



Village eView June 10, 2020

Colette Hoff, Editor



We will continue to speak out about the racial injustice in our country.

Could we be near the tipping point of racism?

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.

Does this statement speak for you? How could it be changed?

Silence is Violence

Colette Hoff

I'm guilty of being silent when I knew racial discrimination was going on all over the country. I was silent when my step-son's Black friends were pulled over many more times than he was. I'm guilty of thinking all lives matter. I care a great deal, but my silence is violence. This issue of the eView will have excerpts of several articles and additional resources on white silence. I am grateful to Mari Scott to encourage our community to more fully engage in learning about the Black experience and educate ourselves.

My mom, Mary Werner, was anti-racist and taught me to have similar attitudes and I hope I have passed those same values to my daughter. When I was 14, my family took a trip to Florida where my dad, Ray Werner, was going to speak at a convention for the disabled. On the road trip, we went through the South and I was introduced to Colored only bathrooms. I was very upset by what I saw, and it made a deep impression. When I was 15, I went to a summer event sponsored by the National Conference of Christian and Jews with teens from all over and very

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

mixed ethnically and racially. The point was exposing kids to each other in a well-organized event complete with small group processes. Through that experience, I learned not to be afraid of Black young men.

In Birmingham, I worked in a racially segregated factory although I had access to everyone. A Black woman, Rycie Brown, be-friended me when I was new and I mourned with her the passing of the four little girls from her church who were killed in that tragic bombing. My next job was going house to house in all areas of Birmingham for a research study on blood pressure-- we had to visit, take blood pressures of adults, and get them into our clinic if their blood pressure was high. I learned not to be afraid to go into the areas of poverty and enjoyed meeting many warm people in the course of crossing all kinds of social lines. Also while in Birmingham, I had a direct experience with racism. My husband who worked for the University of Alabama in Birmingham invited a friend, a Black woman and her daughter for dinner. We took the little girl to the park and within a week, we had a note that the house we were renting was no longer available. We found something better and didn't try to protest, it was 1971.

While I have many stories about my experiences with Black culture, it doesn't excuse not doing anything but feeling the injustice of all those killed at the hands of the police. My feelings won't bring change but learning will. I still don't feel racist, but I can name my whiteness, ignorance and silence.

The following from a blog I follow is a place to begin:

"Being an antiracist requires persistent self-awareness, constant self-criticism, and regular self-examination"
~ Ibram X Kendi (author of How to be Antiracist among others)

Name

Craig Freshley

In principle, to name is to understand. It's huge. It is key to solving problems and resolving conflicts. When just the right words are used to name a situation, a perspective, a feeling, it can bring instant relief and instant forward progress. By leaps and bounds. Naming the problem is over half-way to solving it.

Practical Tip: Name situations, perspectives, feelings; that is, describe them in ways that ring true. Do not avoid thinking about a hard problem or conflict; rather, think about how to think about the problem or conflict. Give it a name.

Name things without judgment. Name things out loud for others to agree or challenge. Name things with honesty and integrity, not to mislead. Be open to names suggested by others and open to re-naming.

Craig Freshley <craig@goodgroupdecisions.ccsend.com>

Your Silence Will Not Protect You, Your Outrage Will Not Absolve You

...

I am also writing this, have found myself in the particular bizarreness that is: for the first time in my year and 8 months at work my colleagues have experienced me as a Black woman, and acknowledged me as such. I work for a leading UK charity at the forefront of innovation, known for its radical and bold ideas. However, the genetic makeup of the medium sized organization is overwhelmingly white.

...

The purpose of this piece is not to educate you, I am not a teacher by vocation, but a poet.

*The purpose is to let you know that **Your Silence Will Not Protect You, and Your Outrage Will Not Absolve You***

*Guilt is not a response to anger; it is a response to one's own actions or lack of action. If it leads to change then it can be useful, since it is no longer guilt but the beginning of knowledge. Yet all too often, guilt is just another name for impotence, for defensiveness destructive communication; it becomes a device to protect ignorance and the continuation of things the way they are, the **ultimate protection for changelessness.**" (Audre Lorde, **The Uses of Anger: Women Responding to Racism**)*

...

