



The Village View

March 3, 2022

Hollis Ryan & Barbara Brucker
editors

Coming Up:

Pathwork, Sunday, March 13, 7 pm

Men's weekend at Sahale, March 11 to 13

Continuing to look at the five tending words:

Contend for Peace of Mind

Hollis Ryan

Can I describe these troubled, uncertain times in a way that you have not already heard? Probably not. You have probably used these adjectives, too: chaotic, troubled, uncertain, disturbed, ambiguous, awful ... and more.

The pandemic has dragged on for 2 years and although it may now be winding down, its future is as yet unknown. During these 2 years we have suffered through separation from friends and family, loss of some personal freedoms, and even anger and hostility. At the same time, the political turmoil, both in our own homeland and abroad, has disturbed us deeply, adding to the stress we already carry. In the last few weeks, through the miracle of space photography, we have witnessed the devastation of the island kingdom of Tonga and its gentle people, progression toward war in Ukraine, and catastrophic blows to ordinary peace-loving people like us. Most likely, we have all experienced blessed and joyous events during these times. These uplifting experiences, though, are easily overshadowed by our own sorrows and the pain of the world.

We may have developed some PTSD from the shocks and griefs we have endured. No matter how positive we have tried to remain, we are not impervious to the world around us and our inner world has indeed been affected.

On-Line News of the Goodenough Community System

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

At a recent Pathwork meeting, for example, participants described their body sensations – unusual tiredness, restlessness, a sense of depletion, tightness in chest and throat – recognizing that these sensations are deeply, almost subconsciously, connected to their inner life. Symptoms of underlying anxiety and depression were acknowledged and identified as “a normal response to an abnormal situation,” as Pauline Boss states in her book, *The Myth of Closure: Ambiguous Loss in a Time of Pandemic and Change*. In addition, Dr. Boss says, “Our anxiety was not and is not a psychiatric disorder ... but a normal response born out of the ambiguity surrounding us – the not knowing, the lack of factual information, the confusion and doubt about what was happening, if and when it would be over, and what to do to stay safe.”

Perhaps you too share some of these experiences and are troubled in your mind, heart, body, or soul.

You must contend for your peace of mind!

Contend? In these already-contentious times?



Yes, “contend” is a strong word. It is a strong action. It is the fifth of a series of “tend” words taught by John Hoff: *pretend*, *attend*, *intend*, *extend*, and *contend*. While we often think of “to contend” in terms of athletic contests, debates, fights, and arguments, Merriam-Webster includes this in its definition: “to strive or vie ... against difficulties.” Yes, now is the time to *contend against* the difficulties within us and around us. *Contend to* replenish yourself. *Contend for* your peace of mind.

What could contending look like? First, let’s remember that contending is the fifth step in a series of actions. First is to *pretend* – visualize, perhaps, how you would feel if your mind were at peace and imagine ways you can achieve such calm. Second is to *attend* – observe, for example, what happens when you pretend a change in your routine. What do you notice when you imagine various ways to achieve your goal? Third, having visualized and reviewed your options, clearly state your *intention*. “Intending is an energetic act involving the will. Energy, action and will are all necessary in motivating” yourself. (From *The Goodenough Story: An Experiment in Community Formation and Self-governance*, where you can find more information about the “tend” words on page 130.) The fourth step is to *extend* your own good will toward yourself, feeling compassion for your own distress and believing in your own strength, goodness, and ability to change.

And now you are ready to *contend* for yourself. Take a stand for your own mental health and your well-being. Stand firm against the difficulties around you and within you and practice the strategies you have visualized, reviewed, and intended, and remember to continue extending compassion to yourself.

Is it difficult to imagine ways you can replenish yourself in this time of epic stress? Well, if ever you have read a self-help book, you have ingested many suggestions for nurturing yourself.

Consider such simple acts as taking a soothing bath, walking around the block, even standing outside in fresh air for a few minutes. Perhaps an afternoon cup of tea or a brief nap would refresh you. Exercise. Connect with someone dear to you. Laugh loud and long, even if you have to force yourself or pretend. Regularly practiced meditation can help. Mindful meditation, loving-kindness meditation, and tonglen are forms of meditation that can contribute to increased peace of mind.

