

## EMPATHY

-the power of understanding and imaginatively entering into another person's feelings

-identification with and understanding of another's situation, feelings, and motives.



## Patience

Endurance under thorny circumstances;  
good-natured tolerance of difficulties.

Empathy and Patience are two qualities of **kindness** which was introduced in the March 11 issue of the eView. Piero Ferrucci, in his book, *The Power of Kindness*, presents 18 aspects of kindness and these themes will appear in our newsletter over the next few weeks.

In this very strange time we are in, focusing on the passions, concerns, hopes, fears and suffering of **others** is a way to relieve fear and anxiety. Letting go of self-centered attention, which tends to produce unhappiness, will bring more health and satisfaction even in crisis.

Empathy is the ability to put yourself and your imagination, in another person's place. Empathy allows the capacity to understand other people's feelings and points of view, to identify with them. If we are insensitive to the feelings of others, relationship is more difficult.

*Empathy has been necessary since pre-historic times: **Human beings can thrive only in community.** And that is impossible if they cannot read the emotions and intentions of others. In small, everyday matters, too, the same principle holds: A person who tries to jump the line, drop trash, or makes noise while others are asleep, is doing so because he is incapable of conceiving others' reactions.*

### ***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

“Empathy  
is the antidote  
to shame.”

Brene Brown  
@brenebrown

*Empathy is a prerequisite for communication, collaboration, and social cohesion. If we annul it, we return to savagery—or cease to exist.* Piero Ferrucci, *The Power of Kindness*

Empathy helps us feel better as well as resolves problems. And despite the advantages, there is resistance to identifying with another for understanding and it can be seen as a weakness. However, people change when they feel their point of view is taken seriously.

Genuine empathy requires the person feeling it to have a healthy relationship with his own and others suffering. Usually we avoid pain, yet it is inevitable. We have to come to terms with our suffering. According to Ferrucci, “The best way to face pain is directly, with sincerity and courage. To enter into it, as a tunnel, then to come out the other side.”

Compassion is the result of empathy. It is a spiritual quality because it brings people out of selfishness and attachment and unites us to others.

*Empathy: When you plant lettuce, if it does not grow well, you don't blame the lettuce. You look for reasons it is not doing well. It may need fertilizer, or more water, or less sun. You never blame the lettuce. Yet, if we have problems with our friends or family, we blame the other person. But if we know how to take care of them, they will grow well, like lettuce. Blaming has no positive effect at all, nor does trying to persuade using reason and argument. That is my experience. No blame, no reasoning, no argument, just understanding. If you understand, and you show that you understand, you can love and the situation will change.* Thich Nhat Hanh

"We think we listen, but very rarely do we listen with real understanding, true empathy. Yet listening, of this very special kind, is one of the most potent forces for change that I know."  
Carl Rogers

While we are definitely all in this crisis together, we each have our own way of processing and feeling. It is especially important **not** to make assumptions about how someone is thinking and feeling. Empathy will enhance connection and leads to the kindness quality of **patience**.

Now particularly we all need extra patience. There are so many unknowns, it is easy to express anger and bewilderment. Little things may cause upset and triggers are more sensitive.

Impatience is not having life go the way it should. Other people don't respond to the same sense of time and should do things differently. When someone imposes on us a rhythm that is not ours, we can feel violated.

Patience is offering kindness in the face of difficulty. It includes accepting the unfolding of life without resisting and with a good attitude. Patience is defined as the capacity to accept or tolerate delay, trouble, or suffering without getting angry or upset.

Patience  
is the  
calm acceptance  
that things can  
happen in a  
different order  
than the one  
you have in  
your mind

Consider the usual pace of life and where you can often feel impatient. Driving when someone cuts you off, caught up in urgencies, feeling like your time was wasted, can help us forget what is important in life and loose connection with our soul.

Patience and kindness are connected in the respect for the rhythms of others. Those who postpone gratification have a better chance for success in relationship. They usually have a developed locus of control over their own life, according to Ferrucci, instead of feeling at the mercy of events, powerless, and approach life in a victim stance. Patience is simply a different perception of time. Again, Ferrucci describes patience as” . . . The ability to face without fear the incessant flow of time.”

John Hoff often taught, “Make no decision before it is time.” In other words, hold the tension of variables patiently, until you have the most information, then make the decision. As Buddhism suggests, life is impermanent anyway.