We don't exist to feel your anger, your outrage, your shock or grief, we are dealing with our own, in a system built to exploit and then annihilate us. For you, the Black experience is something to study, 'to educate yourself on', to file away next to random quiz trivia; something to feel threatened and unsettled by, to be pitied. In the meantime, Black people are being crushed by your fear, by your silence, by your colour-blindness and your paralysis. It is not enough to feel bad.

Written by Omolara Olusola

Black| Writer| Interested in social justice, culture, poetry, music and faith

<https://medium.com/@omolaraolusola/your-silence-will-not-protect-you-your-outrage-will-not-absolve-you-37671d2c0fb3>

Why You Need to Stop Saying "All Lives Matter"

Let me be clear: stating that black lives matter doesn't insinuate that other lives don't.

...

What about me?" "All lives matter," they cry. "Why be divisive and unfair, what about our safety?" The point these people miss is that the majority of experiences here in America already tend to center and highlight whiteness and cater to its safety. The country was built to function that way. Its roots of white supremacy and the marginalized concern for people of color has remained.

Let me be clear: our stating that black lives matter doesn't insinuate that other lives don't. Of course all lives matter. That doesn't even need to be said. But the fact that white people get so

upset about the term black lives matter is proof that nothing can center the wellbeing and livelihoods of black bodies without white people assuming it is to their demise.

My personal message to those committed to saying “all lives matter” in the midst of the justice-driven work of the Black Lives Matter movement: prove it. Point out the ways our society—particularly the systems set in place to protect citizens like police officers and doctors and elected officials—are showing up to serve and protect black lives. Illuminate the instances in which the livelihood of the black community was prioritized, considering the circumstances that put us into less-privileged spaces to begin with. Direct me to the evidence of justice for the bodies discarded at the hands of those in power, be it by unjustified murder, jail cell, poisoned water, or medical discrimination.

These are the things that must be rectified for us to be able to exhale. Until then, I'll be here, my black fist raised with Black Lives Matter on my lips.

RACHEL ELIZABETH CARGLE Rachel Elizabeth Cargle writes and lectures on things that exist at the intersection of race and womanhood.

<https://www.harpersbazaar.com/culture/politics/a27075028/black-lives-matter-explained/>

Five Steps White People (Myself Included) Can Take in Response to Systemic Racism

By Beth Kurland, Ph.D.

Here are some things that I am trying to do:

1. Understand that Black Lives Matter

Some people are inclined to say that “all lives matter,” and of course all lives *do* matter. But as John and Ocean Robbins shared in a [recent post](#) (and I paraphrase): If a house is burning down, you don’t call the fire department and say “all houses matter”; instead you focus on and send help to the specific house that is burning.

Black people have endured unspeakable individual and collective traumas of a nature that I/we (the privileged white) can never truly understand. This trauma has occurred in their past, AND it is a part of every day of their lives, in the injustices, disadvantages, discrimination and microaggressions they experience.

When we say <bblack lives matter we are acknowledging these facts and our need to take action.

2. Sit with discomfort.

The recent events that have occurred are not just about police brutality against people in the black community. If so, it might be easy to distance oneself and think that the problem lies with a small number of very bad cops “out there”, and justice simply needs to be served. Instead these recent events are only a very small part of a very ugly reality.

While, sadly, it has taken the recent and brutal deaths of George Floyd, Breonna Taylor, Ahmaud Arbery and so many others to begin to mobilize white people to action, people who are black have suffered systemic racism for centuries, and in many ways I/we — people of white privilege — have consciously and/or unconsciously played a role in this through our actions or inactions, our silence or complacency — and have benefitted from the color of our skin in ways we often don't recognize. There is a lot of discomfort in this, and it is easy to want to look the other way. If we are truly awake to this discomfort, I believe this an important place where change can begin.

3. Don't be color blind.

Many people with good intention think or say "I don't see color. I see that we are all the same." As author and Tedx speaker LeRon Barton poignantly shared in a recent conversation: "I want you to recognize my skin color, I want you to recognize my race... I want you to see all of that because when you are able to see that, you are truly able to see me."

For those of you who are tired of hearing about racism, imagine how much more tired we are constantly experiencing it.

~Barbara Smith

4. Listen deeply.

Listen to the stories and voices of black people from all walks of life so that you may begin to really *hear* their experiences.

A recent story in the Boston Globe is just one such account of a former Northeastern University athletic director pulled over by the police for simply walking out of his house at 5:45 pm to go to Whole Foods down the street. He was immediately surrounded by four police cruisers and one cop who drew his gun because he was presumed to be another tall black man they were pursuing.

