



# Village eView

February 12, 2020

Colette Hoff, Editor

## COMING UP

Pathwork, February 23

Third Age, February 14

Women's culture, February 29

Annual weekend, March 13 to 15

## The Other Four A's: A Possible Remedy

*What in the World is Happening in Relationships?*

[Excerpted and paraphrased by Tod Ransdell]

By Dr. Narayan Singh Khalsa

### Making it Work

(An) "H-Frame" pattern (relationship) is where both individuals are capable and operational in standing in the world on their own making their own contribution. Then they form a joint commitment between people of equal power, equal relevance, equal worth and equal contribution. They have a terrific relationship of respect and appreciation with each other, and they expand that relationship through the "cross bar of the H" (toward) the second, third, fourth and fifth chakras. It is a mutual enrichment "*cup runneth over*" effect. There is an equal exchange of energy between equal individuals who get it together with each other.

An extensive study that did a trace back for four hundred years of families found that successful relationships are founded on four components. The first of these is "*orderliness*", which could be characterized as "doing things right" so that they work. It is a strong emphasis on *pragmatic love*. Secondly, there is "*connectedness*" or bonding. There is a real investment in and vulnerability to the partner.

Thirdly, there is "*commitment*", a genuine concern for the welfare of the partner, the relationship, the family and their shared resources. And finally, there was "*contribution*", the manifestation of something more than was there before as a function of being in the relationship. They gave something to the partner, the relationship, the family and the world. These are the characteristics of an "H-Frame" relationship.

## On-Line News of the Goodenough Community System

The American Association for the Furtherance of Community

Convocation: A Church and Ministry

Mandala Resources, Inc.

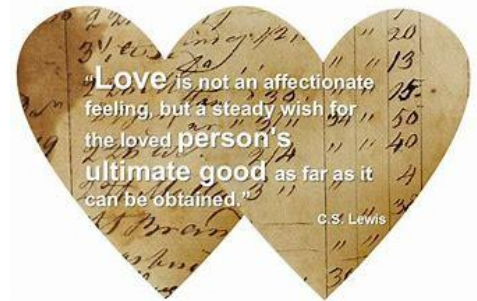
Sahale Learning Center

The EcoVillage at Sahale

Further characteristics of the "H-Frame" relationship are the "**Four A's**". The first of these is "**Acceptance**"①. It is based on "**Agape**" love, and it receives the partner (Friend) just as they are, with no requirements that they change or be something other than they are. If the partner (Friend) improves or expands, it is greatly enjoyed, but it is not required.

Secondly, there is "**Appreciation**"②. This is another aspect of "**Agape**" love, and it reflects an attitude of gratitude for the partner's (Friend's) being who they are and for what they bring to the relationship. It is also an appreciation of who they are themselves and of life.

"**Admiration**"③ refers to the individual's really respecting and looking up to the special qualities and capabilities of the partner (Friend). It is a reaction of inspiration by these characteristics in the partner (Friend) and a desire to have them in themselves. It is not a naive or ersatz (fake/false) reaction. It is a genuine attitude of acknowledgement of the value of the other person.



And "**Affection**"④ refers to the individual's having a real loving and cherishing response to the partner (Friend), and a deep desire to express and share that loving. The form of expression can be as varied as the type of loving affection it represents, but it always reflects a real love reaction to the partner (Friend).

**Editor's Note:** Thank you Tod for sending in this article, it's a perfect theme for the week of Valentine's day. I am collecting "A" words and if anyone has a suggestion, I'd love to hear from you. Also included in this issue is a model for **apologies**, which might be useful this week of celebrating love. And, Nan Kreckler Scott has written a tribute to our beloved John Hoff at the occasion of the second anniversary of his passing. You will also read about Mike's new, tiny house. Love to all, Colette



## "I'm sorry" is more than just words

Lance Frazer (from the *Costco Connection*, February 2020)

**A**pologies are part of life, and they are part of business. While a successful apology shows an acknowledgment of, and responsibility for, a problem, all too often we get them wrong. Roy Lewicki, professor emeritus of management and human resources at Ohio State University's Fisher College of Business, tells the Connection there are six components to any good apology:

- ♥ an expression of regret,
- ♥ an explanation of what went wrong,
- ♥ an acknowledgment of responsibility,

- ♥ a declaration of repentance,
- ♥ an offer of repair and,
- ♥ a request for forgiveness.