Slow down, (I think it is interesting we are being required to slow down right now), take time to write a letter. Be patience with yourself if you are upset. Be patient with those you are sequestered with. Accepting what is will make the crisis we are in more tolerable.

Blessings and stay safe. Love *Colette*



The following was sent to me by Bill Kohlmeyer and it provides more hope than anything I have read about the transformational nature of the crisis and is written by  
~ Fr. Richard Hendrick, OFM (Irish Poet and Capuchin Franciscan Priest)

*Sing (A Poem)*

*They say that in Wuhan after so many years of noise  
You can hear the birds again.*

*They say that after just a few weeks of quiet  
The sky is no longer thick with fumes  
But blue and grey and clear.*

*They say that in the streets of Assisi  
People are singing to each other  
across the empty squares,  
keeping their windows open  
so that those who are alone  
may hear the sounds of family around them.*

*They say that a hotel in the West of Ireland  
Is offering free meals and delivery to the housebound.*

*Today a young woman I know  
is busy spreading fliers with her number  
through the neighbourhood  
So that the elders may have someone to call on.*

*Today Churches, Synagogues, Mosques and Temples  
are preparing to welcome  
and shelter the homeless, the sick, the weary*

*All over the world people are slowing down and reflecting  
All over the world people are looking at their neighbours in a new way  
All over the world people are waking up to a new reality  
To how big we really are.*

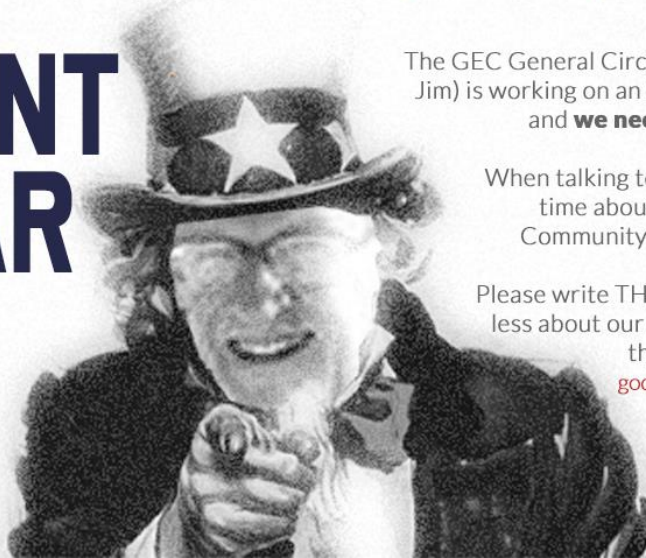
*To how little control we really have.  
To what really matters.  
To Love.  
So we pray and we remember  
Yes there is fear.  
But there does not have to be hate.  
Yes there is isolation.  
But there does not have to be loneliness.  
Yes there is panic buying.  
But there does not have to be meanness.  
Yes there is sickness.  
But there does not have to be disease of the soul  
Yes there is even death.  
But there can always be a rebirth of love.  
Wake to the choices you make as to how to live now.  
Today, breathe.  
Listen, behind the factory noises of your panic  
The birds are singing again  
The sky is clearing,  
Spring is coming,  
And we are always encompassed by Love.  
Open the windows of your soul  
And though you may not be able  
to touch across the empty square,  
Sing.*





Our beloved Elder Jim Tocher says...**“ Please respond, this is important!”**

# WE WANT TO HEAR FROM YOU!



The GEC General Circle (which includes Jim) is working on an important project and **we need YOUR INPUT!**

When talking to folks for the first time about the Goodenough Community...what do you say?

Please write **THREE** sentences or less about our **purpose & value**, then submit to Drai.  
[goddessdrai@gmail.com](mailto:goddessdrai@gmail.com)

**ASAP!**  
Thank you!



*In beauty I walk.  
With beauty before me I walk.  
With beauty behind me I walk.  
With beauty above me I walk.  
It has become beauty again.  
Today I will walk out, today everything negative  
will leave me.  
I will be as I was before.  
I will have a cool breeze over my body.  
I will have a light body, I will be happy forever,  
nothing will hinder me.  
My words will be beautiful.  
In beauty all day long may I walk.  
Through the returning seasons, may I walk.  
On the trail marked with pollen may I walk.  
With dew about my feet, may I walk.  
In older age wandering on a trail of beauty,  
lively, may I walk.  
In old age wandering on a trail of beauty,  
living again, may I walk.  
My words will be beautiful.*

