



In an article titled *How to Build Trust*, author Moshe Ratson states the obvious -- trust is an essential factor in relationships. When we can be vulnerable with another we can trust. Building trust requires a commitment to trustworthy behavior. Do what we say we are going to do – making and keeping agreements with great care. Hairline fractures even seemingly insignificant can erode trust.

Develop reliability and consistency in being counted on by others. Follow through over and over to build a solid foundation.

Tell the truth as much as you can to develop trust. Admit mistakes rather than avoid or cover something up.

Speak from your heart even when you are afraid of a response. Describe the offense with neutrality and focus on the behavior without judgement. Expressing your own feelings will encourage trust.

Volunteering information and being self-disclosing increases the trust that you as a partner are not withholding, especially if you include the important facts of what you are sharing. Develop an attitude of openness toward all relationships even as you keep your boundaries and privacy.

Demonstrate integrity by holding confidences shared with you. Be loyal in your relationships and stand with them.

Value emotional intelligence in order to be trustable. Talk out strong feelings rather than act them out.

Connie Chapman wrote a blog about what trusting the process means. To have faith, is to have deep sense of trust in what cannot be seen. Proof or evidence is not needed. Rather it is an inner sense of knowing that guides you.

To trust the process, wholly, completely, is to not need to know what is unfolding or why, but to simply be here in the present to experience it.

With my journey with cancer, after six rounds of chemo and three treatments of radiation, I had to get two scans. Disappointing the PET scan, more definitive, shows some cancer cells in my lymph system. But I am recovering from all the treatment well, I'm feeling good, and the Dr. gave me a "chemo holiday" for three months when I will be scanned again and likely have more treatment. He encouraged me to enjoy these three months. I'm spending time with family, participating as fully as I can in life in community and at Sahale as well as going on adventures and staying in the present. Thank you for your continued kind thoughts and prayers which help me *trust the process!*



Hey, y'all,

## **Cancerversary at Sahale**

**Come celebrate with me, September 25 to 26.** I am grateful for the support of the Goodenough Community over these 22 years!

This is your way overdue invitation to Cancerversary XXII

I get it. Most of y'all are going, "What the &\*\$# is a Cancerversary and what the %@!> happened to the other XXI cancerversaries? Well, read on.

**What:** Cancerversary XXII. For those of y'all who are a bit rusty on their Latin, think of it as the 22nd anniversary of my kicking brain cancer in the hypothalamus. You can also think of it as my brain tumor's 22nd birthday, which means three things:

- It's old enough to vote, drink, and be drafted.
- It's not old enough to be a responsible adult (even though it thinks it is).
- It's ticked off about not having a blowout party last year celebrating its newfound legal ability to drink (which, despite its protestations is a good thing – have you ever nursed a hung-over brain tumor back to well-being? Not a pretty sight).

**Where:** Sahale Learning Center (AKA 2901 Tahuya River Road, Tahuya, WA 98588) (AKA the land cell phones forgot). It might be a bit of a drive for some of you, but hey, there're places here to crash for the night (especially handy after having one or 22, er XXII, adult beverages too many).

**When:** **Saturday, September 25, 2021.** From noon o'clock on.

**Who:** Y'all. I'll be there. I've survived two cancers. And COVID (incidentally, one of the few valid reasons I can think of to be a no show).

**Why:** If you outlived your prognosis by 22 days, you'd probably want to party. Outlive it by more than 22 years: oh, hell yeah, you want to party. Besides, the Community played an important part in helping me (and mom). Especially in keeping my fridge stocked with tasty meals. And in transportation – taking me to or from treatment.

**How:** Show up and party like you got to live 22 awesome years after you weren't supposed to live anymore. But first, **RSVP** and let us know you'll be here and we will send driving directions. Please bring snacks and beverages to share. We'll do likewise. Please send RSVP to Elizabeth Jarrett <elizabeth.ann.jarrett@gmail.com> and Sam [staatzs@comcast.net](mailto:staatzs@comcast.net); [mrstaatz@gmail.com](mailto:mrstaatz@gmail.com).

Fine. Be that way. Think about this, though. Do really need an excuse to party? Especially after last year? This is also a good moment for getting together after the Lab!

Sam (206) 653-6152 – c

## **Convocation: A Church and Ministry Invites you to . . .**

**A Meditation Retreat**

**November 19 to 21, 2021**

### **Awakening to the Precious Present**

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

*Only in the present moment can we discover that which is timeless.*

*Only here can we find the love that we seek.*

*Love in the past is a memory, and love in the future is fantasy.*

*Only in the reality of the present can we love, can we awaken,*

*can we find peace and understanding*

*and connect with ourselves and the world.*

*Stopping the war, we become present and kind.*

*~Jack Kornfield (1945 to pres., Clinical Psychologist and Buddhist Teacher)*





Being fully present to life... opening to and allowing what is,  
without judgment ... This is mindfulness. And the central practice for achieving  
mindfulness is meditation.