The more of these you include, the better your odds of mending or preserving a relationship. In an experiment, Lewicki and his colleagues tested how more than 700 people reacted to apologies that contained from one to all six of these components. “We were interested in what makes apologies more or less effective, so we constructed a hypothetical scenario with apologies containing one or more of the key components and asked [test subjects] to judge their effectiveness,” he says.

What they found was that the more components the apology included, the more effective it was judged, the two key components being an acknowledgment of responsibility and an offer of repair.

But, cautions Lewicki, the components were not weighted equally, and language was key. “We’re so used to hearing political doublespeak involving too many words without meaning, where it gets in the way of the message and minimizes the apology,” he says.

One kiss of death for an apology? “The phrase ‘I’m sorry if anyone was offended by what I said/ did,’ ” Lewicki tells the Connection. “That phrasing is completely empty, conveys a meaning that is both underhanded and cynical, and shows neither empathy nor sincerity.”

**Empathy and timing** are vital elements, he feels: “The closer to the offense that you apologize, the more effective it is. If you wait too long, it only gives the offended more time to stew in that juice, and makes the apology less meaningful and less effective.”

Lewicki ends with a warning: “The bottom line in all of this is that, from Washington to Hollywood to the sports world, there are so many people apologizing for so much that the overall efficacy of the apology is being diminished unless it’s a really finely crafted, empathetic apology.”

Lance Frazer is a California-based writer.

### **Rebuilding trust**

*Trust expert Roy Lewicki says an apology is important because the violation casts a shadow over victims’ confidence in their own judgment, creating uncertainty and tension, which a well-crafted apology can help restore. “That reflects on the individual’s character,” he says, “and that is a long healing process, which takes not only a well-crafted apology, but considerable action over a period of time—not just words.”—LF*



Dear John,

I have been remembering  
your last two breaths recently,  
I can almost hear them, even now.

There were many of us in the room,  
all holding vigil,  
The nurse had just announced,  
you had less than eight hours.

I knew I needed to be closer to you,  
I wasn't sure what people would think,  
The thumb in my back won.

As I lay next to you,  
I whispered in your ear,  
"John, it's Valentine's Day,"  
"You are the best Valentine,  
I've ever had",  
"You will always be in my heart."

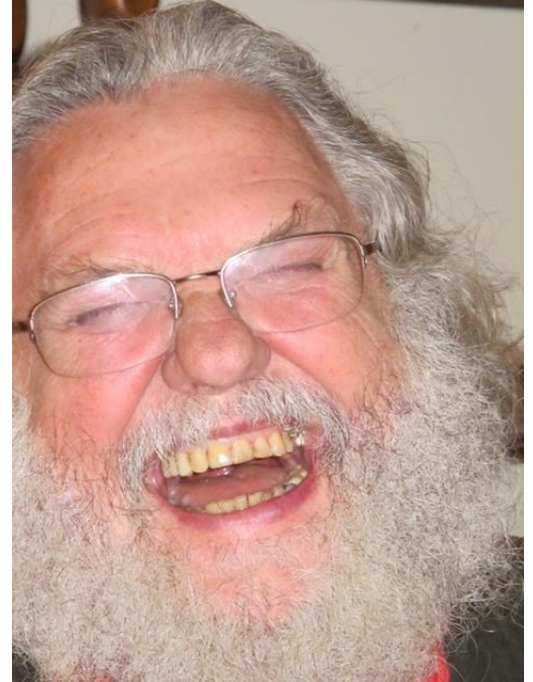
I know you heard me.

Within 30 minutes,  
you took your last breath.

Your spirit,  
your example,  
your bright light  
they remain forever.

I love you John,

Nan





### Hello Third Age Friends

Our Third Age group will gather **this Friday, Feb. 14**, at the home of Jim, Barbara, and Joan in Tukwila. Valentine's Day: A wonderful way to spend an evening with loving friends and contemplate the facets of love at this third age stage of life. Many of us will be remembering our beloved John Hoff on the second anniversary of his passing.



We'll begin the evening around 6 p.m. with a potluck dinner and informal conversation.

For dinner, we will provide a main dish and please bring a side dish, dessert, and a beverage of your choice to share. Please let Joan know if you need directions to the Tukwila house. And an RSVP would be welcome. Looking forward to this Friday, with love, Kirsten and Joan [joanvalles70@yahoo.com](mailto:joanvalles70@yahoo.com) (206 819 1089)



### Gardening at Sahale through the spring of 2020

The gardening group has committed to setting aside one Saturday per month for the gardens. We are announcing monthly Saturday work parties to keep the good care of Sahale going all year round. Please join, all are welcome! Lots for all abilities. Please let Kirsten know if you are coming. Wear weather appropriate clothes. Lunch provided.

