



# The Village View

February 02, 2022

Marjenta Gray, Joan Valles & Rose Buchmeier  
Editors

**Coming Up—**  
**Pathwork** - Sunday, February 6,  
7:00 pm

## Connections

This week's Village View focuses on Connections. We community members and friends have found connections to be so essential to sustaining equilibrium in these strange pandemic times, even if many of those connections are via Zoom. ♦ Joan Valles shares, in the feature story, the importance of connection throughout her years in the Goodenough Community. ♦ We present, again, an article by Hollis Guill Ryan about how to join the Membership of the Goodenough Community and Convocation (page 5). Membership is an intentional choice to learn to connect more effectively. ♦ Mindful Mike talks in his blog (page 6) about Triggers, which seems contrary to Connection, but triggers are a pitfall that can keep us from connection. Being mindful of them and choosing how to respond is part of the journey of learning about connection. ♦ For our Standup, Speak Up column (page 8), Rose Buchmeier found fascinating information (edited by Joan) about the origins and history of Habitat for Humanity. The organization began as an intentional community founded on the principles that "all people would be treated equally, and resources and work would be shared". ♦ Enjoy, and may you experience connection this week! ♦

## Connection in Community

Joan Valles

*"I define connection as the energy that exists between people when they feel seen, heard, and valued; when they can give and receive without judgment; and when they derive sustenance and strength from the relationship."* Brené Brown, Professor at University of Houston Graduate School of Social Work

**On-Line News of the Goodenough Community System**  
**[www.goodenough.org](http://www.goodenough.org)**

American Association for the Furtherance of Community  
Convocation: A Church and Ministry / Mandala Resources, Inc.  
Sahale Learning Center / The EcoVillage at Sahale

*"The age-old wisdom that community is a treasure does not change in the world of social distancing."* Robert Waldinger, Psychiatrist and Zen Priest, director of the Harvard Study of Adult Development

Thoughts along the lines exemplified by the quotes above came to mind as our editorial team explored a theme for this week's Village View. We (Marjenta, Joan, and Rose) had participated in the women's culture gathering (by Zoom) on Jan. 22 and were thrilled and warmed by the feeling of connection and depth of conversation we shared. We felt the longing for connection expressed by the women (19 of us), appreciated that Zoom allowed us to expand to New York, Washington, DC, and Portland, and expressed desire for the time when we could be together with others in person.

Most of us who are community-minded likely know about studies that show lack of social connection is a greater detriment to health than obesity, smoking, and high blood pressure. And studies that show strong social connection leads to a 50% increased chance of longevity, strengthens the immune system, helps you recover from disease faster, and may even lengthen your life. People who feel connected to others are likely to have lower levels of anxiety and depression and higher levels of self-esteem and greater empathy.

Here's where it's going to get personal. I first encountered the Goodenough Community almost 30 years ago when Marjenta (then Marjorie) Gray and I attended a True Holidays celebration, invited by our massage therapist, who was a member of the community. Aside from the fact that folks were friendly, I didn't know quite what to make of it or how to socialize. Marjenta and I knew each other from our participation in a grueling encounter therapy/rebirthing "community." I was in my late 50s, my children were grown and gone; I had a job, and that was about it. I couldn't say I really had any friends or knew how to be one. I was angry. I was lonelier than I could acknowledge.

But I was intrigued by that first True Holidays encounter; I knew I needed help, and here was where I was going to look for it. Reflecting on my early years in the Goodenough Community, I realize I was enveloped in relationship from the start. I arrived when the Goodenough Story book was being written, and since I'd been a newspaper editor, I was allowed to help with editing. (I say "allowed" because I complained about having to "slog" through some of the material, and nobody slugged me.) I remember how hollow I felt when leaving the embrace of the community center in Seattle and going home.



