

Village eView June 3, 2020

Colette Hoff, Editor



Dear Friends,

On behalf of the Goodenough Community, this issue will be different. We are speaking out about the racial injustice in our country. A college student friend of ours asked if she could write an article for the newsletter. Here is what she proposed:

... I would like to express the need for the next published newsletter to include topics about self awareness, racial privilege, places people can donate, and tools for people to educate themselves about systematic oppression, and micro-aggressive racism. Black and colored communities are hurting all over this country. The Goodenough Community is big and full of good-hearted people that happen to be primarily white. I know that the e-view is about community events etc, but it would be wrong to not use the e-view as a platform to address George Floyd. Self confrontation about racial bias is hard, and something I struggle with as well, but especially now, it is absolutely necessary to do so.

Her proposal woke me up to notice that many individuals and organizations are making statements against what is happening within Black America.

Now we (members and friends of the Goodenough Community) are taking a stand for love and equality over the 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.

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

To the Goodenough Community,

These past months felt uncontrollable and full of uncertainty. However, this past week has left me feeling absolutely pissed. When thinking of how I can be as anti-racists as possible and best support black and brown men and women, reaching out to the Goodenough Community came to mind. I am writing to express the crucial need for checking one's privilege, striving to lessen self-ignorance regarding topics of race, and educating oneself on the systematic racism this country is embedded with.

As a person with much privilege, I know that conversations about race are hard and uncomfortable. Often people (especially those more privileged) feel targeted and get defensive when accused of being racist. When we feel this way, it is important to educate ourselves on why what we did/said was offensive. In the 2005 published book; *So you want to talk about race* by Julius Lester it says "Act and talk and learn and f*** up and learn some more and act again and do better". It is okay to mess up or make a mistake, but it is not okay to not do anything about it. Educating yourself about the personal privilege you carry is maybe one of the most important things you can do. Thinking about things like race, gender, economic status, language, social statuses, anything that contributes to your positionality will help you become more aware of yourself and others.

- When watching the news, if you are more focused on the looting than the deaths of black men and women, check your privilege. **Merchandise can be replaced, the lives lost due to police brutality cannot.**
- If you find yourself thinking of "better or more productive ways to protest", check your privilege. **It is not your place to tell black people how to protest when you have not lived through Americas systematic oppression.**
- If you are not speaking up and taking action, check your privilege. **By staying silent, you are siding with the oppressors.**
- If the presence of police make you feel safe, or if you feel protected by police, check your privilege.
- Lastly, if while reading this you feel I am being rude, offensive, or disrespectful, check your privilege.

I have provided a list of readings that are a great place to start educating yourself as well as petitions, and places you can donate in order to support **Black Lives Matter**. Yes, this is uncomfortable and hard, but it is absolutely necessary. Being uncomfortable is not an excuse to do nothing. Let's do and be better.

If you would like to talk, I would be happy to have a conversation with you.

Love,

Mari

Scottm38@wwu.edu

Organizations that Support Marginalized Communities

Petitions and GoFundMe's

- <https://blacklivesmatter.com/petitions/>
- <https://www.afsc.org/actioncenter>

- A Quaker organization promoting peace through justice, **includes different issues that require action**
- <https://www.gofundme.com/f/georgefloyd>
 - A GoFundMe for George Floyd
 - <https://mappingpoliceviolence.org/>

Includes Sign Ups for More Information on Issues, Getting Involved

- <http://www.equalrightswashington.org/>
 - An organization advocating for the LGBTQ+ community
- <https://www.afsc.org/ea/get-advocacy-alerts>
- <https://www.showingupforracialjustice.org/surj-network.html>



- <https://takeactionminnesota.org/justice-for-george-floyd-blacklivesmatter/>

Building Understanding

- <https://www.carw.org/resources/>
 - A Seattle-based organization that organizes white people for racial justice
- <https://civilrights.org/heres-10-things-you-can-do-to-stop-white-supremacy/>
- <https://www.showingupforracialjustice.org/surj-values.html>
 - An organization dedicated to dismantling white supremacy and advocating for racial justice
- <https://www.aclu.org/press-releases/aclu-responds-minneapolis-police-killing-george-floyd>
- <https://www.aclu.org/other/fighting-police-abuse-community-action-manual>
- <https://mappingpoliceviolence.org/>
- <https://www.johnathansperkins.com/home/2019/1/20/an-open-letter-to-white-allies>
 - An open letter to white allies, how to be anti racist

