

Village eView

September 25, 2019

Kirsten Rohde, Guest Editor



COMING UP

Men's weekend, September 27 to 29

Women's gathering, September 28

Meditation retreat, Sahale, November 15-17

Action – as in “taking action.” What does it mean to

go from thinking about something to doing something? I notice for me the opposite can be procrastination. Maybe tomorrow I'll sort that pile of papers or maybe someone else will replace the light bulb. However most of all I'm thinking of how as humans we have procrastinated on issues of the survival of our home – our Earth. Speeches made around the world on September 20th had as one theme expressions of dismay and disbelief that so little has been acted upon in spite of increasing proof that our earth is suffering increasingly and drastically over time.

In this issue of the eView are examples of ways to take action (personal, shared, and societally). Rose and Phil Buchmeier converted the land around their house into a rain garden, reducing the amount of water that goes into the storm drains. At Sahale right now we're processing apples into cider, applesauce, and dried apples. Sharing resources moves us beyond individual actions to ways to reduce consumption and the expense of buying new things. Our community shares housing, meals, equipment, trucks, etc. and at Sahale we work together in our gardens, repair and maintenance, and much more. We collaborate on restoring the soil, caring for all flora and fauna on the land, and learning forward thinking and restorative techniques for gardening and land protection. And at Sahale we still have quite a ways to go in reducing energy use, reducing consumption of single use and non-sustainably created products, and using ecologically sustainable building methods for example.

I was fortunate to learn about activism in my college years, during the Vietnam War. Several years ago I went to a conference in Seattle sponsored by the Citizens Climate Lobby (www.citizensclimatelobby.org) As I sat there I came to the conclusion that if there was

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

anything I wanted to be working for it was to join others to educate, lobby, demonstrate about the global crisis that affects everything and everyone. I have no doubt that we are facing degradation of soil, water and ecosystems that goes beyond climate warming. I have joined a small group that meets in Belfair to determine what we can do to contribute to the growing movement to effect change. I have joined rallies on the Capitol steps in Olympia and on September 20th joined a rally at the Peoples Park in Tacoma. I had less than an hour but knew I wanted to at least join for that time. I write letters to my representatives – many letters.

Charles Eisenstein in Climate: a New Story (North Atlantic Books, 2018, p74) writes about the range of beliefs right now from denial to total catastrophe and says this: “Ironically, some catastrophists in their despair have indeed hit upon a significant theme of the song that can lead us out. They are saying that, since it is hopeless, we might as well dedicate our lives to love, beauty and life. Yes! That is the starting point, because our current predicament is the result of a long history of denying love, beauty, and life. The revolution is love. What becomes possible then?”

“Translated into practical action, this change of heart is ultimately more important to healing the climate than the things the conventional alarmists are calling for. It is as if giving up on saving the world opens us up to doing the things that will save the world.”

Eisenstein uses the term anthropogenic (human caused) global warming (AGW) in a discussion about the varying beliefs from catastrophic to denial. He suggests that “global warming” is only part of the picture:

“Anthropogenic climate derangement began long before the industrial era, primarily through deforestation and soil erosion. In the last centuries, these have reached industrial scale, while greenhouse gas emissions present a whole new challenge that a seriously degraded biosphere is poorly prepared to meet.

Let me put my thesis starkly:

If the standard narrative of AGW is true, then the most urgent priority is to protect and restore soil, water, and ecosystems worldwide.

If the standard narrative of AGW is false, then the most urgent priority is to protect and restore soil, water, and ecosystems worldwide. “

Charles Eisenstein, *Climate: a New Story*, p 80.

**Calculate your ecological footprint.
How many earths would be
required if everyone lived like
you?**

**I'm embarrassed to say that mine
came to 2.5 earths! Oh no.....**

<https://www.footprintcalculator.org>

I recently read an article by Rick Hansen that is reprinted below. Each one of us can determine for ourselves what is right action to take. And love is an action anyone can take any time in our daily lives.

Just One Thing

Simple practices for resilient happiness from [Rick Hanson, Ph.D.](#)



Are we really so separate?

The Practice:

Love the World.

Why?

To simplify and summarize, our brain has three primary motivational systems – Avoiding harms, Approaching rewards, and Attaching to "us" – that draw on many neural networks to accomplish their goals.

Lately, I've started to realize that a fourth fundamental human motivational system could be emerging as well.

Our hunter-gatherer ancestors depended upon their habitats for food and shelter. Today, over 7 billion of us are pressing hard up against the limits of Lifeboat Earth. To survive and to flourish, cultural and perhaps biological evolution are calling us to ***love the world.***

The world is near to hand in the food you eat, the air you breathe, and the weather and climate in which you spend your days. And then in widening circles, the world extends out to include complex webs of life and the physical characteristics of the land, the sea, and the sky.