Saturday, March 7

April 4

May 23 to 25 (Memorial Day)

Gardeners Julie, Marley, Kirsten, and Mike joined Colette and Elizabeth (and took the picture), while Paul Rawe took out the small and unsightly hot tub. Thank you each for your work.





## Mindful Mike's Blog: Tiny House

*Mike deAnguera*



Hey, what's this coming down our road? It's a tiny house, all 240 feet of it on a trailer! The first house I ever bought in my entire life. In fact the first one I have ever seen for real.

I am getting a lot of help from my community friends. Pam and Elizabeth Jarrett Jefferson will be my neighbors across the street.

Tiny houses are now selling like hot cakes. Seems everybody

now wants one. Or nearly everybody.

Here you can see me as the happy home owner. Well, actually it is currently a house but I will have to make it a home. Draí Schindler and Pam have offered to help with this work.

This is my first home. My condo in Bellevue never really felt like home nor did my Klahwi bedroom though it provided very good shelter for 12 years.

Warm shelter is so important to me. So many people are without homes in the rain and cold. I feel for them.



Here is an interior shot looking from the bedroom into the kitchen. Not an inch of wasted space. Almost like a boat.

We plan to have another smaller tiny home for guests which we will build ourselves.

Did I ever think I would one day be a tiny house pioneer? I only learned of them last year largely through the efforts of Pam who shared her tiny house book with me. This book was self published

by the inventor of tiny houses, Jay Shaffer. I have studied it over many months wondering what my new dwelling might be like.

I am looking forward to having a good house warming party with my community friends. Several including Barbara Brucker and Kirsten Rohde have seen the inside. Pam and I have located both the power hookup and sewer line.

The current toilet is a flush toilet. Since hooking it up would require a septic tank and a drain field, both very expensive projects, I will have a composting toilet installed. This also makes better ecological sense since sewage contaminates most of our nearby bodies of water such as Puget Sound.



Know who else tried out a tiny house? Peaches, our ferocious tiger. He doesn't like it so Marley Long threw in his toy mouse. That made him poke his head in.



### Save the Date:

### Marking Birthdays in March @ Sahale

You'll not want to miss the 60<sup>th</sup> birthday celebration for **Pam Jarrett-Jefferson** and the 50ish birthdays of **Rachel Hoff** and **Larry Hoff**, a powerful birthday triumvirate! Please join us at Sahale and the Swamp for some revelry and raucousness.

- ☐ **Date** – Saturday, **March 21, 4pm** (or come for any part of the weekend)
- ☐ **Where** – Sahale Learning Center – 2901 NE Tahuya River Road, Tahuya 98588
- ☐ **Details** - forthcoming. Contact Elizabeth Jarrett-Jefferson or Colette Hoff in the meantime if you have questions.





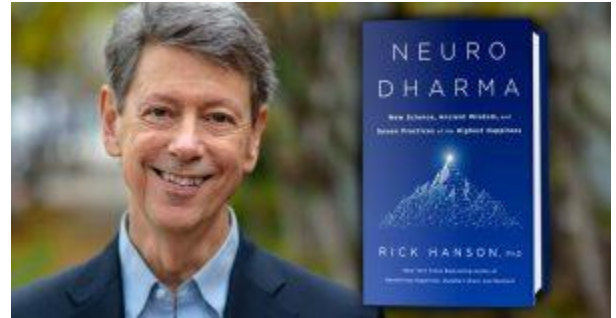
## Talk + Book Signing at Third Place Books in Seattle, WA

June 4, 7:00 pm - 9:00 pm PDT

Third Place Books, 17171 Bothell Way NE, #A101

Lake Forest Park, WA 98155 United States

Rick Hanson will offer a talk and book signing for his new book *Neurodharma* at Third Place Books (Lake Forest Park Location), in Seattle, Washington.



## Watchcare

Rose is on the mend at home and resting as comfortably as is possible. The Buchmeier household would appreciate homemade soup of any kind, ideally frozen. Please let Joan Valles know if you can offer something (206-819-1089).



The following was brought to our attention by Hana Galperin.

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### From Anxiety To Agency: Generative engagement with the challenges of our times

with Robert Gilman      Whidbey Institute

**February 17, 2020** The program begins at 9:30 and runs to 4:30 pm. We recommend arriving promptly at 9 in order to get settled.

