



# The Village View

January 26, 2022

Hollis Guill Ryan & Barbara Brucker  
Editors

**Coming Up—**  
**Third Age** - Friday, January 28,  
7:00 pm

## Gone but ever with us ... flowing into the future

Like a movie projector, the past throws images against the silver screen of our hearts and our minds. Unlike a movie, though, the past is never ending, constantly merging with the present. More like a river than like a movie, the past flows endlessly into the present, ever changing as the present becomes the past.

The New Year is a convenient, symbolic separation of past from present, promising new beginnings and fresh starts. But like a river, the past year flows into the new without a demarcation, bringing with it deposits from upstream, sediment that can fertilize, pollute, or both.

At the women's gathering Saturday, using the imagery of a river, Alikí Serras invited women to step back in time and reflect on their experience of 2021. Was the imaginary river, like the year, moving so quickly that it felt unsafe? Or perhaps the waters were more gentle, more welcoming. Did the river and your inner world change with the seasons? Did Covid shape the course of your river, just as it did the year before?



**On-Line News of the Goodenough Community System**  
**[www.goodenough.org](http://www.goodenough.org)**

American Association for the Furtherance of Community  
Convocation: A Church and Ministry / Mandala Resources, Inc.  
Sahale Learning Center / The EcoVillage at Sahale

With Alikí's guidance, women journeyed through the recent past and approached the new year, recollecting their joys, their pains, their accomplishments. Helping women bless their year that has passed, Alikí spoke the words of John O'Donohue:

We bless this year for all we learned,  
For all we loved and lost,  
And for the quiet way it brought us  
Nearer to our invisible destination.

Mindfully revisiting the past—its joys, sorrows, and sources of pride—may help us change some perceptions of the past; this in turn may affect how we see the present and shape how we flow into the future.

**Yet the past is not gone.**

Thich Nhat Hanh, Vietnamese Buddhist monk, spiritual teacher, and activist for peace, reminds us of this truth, saying "Touching the present moment, we realize that the present is made of the past and is creating the future." At the same time, this master's recent death reminds us that just as the present is made of the past and is creating the future, just as the river of life flows from one year to the next, there is no clear demarcation between life and death. "When a cloud is no longer a cloud, it is not lost," he wrote. "It has not become nothing; it has transformed; it has become rain. ... I am a continuation like the rain is the continuation of the cloud."

In this way, we know a spiritual master has left this earth. We know an old year has ended and a new one has begun. We know the past is behind us and the future is yet to unfold.

We know these are gone but are forever with us.

*Tomorrow, I will continue to be. But you will have to be very attentive to see me. I will be a flower, or a leaf. I will be in these forms, and I will say hello to you. If you are attentive enough, you will recognize me, and you will greet me. I will be very happy.*

**Thich Nhat Hanh**

- In this issue is an article by Hollis Guill Ryan about how to join the membership of the Goodenough Community and Convocation (page 3) ...
- And Mindful Mike's blog (page 4) ...
- And the Community Schedule (page 8).

## **“I want to be a Member of the Goodenough Community! What do I do?”**

By now, you have read and heard that after four decades or so, the Goodenough Community has become a membership organization! People like you, who have been enjoying the gifts of the community, are choosing to become Members so that they can contribute to the continuing success of the Community.

### **It is easy to join.**

The first step is to take some time to contemplate what joining the Goodenough Community means to you. What attracts you to the Community, and how have you participated? What have you learned and what do you want to learn? Think also about how you want to be involved in the Community in the future.

Once you have considered the value of joining the Goodenough Community, it is time to apply for membership. All who join the Community start at Service Level 1, Water. This Service Level asks you for a commitment of service through your time, energy, and financial support, with the suggested financial contribution being \$15 a month (\$180 a year). Some Members feel able to contribute more than the suggested amount, and their generosity is gratefully received.

**How can you apply for membership?** Go to the Membership page of the Goodenough website (<https://www.goodenough.org/membership>), click on “New Members Option 2,” and print the form. Soon we will have “New Members Option 1” smoothed out so that you can complete your application online. Meanwhile, complete the printed form and return it to our Membership Focal, Rosemary Buchmeier ([buchmeiers1@gmail.com](mailto:buchmeiers1@gmail.com)). Rosemary will call you so the two of you can talk about your interest in the Community and your intentions for your involvement. She will work with you to find an appropriate form of service for you. You may also negotiate your financial contribution during this conversation.