When you love the world, you both *appreciate it and care for it*. Each of these actions makes you feel good, plus they help you preserve and improve everything you depend on for your health, livelihood, security, pleasure, and community.

During most of the last several million years, our human and hominid ancestors did not have much capacity for harming the world. Nor did they have much understanding of their effects on the whole planet.

But now, humanity has great power for good and ill. And we have inescapable knowledge (no matter how much some try to deny it) of what we are doing to our own home. As the earth heats up, as many species go extinct, and as resources such as fresh water decline, it is critically important that a fourth major motivation guide our thoughts, words, and above all, deeds:

Love the world.

How?

In terms of the aspect of love that is about *appreciating*, routinely look for opportunities to enjoy, value, and feel grateful for little things in the natural world.

These range from whatever is close by – flowers blooming, trees offering shade, honeybees moving from plant to plant – to the vast nest we all share, such as the exchanges of oxygen and CO₂ through which animals and plants give breath to each other. We can also appreciate the fortuitous occurrence of a rocky planet – Earth – surviving the early formation of a solar system to find an orbit that allows for liquid water on its surface . . . and the even more remarkable occurrence of this universe bubbling into being: the largest nest of all, the extraordinary miracle in which we make our ordinary days.

In terms of the aspect of love that is about *caring for*, this means to me a combination of *cherishing*, *protecting*, and *nurturing* the world. You naturally cherish what you love; cherishing something, you want to keep it safe; once it's protected, you want to help it flourish.

SO much could be written – and has – about cherishing our world, and protecting and nurturing it, yet I must be brief here, with just three suggestions.

For a minute, an hour, or a whole week, touch natural and human-made things around you like you truly cherish them.

Protect something from harm. You could save something you might otherwise throw away, from water running in a sink to food in a restaurant. More broadly, we can take political action to protect our world. Different people will find different paths with this. Personally, I've been inspired by young people – who will most inherit the consequences of the 100 million tons of CO2 their parents have been pouring up into the sky each day – who are saying enough is enough, such as through the Student Global Climate Strike on September 20th.

Pick one thing and focus on helping it grow and thrive. Perhaps a plant, or a business, or a project at a local school, or a collaboration among some friends, or a fix-it repair at home.

At the heart of it, this practice is about our relationship with the world. Do we relate to it as an adversary or distant acquaintance?

Or do we relate to the world as a friend, a child, a beloved nest?

Here and there and everywhere, let's all live in a world we love.

Patrick Whitefield in *The Earth Care Manual* (Permanent Publications, 2016) says, "There's a whole range of things we can do to make our lifestyles greener, but if we try to achieve a hundred percent ecological purity our lives could become extremely tedious. Recycling everything down to the last little yogurt pot would hardly leave time for anything else in life. *(I would add trying to read the little number in the tiny triangle on every piece of plastic to see if it's 'recyclable'. KR)*

Patrick Harper of the Centre for Alternative Technology has come up with the 'quit while you're ahead' principle to deal with this situation. What it means is: concentrate on lifestyle changes which have a big ecological impact or which are easy to make, and don't bother too much about the ones which give a poor return on the effort invested.

Which areas have the most impact? How our ecological footprint breaks down: food 30%, housing 21%, transport 21%, consumer goods 21%, services 7%. (Our Ecological Footprint, Wachernagel, Mathis and William Rees, 1996)

**Convocation: A Church and Ministry invites you to:
Quiet Your Mind, Open Your Heart
A Meditation Retreat**

November 15 to 17, 2019
Sahale Learning Center

A unique opportunity to practice together:

Meditation is the central premise of mindfulness. In essence, mindfulness is opening to what is, without judgment, and being fully present to life. This weekend will help you build (or renew) a mindfulness practice. You can let go of living on autopilot and move toward living with intention and awareness.

At this weekend, you will experience guided meditations, sensory experiences, movement, and time in the natural world. Joining with others with intention will enhance your experience of being present. Small groups will provide a relational context for sharing your experience with others.

Colette Hoff will provide coordinating leadership. A pastor of Convocation: A Church and Ministry, Colette teaches with her life and offers practical strategies for mindful living.

Colette will be supported by the Goodenough Community's Lifeways Circle. This leadership team includes Hollis Ryan, Elizabeth Jarrett-Jefferson, Joan Valles, Barbara Brucker, and Rosemary Buchmeier. For more information please contact Colette: hoff@goodenough.org or 360 275 3957.

Cost for this event will be \$220 and includes two nights lodging, abundant meals, and learning materials. The workshop begins with dinner Friday at 6pm and concludes at 3pm on Sunday.