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

- ✚ Periods of silence when you can become centered in yourself
- ✚ Experiences of heart-opening connections with others
- ✚ Conversations where you can share your experience, ask questions, and learn from others
- ✚ Skillfully guided meditations, sensory experiences, and movement

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

**Joshua DeMers** has studied meditation for many years, most recently in India. His skill and gentle approach are effective and easy to join. He recently led meditation for the Community's Human Relations Laboratory and an earlier retreat for Convocation.

**Marley Long** will provide **yoga** as part of our morning sessions on Saturday and Sunday. Marley has practiced yoga for many years and intends to become an instructor. She works well with all abilities. Marley led yoga for the Community's Human Relations Laboratory.

**Elizabeth Jarrett-Jefferson** is our registrar.

**WHEN.** The retreat will begin **Friday, November 19 at 6:30 pm** with dinner and will conclude on **Sunday, November 21, at 3:00 pm**. Contact Colette Hoff ([hoff@goodenough.org](mailto:hoff@goodenough.org)) or call 206-755-8404 with questions.

**COST.** Your registration fee of \$250 includes the weekend experience, the priceless natural beauty of the Sahale Learning Center, *AND*

**2 nights lodging    Abundant meals    All learning materials**

A sliding scale is negotiable. Your financial situation does not need to be a barrier to your participation. Contact Colette Hoff to discuss options.

Please register online. [www.goodenough.org](http://www.goodenough.org). Select the Convocation link. The registration button is at the top of the Convocation page.

## From the Goodenough Community Men's Culture

Norm Peck

The GEC Men's Culture Fall Weekend will be held at the Sahale Learning Center October 22-24. The weekend is later than usual to host the NW Permaculture Convergence the previous weekend. Bruce Perler and Tom George will be leading the take-down of the white Event Tent and convene Men's Circles during the weekend. It is especially helpful to have experienced hands during the day Friday, October 22, with the formal weekend starting Friday evening after dinner. ARCC students will be available to help with the take-down, and will need guidance from more experienced men.

Please let Tom [thomasageorge@live.com](mailto:thomasageorge@live.com) (206-310-2240) of the dates and times you could be available, and anything you'd like to bring to the Men's Circle.

I will not be able to attend, as the memorial service and celebration of life for my father, who died in June of last year, is being held on that weekend in Kansas.



**STAND UP**  
**SPEAK UP**

*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 racial injustice.*

### Introducing Carol Anderson



In her *New York Times* bestseller **White Rage**, Carol Anderson laid bare an insidious history of policies that have systematically impeded black progress in America, from 1865 to our combustible present. With **One Person, No Vote**, she chronicles a related history: the rollbacks to African American participation in the vote since the 2013 Supreme Court decision that eviscerated the Voting Rights Act of 1965. Known as the *Shelby* ruling, this decision effectively allowed districts with a demonstrated history of racial discrimination to change voting requirements without

approval from the Department of Justice.

Focusing on the aftermath of *Shelby*, Anderson follows the astonishing story of government-dictated racial discrimination unfolding before our very eyes as more and more states adopt voter suppression laws. In gripping, enlightening detail she explains how voter suppression works, from photo ID requirements to gerrymandering to poll closures. And with vivid characters, she explores the resistance: the organizing, activism, and court battles to restore the basic right to vote to all Americans.

Carol Anderson is the Charles Howard Candler Professor and Chair of African American Studies at Emory University. She is the author of *One Person, No Vote*, longlisted for the National Book Award and a finalist for the PEN/John Kenneth Galbraith Award; *White Rage*, a *New York Times* bestseller and winner of the National Book Critics Circle Award; *Bourgeois Radicals*; and *Eyes off the Prize*. She was named a Guggenheim Fellow for Constitutional Studies and is a member of the American Academy of Arts and Sciences. She lives in Atlanta, Georgia.

*Imagine if Reconstruction had actually honored the citizenship of four million freed people—provided the education, political autonomy, and economic wherewithal warranted by their and their ancestors’ hundreds of years of free labor. If, instead of continually re-fighting the Civil War, we had actually moved on to rebuilding a strong, viable South, a South where poor whites, too—for they had been left out as well—could gain access to proper education. Imagine*  
— Carol Anderson, *White Rage: The Unspoken Truth of Our Racial Divide*



## NW Permaculture Convergence 2021: Sahale Shindig! October 15-17, 2021

2021 is a year for tending the soil and Nurturing Community! Mark your calendar for the Sahale Shindig Oct 15-17 in Washington.

