



Village eView

March 11, 2020

Colette Hoff, Editor

COMING UP

Pathwork, March 22

Annual Weekend, March 13 to 15

Moving party for Hal and Hollis, Thursday, Mar 26

Moving party for Tod Ransdell, March 28

The Kindness of Strangers

Colette Hoff

Driving from Sahale to Seattle and back is something I have done many, many times in 19 years. This past Saturday night, as I was driving on I-5, the tire light came on and soon the road felt different, and I realized something was wrong. I chose to drive to an exit rather than pull off to the side of the road. I made it to the Union 76 Station at the 320th Federal Way exit. Several people saw me drive in and saw the situation was obvious, a very flat tire. The woman running the gas station saw a man approach me for help. She then secured help for me from my new friend, Mike, realizing he seemed a safer choice.

Mike and his partner, Sarah worked together to change my tire, which was very torn up, to the spare. As we talked, they knew of my gratitude. They made it seem like it was no trouble. We also talked about the good karma they would accrue! And, they would not accept my offer of Girl Scout Cookies or a little money.

As the world is so sick with a new virus, kindness seems a worthy theme this week. There are many ways to offer kindness in times of crisis and my intention to re-awaken our tacit knowledge of compassion and kindness.

Mike and Sarah are the best illustrations of *disinterested kindness* which comprise a great deal of human interaction. Life goes on because we are kind to each other, and we are kind without even knowing it.

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

Introduced to me by Pam Jarrett-Jefferson, Piero Ferrucci is a transpersonal psychologist who was a student of Roberto Assagioli, Fritz Perls, Alan Watts, Aldous Huxley, and Virginia Satir as well as many others. His book, *The Power of Kindness: The Unexpected Benefits of Leading a Compassionate Life*, suggests that the true value kindness is being kind. True kindness is a strong, genuine, warm way of being and is the result of the interplay of qualities such as warmth, patience, forgiveness, loyalty, humility, gratitude, sense of belonging, and others. Kindness allows us to communicate and relate more easily.

Kindness has to do with what is tenderest and most intimate in us. It is an aspect of our nature that we often do not express fully – especially men in our culture, but also women – because we are afraid that if this vulnerable side comes to light, we might suffer, be offended, ridiculed, or exploited. We will find rather, that we suffer by not expressing it. And that by touching this nucleus of tenderness, we enliven our entire affective world, and we open ourselves to countless possibilities of change. Ferrucci, Introduction, *The Power of Kindness*.

Receiving kindness is good for us. I felt tremendous relief with the warmth Sarah expressed as Mike fixed my tire. Then, when I was safely on my way, I had profound gratitude for all the spiritual forces that made my experience safe and as good as it could possibly be. And, my tire rim was not ruined!



Giving kindness has been proven to be good for our health and happiness. Kind people are more likely to have fulfilling and creative lives. Every act of kindness creates a ripple effect that spreads from person to person with no end in sight. Kindness is contagious like a disease (*virus*) in which the outcome is divinely beautiful. According to Jamil Zaki, Professor of Psychology at Stanford University and Director of the Stanford Social Neuroscience Lab who recently conducted a series of studies that observe how witnessing kindness inspires kindness, causing it to spread like a virus. He concludes that “by emphasizing empathy-positive norms, we may be able to leverage the power of social influence to combat apathy and conflict in new ways.”

Kindness in all its aspects can become an extraordinary inner adventure that radically changes our way of thinking and being and moves us along in our personal and spiritual growth writes Ferrucci. (For an outstanding autobiographical essay by Piero Ferrucci, go to http://piero ferrucci.it/indra_eng.html)

Sarah and Mike will forever be in my heart with gratitude and I hope I can return the kindness they offered to me to others!

Some considerations of kind behaviors for the times we are in: (In addition to hand washing)

Become mindful of the ways you are naturally kind.

Contemplate the people in your life to whom you are grateful. Make a list.

Open your eyes and be an active force when you see people in need.

Notice the suffering of others – a kind word, a smile, a hug, and your presence—can make a difference.

Give compliments.

