

Expressing Ourselves at our Community's Annual Meeting

The Village View

April 28, 2021

Pam & Elizabeth Jarrett-Jefferson,
Guest Editors

A Goodenough Annual Meeting

By Pam Jarrett-Jefferson

One way to think about our annual meeting is that we have one because we have to.

Where's the fun in that, you ask? Fortunately for us, we enjoy being together, even if it means meeting over Zoom; our meeting was just as fun and in less time! We were together from 10 a.m. to 5 p.m. on Saturday.

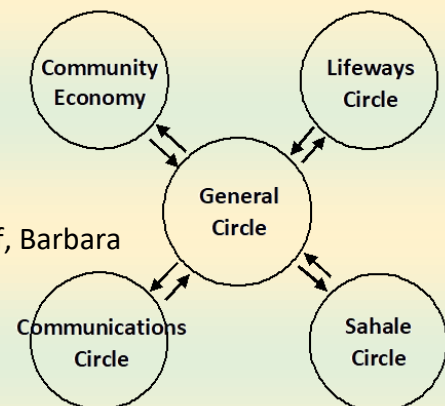
Having organized ourselves using *Sociocracy*, a collaborative system of governance, the General Circle, who organizes the overall work of the Goodenough Community and Convocation, designed the day to hear from the four circles after a brief introduction to Sociocracy.

The Economy Circle includes Tom George, Colette Hoff, Barbara Brucker, and Kirsten Rohde. Tom started off with optimism of how we have fared this year during the pandemic. Barbara and Kirsten prepared financial reports of income and expenses for each organization using pie charts. After reviewing the charts with us they fielded questions from the audience. All good news, I must say.

The Lifeways Circle includes Barbara Brucker, Rose Buchmeier, Marjenta Gray, Colette Hoff, Elizabeth Jarrett-Jefferson, Hollis Ryan, and Joan Valles. After many months of hard work, the Lifeways Circle presented a new membership document. It is a proposal and explains levels of membership, rights and responsibilities, and dues associated with each level. Draí Schindler did her magic formatting the document. Together, the team and Draí created an amazing membership document.

Upcoming Events, on Zoom:

- Pathwork, May 2
- Community Women's Gathering, May 8



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



Next, using Zoom breakout rooms, Colette Hoff asked people to identify the essence of the Human Relations Laboratory and to discuss the important elements of the Lab. Every group reported back to the Zoom large meeting. Of course, Lab lives in us and is easily brought forth.

A video clip was shown next. The video was a [brief overview of becoming anti-racist](#) and how communities can start to work with white privilege, the impact of marginalizing people of color, and a graphic showing the zones we need to go through to learn and grow into more open-minded people who welcome everyone to their community.

After a lunch break, those that wanted to discuss the video signed on for a half an hour of discussion.

The Communication Circle includes Kirsten Rohde and Draí Schindler. They presented us with a visual report of the superb marketing materials they have created; and presented website analytics of how many visitors, where they are from, which pages and when visited, and the average of how long they remained on the pages. Draí's graphs and charts made the data all fascinating to see and take in.

The Sahale Circle includes Jim Tocher, Pam and Elizabeth Jarrett-Jefferson, Kirsten Rohde, Colette Hoff, Draí Schindler, Bruce Perler, Josh Demers, and Marley Long. A residents' report was presented first, highlighting last year, using "headlines." For example, "Hyperventilating in Masks, Residents Gasp at Covid Threat," or "Work Exchange Students Arrive, Quarantine, Leave Early. " It was a brief and light-hearted way to encapsulate the year at Sahale. From there, the Covid Policy at Sahale was presented; and then a slide show of photos showing projects, people, and play happening at Sahale. Colette, as Sahale Manager, reviewed for us what guests we have coming this summer. Many are beloved repeat customers, and we are delighted to have them enjoy Sahale as much as we do. A presentation was then made about our process of site mapping, all the data needing collecting, with the goal of ultimately creating a site plan for now and on into the future.

At the end of any Sociocratic meeting, including this one, participants are asked, "How was this meeting for you?" So we asked--and they answered--with high praise and appreciation. Well done, everyone!

