



For These Times We are In

Trust and Humility Are Orienting

Colette Hoff

In these uncertain, dis-orienting times continuing the study of kindness is most necessary. Our usual way of life has been turned upside down. We are in a cosmic transformational process and life as we know it will not be the way it was and are definitely not the way it will be. One of my teachers, Dyanne Harshman, taught me the importance of being oriented and leading people in an orienting way. This *bestly* event of the COVID -19 virus is causing the loss of orientation as never before. Trust is foundational and can provide some threads of orientation.

Piero Ferrucci includes 18 elements of kindness in his book, *The Power of Kindness, The Unexpected Benefits of Leading a Compassionate Life*. This week, *Trust and Humility* are essential to get through this unprecedented, historic experience we are sharing.

Trust is foundational to human development and it is biological. As humans, we trust our parents for prolonged care and protection. There are more levels of trust NOW when we are protecting ourselves and each other –hands clean, surfaces clean, you know . . .Trust according to Ferrucci, comes with risk and requires courage and vulnerability. Someone might bring in germs, what if I'm not as careful as I could be, to what limits . . . What if we have to trust our health care as never before? Risk and vulnerability gives trust meaning.

Whether we are aware of it or not, every act of trust carries with it a shiver of fear. A favorable situation can become dangerous. Deep down we know that life is insecure and precarious. However, if we do trust, the shiver carries with it a philosophical optimism: Life, with all its traps and horrors, is good. The bet is implicit in trust itself. If we could be sure of everyone and everything, trust would have no value - like money, if it were suddenly limitless, or sunshine, if there were always fine weather, or life, if we were to live forever. ~Piero Ferrucci

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

Basic insecurity is part of life and we have a choice: to be distrustful, suspicious, walled-off, dis-connected and distant or to lean into trust which creates intimacy, security, groundedness, and improved relationships.

*In trusting, we let ourselves go. We know that **all kinds of unexpected events** may come our way. Our tension eases, our mind and our hearts open spontaneously to be possibilities. It is an ever new state of mind, in the present moment, because we have detached from all we know. But it is also a feeling as old as can be, because, before all betrayals and all disappointments, there was a time in which trusting another was the very substance of our life.*

~Piero Ferrucci



Surrender is at the center of trust. Accepting what life brings, letting go of the illusion of being in control. Tension is loosened followed by clarity and understanding. There is so much we don't know about our current situation and it is way beyond our control. Yet we can increase trust with those we are sequestered with, trust those who might offer help, keep up with the facts from reliable sources (but don't overdo it), maintain meditation practices, and focus on one thing at a time. I appreciated the task of getting my taxes in order so I could get lost in one task. I have heard others say something similar. Keeping up routines, find comedy to watch, staying in contact by taking the risk to call a friend.

Trust and kindness go hand and hand. Kindness is trusting and ready to take risk; it brings us closer to others. To trust is be kind. Trusting relationships provide the most learning and nourishment.

We are being made humble by the enormity of our situation and exploring humility might also orienting. We are clearly not in charge, do not have answers to difficult questions and need to let go of narrow ways of thinking. Arrogance has no place now.

The word humility (also human) is derived from the Latin humus, meaning the soil. Perhaps this is not simply because it entails stooping and returning to earthly origins, but also because, as we are rooted in this earth of everyday life, we find in it all the vitality and fertility unnoticed by people who merely tramp on across the surface, drawn by distant landscapes.

~ Piero Ferrucci



The humility to know our own weaknesses and accept them even though sometimes painful is a great strength and includes letting go of illusions of how much you know realizing how much you do not know.

Ferrucci writes about research studies that prove the humblest students who underestimate their ability actually out-performed those students who were more certain they had the answer. Being humble means you work harder and prepare yourself better.

2 | Page *So humility is linked to learning and to renewing ourselves. We often reach a point in our lives where, rather than remaining open to learning, we want safe and predictable plans.*

*And we prefer the prestige of teacher to the humility of student. So we shut the door to reality; we take everything for granted and give up questioning, give up admitting that what we know is possibly no longer true, that our cultural equipment is beginning to be obsolete. For love of comfort, we renounce the labor of skepticism and research. In the extreme case, we become zombies. And what a pity, when things could be different. One of Goya's etchings shows a decrepit old man, and underneath we read the two words *aprendo*, "I am still learning". That is intellectual vitality at its best. That is humility.*

*A similar tendency happens in relationship with others. We can exclude a priori the possibility that others can teach us anything new. **Or else we have the choice to recognize that all around us are people who, with their experiences, feelings, and ideas, their dreams and ideals, can enrich our lives** - we need only look and listen.*

~Piero Ferrucci, *Humility, The Power of Kindness*

Humility may be difficult at times yet by understanding and accepting our weaknesses we can be fully who we are. Humility is also inherent in the capacity to make do--something we might need to pay attention to as our crisis continues.