Registration

We encourage you to register online. Online registration will be available shortly.

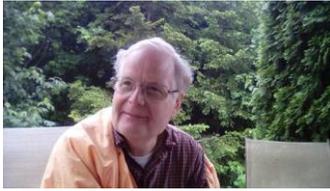
If you would prefer to mail your registration, please include the following:

Your name and address (street and number, city/state/zip)

Best phone number: _____ **Email:** _____

Payment method: *Check amount:* \$ _____ *Credit card amount (MC/VISA):* \$ _____
Card number: _____ *Expiration date:* _____

Please make your check payable to Convocation and mail it to Box 312, Tahuya, WA 98588



Mindful Mike's Blog: Taking Action

Is it possible I might be thrust into a position where I have to make stuff happen? The next week is requiring a lot more flexibility on the part of all of us.

Colette Hoff is on vacation in New York for 9 days and we all have to keep Sahale running. It used to be I would rely on others to do it for me. In other words I was be running on automatic pilot.

A group of us had to decide when to process apples into cider. Here are two shots of Josh DeMers and Marley Long processing apples. This is an example of taking action.



For the first time ever I have had to help plan the apple processing from start to finish. Usually I just cut apples. Amanda Lovall and I got the processing going today and it felt good to learn more functions.

Michael Pilarski stopped by today to observe our process while on the way to pick some walnuts in our Walnut grove. It was good to see him again. He reminds me of the good work we are all doing out here at Sahale.

Michael is an example of the self-created life. I admire him for taking creative action in his own life and hope to be more like him someday.

I am also being taught to cook for myself by Amanda Lovall, a good friend. I have always loved cooking with her. We are definitely going to try some new recipes. In my mind Amanda is a chef because she will sometimes cook without the use of any recipes.

I told Pedge Hopkins what I required for my dinners and she went into town to buy the food.

Later I met Bruce Perler on the way up to the Perler yurt and suggested we try cooking a meal together there. I would love to cook something on Bruce and Irene's stove.

I remember being told I need to take more initiative in doing things around here. Maybe now I have an opportunity to rise to the challenge. I can grow myself more.

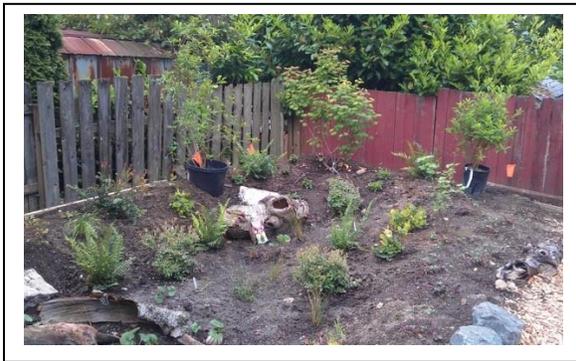


Sahale needs more people to take the initiative in how we manage our duties. Flexibility makes us stronger as a community. As long as we communicate our intentions with each other we will do fine.

I could also take action to make things look better. How do you like the new format for my articles? They are a lot more fun to write this way. I am aiming for a neater inclusion of pictures in the article after studying how other authors have done it for the eView.

Taking action: Improving soil and water in West Seattle

Rose Buchmeier



Phil and I had a “regular” yard of flowers, vegetable gardens and grass around our West Seattle house when we heard of a project to create rain gardens. The city sent out informational postcards to residents of targeted areas; we went to the informational meeting and decided we wanted to participate. The city was offering a rebate to households that put in rain gardens. The goal of the rain garden project was to help prevent

sewage overflow into the Duwamish and Puget Sound. We qualified after doing a test of the drainage in our yard.

I had decided to try to set up the new yard/garden as accessible as possible, with wide pathways, and beds that could be worked easily. The project included 2 rain gardens and a 1000 gallon cistern. The rain gardens receive the water that runs off our roof, rather than the water going into the sewer system.



We hired a landscaper and worked with him to develop a concept of having an edible garden. We worked with the plan that included native berries, ferns, and other drought tolerant plants. We had many established plants including fruit trees and raspberries already.

Several of our neighbors also participated in the program. All the sod that was removed from their yards and ours filled in a very large slope in our back yard, creating a level area. The city sends a representative to check on our rain garden to see that we are maintaining it and then the first couple of years made recommendations on maintenance for the cistern and the rain gardens.



Phil and I are proud to be managing our rainwater at home, rather than having all that water go into the sewer. Our cistern saves us money because as you know we pay for every drop of water we use!

(These photos are of the early stages of our rain gardens.)

