai introduced a concept from the Women's Long Dance community: "side by." Not matriarchy, not patriarchy, but shared. "Side by" implies that we are all human together in shared

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

relationship, more the same than different, and we need to communicate fully and be interested in others as well.

“I have a sense personally of a deeper appreciation of what maleness, men, contribute and a deeper desire to be open-hearted, understanding, and appreciative of them,” said Barbara. “Some of that is generationally related, and I need more understanding there. We know the millennials are willing to move around more, creating a different balance.”

“I valued both men and women talking separately and the small group discussions,” Jim said. He said he appreciated the open conversation in the men’s group of the difficulties they experience in relationship. Jim observed that changes among men in relationship to women during his lifetime has been more a case of evolution than revolution that women have experienced.

To me, the dynamic felt different from previous men and women weekends we have had. One of us noted the men seemed on a more equal footing than in past conversations. Perhaps, because of my age, I appreciate the protection afforded me by men. Perhaps that’s generational.

As “elders” we learned from the “younger” about some of the challenges they face in a society that is some different from the one we started out in, one in which race and gender figure more prominently, and where there is less sense of security. We had a good discussion of relationships where one is bread winner and one stays at home, and the sometimes cost of being the provider. There was talk among some men about white male privilege and some women about feeling unsafe.

We, at our dinner table, agreed that we were pleased to see different age groups interact, with everybody participating and offering a lot of perspectives depending on age. “We’ve had a number of men’s and women’s weekends. I think this was the most balanced. Other times things got tense; this one was congenial,” said Jim.

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Finding the keys to a better relationship

Colette Hoff

Searching for keys was evident as an intention for our weekend. This issue of the eView is about sharing the experience and some of the keys people found. We are also sharing some of the poetry that we found inspiring.



While we didn’t have another earth quake, we agreed it was a weekend that shook the ground under old beliefs.





Come celebrate our dear friend,

Rose Buchmeier!

She's turning 60, and her family is inviting you to join the celebration:

*Saturday, March 4, 12:00 pm to 4:00
Community Center, 3610 SW Barton St.*

Soup, salad, hor's dourves will be provided.



Postcard from The Women's and Men's Weekend

Bruce Perler

I'm still feeling the impact of our weekend together, a distinct tenderness in my chest and the knowledge I've been somewhere new with friends. My thoughts take me to the costs of collusion, the impact of thousands of years of oppression that both women and men have suffered under the power of patriarchy. More personally, there's something loosened in my psyche. I want to stay curious about how I see and don't my own expressions of white male privilege. Its also true that I've been having some form of this conversation with my own father, in terms of our treatment of our planet, since I was a teen. This feels different, more personal and more hopeful. I look forward to more.



Postcard from the Men's & Women's Weekend

Adam Palodichuk (I came to Sahale as a Workaway and have returned)

What an amazing weekend! I am so impressed at the level of vulnerability, harmony, and commitment our weekend community achieved during the process. As a younger participant, i was amazed at some of the elders continuing interest in growing and developing themselves and their relationships. Tears, laughter, and deep thinking was in abundance! I AM INSPIRED!

As I get more used to attending events at Sahale, I am seeing the immense value it has for my personal life and those wonderful new friends I've made here. Undoubtedly, my experience here is making me a better partner, a better man, and a better human being. Thank you to all the wonderful people I've met through the



community for accepting me (as I am) into this ever evolving process. Peace and love to all, seriously.

Many many blessings

For a New Beginning

by John O'Donohue

In out-of-the-way places of the heart,
Where your thoughts never think to wander,
This beginning has been quietly forming,
Waiting until you were ready to emerge.

For a long time it has watched your desire,
Feeling the emptiness growing inside you,
Noticing how you willed yourself on,
Still unable to leave what you had outgrown.

It watched you play with the seduction of safety
And the gray promises that sameness whispered,
Heard the waves of turmoil rise and relent,
Wondered would you always live like this.

