



The Village View

November 12, 2020

Pam & Elizabeth Jarrett-Jefferson

Guest Editors

COMING UP:

MEDITATION RETREAT— NOV 13-15

JOINING

If you're like me, you may be reaching a saturation point about our recent election....reading and hearing about the winners, losers, speculations, pundit commentaries, and other information...which is to be expected...but sometimes in the midst of all of it all, I am left to ponder the meaning of these recent events, particularly about uniting as a people, and in particular wondering about the fundamental artform of *joining*. We decided to dig back into history to see what joining meant to others and how they saw it or described it. One of the reasons this *eView* is published a little late this week is that Pam and I have just returned from a Q&D trip to Europe and the Ancient East, where we studied cultures and history, and have spent this extra time, after recovering from camel riding and our other treks & maintaining social distance (we procured a special charter, AirCovid, where we were the only passengers with an unusual discount), piecing together things we've learned from our predecessors about joining. In summary, I think that Pamlet Jarrett-Jefferson says it all for us. – Elizabeth

Hamlet's Soliloquy on Querulous Human Nature

Pamlet Jarrett-Jefferson

To join, or not to join, that is the question:
Whether 'tis nobler in the mind to suffer
The slings and arrows of obsessive alienation,
Or to take arms with a sea of others,
And by embracing join them? To join: to join;
Once more; and by joining to say we end
The heartache and the thousand blocks
That choice is heir to, 'tis devotion to be wished. To
link, to join;
To join: perchance to unite: ay, there's the rub;
For in that choice of connection what unity may come
When we have shuffled off this human foible,
Must give us pause: here, one's reflection



Shows the calamity of a disjointed life;
For who would bear the whips and scorns of one's hatred,
One's oppressive wrong and proud contempt,
One's pangs of despised love, the inner law's delay,
The insolence of hubris and the rejection
The unworthy gives of valued greater good,
When he himself might his quietness make
With a single touch? who would bear baggage,
To grunt and sweat under a weary life,
But in the dread of connection after joining,
The rediscovered country from whose destination
A traveler returns, puzzles the will's won't
And makes us rather bear those ills we have
Than fly to join that we know not of?
Thus conscience makes cowards of us all;
Or thus the native hue of recognition
Dawns over us with the pale cast of consciousness,
And enterprises of notice, composure, and movement
In this regard, their currents turn toward,
And gain the name of action.—Softly you know!
Divine Nature, in thy prayers
Be all my relations remembered.



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

Awakening to the Precious Present: A Virtual Meditation Retreat

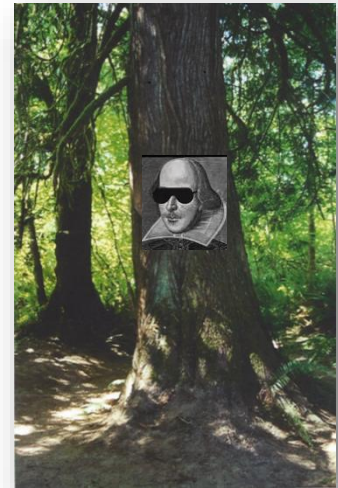
November 13 to 15, 2020 – This weekend

With mindfulness and compassion, we can let go of our battles and open our heart with kindness to things just as they are. Then we come to rest in the present moment. This is the beginning and the end of spiritual practice.

~Jack Kornfield Clinical Psychologist and Buddhist Teacher

WHAT. This retreat is sponsored by Convocation: A Church and Ministry, a long-established interfaith community dedicated to enhancing personal development and spiritual awareness through the mindful practice of relationship. The community's open and inviting ambience will support and encourage you. During this virtual retreat, which is thoughtfully designed for seekers of all levels of experience, you will be able to experience a variety of forms of meditation:

- ✚ Periods of silence when you can become centered in yourself
- ✚ Experiences of heart-opening connections with others
- ✚ Conversations where you can share your experience, ask questions, and learn from others
- ✚ Skillfully led guided meditations, sensory experiences, chakra toning, and movement
- ✚ Guidance for time between sessions, including artistic expression



WHEN. Friday, November 13, at 7:30 pm and concluding on Sunday, November 15 at 4:00 pm.

WHO. Central leadership will be provided by **Colette Hoff, M.Ed.**, pastor of Convocation: A Church and Ministry. Colette is well respected for teaching with her life and for her practical strategies for mindful living. For over 40 years she has been teaching and leading successful workshops, human relations laboratories, community cultural programs, and spiritual exploration experiences. Her leadership is supported by:

- **Joshua DeMers** will offer consultation to the retreat. Josh has studied meditation for many years and most recently in India. He has previously led meditation experiences for the Goodenough Community and for Convocation.