There is also the voice of a mother who is panicked about her young son not doing his homework and falling behind because she knows all too well the tremendous disadvantages he will face simply on account of him being black. And she is fearful every night of her older teen coming home safe and alive each night, praying every time he takes the car that he does not get pulled over by the cops and shot.

5. Take actions that matter and that make a difference to the black community.

It can be easy to feel a sense of overwhelm and helplessness, in the face of such horrible atrocities that keep occurring, but sometimes this can lead to inaction. Instead, we can mobilize our energy toward small steps that matter. We can educate ourselves, and have conscious conversations that lead to generating action steps. (Below I share a list of resources that I have come across from various sources that may be one place to begin).

We can vote for politicians at the local and national level who support strong positive, systemic changes in all aspects of life to address discrimination and racism. We can donate financially to organizations that support the black community, and we can support local black businesses. We can continue to work on our own behaviors so that we don't unwittingly contribute to the

climate of racism through our inherent biases, microaggressions or the use of seemingly “innocent” stereotypes.

Some helpful resources:

[Anti-Racist Resources from Greater Good Science Center at UC Berkeley](#)

[The Big Talk Round Table: A Conscious Conversation](#)

[I Don't Need 'Love' Texts From My White Friends: I need them to fight anti-blackness](#) by Chad Sanders

White Fragility by Robin DiAngelo, PhD (physical book is currently sold out, but the audiobook and ebook are available for immediate download)

[10 Habits of Someone Who Doesn't Know They're Anti-Black](#) by Cicely Blain

[Why You Need to Stop Saying “All Lives Matter”](#) by Rachel Elizabeth Cargle

[10 Books About Race to Read Instead of Asking a Person of Color to Explain Things to You](#)

Writing by the [The Psychology of Radical Healing Collective](#)

[75 Things White People Can Do for Racial Justice](#) by Corinne Shutack

This is an excellent list which will be published in the eView next week.

CNN's Chris Cuomo [explains](#) how America is “a tale of two cities” after the death of George Floyd.

[This moment cries out for us to confront race in America](#), op-ed by former Secretary of State Condoleezza Rice

[Uncomfortable Conversations with a Black Man](#) by Emmanuel Acho on USA Today

<https://psychcentral.com/blog/five-steps-white-people-myself-included-can-take-in-response-to-systemic-racism/>

Dr. Henry Gates Jr. has a new documentary titled **Black America Since MLK And Still We Rise** through **PBS**.

Editor's Note: I recommend the book, **The Yellow House** by Sarah M. Broom It is beautiful written story of a house and all those who lived in New Orleans East. It portrays many issues faced by Black people.

This List Of Books, Films And Podcasts About Racism Is A Start, Not A Panacea

Isabella Rosario

This is an annotated list and very helpful list.

<https://www.npr.org/sections/codeswitch/2020/06/06/871023438/this-list-of-books-films-and-podcasts-about-racism-is-a-start-not-a-panacea>



Introducing Three New Work Exchange Guests at Sahale

Hi there! We are three enthusiastic individuals who have come to learn and contribute to the Goodenough Community this summer! Here is a little bit about each of us:

Esther is a 22 year-old Seattle native studying English literature at Barnard College in New York City. She enjoys playing piano, frisbee, and origami (though most attempts end up in a crumpled heap).

Vuk is a recent graduate from Reed College in Portland, OR where he studied Biology and Anthropology. Vuk is a traditional sailor who has been teaching himself how to whittle in between playing the viola, writing a novel and illustrating corresponding maps for his tale.

Yoela is a Religion major at Reed College. Also a Seattle native, she has also delved into traditional sailing and permaculture practices outside her formal schooling. She wants to learn as many crafts as possible and is currently teaching herself how to embroider.



Esther, Yoela, and Vuk at their first shared meal after two weeks of quarantine!