Speaking of Dying

presents

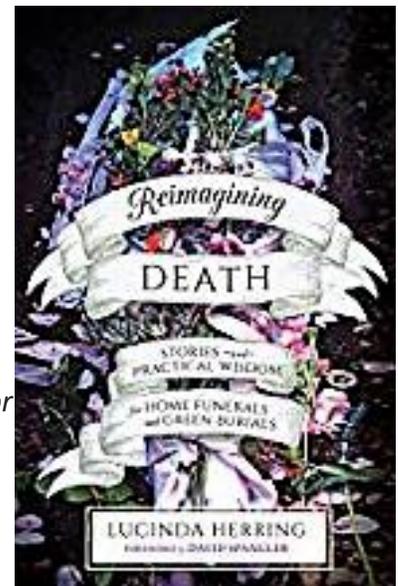
Greening Death

September 28, 2019

3:00 to 6:00 p.m.

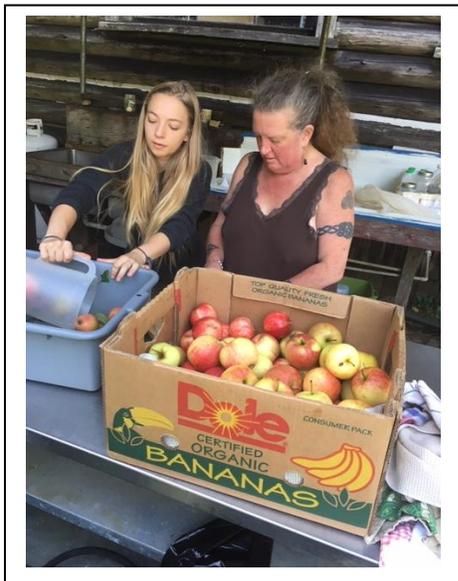
Interfaith Community Sanctuary
1763 NW 62nd St. Seattle ([map](#))

- 3:00 to 5:00p.m. - Workshop:
 - *Reimagining Death: Stories and Practical Wisdom for Home Funerals and Green Burial*
 - Featuring author, Lucinda Herring, and guests who appear in her book.
- 5:00 to 6:00p.m. - Resource Fair:
 - Conversation and resources from the following end-of-life organizations:
 - [People's Memorial Association](#)
 - [End of Life Washington](#)
 - [A Sacred Moment Funeral Services](#)
 - [Memories Worth Telling](#)
 - [Final Roadmap](#)
 - [Sacred Passing](#)



Tickets (\$25) are limited. Get yours today at [Brown Paper Tickets](#)

Lots of apples and cider making at Sahale!



Our gratitude to Tod Ransdell, Paul Geraci, Pedge Hopkins, Colette Hoff and many others who made our WhizzBang Apple Grinder and supported its creation! It's really fast and the motor is so much more quiet.



Spatialist for Hire



Pam Jefferson

Do you need help with organizing a room for more efficient storage and use of the space? Do you need help sorting and organizing your stuff? I can do all of it for you or just give you some ideas for you to work with. My hourly rate is \$25.00. You can reach me at **206 372 9801**.

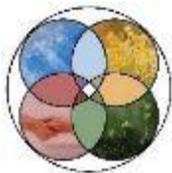


Programs and Events of the Goodenough Community New Dates are included.

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. The schedule is as follows: October 7 , 21; November 4 , 18; December 2, 16.

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. The next gathering will be September 28 at Hollis' home. On November 2 we will gather at 10:00 and meet until 2:00 followed by a baby shower for Hollis and Hal's daughter Brittany. In 2020, our first gathering will be January 25 at Hollis' home. For more information, contact Hollis Guill Ryan, hollisr@comcast.net



The Third Age - Those age 60 and older have been gathering every other month, Friday evenings in Seattle. November 8 will be the next gathering. 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 weekend of **September 27-29** will be the Men's Weekend/Tent Take-down. For more information, contact: bruce_perler@hotmail.com



Save the Date!

The Lifeways Circle is confirming a Meditation Retreat, November 15 to 17, 2019 at Sahale Learning Center

Quiet your mind, open your heart!

Guided meditations, sensory experiences, movement, time in the natural world will be featured in this weekend. Joining with others with intention will enhance our experience of mindfulness. More information is available in this eView.



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 development, 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. **Gatherings are in Seattle** -- October 6, 20; November 3, 17; December 1, 15. Contact Colette Hoff for more information: hoff@goodenough.org

Summer Camp for Youth

New dates for Summer Camp 2020 will be announced. 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

True Holidays Celebration, Saturday, December 7, 2019

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 for more information.



Work and Play Parties throughout the Year

Traditionally, the Goodenough Community sponsors work parties over **Memorial Day weekend** 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 arrangements.