- **Marley Long** will provide yoga as part of the morning sessions on Saturday and Sunday. Marley has long been a yoga practitioner, and she is on the path to becoming a seasoned instructor. She is skilled in working with all abilities. Marley has provided previous yoga experiences for the Goodenough Community and Convocation.
- **Elizabeth Jarrett-Jefferson**, our registrar, will work with chat room issues and will post questions for break out conversations. Elizabeth will also serve as Zoom co-host.
- **Deborah Cornett** will encourage your creativity through suggestions for artistic expression.

REGISTRATION & COST - \$175 which includes learning materials. A sliding scale is negotiable; your financial situation does not need to be a barrier to your participation. Contact Colette Hoff to discuss options and if you have other questions about the retreat-- hoff@goodenough.org or 206-755-8404. Registration online at www.goodenough.org



Mindful Mike's Blog: Joining in Love

Mike deAnguera

We humans are some of the strangest creatures ever. I think we are the only beings who try to rationalize all our actions. Dogs and cats never do.

Am I really a rational being? Or do I just give the impression of being one? Most of you know my irrational side. Like our losing presidential candidate, I think I am a perfectly rational being. I can only become aware of my irrational nature through feedback. If the presidential candidate in question accepted feedback, maybe he would have been a much better president.



To join another out of Love doesn't mean attempting to possess another. Love by its nature has no conditions and doesn't possess anybody.

How do I show Love? I can start out by telling another, "You are precious, you are valued, you are needed, you are Loved." I do not take the other person for granted but show just how important that person is to me. I feed energy to the other person.

To freely express Love to others takes a community for me. It is not something I can communicate to a stranger. I can be helpful if the stranger needs help. This is really the first time I have ever thought of how I come across to non-community folks.

People at the little Tahuya St. Nicholas church talk about me a lot. They miss me when I am not there. I suppose the fact I am associated with Colette Hoff and others such as Bruce and Irene Perler makes a difference.

Here you can see all of our Gap Volunteers gathered in a circle and the results of their work with the chipper Jim Tocher rented for the day. A nice mound of chips we can now use on various locations. A nice joining. Our Gap volunteers have a deep relationship with each other. Colette gave them our article on kindness. Thank you kind Gap volunteers!

We work and play together. That's what enables the development of Loving relationships. Community is the soil in which they grow. Leaven that soil with our cool vision and Loving relations begin to pop out.

The best place to start developing Loving relations is at the annual Human Relations Laboratory, even if it is on Zoom and some of us have to struggle to stay on Zoom.

I am sure the day will come when we won't have to worry about COVID. It has turned everything upside down.

How about a good birthday party? We had one for Colette yesterday in the warmth of Potlatch. The sign on the pantry behind Colette says "Warmth."



Persevering

By Norm Peck

The Sage-scrub desert around Ellensburg is changing. In fact, it is always changing. Right now, the sere gray-brown of arid summer, overlaid with the ash of the Evan's Canyon Fire, is showing shades of green as the short-season grass soaks up fall rain and starts to grow before the cold stops it again. These grasses are adapted to survive fires and droughts.

Then in the spring, when the freeze ends and warmth returns, something amazing occurs. Between the weathered rock and soil crust a reddish shoot appears, swells and opens into a delicate pink flower. It will last 3-4 days then shrivel, harden and disappear among the rocks and growing green of the grasses that will last a little longer, a month or so before they brown and desiccate.

The small pink flower grows no leaves, apparently photosynthesizing all it needs to through the stem and sepals before and during the bloom. As it closes and shrivels, seeds form and somehow spread.

And the next year there is a cluster of them where before there was only one.

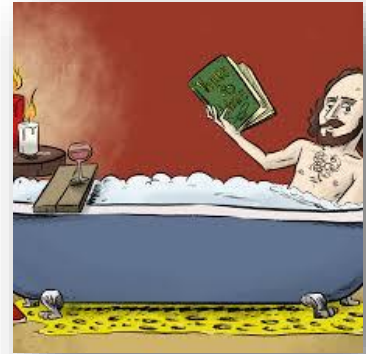
Recently, as I took a deep breath and turned off the ongoing angst and polarity of the current election cycle, I closed my eyes and remembered these small pink flowers. I'm not sure why they bring me hope in trying times, only that they do.




"How not to freak out," (Excerpt)

by Judy Lief in *Lions Roar*
Contributed by Joan Valles

"If you think about it, the degree in which our world is stitched together with loving-kindness is extraordinary. To a surprising extent, accomplishing the simplest daily tasks requires that most people we encounter will be relatively decent, even kind. This network of decency is so close at hand, so mundane and ordinary, that it is mostly invisible to us. Even in the midst of the most dire conditions, there are countless examples of people who still manage to love, share, help one another, smile, and laugh."



Pathwork—November 22

 The Pathwork Circle (Pathwork is a program sponsored by Convocation: A Church and Ministry) is currently meeting on Zoom and find that the circle brings connection and encourages reflection on our inner life and spiritual development. We come together under the leadership of Pastor Colette Hoff and find support and encouragement as we clarify our personal goals and develop the practices, we choose for a spirit filled life, gaining wisdom from the world's faith & wisdom traditions. Currently, Pathwork meets via Zoom every other Sunday evening from 7:00 to 9:30 PM. You are welcome to join this circle of fellowship, **Sunday, November 22, our next virtual gathering.** Please email Colette at hoff@goodenough.org to get access information to the Zoom call and register your interest.