“The Beauty Way” blessing reminds me of the mental, emotional, physical and spiritual strength needed to encounter fears - to get beyond fear in order to grow, and receive the gifts of joy, happiness, confidence, and peace. In a time of great mystery, listen to  
6 the earth. May we have the strength to remember our purpose. We have all that we need

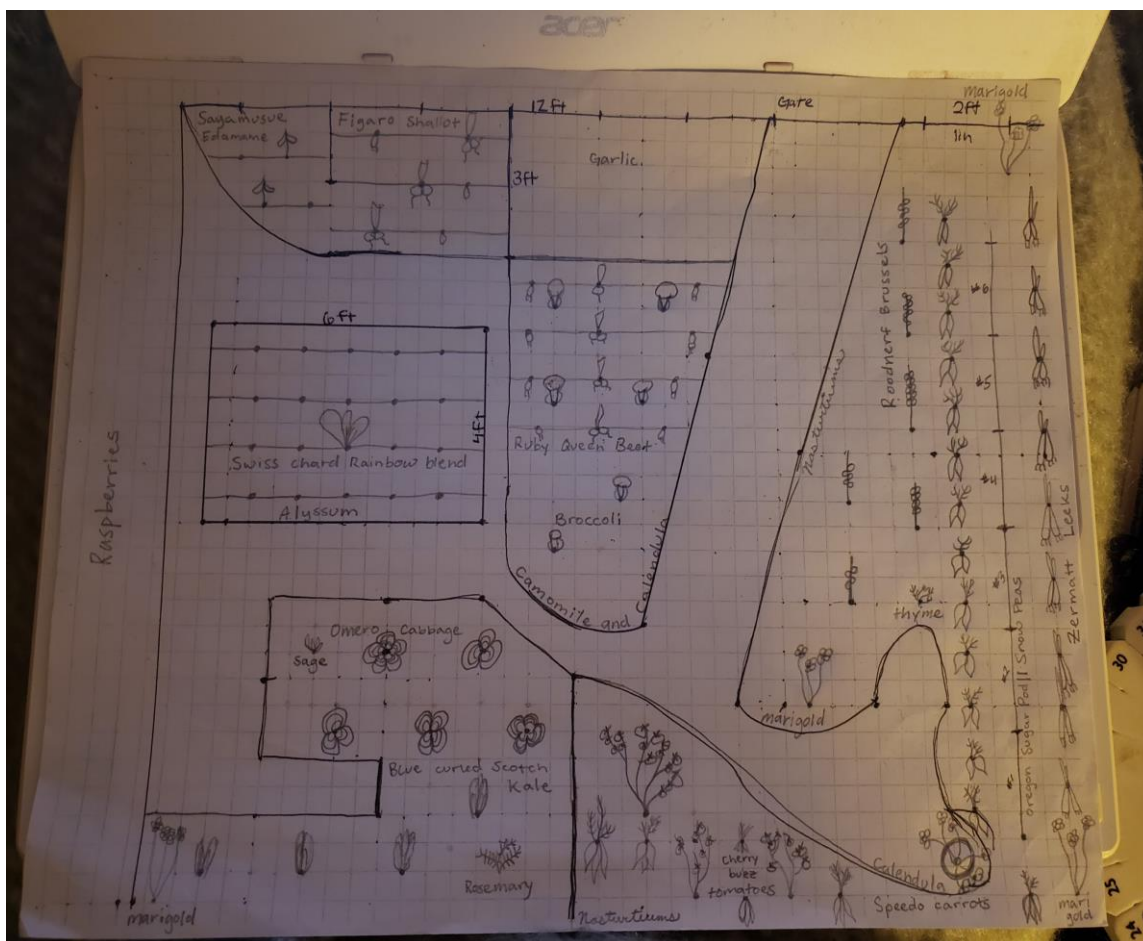
within to encounter the fears of this moment, whatever they may be. I have a fear that Mother Earth will no longer be able to support future generations of *homo sapiens*; therefore, I would like to continue facilitating a regenerative connection with natural relationships that are present. My mission of stewardship is mushrooming from: trees, grapes, currants, blueberries, raspberries, seedlings, to soil production.