Updates from the General Circle

Barbara Brucker

Like everyone and every organization, our life in the General Circle has been significantly impacted by Covid-19. Prior to the beginning of the pandemic, we were gathering as two groups and meeting by Zoom. Now we meet by Zoom from our individual homes. While we appreciate the technology that allows us to continue our business, we find it challenging to maintain the relational atmosphere we so value when Zooming from our individual sites. In terms of accomplishments and projects:

Sadly, the covid situation required that we cancel the annual weekend. It had been our dream that one of the things we would accomplish that weekend was a renewed sense of who we are and where we are headed. Ultimately (though not necessarily that weekend) we could then develop a new mission and vision statements for our overall organization – The Goodenough Community System. The General Circle has picked this up and we have challenged ourselves to develop vision and mission statements that are succinct and relevant

We said goodbye to Pedge. She left Sahale around April 1 to move on to the next phase of her life. She is missed at Sahale and as a player in the General Circle. Thank you to Pedge for her good-hearted service during the time she spent with us.

Colette's contract was renewed for the next 3 years. The Economy Circle will stay engaged in conversation with Colette around the financial dimensions of the contract.

The General Circle authorized the updating of the website. If you haven't looked for a while, check it out! And thanks to the Communications Circle for this exciting new introduction to our community.

We have evaluated our use of Sociocracy, acknowledged that there are elements we haven't fully explored, and generally agreed that using the sociocratic model has been helpful with workflow.

Overall, the General Circle is focusing on moving forward through and beyond these unusual times. In the short-term there are concerns like what, if any, events can be held at Sahale this summer? How do we maintain stability through uncertain financial times? For the long term, we are challenging ourselves and our members to develop a clear statement about who we are and where we are going.



2020 Human Relations Laboratory, August 2 to 8

Honesty Warmth Forgiveness Connection Sense of Belonging
Trust Mindfulness Empathy Humility Patience Generosity
Respect Flexibility Memory Loyalty Gratitude Service

Can you picture yourself choosing three of these words and studying them deeply in a variety of ways throughout a week-long learning experience? These aspects of kindness brought to us through the work of Piero Ferrucci will permeate and support the Lab experience. You could even begin now to consider which words challenge you.

More about the Lab will be coming in the next few weeks.

In growing concern for our economics, **we are asking you to register for the 2020 Human Relations Laboratory as soon as you can.** On-line registration is available and please let me know if you have a problem. We hope you also might consider a donation to our scholarship fund to help others participate in the event.



Pathwork, a Program of Convocation: A Church and Ministry -

The Pathwork Circle is meeting on Zoom and are finding it brings connection to friends and encourages reflection on our inner life and spiritual development. Guest Speakers and teachers are often invited through internet videos.



You are welcome to join on Sunday, May 31 and June 14 at 7:00 p.m. Please email Colette at hoff@goodenough.org to get access information to the Zoom call.



Our long-time community friend and supporter, **Virginia Stout**, died June 4 at home in Seattle. Our hearts go out to her family. Virginia was a big spirit and generous soul who will be very much missed.



Women's Culture Saturday, June 20, 10 to 2, on Zoom!

You are invited to join a woman's conversation on zoom.

The woman's culture has been dormant since the virus and we are being asked to offer a get-together. Grab your coffee cup and settle into the experience of good conversations. Please RSVP by emailing elizabeth.ann.jarrett@gmail.com to get zooming instructions. It will be good to see you!



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.

Our semi-annual spring weekend will be postponed until we're all free for non-essential travel per our Governor guidance. We'll keep you posted as the summer moves along.

For more information, contact: bruce_perler@hotmail.com



Mindful Mike's Blog: Designing Our Dance

Mike deAnguera

I've been watching the news with Colette Hoff almost every day. I see demonstrations, riots, and of course everything around COVID-19. Lots of excitement. A dance going faster and faster. Wonder who is calling the moves. It seems to all blend in together on TV. Is this dance largely unconscious? Are people really thinking about what's happening?

Luckily I have my community supporting me. Bruce Perler is building me a deck for my home. Notice I now call my tiny house a 'home.' That's thanks to Draí Schindler, Pam Jarrett-Jefferson, Paul Rawe, Josh DeMers, Marley Long, Jim Tocher, and Colette Hoff. All these people are helping me make my house a home. I can buy a house but I have to make a home. This is all part of the community dance we do together everyday which I often take for granted.

I cannot imagine having a house and having a contractor work on it on the outside. Now I remember this is something I have actually done at my condo. So yes, I can do these things but I didn't take care of my condo because it was never my home. It was just someplace I landed with my stuff. Okay, so I learned just how important my friends are to me. Friends are folks I can shoot the breeze with on an afternoon. Be honest and not have to keep up appearances.