Now we (members and friends of the Goodenough Community) are taking a stand for love and equality over all the expressions of racism and injustice and inequality against Black people. We, as mostly white, will educate ourselves and learn to make a difference. We will continue to speak out about the racial injustice in our country.

Statement by Black Lives Matter Global Network About Election Results

Reprinted from November 3, 2020

Patrisse Cullors, Co-Founder and Executive Director of Black Lives Matter Global Network Foundation (BLMGNF), released the following statement in response to the election results:

“We knew tonight’s results might be inconclusive. While we don’t know who won, we must fight to make sure every vote is counted, because there is too much at stake for Black people and for our movement to stop fighting now.

We have taken our movement and our power to the polls. Because so many in our movement showed up to the polls, it’s going to take some time to make sure every ballot is counted. Now is the time we must stay focused; we cannot use this delay as reason to question the results.

Despite what President Trump tweeted and what he says in his speech tonight, he cannot claim to have won the election — or that the race is being stolen — until all votes are counted. We need to keep the pressure on our elected officials and Secretaries of State so President Trump and the Republicans can’t steal this election. We need to check our ballot status and make sure our vote was counted. Then make sure our friends and family check, too. And be on the lookout for disinformation or anyone prematurely declaring the winner.



And while we wait, let’s celebrate wins tonight such as Cori Bush for the U.S. House from Missouri; Jamaal Bowman for the U.S. House from New York; Shayla Adams-Stafford for the Prince George’s County (Maryland) School Board; and Jose Garza for the Travis County (Texas) District Attorney. We don’t know who won the presidential race, but we can celebrate the wins that have allowed us to put the power back into the hands of the people.”

About BLM Global Network Foundation

#BlacklivesMatter was founded in 2013 in response to the acquittal of Trayvon Martin's murder. Black Lives Matter Global Network Foundation is a global foundation supporting Black led movements in the US, UK, and Canada, whose mission is to eradicate white supremacy and build local power to intervene in violence inflicted on Black communities by the state and vigilantes. By combatting and countering acts of violence, creating space for Black imagination and innovation, and centering Black joy, we are winning immediate improvements in our lives.

Covid Relief Fund supports native WSG women

Contributed by Mary Shackelford

I reach out to encourage all who are able: please join me in giving generously to WSG Covid Relief Fund to support seven native women friends...I'm honored to be working with these women through Woman Soul Gathering. Many of them are a pillar of support for extended family, community and tribal circles. Indigenous people have been hit hard by Covid and by far-reaching Covid-related hardships of everyday life as a result of on-going racial injustice and inequities. They tell us the need is immediate.

See <https://womansoulgathering.com/gifting/> and show your support. I - and all at WSG - will greatly appreciate your gift. Thank you for considering! With heart....

Women Friends: Find out and register for WSG's Honoring Grandmother Moon Mysteries Ceremony here: <https://womansoulgathering.com/woman-soul-gathering-events/>



Programs and Events of the Goodenough Community

DATES for FALL 2020

Because of our unpredictable times, dates and descriptions shown 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.

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

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

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

www.goodenough.org



The Goodenough Community's governing body, the General Circle, meets alternate Monday evenings, 6:30 PM, via Zoom. Below are dates for our fall meetings:

- December 7

For additional information about dates, contact Elizabeth Jarrett-Jefferson, elizabeth.ann.jarrett@gmail.com



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. For more information, contact [Hollis Ryan](#). Our next Zoom gathering will be in January.



True Holidays Celebration, Saturday, December 5, 2020 - Cancelled

We will not hold this celebration this year due to the COVID pandemic. However, we intend to find ways to connect in other ways and honor the intentions of this annual event. Stay tuned for details.



The Third Age - Those age 60 and older have been gathering every other month, Friday evenings, virtually since the pandemic. Our fall dates are on Fridays – our next one by ZOOM will be in December. Stay tuned for details.

--Kirsten Rohde, 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. Stay tuned for additional information.



Pathwork, a Program of Convocation: A Church and Ministry – Pathwork offers you a spiritual home in which to rest and to share your heart and mind as you move through these unpredictable times. We come together under the leadership of Pastor Colette Hoff and find support and encouragement as we clarify our personal goals and develop the practices, we choose for a spirit filled life, gaining wisdom from the world's faith & wisdom traditions. Currently, Pathwork meets via Zoom every other Sunday evening from 7:00 to 9:30 PM. You are welcome to join. Contact Colette: hoff@goodenough.org for the Zoom link. The remainder of the fall 2020 dates are:

- November 22
- December 6 and 20



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 with questions during these times of the Pandemic.

Quest: A Counseling and Healing Center



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



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