

ATTENTION!

Village eView

February 19, 2020

Colette Hoff, Editor

Attention is defined as notice taken of someone or something; the regarding of someone or something as interesting or important.

According to eminent psychologist and philosopher [William James](#), attention "is the taking possession by the mind, in clear and vivid form, of one out of what may seem several simultaneously possible objects or trains of thought. ...It implies withdrawal from some things in order to deal effectively with others."—"The Principles of Psychology," 1890

Think of attention as a **highlighter**. As you read through a section of text in a book, the highlighted section stands out, causing you to focus your interest in that area. But attention is not just about centering your focus on one particular thing; it also involves **ignoring** a great deal of competing for information and stimuli. Attention allows you to "tune out" information, sensations, and perceptions that are not relevant at the moment and instead focus your energy on the information that's important.

Not only does our attentional system allow us to focus on something specific in our environment while tuning out irrelevant details, but it also affects our perception of the stimuli surrounding us. In some cases, our attention might be focused on a particular thing, causing us to ignore other things. In some instances, focusing our attention on a primary target might result in not perceiving the second target at all.

In other words, by focusing our attention on something in the environment, we sometimes miss other things that are right in front of us. You can probably immediately think of a situation where you were so focused on a task that you neglected to notice someone walking in the room or talking to you. Since your attentional resources were so focused on one thing, you neglected something else.

COMING UP

Pathwork, February 23

Women's culture, February 29

Annual weekend, March 13 to 15

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

Key Points About Attention

In order to understand how attention works and how it affects your perception and experience of the world, it's essential to remember a few important points about how attention works, including:

Attention is limited. There has been a tremendous amount of research looking at exactly how many things we can attend to and for how long. Key variables that impact our ability to stay on task include how interested we are in the stimulus and how many distractors we experience and attention is limited in terms of both capacity and duration. The illusion that attention is limitless has led many people to practice [multitasking](#). Research published in 2018 has pointed out how multitasking seldom works well because our attention is, in reality, limited.

Attention is selective. Since attention is a limited resource, we have to be selective about what we decide to focus on. Not only must we focus our attention on a specific item in our environment, but we must also filter out an enormous number of other items. We must be [selective](#) in what we attend to, a process that often occurs so quickly that we don't even notice that we have ignored certain stimuli in favor of others.

Attention is a basic part of the cognitive system. Attention is a basic component of our biology, present even at birth. Our [orienting reflexes](#) help us determine which events in our environment need to be attended to, a process that aids in our ability to survive. Newborns attend to environmental stimuli such as loud noises. A touch against the cheek triggers the rooting reflex, causing the infant to turn his or her head to nurse and receive nourishment. These orienting reflexes continue to benefit us throughout life. The honk of a horn might alert us about an oncoming car. The blaring noise of a smoke alarm might warn you that the casserole you put in the oven is burning. All of these stimuli grab our attention and inspire us to respond to our environment. <https://www.verywellmind.com/what-is-attention-2795009>



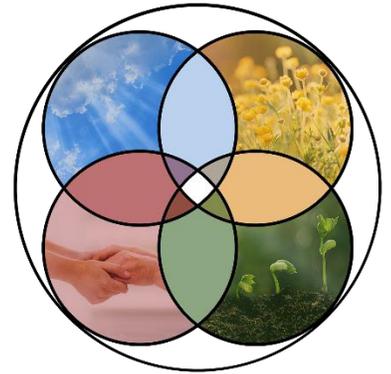
Goodenough Community Annual Meeting

March 13-15 at Sahale

Kirsten Rohde

This year's annual community meeting is at Sahale, March 13-15. The weekend gathering is open to all who enjoy and care for our community.

If you are interested in our community's purpose, rationale for vision and plans, leadership succession, and our future, this meeting is a place for your energy and your voice. Come share your observations and hear from others. How shall we shape our future to be relevant to everything from the growing loneliness reported in the news to earth repair?



The annual weekend is a “meeting” but so much more. It is a time to socialize, enjoy Sahale, perhaps a work party rain or shine, and to share together as we look at the last year, the current state of affairs, and the future of all aspects of our community.

Our goals for the weekend include:

- ∞ Getting in touch with the whole of our community and all its parts
- ∞ Governance: membership and sociocracy
- ∞ Future directions
- ∞ Connection with people and place – enjoyment of a good weekend retreat at our own heaven on earth!

We will start on **Friday at 8PM** with dinner available beforehand and conclude at 3pm on Sunday. Please join us. For more information and to RSVP: krohde14@outlook.com



Attention

Colette Hoff

The intention of choosing to focus on the word *attention* this week is to get your attention toward the annual membership meeting Kirsten describes above. Your interest and attention are vital to the success of this is an annual event. Attention is also an “A” word suggested by Elizabeth Jarrett-Jefferson. Mikes writes about experiencing my almost four-year old grandson who teaches me the importance of attention in almost everything – keeping him safe, fed, entertained, and happy.