As I was preparing to write this article, I read authors who remind us that “affliction is a treasure” (John Donne). Excerpts from such scholars as Soren Kierkegaard, Fritz Kunkel, Roy Dickerson, and a seventeenth-century French archbishop all echo Donne (*The Choice Is Always Ours: The Classic Anthology on the Spiritual Way*). Although I know personally that hard times can yield growth beyond expectation, I am not saintly enough to fully espouse Donne’s contention that suffering is a treasure. Instead, from the same anthology, I prefer this excerpt from Katherine Mansfield’s *Journal*:

I do not want to die without leaving a record of my belief that suffering can be overcome. For I do believe it. What must one do? There is no question of what is called “passing beyond it.” This is false. ... It is ... to feel oneself part of life—not separate.

Oh Life! Accept me—make me worthy—teach me.

In her little book, *The Faithful Gardener*, Clarissa Pinkola Estes writes simply and movingly of her uncle, who was a Hungarian refugee, a survivor of slave camps, and a teller of tales that lodged deeply in Dr. Estes’ heart. She concludes her book with this prayer, reflecting wisdom gleaned from her uncle’s stories and strongly contending for lifting one’s heart above its suffering.

Refuse to fall down.

If you cannot refuse to fall down,
refuse to stay down.

If you cannot refuse to stay down,
lift your heart toward heaven,
and like a hungry beggar,
ask that it be filled,
and it will be filled.

You may be pushed down.
You may be kept from rising.
But no one can keep you

from lifting your heart
toward heaven –
only you.

It is in the middle of misery
that so much becomes clear.
The one who says nothing good
came of this,
is not yet listening.

News of Norm

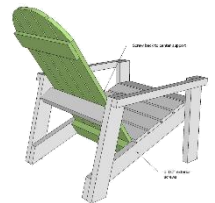
Our long-time friend, Norm Peck, had a coronary episode and has had a pacemaker installed. He is in hospital in Wenatchee for a few more days (as of March 1) while testing is completed and will return home to Ellensburg later this week. Please keep Norm in your hearts and prayers. To let him know you are thinking of him, you may send him an email: shkwavrydr@gmail.com

Men's Gathering and Service Weekend at Sahale

The **Goodenough Community Men's Culture** will be getting together at the Sahale Ecovillage and Learning Center the weekend of March 12-13, 2022, to work together at Sahale and gather as a Men's Circle.

Working with Wood and Each Other seems to be an emerging theme, from possibly building new deck chairs, caring for wood art and structures, pruning and more. We'll be including good socializing time, Happy Hours and Men's Circles.

The structured time will begin Friday evening for those able to arrive on Friday and end mid-afternoon Sunday. Please let Norm and Tod know when you will be arriving, and of any dietary considerations. All attendees must be vaccinated and have had their boosters.



Norm: shkwavrydr@aol.com , 509-607-1124
Tod: todransdell@yahoo.com , 206-409-9793





SPEAK UP

This week we take a step away from injustice and inequality toward People of Color and reflect on Volodymyr Zelenski and his courage as Russia invades the Ukraine. He is standing up and speaking 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 Black people and all 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.

A Prayer for Volodymyr Zelensky

History has found the Ukrainian president, and his courage is remarkable to witness.

By Franklin Foer

Before he became the president of Ukraine, Volodymyr Zelensky played the part on television. He created and starred in a comedy series, *Servant of the People*. His character, a high-school history teacher, is surreptitiously recorded by one of his students as he passionately rants against the tyranny of corruption in his nation. Without his knowledge, the video goes viral. Without campaigning or even wanting the job, the teacher is improbably elected president of Ukraine. The humble Everyman, out of his depths in nearly every respect, goes on to become a heroic leader of his country.