If you are choosing to remain a Heart Friend and want to formalize your contribution to the future of the Community, you may talk with Rosemary. Or, you may click on the Donate page of the website (<https://www.goodenough.org/donate>), choose which organization you would like to contribute to, and set up a continuing monthly pledge at an amount that feels right to you.

Whether you choose to join the Water Service Level or become a contributing Heart Friend, you are a part of the team that is working together to assure that the community we love has a sustainable future.

## **Welcome to the Goodenough Community!**





## **Mindful Mike's Blog: Season Cycle**

### **Mike de Anguera**

It's tree pruning time again. Our fruit trees are once again sending suckers straight up into the sky. Phil Buchmeier, Tod Ransdall, and Tom George have been pruning our trees. I have been picking up the pruned branches.



The picture on the left shows our fruit trees being pruned and the right-hand photo shows a commercial apple-processing plant.

Masunobu Fukouka pioneered no till agriculture and also didn't believe in pruning his fruit trees. Quite a few of them died as a result. Why? Because once you start pruning your trees you have to keep on pruning them. They lose the ability to shape themselves in a way that produces good fruit.

Our apple trees are hybrids. Branches have been grafted on from other trees to get the right sized apples that are sweet. Phil is very knowledgeable about apple trees having worked with them over many years. We are lucky to have people such as Phil and Tod to look after our apple trees.

I have to confess that farming is one area where I am lacking. Having grown up in the city, I learned fruits were something you bought in the supermarket. Of course, my parent's Vashon Island summer place had apple trees as well as lots of black berries. My family never got much into fruit processing like we do here at Sahale.

The processed foods we all eat are often not healthy. Commercial chicken eggs have thinner shells than those of our chickens. Their diet is not as good.

If the food I eat is not healthy then I cannot be healthy either. I am what I eat. So, I prepare a commercial macaroni dinner with a packet of cheese sauce and Sam Staatz lets me know all the chemical ingredients in my supposedly organic box of noodles. Wonder how many chemicals I have ingested throughout my life? Do I really care about the food I eat?

Processed foods are the norm for our culture. That's what happens when we let others do our farming for us. The natural progression is for small farms to be taken over by bigger farms which then get taken over by bigger farms. Farms owned by Wall Street bankers knowing nothing about farming and could not care a less. A corporate farm could be seen as a tax deduction.



Do the people of our culture really have a good-quality life? The food we eat creates and maintains our bodies. Our work environments condition our relations with one another. Do we really care about each other? Does the work we do make us mindless? According to E.F. Schumacher, a famous economist, the work we do forms us.

Imagine houses and apartments lined up on either side of the street. Little boxes on the hillside, according to Pete Seeger. But we love to live in those boxes. I worked my whole life to live in a box and discovered that was not much fun.

Well, one thing I more aware of now is the turning of the seasons. Is spring around the corner? These plants seem to think so.

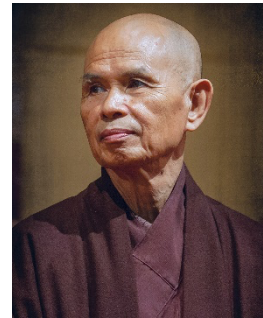




*Now we (members and friends of the Goodenough Community) are taking a stand for love and equality. We will continue to speak out about the injustices in our country and in the world and to advocate for peace.*

## SPEAK UP

*This week we note the passing of Thich Nhat Hanh. Throughout his life he modeled standing up for love, peace and non-violence. He founded the Engaged Buddhism movement (the act of using one's inner transformation to help heal this troubled world) and is called the "father of mindfulness". He was an important writer, teacher, and advocate for mindfulness and his influence is worldwide. Below is a brief biography from Wikipedia. A link to a more comprehensive biography is provided at the end of this article.*



Thích Nhất Hạnh born as Nguyễn Đình Lang and later known by the name Nguyễn Xuân Bảo;<sup>[2]</sup> (October 11, 1926 – January 22, 2022) was a Vietnamese Thiền Buddhist monk, peace activist, prolific author, poet, teacher, and founder of the Plum Village Tradition, historically recognized as the main inspiration for engaged Buddhism. Known as the "father of mindfulness", Nhất Hạnh was a major influence on Western practices of Buddhism.

Peace in the world starts with peace in oneself. If everyone lives mindfully, everyone will be more healthy, feel more fulfilled in their daily lives and there will be more peace.