Ferrucci sums up the chapter on humility emphasizing that humility makes learning possible and is essential for kindness. Its hard to be genuinely kind if deep down we think we are special. Now more than ever humanity is in the same situation and we will need to work together in all new ways.



Virus Healing

And the people stayed home.

And read books, and listened, and rested, and exercised, and made art, and played games, and learned new ways of being, and were still. And listened more deeply. Some meditated, some prayed, some danced. Some met their

shadows. And the people began to think
differently
And the people healed.
And, in the absence of people living
in ignorant, dangerous, mindless,
and heartless ways,
the earth began to heal!
And when the danger passed
and the people joined together again,
they grieved their losses, and made
new choices, and dreamed new images,
and created new ways to live
and heal the earth fully
as they had been healed.

-- Kitty O'Meara

Sent to me by Bill Kohlmeyer



Hello to my women Friends,

In these turbulent times, my first wish for each of you is robust good health.

And in these weeks of isolation, I am sad to confirm that we are canceling the Goodenough Community's 2020 annual women's weekend.



The irony is clear: We are required to remain apart from others in a time when being deeply connected would be most reassuring. Canceling our women's weekend, which generates sustained and healing relational closeness, is the wisest choice for our physical wellbeing, yet sacrifices the connection our hearts long for.

A secondary result of canceling our weekend and other events for the greater good of preserving public health, is the loss of much-needed income for the Goodenough Community. Like other businesses, charities, and individuals, the community faces difficult economic times ahead. You may be facing such difficulties yourself. However, if it is possible for you to donate the amount you would have paid for the weekend, or some part of it, we would be grateful. You can donate online (www.goodenough.org) or send a check to Post Office Box 312, Tahuya, Washington 98588.

Meanwhile, please do all you can to create and maintain connections with the people who bring you comfort. I look forward to the days when I can once again greet you with a hug.

Be well, Hollis



Gardening update through pictures!



Marley in the Roots garden.



Beautiful pruned apple trees.



Mulched Blueberries



Bartlet Pear about to bloom



to



Greenhouse Seedlings



Mindful Mike's Blog: Adaptation

Mike deAnguera

What are some of the things we do during this time of covid-19 lockdown? Well, we keep working on our various projects around Sahale which of course involves getting the site ready for my tiny house (Tardis II).

All of us are trying to stay calm and collected during this time. I am just taking everything one day at a time. Breathe easy and relax. If you are not doing so already, I would highly recommend it. I know for a fact my ego wants to run in a dozen directions all at once. Splitting is a definite temptation. Relax. Slow down.

Adaptation is the key to confronting any crisis, especially one likely to be around for a while.

How about a game of train dominoes? Here you can see Colette Hoff, Josh DeMers, and Marley Long playing a game along with me.



Later I engaged with Julie Wolf in a meditation along with Tibetan Buddhist monks on a YouTube video. It was amazing we could both share the sound of the meditation together. My

hope is we can find others to add to our group and maybe one day have a meditation in house here at Sahale.

Community is where I can turn to for what I need in terms of emotional support. I frankly don't know how people manage it alone. I guess people can over time adapt to any way of life.

Once COVID-19 has passed it could be a different world. Pedge Hopkins, Irene Perler and I figured we could expand local economies. This crisis is causing the whole globe to focus on a coordinated response. Julie Wolf definitely was in agreement about this as I helped her and Marley Long plant peas in the Heritage garden below Kopet WaWa. Food security is definitely on our minds.

I seem to remember that Starhawk's novel The 5th Sacred Thing also featured a pandemic. Is this what it takes to bring people together? We need a new way of life based on people sharing and caring for each other rather than competition. Competition is wasteful and destroys community.

Over the years I have adapted to many different situations. This is no different. We will be challenged in community building as never before.



I am carrying a bottle of hand cleaner as well as plastic gloves even for going to the mailbox let alone driving to the post office. Tomorrow when I go to the VA clinic in Silverdale I am thinking of wearing a mask as well.

Sahale is a great place to ride this crisis out. Living in community means we don't all have to make trips into town to get things. That reduces the risk of exposure.

So far I have had several appointments with the VA over the phone. Great. Hopefully We can escape the virus.

It's springtime and the froggies are croaking en mass. Boys looking for mates. Here's one on our deck by Potlatch. John Schindler found him inside and brought him out here.