Entertainers who enter politics are rightly treated with suspicion, because they are experts at the most dangerous part of the job, the manipulation of mass emotion. And in Ukraine, any outsider who rises to power engenders even greater suspicion because the assumption is that they must be doing the bidding of some shadowy force or other. As Zelensky has stumbled through his actual career in politics, those doubts have dogged him. It sometimes seemed as if he governed as an amateur doing his middling best, someone simply playing the part. But in life, as in the fictional version he created, Zelensky, slightly diminutive and gravelly-voiced, has been subjected to the most intense stress test of character. In the course of the past terrible week, he revealed himself.

Yesterday, Zelensky told a videoconference of European leaders that they would likely not ever see him again. The whole world can see that his execution is very likely imminent. What reason does he have to doubt that Vladimir Putin will order his murder, as the Russian leader has done with so many of his bravest critics and enemies? Zelensky's fate is so clear that Washington offered to extricate him from Kyiv, so that he could form a government in exile. But Zelensky swatted away the promise of safety. He reportedly preferred that Washington deliver him more arms for his resistance: "The fight is here. I need ammunition, not a ride."



Sunflowers are the national flower of Ukraine. Let them remind us of our concern for Ukraine and the Ukrainian people as we hold their struggle in our hearts.

His willingness to die is testimony to the new Ukraine, which its people are now rallying to protect. Born in the Russian-speaking industrial city of Kryvyi Rih, a bleak metropolis of blast furnaces, Zelensky broke free from the grime with his skill for broad, physical comedy in the style of Benny Hill. Along with a group of his friends, he created a comedy troupe that became one of the most beloved acts in the post-Soviet world. He built an entertainment empire in Russia and could have remained successful in that sphere. But in 2014, after Putin invaded the country of his birth, he donated money to the scraggly Ukrainian army—an act that put him on the wrong side of the Russian government.

Zelensky relocated his production company to Kyiv and began to truly master the Ukrainian language. This wasn't out of a blood-and-soil attachment to native land. It was an affirmative endorsement of the country he saw Ukraine becoming—the easternmost outpost of cosmopolitan Europe, a place that might elect a Jewish vaudevillian president. That a relative outsider has come to lead that nation—and is willing to die for it—is perhaps the most stirring validation of the cause.

When Zelensky rejected Washington's offer of exile, he wasn't making an obvious decision. After Germany invaded France, Charles de Gaulle made his way to London. Or to take a more recent example: Afghan President Ashraf Ghani boarded a helicopter out of Kabul the moment he heard a rumor that the Taliban had entered the city. And, really, who could blame them? Most human beings would rather not have their enemies hang their corpse from a traffic light, the sort of historic antecedent that is hard to shake from the mind.

In Ukraine, the decision for a leader to flee would be the expected choice. It's what his predecessor, Viktor Yanukovich, did in the aftermath of the revolution in 2014, leaving behind his palace filled with exotic cars and ostriches for the safety of Moscow. The enduring failure of Ukrainian democracy has been the gap between the code of behavior that applies to the elite and the one that the rest of the country must follow. It's been the elites who profit off the state, who stash their ill-gotten fortunes in French villas and Cypriot bank accounts, while their compatriots have stagnated. By staying put, Zelensky has erased this gap. There's no airlift awaiting his fellow residents, so rather than accepting the perk of his position, he's suffering in the same terror and deprivation that they are forced to endure.

A week ago it wasn't at all obvious that the world would rally to Ukraine's cause. Nor was it clear that the Ukrainian people would mount a collective resistance to the invasion of their country. There are many reasons why the tide has turned like it has, of course. But it is hard to think of another recent instance in which one human being has defied the collective expectations for his behavior and provided such an inspiring moment of service to the people, clarifying the terms of the conflict through his example.

About the author: Franklin Foer is a staff writer at The Atlantic. He is the author of *World Without Mind* and *How Soccer Explains the World: An Unlikely Theory of Globalization*.
<https://www.theatlantic.com/ideas/archive/2022/02/volodymyr-zelensky-ukraine-president/622938/>



Mindful Mike's Blog: The Peaceful Path

Mike deAnguera

From the very beginning Buddhists have always been aware that empires have a short existence. It is an anxious existence while it lasts. On the other hand, there is a movement of deliberate beggars who have always prized poverty more than wealth. Who despised what the world valued and valued what the world despised. In my book that definitely includes war. The whole Russia – Ukraine business leaves me feeling very anxious about our future.