Then the delight, when your courage kindled,
And out you stepped onto new ground,
Your eyes young again with energy and dream,
A path of plenitude opening before you.

Though your destination is not yet clear
You can trust the promise of this opening;
Unfurl yourself into the grace of beginning
That is at one with your life's desire.

Awaken your spirit to adventure;
Hold nothing back, learn to find ease in risk;
Soon you will be home in a new rhythm,
For your soul senses the world that awaits you.



Ireland (1956 - 2008)

John O'Donohue is an inspiring Irish philosopher, poet, mystic who passed away unexpectedly in early 2008.

John O'Donohue had degrees in philosophy and literature. His writings, though grounded in academic philosophy and theology, are immediate, personal, very human. He was as much a mystic and a poet as a contributor to philosophical dialog.

Much of his writing and poetry drew deeply from Irish Celtic perspectives, both in Christian and pre-Christian wisdom, while speaking to a widely diverse, modern audience.

My woundedness doesn't remove my obligation to see past my pain and to work at the connection with another. ~Pam Jarrett-Jefferson

I didn't want to leave it unsaid that . . . wounds from the past are not an excuse to withdraw or punish others ad nauseam. That goes for women and men! Victim stance doesn't propel the change needed between the sexes. Just saving...)

Men and Women Together: the Weekend

Norm Peck

The Women's Culture and Men's Culture of the Goodenough Community hosted a weekend of Men and Women Together, with much of their membership and several friends and guests, including Adam and Haley, recent Workaways, Annamarie, a current Workaway and Alice Hovenden and her friend Nathan. Hollis Guill-Ryan, Bruce Perler and Colette Hoff, with support from Elizabeth Jarret-Jefferson, Josh DeMers, Evelyn Cilley, Rose Buchmeier, Marjorie Gray, and Joan Valles on the larger leadership team. I appreciated the musical additions from Draï Turner.

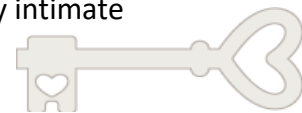
I should probably say here fairly early on that I felt more scattered/ungrounded or vulnerable (or both) through the weekend, as I was on day 3-5 of not smoking after some 47 or so years of doing so; very unbalancing for me...and I was well supported and encouraged in my effort. Nonetheless, I may have missed some points major and minor for being distracted by my own inner process of behavior change.

Friday opened with greeting on-another, self-introductions so we'd know each other's names (remember there were some new faces to some of us), and we took some time to commit to listening with our hearts as well as our ears, and opening our hearts to each other. The concept of a 'WAIT' pause (**W**hy **A**m **I** **T**alking?...in distinction from listening, asking clarifying questions, or just being sure I've heard the person I'm with), and the **NO JIFing** Rule (**J**udging, **I**nterpreting, **F**ixing) reviewed and agreed to. We also took a little time to review concepts like sub-selves (semi-autonomous parts of ourselves, often younger versions that have different ideas about how the world works and how to act), splitting (getting stuck in a sub-self rather than our more mature self) when something triggers us, something outside that shoots us into someone other than our best self.

On Saturday after a bit of time together, we separated into a group of men together, and the women joined together in their circle. We spent some time there talking about how it was to be with or think about 'the other gender', what sub-selves we noticed were present, and what was troublesome or got in the way of relating well. I was most caught by about a