And for a few hearty souls, we had a Zoom happy hour to wind down the day and have some time connecting.

Cheers!

Pam





A Taste of the Goodenough Community Annual Meeting

By Elizabeth Jarrett-Jefferson

As Pam has already mentioned, our Annual Community meeting is one that is both mandated by our non-profit charter and is one that we as a community look forward to. I wanted to give you a flavor of some of the reports that were compiled for our meeting. The reports submitted are evaluative in nature, provide data on events themselves (attendees, themes, and design notes, for examples). You'll note that while they are factual in nature, reports are flavored with feelings, visuals, even poetry. That is because our programs are--besides opportunities to grow, learn, connect, and heal--*expressive* in nature. These reports give you a *feel* for the event. [We look forward to discussing the important nature of *expression* in community in the upcoming issues of the *Village View*.]

The report below was compiled by Hollis Ryan of our community's Lifeways Team, who are charged with the fostering and the success of our ongoing community programs, such as Pathwork, Men's and Women's programs, Third Age, Family Enrichment Network (including Family Camp), and the Human Relations Laboratory. Here is Hollis' report on behalf of the General Circle, our governing body.

Human Relations Laboratory "Zoom-in"

August 2020

"How can we have a Lab without hugs?" This, in a nutshell, was the challenge we faced once the isolation of the pandemic hit us. Thus began several thoughtful discussions of what constitutes the essence of the Human Relations Laboratory. Many opinions came forth and at the heart of them all was intimacy. Intimacy, intellectual stimulation, the discomfort of growing awareness, inspiration, non-ordinary reality, connection, community. Would it be possible to create a "Lab zone" without physical closeness? If it were possible, how would we do it? Canceling Lab 2020 did not appeal to the design team, so we chose to move ahead and design the best possible Zoom version of the Human Relations Laboratory.



Our design incorporated acknowledgment that Zoom fatigue is real, so our Zoom-in days were planned to accommodate restless bodies and tired eyes, and the usual week-long event was shortened. Since it was agreed that small groups are an essential element of Lab and that it is in small groups that intimacy blossoms, small-group leaders were primed to encourage in-depth, heartfelt sharing. Knowing that cultural expression is essential to the experience of Lab's non-ordinary reality, meditation, yoga, and creative expression were included in each Zoom-in day.

What evolved from the design discussions was "Creative Exploration of Self: Connecting with Myself and Others in a Disconnected World." The accompanying resource manual was introduced by a hand-drawn map of Terra Humanitas, depicting the Ego Range, the Desert of Despair, Dead End Plateau, the Alluvial Fan of Ambivalence, and other rough terrain between Birth Mountain and the Friendly Ferry that transports seekers over the Sea of Remembering to Welcome City, the port of entry to Onederland. Creativity was already at play!

The curriculum was brief and pointed. First came "Ego: Understanding Our Common Issue." Ego, as defined by Roger Walsh and Frances Vaughn (*Beyond Ego*), is "the conceptual self-sense identified with **individual separateness**; the part of the mind with which the **individual** identifies."

Learning about the ego, which promotes and protects the individual, led to beginning to understand **double binds**. To quote from the resource manual, "the ego is programmed toward **double binds**. Because the ego experiences dualities and cannot hold complexity, it dissociates

from anything that provokes challenge or stress ... causing the ego to split, which ... results from the human tendency to live outside relationship.

Double binds result from communication patterns set in childhood and are inherent in mental and emotional difficulties. A child receives contradictory messages, and responding to both messages is impossible. **There is no way out of the binding interaction.** Quoting again from the resource manual, “double binds operate at an unconscious level and can be ‘triggered’ easily by familiar interactions. ... These spontaneous reactions have more to do with the childhood double bind than with the current situation that caused the trigger.”

Continuing and expanding on the Lab 2019 work of identifying barriers to love, five A’s were identified as barriers: **Ambivalence, Arrogance, Anger, Anxiety, and Attachment.** How is each of these present in any unsatisfactory interaction? What is the role of these barriers in our double binds?