*Held by community. Photo by Vonecia Carswell, Unsplash*

The early years of my community involvement were full of people and activity. I attended the Private School for Human Development for five years and learned and grew under the teaching of John and Colette Hoff. The community was and is their life's work. John had a genius for integrating and deriving curriculum from many sources, spiritual, sociological, and psychological. Colette guided me through a web of relationships with loving kindness and practical wisdom. Coming from a relational desert, I now had opportunities to work with others on projects, such as the creative workbooks that were produced for each year of the Private School. I served on teams and was active in the women's culture from the start. It wasn't always easy. I was often split; my ego was weak, fearful, and resistant; my self-denigration was epic and frustrating to others.

I was invited in and held with kindness and love by several of the people who are still community leaders today. These leaders have grown older, by the way, and are hoping that younger people will come forward and lead in whatever direction today's Goodenough Community is taking. They are great teachers.

When I came around, Goodenough was an intentional, nonresidential community based in the Seattle area, although several folks shared housing. A country property was a dream for the future. With the acquisition in 2001 of the beautiful land of Sahale the center and direction of the community began to change. But it's still a representation and offering of our community, a place



*Joan, the author, front & center at the GEC Women's Weekend, 2009*

for healing, learning, and growing. It has allowed our connections to broaden. Looking to the future, we have developed a process for membership. Motivated by Colette, the Lifeways team has been collecting the older curriculum materials and archiving them in a way that will be more accessible. I believe these materials are foundational and can provide antidotes to this dark period our rapidly changing world is going through. Goodenough is a learning community. When we inevitably make mistakes, our goal is to learn from them.

As the chronologically oldest member of the Goodenough Community, I have been incredibly lucky so far during this pandemic. My body is falling apart, and concentration has gone south, but I haven't caught Covid. I do not live alone. I have housemates, Barbara and Jim, I've known since I came to the community.

Barbara serves us in every way; Jim keeps the infrastructure going. We eat dinner together and share entertainment, and chocolates. If I need help, I've always somebody to call. My mobility is pretty shot, so connections through Zoom and Facetime serve me well, although I've loved when we've been able to have in-person company lately. My relationships with my grown children and their families, which were distant for so long, have grown warmer. Zoom allows me to connect with my friends in Pathwork, Women's Culture, and Third Age in the community and dharma teachings with Bodhiheart Sangha.



Folks have asked if my recent 87th birthday was a good one. Yes! Flowers and calls from my sons and their wives; happy birthday texts from my three grown grandchildren. Dinner at home, by choice, with grilled filet mignon from a son's Christmas package. Lots of happy birthday greetings on Facebook, birthday cards both paper and Jacquie Lawson. Just what I wanted: Connection, born in Community.

“Connection is why we’re here. We are hardwired to connect with others; it’s what gives purpose and meaning to our lives, and without it there is suffering.”

~Brené Brown



## “I want to be a Member of the Goodenough Community! What do I do?”

By now, you have read and heard that after four decades or so, the Goodenough Community has become a membership organization! People like you, who have been enjoying the gifts of the community, are choosing to become Members so that they can contribute to the continuing success of the Community.

### **It is easy to join.**

The first step is to take some time to contemplate what joining the Goodenough Community means to you. What attracts you to the Community, and how have you participated? What have you learned and what do you want to learn? Think also about how you want to be involved in the Community in the future.

Once you have considered the value of joining the Goodenough Community, it is time to apply for membership. All who join the Community start at Service Level 1, Water. This Service Level asks you for a commitment of service through your time, energy, and financial support, with the suggested financial contribution being \$15 a month (\$180 a year). Some Members feel able to contribute more than the suggested amount, and their generosity is gratefully received.

**How can you apply for membership?** Go to the Membership page of the Goodenough website (<https://www.goodenough.org/membership>), click on “New Members Option 2,” and print the form. Soon we will have “New Members Option 1” smoothed out so that you can complete your application online. Meanwhile, complete the printed form and return it to our Membership Focal, Rosemary Buchmeier ([buchmeiers1@gmail.com](mailto:buchmeiers1@gmail.com)). Rosemary will call you so the two of you can talk about your interest in the Community and your intentions for your involvement. She will work with you to find an appropriate form of service for you. You may also negotiate your financial contribution during this conversation.