[Thich Nhat Hanh](#)

Nhất Hạnh was exiled from Vietnam in the 1960s after expressing opposition to the war. He established dozens of monasteries and practice center and spent most of his later life at the Plum Village Monastery in southwest France near Thénac, travelling internationally to give retreats and talks. He coined the term "engaged Buddhism" in his book *Vietnam: Lotus in a Sea of Fire*. After a 39-year exile, he was permitted to visit Vietnam in 2005. In November 2018, he returned to Vietnam to his "root temple", Từ Hiếu Temple,

near Huế, where he died on January 22, 2022, at the age of 95.

Nhất Hạnh was active in the peace and deep ecology movements, promoting nonviolent solutions to conflict and raising awareness of the interconnectedness of all elements in nature. He was the founder of the largest monastic order in the West. He also refrained from consuming animal products as a means of nonviolence toward animals.

Many people are alive but don't touch the miracle of being alive.

[Thich Nhat Hanh](#)

From Yes Magazine  
JAN 24, 2022

Thich Nhat Hanh, the monk who helped popularize mindfulness in the West, died in the Từ Hiếu temple in Huế, Vietnam, on Jan. 22, 2022. He was 95.

In 2014, Thich Nhat Hanh suffered a stroke. After that, he was unable to speak or continue his teaching. In October 2018, he expressed his wish, using gestures, to return to the temple in Vietnam where he had been ordained as a young monk. Devotees from many parts of the world continued to visit him at the temple.

As a scholar of the contemporary practices of Buddhist meditation, I have studied his simple yet profound teachings, which combine mindfulness with social change, and which I believe will continue to have an impact around the world.



Thich Nhat Hanh prays during a three-day requiem for the souls of Vietnam War victims held on April 20, 2007, in Hanoi, Vietnam.

PHOTO BY HOANG DINH NAM/AFP VIA GETTY IMAGES

Thich Nhat Hanh, who taught mindfulness for decades, approached death in that same spirit.

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This article is continued on page 10.

# Programs and Events of the Goodenough Community

## Announcing Winter and Spring Dates

Community is about adapting to change, and that has been the case with the pandemic as we have adapted many of our ways to connect, most of which are held on Zoom.

Throughout the year we intend to offer programs that help you participate in your own development, learn about relating well with others, and help you discover your potential for having 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)



### **Human Relations Laboratory, August 7 – 13, 2022 – Mark your calendars now**

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. Next summer in 2022 we will celebrate 53 years! Contact: Colette Hoff or Elizabeth Jarrett-Jefferson, [hoff@goodenough.org](mailto:hoff@goodenough.org), [elizabeth.ann.jarrett@gmail.com](mailto:elizabeth.ann.jarrett@gmail.com)

**The Goodenough Community's governing body, the General Circle,** meets monthly on Monday evenings, 7:00 PM

### **Winter and Spring Dates**

- ☐ February 21
- ☐ March 21
- ☐ April 25
- ☐ May 23
- ☐ June 20

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 1:00 PM via Zoom:*

### **Winter and Spring Dates:**

- ☐ March 26
- ☐ April 29 – May 1 - *Annual Weekend for Women*

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





**The Third Age** - Those age 60 and older have been gathering monthly, Friday evenings, 7PM. Contact [Kirsten Rohde](#) for more information

**Winter and Spring 2022 dates:**

- ☐ January 28, 2022
- ☐ February 25
- ☐ April 15



**The Men's Program** - Our Men's Circle is an expression of brotherhood and practice, with wisdom gathered from our own lives, other men's work, advocates, and the founders of this circle.

For information, contact [Norm Peck](#)



**Pathwork, a Program of Convocation: A Church and Ministry** – Pathwork offers a spiritual home in which to rest and to share your heart and mind as you move through these unpredictable times. Participants come together under the leadership of Pastor Colette Hoff and find support and encouragement, gaining wisdom from the world's faith and wisdom traditions. All are welcome to join. Meetings are held via Zoom on alternate Sundays: 7pm to 9pm. Contact Colette Hoff: [hoff@goodenough.org](mailto:hoff@goodenough.org) for Zoom information.

**Winter and Spring Dates:**

- ☐ February 6 and 20
- ☐ March 6 and 20
- ☐ April 10 and 24
- ☐ May 8 and 22
- ☐ June 5 and 19



**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.

**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 Hoff (206-755 8404).

## **Thich Nhat Hanh (continued from page 7 Peace Activist)**

In the 1960s, Thich Nhat Hanh played an active role promoting peace during the years of war in Vietnam. He was in his mid-20s when he became active in efforts to revitalize Vietnamese Buddhism for peace efforts.