Continued Education

Books

- Tears We Cannot Stop - Michael Eric Dyson
- Just Mercy - Bryan Stevenson
- For White Folks Who Teach in the Hood... and the Rest of Y'all Too: Reality Pedagogy and Urban Education (Race, Education, and Democracy) - Christopher Emdin
- A People's History of the United States - Howard Zinn
- I'm Still Here - Austin Channing Brown
- White Fragility - Robin Diangelo
- White Negros - Lurne Michelle Jackson
- When They Call You a Terrorist - Patrisse Khan-Cullors & asha bandele

- So You Want to Talk About Race - Ijeoma Oluo
- White Rage - Carol Anderson
- Between the World and Me - Ta-Nehisi Coates
- Pedagogy of the Oppressed - Paulo Freire
- The New Jim Crow - Michelle Alexander



An article from the Washington Post sent by Joan Valles is especially provoking titled, **As a Black man, I understand the anger in our streets. But we must still choose love.**

The author, Michael Curry is presiding bishop of the Episcopal Church. The following is an excerpt.

. . . Love does not look like the silence and complicity of too many of us, who wish more for tranquility than justice.

. . . So what *is* the path of love? In times like these, how can we find it and follow it?

When I think about what love looks like, I see us channeling our holy rage into concrete, productive and powerful action. In this moment, love looks like voting for leadership at the local, state, and federal level that will help us to make lasting reform. Love looks like calling on officials and demanding they fulfill their duty to protect the dignity of every child of God.

*When I despair,
I remember that
all through history
the way of truth
and Love
have always won.
There have been
tyrants and murderers,
and for a time,
they can seem invincible,
but in the end,
they always fall.
Think of it - Always.*

- Mahatma Gandhi

Love looks like making the long-term commitment to racial healing, justice and truth-telling — knowing that, without intentional, ongoing intervention on the part of every person of good will, America will cling to its original, racist ways of being.

Love looks like working with local police departments to build relationships with the community and develop mechanisms that hold officers accountable. It means ensuring that no police officer with a history of unauthorized force or racialized violence is shielded and allowed to endanger the lives of those they've sworn to protect and serve.

Love looks like all of us — people of every race and religion and national origin and political affiliation — standing up and saying “Enough! We can do better than this. We can *be* better than this.”

What does love look like? I believe that is what Jesus of Nazareth taught us. It looks like the biblical Good Samaritan, an outsider who spends his time and money healing somebody he doesn't know or even like.

What America has seen in the past several days may leave us wondering what we can — possibly do in this moment to be good Samaritans — to help heal our country, even the parts —
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We don't know or like. But we have the answer. Now is the time for a national renewal of the

ideals of human equality, liberty, and justice for all. Now is the time to commit to cherishing and respecting all lives, and to honoring the dignity and infinite worth of every child of God. Now is the time for all of us to show — in our words, our actions, and our lives — what love really looks like.

. <https://www.washingtonpost.com/opinions/2020/05/31/black-man-i-understand-anger-our-streets-we-must-still-choose-love/>



White Fragility: Why It's So Hard to Talk to White People About Racism

Dr. Robin DiAngelo explains why white people implode when talking about race. The following is an excerpt.

. . . Social scientists understand racism as a multidimensional and highly adaptive *system*—a system that ensures an unequal distribution of resources between racial groups. Because whites built and dominate all significant institutions, (often at the expense of and on the uncompensated labor of other groups), their interests are embedded in the foundation of U.S. society.

While individual whites may be against racism, they still benefit from the distribution of resources controlled by their group. Yes, an individual person of color can sit at the tables of power, but the overwhelming majority of decision-makers will be white. Yes, white people can have problems and face barriers, but systematic racism won't be one of them. This distinction—between individual prejudice and a system of unequal institutionalized racial power—is fundamental. One cannot understand how racism functions in the U.S. today if one ignores group power relations

Not often encountering these challenges, we withdraw, defend, cry, argue, minimize, ignore, and in other ways push back to regain our racial position and equilibrium. I term that push back *white fragility*.

This concept came out of my on-going experience leading discussions on race, racism, white privilege and white supremacy with primarily white audiences. It became clear over time that white people have extremely low thresholds for enduring any discomfort associated with challenges to our racial worldviews.



I AM SO TIRED

This was sent to me via the University of Michigan Alumni Association and is from the UM Office of Diversity, Equity and Inclusion. I attended UM 1967-1971. That was a time when the student Black Action Movement was waking the University up to the fact that the number of African Americans attending was disgracefully low and that the curriculum was quite inadequate to their lives and history in America. I appreciate that I was there to experience the wake-up call. The truth can feel uncomfortable to let in and I commit to be always open to learning. My thank you to Dr. Sellers for sharing his truth.

Kirsten Rohde

May 29, 2020

By Robert M. Sellers

***Vice Provost for Equity and Inclusion & Chief Diversity Officer
University of Michigan***

Growing up the son of a minister and two civil rights activists, one of my favorite gospel songs is “I don’t feels no ways tired.” That song, like so many other songs from my African American culture, evokes an everlasting optimism about tomorrow that is built on “the faith that our dark past has taught us” as well as “the hope that the present has brought us.”