If you are choosing to remain a Heart Friend and want to formalize your contribution to the future of the Community, you may talk with Rosemary. Or, you may click on the Donate page of the website (<https://www.goodenough.org/donate>), choose which organization you would like to contribute to, and set up a continuing monthly pledge at an amount that feels right to you.

Whether you choose to join the Water Service Level or become a contributing Heart Friend, you are a part of the team that is working together to assure that the community we love has a sustainable future.

## Welcome to the Goodenough Community!





## Mindful Mike's Blog: Triggers

Mike de Anguera

Trying to access the VA website to check my appointments proved to be an impossible task. First the program put me into a loop where I kept getting stuck during authentication and finally it gave me an instruction that made no sense at all. I was triggered. The anger it generated within me got me stuck as well. So that is why I am writing this article on triggers.

I was wondering what to take pictures of and the Buddha and the Sun stuck out. Having put them on this page is already causing the adrenaline rush to calm down.

So, the Divine is already suggesting a topic for me. This frequently happens when I can't think of what to write for the week.



Don't you think the Buddha looks calm? No tension. No grinding of teeth. The Earth Mother is sitting next to him in the same serene position. Serenity in the presence of mystery. The mystery of the Sun's journey across the sky. Or rather the Earth's rotation from day to night and back again.

Whatever is Mystery is Divine. So, I contemplate the Mystery of this planet and my existence. I am on a journey beginning with my birth and ending with my death or departure. Awakening is my story. I am living out a story. That is what I am doing here on this Earth.

What to do when triggered? Step back and breathe. I do the same thing when others are triggered as well. I can invite them to breathe along with me if they are open to it. This also the best way for me to deal with anxiety. Frequently I will imagine Somebody guiding me. Of course, my ego has to get out of the way first. Breathe.

Kathleen Notley met the Divine Somebody, a guy who walked with her while she was in a coma. The reality is the Divine within and without. With such a Presence I can never be alone and don't have to feel anxious. I believe that was Thích Nhất Hạnh's secret. What the prayers do is call the Divine into my presence. The Divine is me, a greater me knowing the right decisions to make. Why is it so hard to stay in the Presence? That's what creates drama in my life thus enabling me to carry out my life's purpose.

Teachers lead me into this Presence. These have included people such as John and Colette Hoff. For me Kathleen was a master right up there with them. An angel who came to me when I needed her. I believe she is still watching over me.

Do masters get triggered? Yes but they deal with it calmly. That's how I have seen Colette deal with triggers.

This life can be heaven or hell. I get to decide which. That's why it is important to have a teacher to guide me in making the right decisions. And enabling me to come together with others in a creative way. That's the Human Relations Laboratory.

John is still with us. This bear reminds us of his presence in our lives.



**“All things are connected like the blood that unites us. We do not weave the web of life, we are merely a strand in it. Whatever we do to the web, we do to ourselves.”**

**-Chief Seattle**



*Now we (members and friends of the Goodenough Community) are taking a stand for love and equality. We will continue to speak out about the injustices in our country and in the world and to advocate for peace.*

## **SPEAK UP**

### **Habitat for Humanity: A History**



Former President Jimmy Carter's volunteer work for Habitat for Humanity has helped bring attention to the organization that now provides housing for families in need in 70 countries.

Rose Buchmeier was surprised to discover the roots of Habitat for Humanity the now global organization that provides housing for the needy. She shares information she has gleaned from the Habitat website.

The seeds of Habitat were planted in Koinonia Farm, a Christian intentional community in Americus, Georgia, founded in 1942 by farmer and biblical scholar Clarence Jordan, his wife Florence, and Martin and Mabel England as a "demonstration plot for the Kingdom of God." Founding ideas were that all people would be treated equally and resources and work would be shared. Great responsibility was placed on being wise stewards of land and natural resources. For the founders this meant following the example of the first Christian communities as described in the Acts of the Apostles.