Stay home if you are sick.

Phone a friend, send an email or text or a card in the mail to let them know you are thinking of them.

Refuse to gossip.

Celebrate the success of others, a component of Lovingkindness.

Kindness includes being kind to yourself. Do you treat yourself kindly? Do you speak gently and kindly to yourself and take good care of yourself?

People will forget what you did, they will forget what you said, but they will never forget how you made them feel. Maya Angelou

My religion is very simple. My religion is kindness. — Dalai Lama XIV

It is clear that our very survival, even today, depends upon the acts and kindness of so many people.

— Piero Ferrucci, *The Power of Kindness*





Announcing a Change of Plans

Goodenough Community Annual Meeting is Cancelled

Kirsten Rohde

Our community annual meeting has been on our calendar for this coming weekend – **March 13-15**. Meanwhile the World Health Organization has declared that the worldwide coronavirus outbreak is now a pandemic. In our state increasingly serious measures are being announced to try to contain the local spread of this virus.

After much discussion at Sahale and at the General Circle meeting this past Monday, we felt that cancelling the annual meeting is the right response. We join the general concern for everyone's health.

It is a sad time for us since this annual event in our community life has for many years been a high point as we gather to share about our past year, present status and future visioning and planning. Many good discussions and decisions happen. We enjoy connecting, contending, socializing and appreciating being at Sahale and with each other. As a community that values closeness the idea of trying to hold a meeting while distancing ourselves from each other seems contradictory! And we want to be good citizens during this unique time.

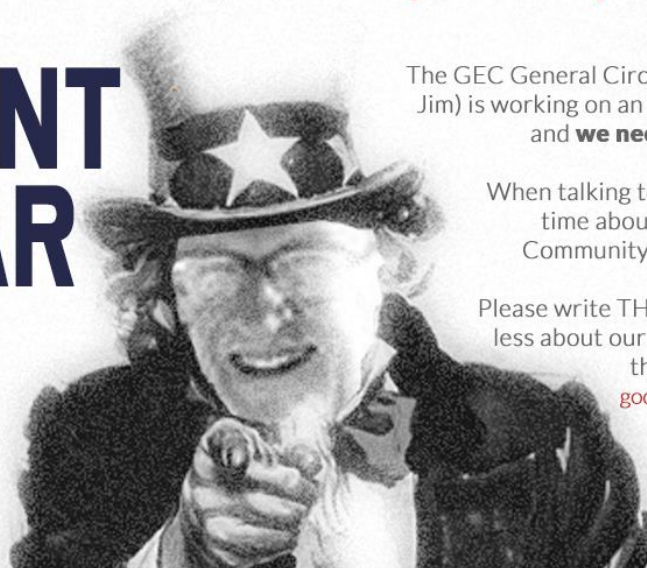
One of our goals for this meeting was to engage in the creativity of finding the words that most describe our community and all its parts. We envision condensing many words and vision/mission statements down to a few sentences at most that help us all describe easily to those we encounter what our entire community is about. From complexity to a simple statement! Might it be possible to engage in this work anyway? We can achieve this through the eView, email, household conversations, maybe even video conferencing at some point, working together to capture the essence of what our community offers. In the meantime, **on page 4 of this eView, Draí is offering one way to begin to participate**. Stay tuned for some additional ways that you can participate, consider crafting a response an act of kindness! If you have ideas about this idea please send a note to the eView editor Colette Hoff at hoff@goodenough.org or contact me at krohde14@outlook.com. In the meantime, to our world's return to health!

If you were planning to attend the annual meeting, you are welcome to visit Sahale this weekend. We are being very careful and you are welcome to join. Text or call Colette!



Our beloved Elder Jim Tocher says...“ **Please respond, this is important!**”

WE WANT TO HEAR FROM YOU!



The GEC General Circle (which includes Jim) is working on an important project and **we need YOUR INPUT!**

When talking to folks for the first time about the Goodenough Community...what do you say?

Please write **THREE** sentences or less about our **purpose & value**, then submit to Drai. goddessdrai@gmail.com

ASAP!
Thank you!