5-6 year-old sub-self hearing my (internalized) mother's voice saying 'They make reform schools for little boys like you!'. One of the women there (Barbara Brucker) at the weekend shared that she was really sad (hurt? Mortified?, probably don't have exactly the right word) when hearing a number of men saying they couldn't get it right no matter how hard they tried. Better words than my 6-year-old had. After some time in those circles, we reconvened as a whole, and one of the most feeling-full and moving times of the weekend occurred: first the men, then the women, continued their conversation, as men or women's circles, 'in a fishbowl'; in the first round the women listened to the men without responding or reacting...just listened. As men, between men, we talked about some of the ins, outs and trouble some of us had with 'Honey-Do' lists, how men (some of different ages) think, feel and respond to being blamed or equated with 'The Patriarchy', times and ways relationships feel 'unequal' or imprisoning (taking away freedom to be a man) . There were some powerful feeling reactions from some women as that time ended...and to me this is their story to tell, though I heard many were moved and full of feelings. After a pause and some quiet time, the women's circle was 'in the fishbowl', and we as men got to remain quiet, listen and receive. I, and I think we, were amazed that they had also spent a lot of time talking about and wondering about/questioning how 'honey-do- lists functioned, and I got a deeper sense of just how pervasive and wounding 'The Patriarchy', or how many men treat women. And how some of what had come up in the men's fishbowl circle had triggered some things in some of them. Also a lot of appreciation of and for men in many ways, and empathy and compassion I must often miss.

Then, since the women had the opportunity to respond to the men's fishbowl, they graciously offered us as men the opportunity to respond to their discussion, which we did. One thing that came up there was what it was like to be, and costs of, being 'protector', and I think I talked about my inner confusion about what I really offer in relationship, the pain I feel at absence of a partnered relationship in my life after many years of trying. At the close of that time, there was some back-and-forth. What I remember of that time is that all of us were full of feeling for each other, in awe of what we'd heard. I felt and thought I'd learned so much about how we as men function in women's lives in a very intimate way (as expressed by the women). And I was/am dismayed at how easily misunderstanding happens, from us all, good and loving intentions missed, projections and sub-self triggering. I learned again how easy it is to let a small criticism or opinion wipe out many, many instances of feedback about how good a man I am perceived to be by many men and women. Just like that, one moment of doubt can discount it all away. It takes quite a while for me to rebuild, re-member all of it, and try to restore some balance. I know I am, and I heard others say, they are very full of learning and feeling, and will be processing the weekend for a while.



As we closed, we took some time to talk about how we'd like to be different based on what we've learned. Some common themes I heard are working to be clearer in communication with each other, negotiating rather than assuming, noticing our triggers and attitudes more

and listening with much more heart and compassion. I heard some desire to be letting go of grudges and find way to be kinder to each other. I found myself focusing at least for now on working at being a more compassionate active listener...and listening more, talking less. And yes, as I settled in after I got home, unpacked, built the fire...I still wanted to go out on the porch and have a smoke. And didn't...again. I truly want to thank Colette, Hollis, Bruce and the larger leadership team, and all who joined together, for an amazingly deep and heartfelt time together.



The deAnguera Blog: Men's and Women's Weekend 2017



Community I can really trust.

I think I have just barely scratched the surface of relationships between men and women. If it had not been for the Goodenough Community I would be a very shallow person with almost no understanding of women at all.

Both men and women shared in separate groups, then we did a fish bowl for men and one for women where members of the other gender silently watched.

I was amazed at how much conflict was present in all families. It is enough to make me wonder about the dynamics of family life apart from the Community. I think our work greatly benefits family life by helping us to know we are not alone in our struggles. How different from the gossip present in the average office environment!

In tribal life all the kinks get aired out in the open just like with us. That's impossible with modern urban life. Isolation of families is the rule. I wonder how families can be mature when isolated from each other.

I am not sure maturity is possible in isolation. It takes other people to help me mature. If I had a wife I am sure there would be times when we need a community to help our marriage grow. The two of us alone would not be enough for we would quickly get trapped in each other's egos. Community helps us by reflecting our behavior back to us and showing us ways to address issues from a different perspective.

Every time we meet I find my friendships deepen. This has not happened in other settings I have been in throughout my life. The church focused on Gospel but not on issues in our developing relationships. Preaching is one-way with no attempt to draw people out.

Indoctrination is the rule even in liberal churches. I guess there is not enough trust between people to allow them to be guiding each other.