We are hoping to host this new event:

Pain Body Healing, July 2 through 6, 2020 at Sahale Learning Center

Academy of Qi Dao - Lama Tantrapa; In Flow Coach - Sean Hall

Do you or anyone you care about suffer from physical pain? Would it be great to know how to overcome years - or even decades of chronic aches and pains?

You are welcome to discover for yourself how to heal physical pain and address its root causes, rather than covering them up with pain killers. Start now by using the four foundational principles of this healing system. These applications can help you effectively release the undue tension that is responsible for most of chronic pain, stiffness, and energy blockages that may be wrecking your health without you knowing it. Learn effective methods to release muscle tension and explore how pain can be a powerful teacher on the path of healing. Determine your holding patterns while identifying the psychological states of being behind them. Learn how to avoid and correct spinal abnormalities and experience natural flow of energy.

Release and heal chronic tension and pain faster than you ever thought possible! By attending this presentation, you will discover for yourself the principles of energy awareness that will help your mind and body collaborate in your healing process.

Lama Tantrapa is a Bon Lama in the tradition of Tibetan Shamanism and the 26th generation lineage holder of his family's tradition of Qi Dao, also known as Tibetan Shamanic Qigong. His teachings integrate the physical, psychological, and energetic practices of this form-free style of Qigong with the essence of Tai Chi, Qigong, and Yoga.

Lama has over 40 years of experience in Meditation, Qigong, and Martial Arts having been trained by his Grandfather from the tender age of six. After receiving religious asylum in the US in the 1990's, Lama has dedicated his life to helping others through his Academy of Qi Dao as well as educating people about the Energy Arts through his award-winning talk show The Secrets of Qigong Masters.

Lama's teachings empowered thousands of people from all over the world, including many professional athletes, speakers, dancers, singers, writers, and actors, to live happier and healthier lives.

Sean Hall, BCaBA, RYT, (son of Lynette Hall) is a qigong coach who specializes in combining qigong, yoga and behavioral intervention to help his clients realize their full potential. He is the founder of In Flow Coach and serves his clients by coaching them in developing their inner wisdom and self-awareness through movement and introspection.

For the past ten years he has worked both as a behavioral analyst for the developmentally challenged and a yoga teacher. His endeavors have taken him to Peru where he has worked in clinics for the locals of impoverished communities. He now leads workshops in the pacific northwest on body mechanics and energy awareness. Sean has gotten the attention of musicians in Tacoma who want a better connection with their bodies and works with many of the local artists. Sean is a musician and mentors other young musicians over the summer months during the Live It Out Loud program. It is his love for music and movement that inspires him help other musicians thrive and succeed. seamusic@live.com> with questions.



Transition is happening at a certain home on Mercer Island and it needs our *attention*. Tod Ransdell, Hal Smith and Hollis Ryan are leaving their nest, downsizing and moving to new quarters. Over the history of the Goodenough Community we have moved many households and have had fun in the process. You have two opportunities to help:

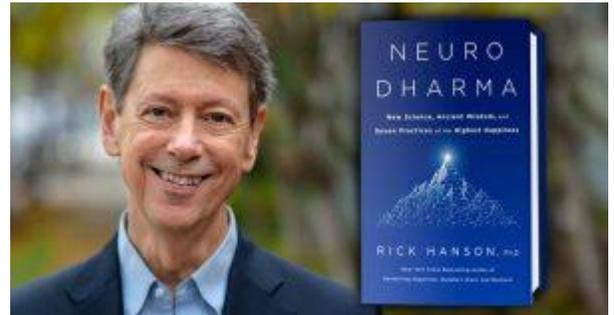
- Tod is still moving with Hollis and Hal to help on **Saturday, March 28**. Most of the crew is sequestered. We wish you all the best and sorry we can't help!



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

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

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. Third Place Books, 17171 Bothell Way NE, #A101 Lake Forest Park, WA 98155 United States



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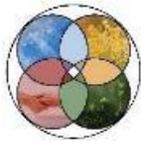
Programs and Events of the Goodenough Community

While we are in an unknown time, these dates represent our intention.

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. In 2020, our meeting schedule will be: March 30, April 20; May 4, 18; June 1, 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. For more information, contact Hollis Guill Ryan, hollisr@comcast.net



True Holidays Celebration, Saturday, December 5, 2020

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. April 17 will be the next meeting. 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 semi- annual men’s weekend will be June 5 to 7. For more information, contact: 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 April 12, May 3, 17, 31; June 14. Contact Colette Hoff for more information: 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





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

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 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) if you find you need to talk out your feelings regarding the crisis.

The factors that contributed to my growth were many - finding someone who understood me, exploring the unconscious, awakening my latent love ... but one star is brightest among all: the self. I found the source of livingness inside me, something I didn't even know existed.
~ Piero Ferrucci