Finally, Zoom-in participants turned to the chapter, “Understanding and Managing Our Triggers,” which led directly to learning about **the antidote to the barriers to love: Kindness.** Drawing from the work of Piero Ferrucci, the resource manual described each of the 18 qualities Ferrucci identifies as aspects of kindness. Ferrucci taught us that kindness is medicine. He wrote,

My thesis is that true authentic kindness is a strong, genuine, warm way of being. It is the result of the interplay among 18 qualities. ...From this perspective, kindness is synonymous with mental health.

As we conclude our recollection of the 2020 Zoom-in experience, let’s meditate on the Buddhist Loving-Kindness Prayer:

*May you (I) (we) be filled with loving kindness,
May you be well.
May you be peaceful and at ease,
And may you be happy.*

Was our experimental Zoom-in, the Lab without hugs, successful? Evaluative statements at the end of the Zoom-in expressed surprise and satisfaction with the depth of intimacy achieved in each of the small groups. Morning yoga and meditation were named as satisfying ways to start the day and to counteract Zoom fatigue. The art project completed through Zoom was named as a joyous Lab-like experience. Participants missed hugs and personal interactions over meals and on the path yet enthusiastically applauded their experience.

Would we do it again? Yes, if we had to. And we are looking forward eagerly to **Lab 2021, being held in person at Sahale, starting August 8.**



Dear Friends,

I was so pleased to join the Goodenough Community for the 2021 Annual Meeting. It was wonderful to "see" my Pals.

I am happy and relieved to learn that finances are responsibly managed and that the amazing life-work of Community not only survives, but *thrives* in these difficult days. I am especially inspired to see all the progress at Sahale as we continue our commitment to Earth stewardship.

I have participated in many meetings over the years. What impressed me most this year is the level of clarity, professionalism and forward vision.

The Community's embrace of the sociocracy system of dynamic, equitable governance is serving each of us, and all of us, well.

- Theresa J.



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Programmatic News & Events



Women's Culture - On Saturday, May 8, in lieu of our annual women's weekend, we'll share a Zoom-Day together, 10am to 2:00 PM. Please mark your calendar and set aside this day for a replenishing time with women. A zoom link will be sent the week of May 1, so please RSVP to [Elizabeth Jarrett-Jefferson](#).

Third Age

Our next Third Age gathering is set for Friday, **May 21 at 7:00PM**, and we hope you'll be able to attend. How is your "Third Act" going? What's been happening in your life that you'd like to share? Our meeting will begin on Zoom at 7 p.m. and the Zoom link will be sent on Friday. Looking forward to seeing you. Warm regards, [Kirsten](#) and [Joan](#).

Memorial Day Weekend @ Sahale

Colette Hoff & Elizabeth Jarrett-Jefferson

We are inviting you to spend time at Sahale over Memorial Day weekend, e.g., May 28 – 31. Sahale is inviting guests who are vaccinated; but if you are unvaccinated, we will make special accommodations for you. *We must know in advance if you want to attend as space is limited.* If you would like to attend, please email [Colette](#) or [Elizabeth](#) as soon as you can and include the dates you are requesting to arrive and depart. *Thank you!*



Save the date!

This summer's Human Relations Laboratory will be held

August 8 to 14, 2021.

We are praying for an in-person Lab.

Let Elizabeth know of your interest.





HAPPY EARTH DAY!

Imagine A Bee Enthusiastically Following Sun Rays

Welcome to the garden corner! This spring the Natural System Circle is hosting Plantapalooza! The intention behind this call to action:

- 1 Food security
- 2 Seed sovereignty
- 3 Developing a healthy relationship with food

QUESTIONS

I hope to answer within and among community:

- 1 Where does our food come from?
- 2 How long does it take to grow one vegetable?
- 3 What is the size of homegrown fruits and vegetables?
- 4 What do homegrown fruits, and vegetables taste like?
- 5 Why is having a direct relationship to food important?

I would **love** to talk with anyone who is finding that their enthusiasm is growing.



visions of the future of your new baby plants!