Mindful Mike's Blog: Kindness *Mike deAnguera*

Kindness arises out of love. It is how I treat myself and others. Am I being kind to myself? If I am not kind to myself I cannot be kind to others. When I am kind to others they will be kind to me and we will all be so much happier.

Kindness is my nature when I am awake. If I am asleep I approach everything from a fearful perspective.

I don't live in a kind world. It treats me as simply a factor of production. As a result I was shut down. Am I really a gentle person? Gentleness requires letting go and trusting others. This is the perfect antidote to the isolation our world produces in our lives. Community is the garden for cultivating kindness.

Love encourages me to extend myself out. Otherwise for me to be kind can be a challenge. It takes practice with other people. That way I can feel confident and grow.

It took the Human Relations Lab to open me up to kindness. I had people to practice with and get feedback. Getting and giving feedback are the kindest things we can do for each other.

Have I been unkind in the past? Yes. But I can let the past go and be a kind person today. I can be kind to you because I love you. You are a unique human being. You are love made

manifest just like me. Reminds me of Mr. Rogers and his neighborhood in TV land long ago. I loved the way he related to children and adults.

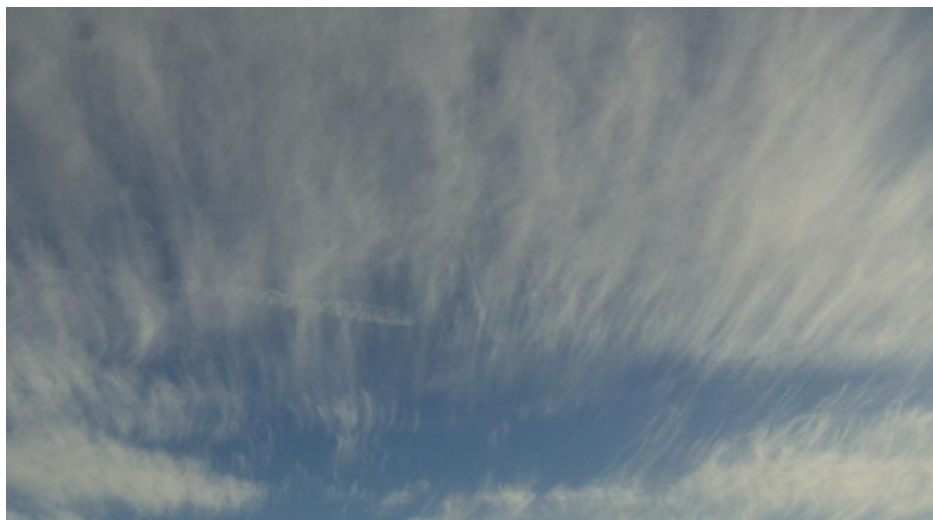
Jesus taught us to love our neighbors as ourselves. This is at the heart of all our religions.



Here is Julie Wolf helping clean up the Tum Tum green house. A great chance to prepare space for organic plants. Let's be kind to our bodies as well as the planet. Gentleness and compassion grow in gardens because nobody is using pesticides and non-organic fertilizers.

I remember when Douglas and Connie DeMers helped us assemble this green house. A nice warm place to be in cold winter weather.

Here even the sky proclaims the beauty of the day with brushstrokes of clouds. Yes, the Earth is kind to us leaving reminders all around of kindness.





PLEASE JOIN US | APRIL 24-26, 2020

The Goodenough Community women's program presents a curriculum for developing as a woman, providing a culture in which women share their lives together as friends. The women's program is pleased to announce:

WOMEN

A WOMEN'S WEEKEND

COME JOIN US, YOU WILL FIND...

- Encouragement and support for self-development —
- A greater connection with your inner source of feminine strength —
- Archetypal understandings of Maiden, Mother, Guardian, and Crone —
- A continuing celebration of who you are as a woman —
- Tools for improving your relationships with partners, family members, friends, and yourself —

The weekend retreat will take place at the Sahale Learning Center, near Belfair, Washington. The natural setting of Sahale invites you to periods of relaxation, reflection, and invigorating activity. The event begins with dinner at 6:30 p.m. on Friday and concludes at 3:00 p.m. Sunday.