It took a community, the work of John and Colette Hoff to give me a healthy social life. I know from experience church in the past had not done it except when I was in the Navy. They developed the Human Relations Lab enabling people to **design** the dance we do together. This dance grows all of us.

Oh the dancing we all do. Think of Elizabeth Jarrett-Jefferson happy with her new mower and me with my new deck. It truly is the best deck I have ever seen.



We are all dancing together to make this world possible. Decisions each of us make keep this dance going. It is only now that I wonder about the nature of this dance, who is leading it, and what they are leading us to.

Politics is just the surface. It is all about appearances. Maybe it is meant to distract me from the lousy way I have experienced this dance in the past. This dance is all about relationship. It creates and shapes virtually all of my relationships.

When I was a social activist I never thought relationships were that important. Especially intimate ones. They are what I need to be a psychologically healthy person.

Without community I am unable to form healthy friendships. Community provides the resources enabling friendships. From healthy friendships healthy couples can grow. It does take time for a healthy couple to grow. I can't imagine healthy marriages growing out of an unhealthy social environment.

The dance we all do out here at Sahale structures my work everyday. Without this structure I doubt very much my life would work right.

Employment certainly can't do it unless it is with somebody who really cares about me. Pedge Hopkins was so lucky to have found such a person in Long Beach at the Sou'wester. Once again this was never a consideration when I looked for work. That's because I never realized just how important friendships were.

Now here is a picture of two beings building their friendship together. I just love watching the new things Tuck is learning to do. He is a very smart bird and Draï Schindler is his best mom and pal.



Courage is what it takes to stand up and speak.

Courage is also what it takes to sit down and listen.

~Sir Winston Churchill

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Programs and Events of the Goodenough Community

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

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

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

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



The **General Circle** meets Monday evening for light dinner & business at hand. In 2020, our meeting schedule will be: June 22.

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. This month we will meet Saturday morning June 20 from 10:00 to 12:00 on Zoom. For more information, contact Elizabeth Jarrett-Jefferson.



True Holidays Celebration, Saturday, December 5, 2020

Be part of this fun-filled family-oriented evening and prepare yourself for the winter season (whatever faith tradition you follow) that fills your heart. Contact Elizabeth Jarrett-Jefferson for more information.



The Third Age - Those age 60 and older have been gathering every other month, Friday evenings in Seattle. Contact Kirsten Rohde for more information: krohde14@outlook.com

The Men’s Program

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

weekend will hopefully be in June. Stay tuned. For more information, contact:
bruce_perler@hotmail.com

Pathwork, a Program of Convocation: A Church and Ministry - On alternate Sunday evenings an interfaith circle of practice meets between 7:00 and 9:30 PM under the leadership of Colette Hoff. This is a time to learn together about our personal goals, to talk out our chosen practices for the development of a spirit filled life, and to learn the skills of joining with others in service. **In 2020, Pathwork will meet May 31; June 14.** Contact Colette Hoff for more information: hoff@goodenough.org



Summer Camp for Youth NEW DATES for 2020!

In 2020, Camp will begin Monday June 22 and will close on Sunday, June 28. Summer Camp is a wonderful opportunity for children 9 to 12 to have a full camp experience in a beautiful setting with loving leadership. If you have interest or know someone who might be, please contact Colette Hoff, hoff@goodenough.org



Human Relations Laboratory, August 2 to 8, 2020

This intense and joyous week-long event is a communal experience of personal growth and relational development within a rich culture with art, music dance, song, drama and more. This summer we will celebrate 50 years! Contact: Colette Hoff, hoff@goodenough.org

Work and Play Parties throughout the Year. Traditionally, the Goodenough Community sponsors work parties over Memorial Day weekend (May 22 to 25, 2020) as well as other times throughout the year to express gratitude for the presence of our beloved retreat center, Sahale, and to experience the satisfaction of playing and working together. Please email hoff@goodenough.org with information about what may be coming up. It is a great time to bring friends to share Sahale!

Quest: A Counseling and Healing Center



Our belief is that mental and emotional health is a prerequisite for spiritual well-being, collaboration, and the expression of compassion. Quest's counseling and education programs, open to all interested individuals, focus on empowering individuals, couples, and family groups to be happier and more effective in relationships. **Call Colette (206-755 8404) if you find you need to talk out your feelings regarding the crisis.**