Before coming to the Goodenough Community, my relationship with women was practically non-existent. Not being a family man contributed to my isolation. I had very little understanding of women in general mixed in with some cultural baggage.

As a youngster I was taught that associating with girls was bad. The only girl friends I had lived on my block. School was not a safe place for such friendships. Then suddenly at puberty I was expected to date girls which I never did. This clashed with my learned misogyny. My only girlfriend after childhood was Kathleen Notley. We were both at an age where we could finally be real with each other. Our friendship was only possible with the Goodenough Community.



Our altar featuring what was most important for all of us.

If you have a story or post card from the weekend, send it in for next week!



Consider the Annual Weekend, March 10 to 12

An Excerpt from a paper called *The Work We Do . . .An Orientation Document for The Goodenough Community*

The Goodenough Community - A Place for Human Development

We envision ourselves collaborating in spirited living and lifelong learning as individuals, through our relationships and through organization. We choose the model of a learning community as a transformative path to pen our hearts and add our energies to a world that will be more just, sane and peacefully interconnected.

Our purpose is to demonstrate the layers of relationship, culture, and organization required for development of mature human beings over a lifetime, accomplishing this with good humor by learning games, behavioral guidelines, and sound practices.

The Goodenough Community is a comprehensive methodology through cultural programs: Men, Women, Couples, Third Age as well as programs like Sahale Summer Camp now in its 12th year. The Human Relations Laboratory also offers a comprehensive view of the interconnection that encourages development. Spiritual Pathwork now studying Islam, organizational work and encouragement for relational work are on-going concerns of the Goodenough Community.

The weekend begins at 8:00 with dinner at 6:30.



Hello Friends

Kaitlin Benner-Kenagy

I am writing on behalf of my newest alma mater, the **Peace Corps Coverdell Program** at Bowling Green State University. We are in the midst of the first crowdfunding campaign and still need to make our target before the end in 10 days. I would like to ask if you would be able to donate a little to help future Fellows earn their masters degrees. Gifts help provide tuition assistance, textbooks, research materials and more for Fellows.

Below is a link to our crowdfunding page and a video about our program. No amount is too small and all us BGSU returned Peace Corps Volunteers really appreciate all your help.

You can also help out by sharing this project with others who may be interested.

Thank you so much, take care and have a wonderful rest of your day!

Hugs,

BGSU PCF crowdfunding link: <https://falconfunded.bgsu.edu/project/3563>



Citizen's Climate Lobby

Sharon Grant

Steve Ghan, a member of the Goodenough community and a climate scientist, is the organizer of this year's conference by the **Citizen's Climate Lobby. A flyer is attached.**

The conference is being held in Seattle, March 4th & 5th, at the University Christian Church, 4731 15th Ave. N.E. (15th & 47th).

Pam Jefferson will be the bartender < with Elizabeth and myself as her helpers! Note that the fee for students and young people is half (<\$50.00)

Editor's Note: Many of us have met Rob over the years as an active force in the Communitarian Movement in the PNW. He will be missed.

Rob Sandelin: His insight and humor will continue to ripple through our communities



We are saddened by the passing of cohousing pioneer, Rob Sandelin, a member of Sharingwood Community for nearly 30 years. Rob was a prolific poster to the cohousing-1 email discussion group, and positively influenced the development and growth of communities throughout the U.S. with his wisdom. Below are two stories posted on the cohousing-1 email discussion group:

From Eris Weaver, FrogSong Cohousing (Cotati, CA):

In 1999, our forming community brought Rob in to lead a consensus workshop for us. The work we did together was transformative for me personally and for our community. There are a lot of things I could say about Rob, but the most profound is this story that I now share with every consensus workshop I lead. Seventeen years later, I still tear up EVERY TIME I tell it.

Our community had identified a possible property: an old apartment complex, with about 50% occupancy. Some of us saw this as a great opportunity to move into cohousing NOW, at a relatively low price. Others were not so keen on the idea - moving into a funky apartment in a run-down neighborhood did not meet their dreams of a groovy green project with lots of open space.