Open Space Format campout. Bring yourself and ingredients to contribute

to shared meals, music, art, skill-shares and discussions. Want to help shape the event? Let us know on the [NW Permaculture 2021 Sahale Shindig Questionnaire](#).

Our [schedule](#) will be filled out with our collective offerings the first night of the event. Let's have a good time!

We are planning for a digital home-base, paired with live on-the-ground projects at our host site. We will follow our traditional schedule of Thursday night to Sunday night, live-streaming opening and closing circles, keynotes and all workshops, with the option to join in person regionally.

### Want to help plan it?

Join us on Zoom 7pm Thursdays (sometimes Tuesdays - check green box on our website) to help us explore and discuss what you and our community wants to speak and learn about! For the Zoom link and next meeting date visit: <https://www.northwestpermaculture.org/>

*This is a wonderful opportunity to meet some of our local permaculturists and to learn about a variety of aspects of permaculture. Let Colette Hoff know of your interest. (hoff@goodenough.org)*



### Mindful Mike's Blog: 9/11 20<sup>th</sup> Anniversary

Mike deAnguera

How are we doing 20 years after 9/11? Existing with plenty of new restrictions. A feeling that things are not what they used to be. Entering into the Weird.

I was tempted to use a photo of 9/11 but decided against it because I didn't want people like me to be traumatized all over again. I remember my mother calling me on the phone and telling me to turn on the TV. Those TV images put me into a state of shock for over 2 hours. Luckily I was able to call Kathleen Notley and we shared our feelings about it.

There was a time when I could go to the airport without having to go through security and get a full body x-ray. Flying used to be a lot more fun. I didn't have to worry about masks. I was also a lot younger and more innocent. All we had to do was vote the right person into office.

It was a time of massive antiwar and WTO protests all over the world. Now there are none. In fact the media mostly say nothing about what goes on outside the U.S. It looks like a giant power grab by the elite.

Elites have ruled over us ever since we abandoned tribal ways. At least tribal leaders could be held accountable because they were living right with ordinary folks. Leaders in any civilized



culture are set apart from ordinary folks. We are taught they are somehow better than us. So we follow them and they create armies to attack other peoples. We have the better ideology therefore everybody should live like us. I bet Romans thought that as well.

What are we doing at Sahale? Well we continue to network with more people and do more business. We are surviving. In fact we are thriving. As the homeless crisis continues to worsen in Seattle I feel pretty safe and blessed in my tiny house. I believe we represent a solution to all the fear mongering occurring since 9/11. People living in community are less susceptible to manipulation. They are also much less likely to be abused or neglected on the job. Community is the best way to preserve democracy. It is what makes possible rule by the people instead of by the few.



Today I helped Jim Tocher and Sam Hovenden remove things from the wood shop in preparation for a new concrete floor. As with any project I always do the easy stuff first. This get me going so I can tackle more difficult things at a running start.

Pink Lady apples hanging from a tree in front of the Homestead Cabin. We will be picking apples very soon. Notice how red they are getting. This comes from exposure to the sun.

The new culture is upon us even though media pretends otherwise. Is it possible we could do without corporations, churches, insurance companies? All of these organizations are about making money off of us one way or another. Even political parties divide us up against each other. Have you ever thought about what 'right' and 'left' actually mean? In the British Parliament the party in power sat on the right hand benches and the party out of power sat on the left hand benches. Their purpose was to criticize the party in power.

What does Kora think? She is happy all the time. No political worries.



# Programs and Events of the Goodenough Community

## Updated for the Fall, 2021

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](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 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, 7:00 PM, via Zoom:**

- September 20, 2021
- October 18
- November 15

For additional information, contact [Elizabeth Jarrett-Jefferson](mailto:Elizabeth.Jarrett-Jefferson@goodenough.org)



**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.

- September 25, 2021, Saturday, 10AM via Zoom
- October 23, Saturday

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



**The Third Age** - Those age 60 and older have been gathering monthly, Friday evenings. 7:00 PM. With the pandemic, meetings are virtual.

Fall dates: October 8, December 10.

Contact [Kirsten Rohde](mailto:Kirsten.Rohde@goodenough.org) for more information

**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. October 22 to 24 is our next gathering!

For information, contact Norm Peck, [shkwavrydr@aol.com](mailto:shkwavrydr@aol.com)



**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. Participants come together under the leadership of Pastor Colette Hoff and find support and encouragement, 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](mailto:hoff@goodenough.org) for Zoom information.

- *September 12 and 26*
- *October 10 and 24*
- *November 7*



**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.



**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 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).*