Over the next few years, Thich Nhat Hanh set up a number of organizations based on Buddhist principles of nonviolence and compassion. His School of Youth and Social Service, a grassroots relief organization, consisted of 10,000 volunteers and social workers offering aid to war-torn villages, rebuilding schools and establishing medical centers.

He also established the Order of Interbeing, a community of monastics and lay Buddhists who made a commitment to compassionate action and supported war victims. In addition, he founded a Buddhist university, a publishing house, and a peace activist magazine as ways to spread the message of compassion.

In 1966, Thich Nhat Hanh traveled to the United States and Europe to appeal for peace in Vietnam.

In lectures delivered across many cities, he compellingly described the war's devastation, spoke of the Vietnamese people's wish for peace, and appealed to the U.S. to cease its air offensive against Vietnam.

During his years in the U.S., he met Dr. Martin Luther King Jr., who nominated him for the Nobel Peace Prize in 1967.

However, because of his peace work and refusal to choose sides in his country's civil war, both the communist and noncommunist governments banned him, forcing Thich Nhat Hanh to live in exile for over 40 years.

During these years, the emphasis of his message shifted from the immediacy of the Vietnam War to being present in the moment—an idea that has come to be called “mindfulness.”

### **Being Aware of the Present Moment**

Thich Nhat Hanh first started teaching mindfulness in the mid-1970s. The main vehicle for his early teachings was his books. In *The Miracle of Mindfulness: An Introduction to the Practice of Meditation*, for example, Thich Nhat Hanh gave simple instructions on how to apply mindfulness to daily life.

In his book *You Are Here: Discovering the Magic of the Present Moment*, he urged people to pay attention to what they were experiencing in their body and mind at any given moment and to not dwell in the past or think of the future. His emphasis was on the awareness of the breath. He taught his readers to say internally, “I’m breathing in; this is an in-breath. I’m breathing out; this is an out-breath.”

People interested in practicing meditation didn’t need to spend days at a meditation retreat or find a teacher. His teachings emphasized that mindfulness could be practiced anytime, even when doing routine chores. Even when doing dishes, people could simply focus on the activity and be fully present. Peace, happiness, joy, and true love, he said, could be found only in the present moment.

## Mindfulness in America

Thich Nhat Hanh's mindfulness practices don't advocate disengagement with the world. Rather, in his view, the practice of mindfulness could lead one toward "compassionate action," like practicing openness to others' viewpoints and sharing material resources with those in need.

Jeff Wilson, a scholar of American Buddhism, argues in his book *Mindful America: The Mutual Transformation of Buddhist Meditation and American Culture* that it was Thich Nhat Hanh's combination of daily mindfulness practices with action in the world that contributed to the earliest strands of the mindfulness movement. This movement eventually became what *Time* magazine in 2014 called the "mindful revolution." The article argues that the power of mindfulness lies in its universality, as the practice has entered into corporate headquarters, political offices, parenting guides, and diet plans.

For Thich Nhat Hanh, however, mindfulness was not a means to a more productive day but a way of understanding "interbeing," the connection and codependence of everyone and everything. In a documentary, *Walk With Me*, he illustrated interbeing in the following way:

A young girl asks him how to deal with the grief of her recently deceased dog. He instructs her to look into the sky and watch a cloud disappear. The cloud has not died but has become the rain and the tea in the teacup. Just as the cloud is alive in a new form, so is the dog.

Being aware and mindful of the tea offers a reflection on the nature of reality. He believed this understanding could lead to more peace in the world.

## Thich Nhat Hanh's Lasting Impact

Thich Nhat Hanh will have a lasting impact through the legacy of his teachings in over 100 books, 11 global practice centers, over 1,000 global lay communities, and dozens of online community groups. The disciples closest to him—the 600 monks and nuns ordained in his Plum Village tradition, along with lay teachers—have been planning to continue their teacher's legacy for some time.

They have been writing books, offering teachings, and leading retreats for several decades now. In March 2020, the Thich Nhat Hanh Foundation, along with Lion's Roar, hosted an online summit called "In the Footsteps of Thich Nhat Hanh" to make people aware of his teachings through the disciples he trained.

Although Thich Nhat Hanh's death will change the community, his practices for being aware in the present moment and creating peace will live on.

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BROOKE SCHEDNECK is an assistant professor of religious studies at Rhodes College, where her research interests include contemporary Buddhism, religions of Southeast Asia, gender in Asian religions, and religious tourism.

For an extensive biography go to <https://www.lionsroar.com;the-life-of-thich-nhat-hanh/>