Peace is not about just an absence of war. It is a whole way of life beginning with whatever inner thoughts I might have. It is so easy for me to be carried away by my fears. I wish all sides could get along with each other.



Here is Pat, my sister-in-law photographing seagulls on the beach at Alki in Seattle. She is a member of the Ananda Community which trains people in yoga and meditation. A good start on the peaceful road.

According to Thich Nhat Hanh, the Vietnamese Buddhist monk, peace is in every step. In other words, challenges should be welcomed as friends along the path.

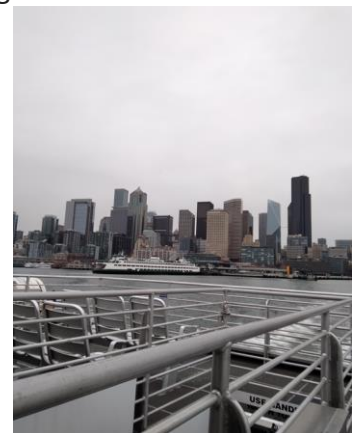
Prince Siddhartha wanted to know why there was old age, sickness, and death. In the process of providing him with the answer the Divine decided to confront him with Mara, the Buddhist version of the devil. Notice here the devil seems contained within. For me confronting Mara within has been my biggest challenge. Do you suppose it is the main reason why I am living my current lifetime?

My challenges keep me engaged. As I have explained before I didn't come here for an easy time and I sense that challenge is what I really wanted. Military leaders focus on achieving external victory. Defeat the enemy without. My primary challenge is to defeat the enemy within. Bombs and missiles are not the answer. Calmly breathing is.

Here is a picture of the Seattle skyline I took while aboard the Water Taxi going from West Seattle to downtown. It certainly adds a new dimension to traveling to downtown. I was outside the whole time. I wanted to see what downtown looked and felt like.

The Water Taxi travels from the Seacrest Marina in West Seattle to the Colman Dock. The dock has been totally redone. The old dock as I remembered it is gone. Still a lot of construction continues.

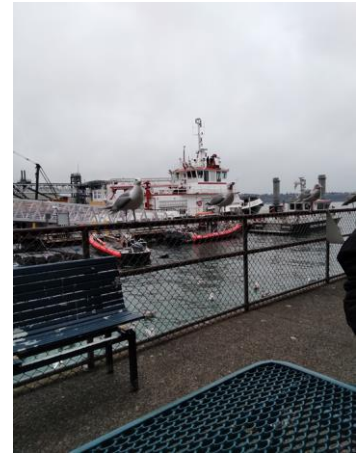
Like the youngster I was I still enjoy riding ferries across the Sound. That little boy is still there in a 66-year-old body.



We have a couple staying with us. They are J.J. and Tyler with River, their 9-month-old baby. Seeing that baby makes realize just how hard a mortal lifetime can be.

It now seems I can see life in its complete wholeness from birth to death. Like an astronaut looking at the whole Earth sitting out there in space. The Earth is indeed a miracle. We are in her womb of breathable air the whole time. I am sure a Buddhist would see a lifetime the same way.

Of course, part of my practice involves eating fish and chips at Ivar's. The challenge is to keep the seagulls from stealing my food.



“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). 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



Programs and Events of the Goodenough Community

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



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. In 2022 we will celebrate 53 years! Contact: Colette Hoff or Elizabeth Jarrett-Jefferson, hoff@goodenough.org, 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

- March 18-19
- April 25
- May 23

- June 20

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.

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](#).



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

Spring 2022 dates:

- 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. *See article this week on the Men's Cultural Weekend at Sahale, March 12-13.*

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 for Zoom information.

Winter and Spring Dates:

- March 13 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 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).