Other families soon joined, and visitors to the farm were invited to serve a period of apprenticeship in developing community life on the principles of Jesus. Koinonians farmed the land for their livelihoods and sought ways to work in partnership to conserve the soil. They preached, taught, and were members of local churches. From the beginning Koinonians

emphasized the brother and sisterhood of all people. When they could afford to hire seasonal help black and white workers were paid a fair equal wage. When they prayed or ate together, they all sat together at the table regardless of color. In the 1950s Koinonians commitment to racial equality, pacifism, and economic sharing brought bullets, bomb, and a boycott of farm products as the KKK and others tried to force them out. They responded with prayer, nonviolent resistance, and a renewed commitment to live the Gospel. They created a mail order business for pecans and other crops that continues to sustain the community today.

As threats of violence dwindled through the late 50s and into the 1960s, they focused on the poor quality of local housing and began a project to build decent, affordable homes for their neighbors. As their website says, "...when we build houses, we also build bridges between people of diverse backgrounds, we build paths to more connected communities, we build ways for all people to come together and share in the creation of a new world."

Founding pastor Clarence Jordan also focused on his passion to pen a version of the New Testament from the original Greek to south Georgia vernacular, which he called the "Cotton Patch Version." In 1969 while preparing for nationwide speaking engagements, he died suddenly.

The Koinonia community carried on Clarence's legacy. The housing ministry evolved into Habitat for Humanity International under the leadership of Millard and Linda Fuller, who were members of Koinonia. Millard Fuller was a self-made millionaire by the age of 29 and he and Linda were looking for a new focus for their lives. They began working in partnership with Clarence Jordan on several projects. Out of this, the Fullers founded Habitat in 1976 and remained in executive roles until 2005.



# Programs and Events of the Goodenough Community

## Announcing Winter and Spring Dates

Community is about adapting to change, and that has been the case with the pandemic as we have adapted many of our ways to connect, most of which are held on Zoom.

Throughout the year we intend to offer programs that help you participate in your own development, learn about relating well with others, and help you discover your potential for having a good time in life and with others. Information about programs and upcoming events can be found on our website: [www.goodenough.org](http://www.goodenough.org)



### **Human Relations Laboratory, August 7 – 13, 2022 – Mark your calendars now**

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. Next summer in 2022 we will celebrate 53 years! Contact: Colette Hoff or Elizabeth Jarrett-Jefferson, [hoff@goodenough.org](mailto:hoff@goodenough.org), [elizabeth.ann.jarrett@gmail.com](mailto:elizabeth.ann.jarrett@gmail.com)

**The Goodenough Community's governing body, the General Circle,** meets monthly on Monday evenings, 7:00 PM

### **Winter and Spring Dates**

- February 21
- March 21
- April 25
- May 23
- June 20

For additional information, contact [Elizabeth Jarrett-Jefferson](mailto: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.

*Saturdays, 10AM to 1:00 PM via Zoom:*

### **Winter and Spring Dates:**

- March 26
- April 29 – May 1 - *Annual Weekend for Women*

For more information, contact [Hollis Ryan](mailto:Hollis Ryan).



**The Third Age** - Those age 60 and older have been gathering monthly, Friday evenings, 7PM. Contact [Kirsten Rohde](#) for more information

**Winter and Spring 2022 dates:**

- February 25
- April 15



**The Men's Program** - Our Men's Circle is an expression of brotherhood and practice, with wisdom gathered from our own lives, other men's work, advocates, and the founders of this circle.

For information, contact [Norm Peck](#)



**Pathwork, a Program of Convocation: A Church and Ministry** – Pathwork offers a spiritual home in which to rest and to share your heart and mind as you move through these unpredictable times. Participants come together under the leadership of Pastor Colette Hoff and find support and encouragement, gaining wisdom from the world's faith and wisdom traditions. All are welcome to join. Meetings are held via Zoom on alternate Sundays: 7pm to 9pm. Contact Colette Hoff: [hoff@goodenough.org](mailto:hoff@goodenough.org) for Zoom information.

**Winter and Spring Dates:**

- February 6 and 20
- March 6 and 20
- April 10 and 24
- May 8 and 22
- June 5 and 19



**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](mailto:hoff@goodenough.org) with questions.

**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 Hoff (206-755 8404).