FOR MORE INFORMATION CONTACT

Elizabeth Jarrett-Jefferson (206-313-9803), elizabeth.ann.jarrett@gmail.com or Colette Hoff 206-755-8404



TO REGISTER Please visit www.goodenough.org/womens-culture.

Registration | \$300 | Includes program, room, board and learning materials.

We offer scholarship options to make the event affordable for all. If paying full fare is difficult, please email hoff@goodenough.org.

If you would like to contribute to the scholarship fund beyond the workshop fee, your generosity will be appreciated.



Save the Date: March 21

Marking Birthdays in March @ Sahale

You'll not want to miss the **60th** birthday celebration for **Pam Jarrett-Jefferson** and the 50ish birthdays of **Rachel Hoff** and **Larry Hoff**, a powerful birthday triumvirate! Please join us at Sahale and the Swamp for some revelry and raucousness.

- ☐ **Date – Saturday, March 21, 4pm** (or come for any part of the weekend)
- ☐ **Where – Sahale Learning Center – 2901 NE Tahuya River Road, Tahuya 98588**
- ☐ **Details** - forthcoming. Contact Elizabeth Jarrett-Jefferson or Colette Hoff in the meantime if you have questions.

Watchcare



Rose Gossett is now home from the hospital after knee replacement surgery. Wish you the best healing Rose and take care of yourself, Leo!

Love to you each

Transition is happening at a certain home on Mercer Island and it needs our *attention*. Tod Ransdell, Hal Smith and Hollis Ryan are leaving their nest, downsizing and moving to new quarters. Over the history of the Goodenough Community we have moved many households and have had fun in the process. You have two opportunities to help:

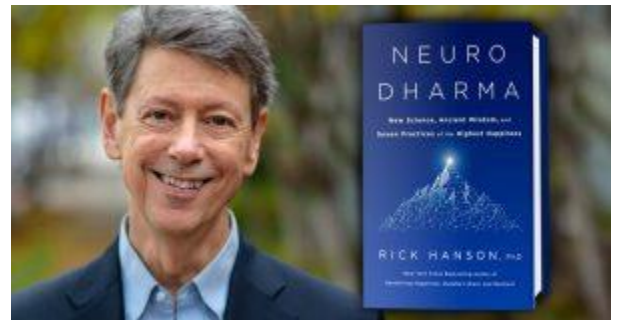
- Hal and Hollis would appreciate help on **Thursday, March 26**.
- Tod would appreciate help on **Saturday, March 28**. Please contact Pam Jarrett-Jefferson if you are willing to lend Tod a hand. adventuredog@hotmail.com



Talk + Book Signing at Third Place Books in Seattle, WA

June 4, 7:00 pm - 9:00 pm PDT

Rick Hanson will offer a talk and book signing for his new book *Neurodharma* at Third Place Books (Lake Forest Park Location), in Seattle, Washington. Third Place Books, 17171 Bothell Way NE, #A101 Lake Forest Park, WA 98155 United States



Update: We're almost on top !

The roof on our Sahale-based gathering tent has been ordered!

And you can still donate now at www.goodenough.org

Scroll down to the donate button for Goodenough Community. In comment section, please note tent roof.

For more information: Tom George thomasageorge@live.com



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Programs and Events of the Goodenough Community

Please Note: New dates for 2020 are highlighted.

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: March 30, April 6, 20; May 4, 18; June 1, 15. Our **Annual weekend** will be **March 13 to 15.**

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. We meet Saturday mornings from 10:00 to 2:00 with lunch included. In February, our meeting will be February 29.



The annual women's weekend will be April 24 to 26. For more information, contact Hollis Guill Ryan, hollisr@comcast.net

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. April 17 will be the next meeting. 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 be **June 5 to 7**. 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 March 8, 22; April 12, May 3, 17, 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.



Contact: Irene Perler, Irene_Perler@hotmail.com



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) to make an appointment.