I have always said that Black folks are the most optimistic subscribers of the American dream, despite our long history of dehumanization and degradation in this country. This other-worldly optimism is perhaps most famously exemplified in Dr. King’s “I have a dream” speech (that America ironically likes to co-opt by trotting it out every year on his birthday as a self-congratulatory sign of how much progress we have made as a society since his death).

This morning, I woke up very tired. Not your normal tired. I woke up with a kind of tired that can only be found on the other side of loss, anger, frustration, sadness, and despair. This morning, I woke up in a state in which African Americans make up roughly 13% of the population, but comprise 31% of the people with COVID-19 and 40% of the people dying from COVID-19. I woke up in a country where a White woman can not only accuse an African American man of threatening her because he is simply asking her to obey the law in a public space, but she can actually weaponize the police for her own aims simply by repeatedly referring to him as being African American.

The scary truth of the matter is not that she believed (or even hoped) that she would get a different response by evoking race when making her 911 call. The really scary thing is that she was right. By evoking race and Blackness specifically, she placed a target on his back, putting a man’s life in real danger. The recent murders of George Floyd and Ahmaud Arbery make this point abundantly clear: being a Black male interacting with law enforcement can be hazardous to one’s health. Lest we get it twisted, being a Black woman in these situations is no picnic either. I woke up in a country where a Black woman is being repeatedly punched in the head by a member of my local sheriff department.

This morning, I woke up bone-weary tired.

Some people argue that this country, while being built substantially by us, was never meant for us. (They are not wrong.) As such, some of these same people believe that other-worldly optimism is a sign of weakness and is ultimately what has sealed our fate as a people. They question the wisdom in holding out such faith and hope for change in a system (in a society) that has time and time again demonstrated that Black dignity, Black bodies, and Black lives matter a little less. (It is hard to argue with the logic of the question.)

These times really do raise for me the question of how long must we wait, plan, work, march, agitate, forgive, and vote before we have a society in which all lives matter equally, regardless of race or color? In my bone-weary tired state this morning, before I even got out of bed, I asked myself why should I continue to fight to try to change a system that has proven time and time again that it simply does not regard me and people who look like me as fully human.

As I woke up this morning, I could not get out of bed. I laid there for a while trying to grapple with my feelings of exhaustion and despair. Often, when I am struggling to understand important things in my life, I turn to my parents' example for guidance. I tried to access the collective wisdom of those who came before me, those who sacrificed so that I could have more. I wondered what they would say about the state of race in today's society and what my role should be. From birth, my parents instilled in me and my siblings through their words – and more importantly their actions – that the fight for racial justice is a long, intergenerational one. It is also one that we are destined to win because right is on our side.

No matter the nature of the setbacks they faced (and there were many and some brutal ones at that), they were always able to get through them through tears and laughter, forever keeping their eyes on the prize. In many ways, they epitomized that other-worldly Black optimism. Don't get me wrong, they never hid their own feelings of frustration, anger, and tiredness from us. In fact, that is how I recognized my own feelings this morning. Nonetheless, my parents never veered from their belief that the brightest day only shone on the other side of the darkest night.

As I laid in that bed thinking about what lessons I could glean from their lives and what they had said to me and my brothers and sister, I was hoping for some form of instant relief from my feelings of tiredness. I was hoping that their legacy and story would wipe away my doubts about our society and where we are going. I was hoping that my reflecting on my parents' lives would magically re-charge my batteries and somehow soothe my pain. Sadly, my reflections did none of that.

What my recollections of my parents' example did do was provide me with a perspective, a lens through which I can view and understand all that is happening now. This lens reminds me that this struggle is not new, nor is it likely to be won in my life time. Sadly, it is likely that more Black people will die before we become the country that remotely resembles the one described in our constitution. This lens also reminds me that this country is MY country. My ancestors sacrificed their lives in building this country.

Their blood, sweat, and tears fertilize the rich soil upon which much of this country's wealth and standing in the world is built. I have no choice but to fight for it – to fight to make it live up to its creed. I owe it to those who came before me, those who fought and died to make this country just a little bit better for those who came after them. They fought for me. To not

do so would be akin to walking away from my birthright. It is a birthright that does not belong only to me; it also belongs to future generations of Black folks.

What reflecting on my parents' example provided me was renewal – not in the form of relief, but instead in the form of resolve. My reflections on their example gave me new insights into that other-worldly optimism that is foundational to the strength and resilience of Black people.