We were totally stuck. No matter how much we talked, whenever we called for consensus (we were using thumbs up, thumbs down at that time) we came up about fifty-fifty. We were paralyzed - we just could not see how to use consensus to make this decision.

Rob said: "The reason you cannot reach consensus is that you are not asking a consensus question. When you each put out your thumb, the question you are answering is 'Do I want to live on that property?' which is an individual preference question. The consensus question is this: 'Is it in the

best interests of this community as a whole - would it further the group's mission & vision - to purchase this property, WHETHER I WOULD CHOOSE TO LIVE THERE OR NOT?"

A moment of silence...and then EVERY thumb went up.

This is the part of the story where I always tear up. I was totally gobsmacked - by the profundity and simplicity of the re-framed question, by the power of switching focus from self to community, by the willingness of my community members to say "yes!" to a decision even though it might mean them leaving.

Whenever I'm facilitating a difficult conversation, trying to find a way through to consensus, his words come to me. His good humor and insight has rippled through my community to all the other communities, nonprofits, government agencies, and businesses that we each influence.

The world is a better place for his having been here.

Eris Weaver

FrogSong Cohousing, Cotati, CA

From Sharon Villines, Takoma Village (Washington, DC)

When I joined Cohousing-L in the mid 1990s, Rob Sandelin was a frequent and informative participant. He posted as often as I do (Yes, there is at least one other in the race to the top).

His advice was seasoned and wise. Much of it I have only now come to appreciate. I would call him a low-tech kind of guy. Don't hassle over workshare. You can't measure the worth of sharing. His community rotated cleaning of the common house by unit but most paid a particular resident \$50 to clean it for them.

All you need to do to measure morale is ask people once a year, Are you happy? A deep sociological analysis won't tell you anything more that is helpful.

Don't over design. Cohousing isn't magic. People won't (or can't) pay above market rates for solar panels and heated floors. In the 1990s, banks just blinked, if they did anything but thank you nicely and walk away.

Fred had just started the list using one of the first email list managers and it was low tech too. Those were the days when spell-check would correct "Sandelin" to "dandelion." Rob probably accepted it as his alternate name.....

Rob was one of the first to write these sorts of materials for beginning cohousing communities. In the mid and late nineties there were more failed start-ups than successes. It was hard with no tested sources of information. There was too little experience to work from. You can find these writings by searching the cohousing.org site.

Rob left this [coho-l] list in the early 2000's to take what he called his dream job teaching what he loved most, the natural environment. I missed him when he left and am saddened that he will no longer pop-up with a post from time to time. Sharon Villines, Takoma Village (Washington DC)

Birthdays

- + Happy birthay, Rose Buchmeier, **February 27**
Happy 60! ?
- + Happy birthay, Carolyn Hovendon, **February 27**?
- + Happy birthday, Amie Aylward – **March 6!**
- + Happy birthday, Melissa Gossett Woldheit – **March 6!**
- + Happy birthday, Tom George – **Also on March 6!**
- + Happy birthday, Connie DeMers – **Yes, March 6!**

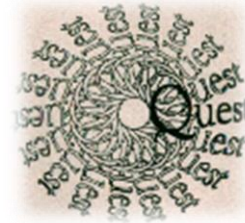


*"It's always 'Sit,' 'Stay,' 'Heel'—never
'Think,' 'Innovate,' 'Be yourself.'"*

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.

Annual Organizational Meetings **March 10 to 12** This weekend is foundational to all programs and events within the community. Come and be curious! Please contact Kirsten Rohde 206 719-5364 for more information.



A weekend for men is being planned for the spring. Focal Person: Bruce Perler, bruce_perler@hotmail.com

Women's Culture

Next Saturday gathering is 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, March 31 and May 12 at the community center in West Seattle. Focal Person: Kirsten Rohde, krohde14@outlook.com

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.