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Veggies

VEGGIE BABIES	INVENTORY
Heirloom Broccoli (2 pack)	25
Bok Choy (2 pack)	10

FRUITS

FRUIT BABIES	INVENTORY
Banana Pepper	38
Mixed Cherry Tomato	36
Heirloom Tomato	30
Viva Italian Sauce Tomato	8

FLOWERS

FLOWER BABIES	INVENTORY
Tall Marigold (4 pack)	25
Calendula	22
Cosmo (2 pack)	4
Zinnia (2 pack)	2



Mindful Mike's Blog: Expression

Mike deAnguera

We humans have very expressive faces. Most creatures don't, although the other primates seem pretty close. In fact, about 80% of our communication is via our body gestures. Only 20% is in our words.

Have you ever wondered about faces? I have. They are worth studying. Young faces with no wrinkles and old ones with lots of wrinkles.



A piece of drift wood can have lots of wrinkly texture. I spotted this one on one of my walks along Hood Canal with Presley Harrington.

Of course, nothing beats the cheerful expression on Marley Long's face. She just happened to be underneath the Potlatch deck with the picnic table. She came right out to have her picture taken. Wow!

I am hearing birds singing right now. What would life be like without birds? Their expression is primarily in their voices although they can flap around using their wings. I remember how expressive Tuck was especially when she was preening my hair while I took my laundry down to the Log Building.

The Earth is also expressive. A nice combination of birds and running water from Jiggs Creek. Peaceful. Happy. A combination of all sounds even human ones into one voice. Weather wise it is perfect. Cloudy. Not raining but not hot either. All the trees are turning green. Now an owl and a wood pecker. Like a symphony. A buzzing airplane too! The buzz of airplanes seems constant.

I certainly would never experience the same peacefulness in an urban area. Way too much noise, especially screaming sirens which seem to be the primary noise downtown.

As I express myself I am also putting out energy to everyone and everything around me. I am more conscious of this now than I was in the past. Guess that is part of getting older.

If there is just one of us then the energy I put out will be felt by the others who will then affect still others. One of us can impact others across the globe. The words I put on this page will affect others long after I am gone. It is important that I put out peaceful energy. Any anger I have will disrupt the peacefulness. This was a major thing Peace Pilgrim had to master within himself if he ever hoped to be a peace maker.

I still think of Peace Pilgrim. The few photos of him in his book showed how peaceful he appeared. That is my goal. Maybe my role is to be a peace maker like him. We need lots and lots of Peace Pilgrims. Maybe war will become unthinkable.

Since I know my expressive energy can affect others I have to be really careful what I say and how I say it. My voice is always a gentle voice now. In the past I could be loud and shrill. My waking up can take a long time. What do I do about the communication mistakes I made in the past? Learn from them and move on. That is the only purpose of my life here on Earth.

What's Matlock's purpose? To eat rodents and be nice and affectionate to all of us. He is certainly nice and fluffy, purrs a lot, and doesn't hesitate to use his claws.



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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 People of Color. 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.

Environmentalists of Color

From *Yes! Reader*, Spring 2020

The World We Want Special Issue: *Solutions We Love*

Young Black people, Indigenous people, and people of color at the center of environmental justice movements are often overlooked. This was evident in 2019 during Swedish teen climate activist Greta Thunberg's whirlwind visit to the United States. Thunberg, who recently addressed world leaders at the World Economic Forum, often finds herself in the spotlight. Here are three activities of color who deserve their own spotlight.



Makaśa Looking Horse

When water activist Makaśa Looking Horse, Mohawk Wolf Clan and Lakota, in Six Nations of the Grand River, Ontario, Canada, learned that Swiss multinational food and drink corporation Nestlé was removing 4.7 million liters of water daily from her community's aquifers without their knowledge, she had to act. "Nestlé takes the water from the land and bottles it to sell back to us. To make matters worse, they're doing so on expired permits," she says.

Looking Horse personally handed Nestlé's CEO a cease and desist letter in June 2019. Her actions led to national attention, and she was invited to open for the United Nations Youth Climate Summit. "Humans must build a stronger spiritual reconnection to our mother, the Earth," the 22-year-old water protector told her audience. "An ethical relationship with creation, a natural bond. If that existed, among all nations, we would not be facing the catastrophic crisis we are in today."

As part of her Indigenous Studies program at McMaster University, Looking Horse is researching the poisonous water conditions on First Nations land. The water isn't safe to drink is because it contains heavy metals like arsenic, she says.