**LOCATION:** Thomas Berry Hall      **ADDRESS:** 6449 Old Pietila Rd, Clinton, WA 98236

In the midst of the world's upheavals, are you looking for a more positive and effective way forward – for yourself and for the world?

Join us for this full-day immersion into skills and reframes that support you. Build your capacity to meaningfully contribute to positive change, in all spheres of life, while aligning your actions with the deep process of cultural change unfolding on the planet.

The day combines science-based inner work, big-picture cultural understandings, and insights from living systems. It draws on the acclaimed [Bright Future Now](#) 7-week online course and will be of interest both to those familiar with that work and those new to the conversation. The program will include small-group conversations and experiential learning as well as presentations and full-group work.



You'll explore your Optimal Zone—the psychological space where you are most capable, creative, compassionate and at ease. You'll learn skills for being resilient in that space even in challenging circumstances.

You'll discover a way of seeing the world (and yourself!) that supports creativity and collaboration and escapes the pitfalls of categorical thinking.

You'll see how major long-term trends are moving the culture toward profound positive tipping points, and how you can help that process be as rapid and graceful as possible.

In the context of those long-term trends, you'll learn how to keep the daily news in perspective and focus on what most needs *your* attention.

While not required, we recommend that you watch [\*We haven't been able to have this much fun for 5,000 years!\*](#) prior to the event. It will give you a taste of the territory we'll be exploring – plus, it's fun!

**Editor's note:** *Let me (Colette) know if you are interested in attending. Thank you, Hana*



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## Update: We're almost on top !

**The roof on our Sahale-based gathering tent** has been patched and help together beyond its life expectancy. It is essential that it be replaced for next summer's season. The gathering tent serves many functions including weddings; other organization's retreats and conferences; and The Goodenough Community's programs, which include Children's Summer Camp and the Human Relations Laboratory.

We are almost to our goal of \$7000; only **\$350 to go!**

Here are some details about the tent and new roof:

- Tent manufacturer: Rainier Industries
- \$14,000 was the cost of the tent when it was originally purchased in June 2002, and had a life expectancy of 10 years.
- The tent dimensions are 40 X 60' with a wood dance floor within, 30' X 30'.
- The aluminum structures are in good condition!



Donate now at [www.goodenough.org](http://www.goodenough.org)  
Scroll down to the donate button for Goodenough  
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roof. For more information: Tom George  
[thomasageorge@live.com](mailto:thomasageorge@live.com)



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## FEBRUARY IS REFER A FRIEND MONTH!



**This week's delivery:** from left to right: Navel oranges (Booth Ranch premium), Red grapes, Stem and Leaf Murcott mandarins, Pink Lady apples, and Rainforest-Alliance certified

Our customers are our best advocates and in the month of February, we are showing our appreciation with \$50 gift cards!

### Here's how it works:

1. Share this link (<https://www.marketfreshfruit.com/try-us-free>) with friends, family, colleagues, or teams within your organization that you feel could benefit from our office fruit delivery.
2. We'll bring your referral **\$50 worth** of guaranteed delicious fruit for a taste-testing session.
3. If they sign-up for ANY of our plans, you receive a **\$50 gift card** of your choice!

It's that easy. Nothing is better than receiving gift cards for spreading the health to others!



## Programs and Events of the Goodenough Community

**Please Note:** New dates for 2020 are highlighted.

**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](http://www.goodenough.org)



The **General Circle** meets Monday evening for light dinner & business at hand. In 2020, our meeting schedule will be: February 17; March 9, April 6, 20; May 4, 18; June 1, 15. Our **Annual weekend** will be **March 13 to 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. In February, our meeting will be February 29.

**The annual women's weekend will be April 24 to 26.** For more information, contact Hollis Guill Ryan, [hollisr@comcast.net](mailto:hollisr@comcast.net)



**True Holidays Celebration, Saturday, December 7, 2019 (In 2020, December 5)**



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. **February 14** will be the next meeting. Contact Kirsten Rohde for more information: [krohde14@outlook.com](mailto: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 be **June 5 to 7**. For more information, contact: [bruce\\_perler@hotmail.com](mailto: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 February 9, 23; March 8, 22; April 12, May 3, 17, 31; June 14.** Contact Colette Hoff for more information: [hoff@goodenough.org](mailto: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.

Contact: Irene Perler, [irene\\_perler@hotmail.com](mailto: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](mailto: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](mailto: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 an appointment.