*The practice of paying attention
is the rarest of gifts
because it depends upon the harshest of disciplines.
So uncommon is it for us to grasp
the beauty and mystery of ordinary things
that, when we finally do so,
it often brings us to the verge of tears.
Appalled by our own poverty,
we awake in wonder
to a splendor of which we had never dreamed.*

*~Belden C. Lane
(1942 to pres., Professor of Theological Studies)*



Pathwork, Sunday February 23

Pathwork, which began in 1984, has provided a spiritual home for many. A spiritual development program, Pathwork, is designed for beginners and experienced life-time learners who are interested in integrating spiritual practices from the world's major faith traditions. Currently led by Colette Hoff, guest speakers and teachers are invited through technology, to join the circle with a focus to deepen the current theme of mindfulness. Most recently, Stephen Proctor, a teacher from Australia, provided teaching titled *Meditation: Awareness, Mindfulness and Concentration*. Suggested donation is \$25 per session. Consider joining the circle which meets at the home of Joan, Barbara and Jim in Tukwila. Additional dates include: **March 8, 22; April 12, 19. May 3, 17, 31; and June 14.**



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 18

May 23 to 25 (Memorial Day)



Mindful Mike's Blog: Wiley, Matlock, and Mindy
Mike deAnguera



Here's Marley Long with one of our future mousers, Matlock. The other future mouser is Mindy who was so well hidden I was unable to take her picture. But you should see the two of them tucked in together in one box in the Potlatch green house. Mindy is mostly cream colored.

Will they follow me around like Earlina? Don't know. Right now they are becoming acclimated to our place.

Marley and Josh DeMers brought both cats from the Shelton Humane Society.

Who's that on the tractor with John Schindler? Why that's Wiley Aylward.

I am absolutely green with envy. I never got to drive a tractor at the age of three.

My Mom and Dad had a "farm" out in Kingston but it was little more than a shack with no electricity and no running water. And definitely no tractor!

Wiley is definitely going to have something to tell his friends about when he gets home to his Mom and Dad.



Did you know Wiley and John are the best of fishing buddies? Here's Wiley at our favorite pond. John told me he's caught fish up to 15" long. John will make Wiley into a fisherman yet.

Oh, you should see Wiley's rocket ship. He's had me fix it but the Space Shuttle needed to be completely refurbished after every flight.

Will Wiley one day be an astronaut? Depends on how badly he

wants it. I too liked rocket ships but had nobody to build me one. I did build a small model when I was about 14 years of age.

Wiley is learning about various bird calls from his bird book. The calls are built into the book itself and emanate with the push of a button. That's the best way to learn bird calls.

One day I hope we will have a family with kids living out here at Sahale. That's the best way to grow up. Community is the best way to grow healthy kids, especially with so many families falling apart in the outside world. So many kids going through divorce and missing one of their parents.

There's power in community but every community is different because we are all different from each other.

Wiley also got a tour of my Tiny House. He explored every room as have many other people. Here he is looking out my living room window at the woodland beyond.



Save the Date:

Marking Birthdays in March @ Sahale

You'll not want to miss the 60th 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.

Watchcare

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:

- Hal and Hollis would appreciate help on Thursday, March 26.
- Tod would appreciate help on Saturday, March 28.



Women's Culture

Saturday, February 29 is our next women's gathering from **10:00 a.m. to 2:00 p.m.** We will continue to explore "barriers to love."

As is usual, we will mingle over coffee before settling in for conversation, laughter, introspection, movement, companionship. We'll serve a light lunch toward the end of our time together. We will meet in Tukwila at the home of Barbara, Joan and Jim, 3535 So. 126 St. Tukwila, WA.

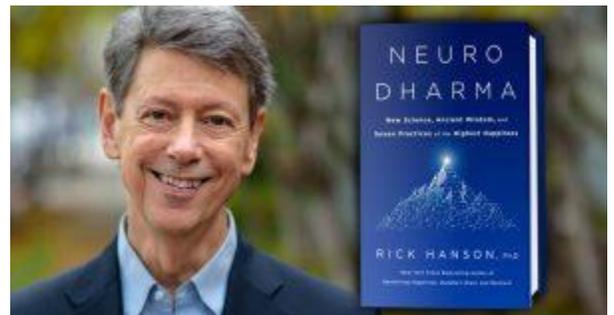


Talk + Book Signing at Third Place Books in Seattle, WA

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.



Update: We're almost on top !

The roof on our Sahale-based gathering tent has been ordered!

And you can still donate now at www.goodenough.org
Scroll down to the donate button for Goodenough Community. In comment section, please note tent roof.
For more information: Tom George
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!

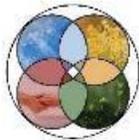
Programs and Events of the Goodenough Community

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



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



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

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 February 23; March 8, 22; 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) to make an appointment.