"We are in the middle of and we are surrounded by these cities, but we are still in this water crisis," she says. "And I think that's all part of environmental racism."

To raise awareness of the crisis and Nestlé's role, in 2018 Looking Horse created a Day of Awareness for her community, featuring speakers and a 5-kilometer run. "Traditionally our communities had runners to carry messages to different communities," she explains. "And so our message was to Nestlé to stop taking our water."



Elsa Mengistu

Mengistu, a freshman at Howard University, has always cared about social justice, but when she came across the work of Zero Hour, a youth-led, nonprofit environmental justice organization, she saw for the first time climate justice framed with a lens that focused on the people affected by climate change and climate disasters, not just data and scientific jargon.

"[That] is all great," Mengistu says about the technical focus, "but it doesn't get to the root of the problem, which is people and the chaos that climate crisis creates, and how that manifests in our everyday lives and in conjunction with other injustices."

The youth activist has worked with Zero Hour for the past two years, in various roles. She describes planning a large-scale summit to train 350 youth ambassadors to be climate leaders in their local communities.

"Our focus there is to give entry points and resources into climate activism," Mengistu says.

She also works with the Power Shift Network, planning a 4,000-person conference in order to train and engage people who have not been in the movement, and hone the skills of people who have. "For me, the best way that I had been able to utilize my skill set is to connect people to resources," she says.

Mengistu is juggling lots while she is in her first year of university, but still sees a place for activism in her life. She has had to learn about balance within organizing spaces. "In order for us to even sustain a movement, we have to sustain ourselves," she says.



Mari Copeny aka Little Miss Flint

In 2016, 8-year-old Amariyanna "Mari" Copeny, also known as Little Miss Flint, wrote President Barack Obama a letter about the water crisis in her hometown of Flint, Michigan. That letter, and her subsequent meeting with Obama, were the start of the now 12-year-old's activism—and goal of being a U.S. President herself.

Little Miss Flint regularly reminds the world through her social media platforms—she has 118,000 followers on Twitter—interviews, and speaking engagements, of the Flint water crisis.

“[Mainstream environmental justice movements] don’t always focus on and amplify the voices of Black, Brown, and Indigenous youth even though we are living with the issues daily,” she says. “They need to make sure they are giving space to those voices that are so easily forgotten.”

Copeny’s message extends beyond Flint’s water. She cares about the intersecting issues of oppression and puts resources in different places. According to her website, Copeny has raised more than \$500,000 since 2016, helping more than 20,000 children get clean water, school supplies, and other resources in Flint and other cities facing similar challenges. “To the people [who] are living outside of Flint, the crisis is not over yet,” Copeny says. “But Flint is not the only city dealing with a lead water crisis, in fact, there are hundreds of other communities dealing with the exact same crisis. If we forget about Flint there is no hope for any of those other communities

Author: Ananya Garg is a former solutions journalism reporting intern for YES!, as well as a poet and educator in Seattle.



Updated through June 2021

Programs and Events of the Goodenough Community

*Because of our unpredictable times,
dates and descriptions shown represent our plans for now.*

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 help you 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 twice monthly, 7:00 PM, via Zoom. Below are dates for our spring meetings:

- May 10, 24
- June 14

For additional information, contact [Elizabeth Jarrett-Jefferson](#)



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.

May annual gathering – May 8, time TBA. For more information, contact [Hollis Ryan](#).



The Third Age - Those age 60 and older have been gathering monthly, Friday evenings. 7:00 PM. With the pandemic, meetings are virtual. Contact [Kirsten Rohde](#) for more information.

- May 21 is our next gathering

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. A weekend is planned from June 4 & 5, 2021.



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. All are welcome to join. Meetings are held via Zoom on alternate Sundays from 7pm to 9pm. Contact Colette: hoff@goodenough.org for Zoom information. **Note the new May schedule below:*

- May 2
- May 16 and 23



True Holidays Celebration, Saturday, December 4, 2021

We are planning our 2021 event! Hold this date on your calendar. We traditionally hold this event on Mercer Island. Stay tuned for details.



Human Relations Laboratory, August 8 to 14, 2021

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 52 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 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 wellbeing, 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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