That optimism does not reside in a belief that America will simply change, it actually resides in the knowledge that each generation of African Americans has changed America for the better and a great faith that the next generation will take the next steps in changing America even more (even if it feels way too slow). This perspective has renewed my resolve to do all that I can to make whatever change I can. For me, to do otherwise would be turning my back on the investment that my ancestors made in this country and disinherit my descendants.

I am still tired of this shit though.



Editor's note: (Colette Hoff)

We hope these articles are thought-provoking. Complacency is no longer an option if racial equality is to be achieved. Let's keep conversations about racial injustice going, share resources, and continue to learn how to make a difference, and to stand up and speak out.

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.



Mindful Mike's Blog: Stages

Mike deAnguera

I have read Mari Scott's message and agree with everything she says. I am a racist in recovery. I have no Black friends. I really have no idea what it is like to be

Black in the U.S. Making Black friends would be the best way for me to work with my racism. Connection is the secret.

I have made a statement showing my racism to a Black woman not realizing my mistake. I assumed she lived in Seattle's Central Area when in fact she lived in Bothell. She told me I was a racist and nothing I said could calm her anger towards me. A slip up to be sure. It stung and let me know something of the Black experience in this country. I definitely need some Black friends. There really is no other way I can properly address Mari's concerns.

Where is the best place to connect with Black people? Church. A large percentage of them go to church and there are several in Bremerton. Friendship takes time to develop. It would be nice to have a Black person at our next Lab.

I once belonged to a Church in Seattle's Rainier Valley and we had a few Black people in attendance. I got to know them pretty well. Would have loved to hang out with them. That way relationships can go deeper. Together we can confront racism in solidarity.

We already know how to work with each other. Building solidarity with Black folks can make our message more powerful and appealing.

Our nation has passed all kinds of laws to eliminate discrimination. Seattle police have been repeatedly trained to be more culturally sensitive.

Unfortunately Black folks are still being killed by police officers.

Changing laws without a corresponding change in the culture doesn't seem to do much good. India has tried and tried to get rid of its caste system and has utterly failed. It is still in place even today.

How to change the culture? It can only be done in groups like ours. We have to create groups like our Human Relations Lab. We need teachers out there to create communities. Add to our permaculture/ecovillage movement.

Could we produce a packet with the Lab Basics in it and train each other how to use it? Especially our Workaways? I am sure much would need to be done to make this possible but it is a dream of mine and I am willing to help bring it about.

Summer Camp is another good place to work with race relations. Some of the attendees have been Black in the past.

Circle Invocation

We are One.
We are Many.
The Many dwell in the One.
The One dwells in the Many.
The One cares for the Many.
The Many care for the One
by caring for each other
by sharing with each other.
Caring and sharing are connecting.
This is the path of wisdom, freedom, and
power.
The Circle is Complete.
A new world is born.
Amen.

It's even shaped like a bell. To be rung to wake us up?
I developed this invocation while writing a science fiction story. It was about a world where people connected with each other intimately and as a result they needed no cities, towns, business, churches, schools, or governments. All they had were villages like ours around their planet. Impossible? Well what would happen if we as a society developed social connections as powerful as our technology?

Let's go for it!

Some pictures of my last week:

Drai Schindler with Tuck, a new friend.



Bruce Perler building my new deck.



Courage is what it takes to stand up and speak.

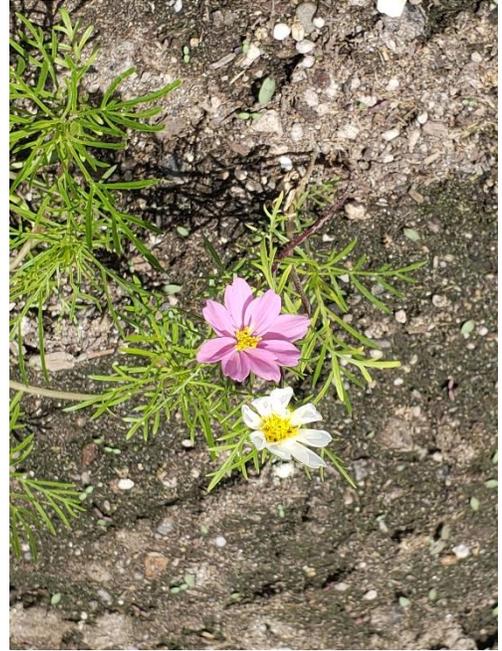
Courage is also what it takes to sit down and listen.

~Sir Winston Churchill



The gardens are growing and here is a pictorial of all that is happening on the land. Thank you Marley for the beautiful pictures!







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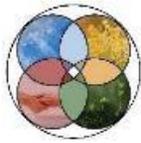
Programs and Events of the Goodenough Community

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 1; 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. 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. 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.