On this holy land I feel joy, happiness, confidence, and peace when I am listening to the consciousness of all creation. The Earth is naturally diverse, which enables a wealth of possible natural pathways to assist the regeneration of our environment. Instead of becoming overwhelmed with fears of global sickness I invite you to act in ways that will strengthen your local health. We can assist and facilitate natural processes to increase productivity with the resources that are here now, which will motivate the solutions that will restore balance in nature.

Observation is the first principle in permaculture; simply observing. Then interaction between self and land. Moving beyond fear of being wrong I have more confidence in myself. My awareness of the value of renewable resources has begun to expand. I am beginning to catch and store what may only appear to some as sticks, for the insurmountable value of fencing, plant support, and basketry. The dozen trees that have been planted are dear to my heart. They will be here much longer than I, and I will support their growth as they in return support my growth. All of the native plants, trees, perennials, flowers, herbs and annual vegetables are as alive as I am.

Annual vegetables in the Roots garden located behind TumTum house (Kirsten's area) are being planted with the phases of the moon. The three sisters polyculture, sugar peas, and summer squash will be planted in the Heritage garden. I will make corn meal out of Hopi blue corn to bless the earth, and to eat in the traditional ways - the process of transformation through the expression of love.

I have done extensive research on interplanting companion plants and am particularly excited about the production of energy from the Roots garden this season. There will be various flowers that will be gorgeous, among and protecting the vegetables, raspberries, and herbs. Here is my plan drawn to scale. Thank you for reading and blessings to all moving beyond fear in order to grow on our only home, Earth. Being. **Marley.**



“Walking in Beauty : Navajo Way Blessing Ceremony.” Westport Center for the Arts KC, 27 May 2019, [wcakc.org/inspiration/walking-in-beauty/](http://wcakc.org/inspiration/walking-in-beauty/).



### Mindful Mike's Blog: Patience in 2020 Mike deAnguera

This is turning out to be a very strange year. Covid19 is probably the biggest reason. We can no longer meet freely with community members from Seattle. That does not work well for an anxious person like me. So I need to practice patience. It is something I am learning. Being patient means living for today. There is only so much I can do to get ready for Tomorrow. I have VA treatments to get through and a tiny house to move into. In addition, I need to sign up for Medicare in June.

I am discovering I still have not come to terms with age. I am used to thinking of myself as a young person. I need to understand the needs of my aging body.





Last Saturday we had a wonderful barbecue turkey dinner prepared by Paul Rave followed by a bonfire in our burn pile. I drummed along with Draí Schindler and Josh DeMers. And, we opened the Swamp as we continued to celebrate Pam's 60<sup>th</sup>!

We honored the elders who left the planet in large numbers due to the virus. A bright moon appeared in the clear night sky. Colette Hoff read a statement from a Christian pastor about the skies over Wuhan, China turning blue again along with returning birds. The waters around the world were clearing up. Everything was becoming quiet. We were pausing from the frantic activities of the business world. We are all learning to stay put and slow down.

As I recall slowing down was a major theme from last year's Human Relations Lab. Slowing down helps me to relax, a major part of creating heaven.



Sahale is putting on her spring flowers everywhere even in some unexpected places like this daffodil I found near Draí and John's yurt. What a beauty this solitary flower was. We have them planted all around Potlatch and Kloshe but this flower planted itself. Now that takes guts! A good example for me. A single flower does not need to wait for companions to blossom nearby. A good example of patience for a flower does not worry. It just simply blooms and is gone.

Oh Almighty One, please impart your calm and patient being on us as we see the turmoil around the world on the nightly news.

Do you know just typing out this article has been very helpful in my calming down. Worry does nothing except waste my energy and shorten my life. Worry for me seems to be the natural way to go. I am giving in to fear. This is not a good place from which to relate to others let alone make major decisions.

I can pet dogs and cats. I will frequently spend time down at Tum Tum because the living room is a good hangout spot for me. Peaches, the tiger cat is there along with Kirsten Rohde, Josh, and Marley Long. Of course I will also make acquaintances with Cody and Cooper, Pam and Elizabeth's canine companions. You see? Focusing on others is a good way to reduce anxiety and practice patience. Unlike humans cats purr and dogs love being petted.



Here is Bumpy in his favorite box right outside the front door to Tum Tum.



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.

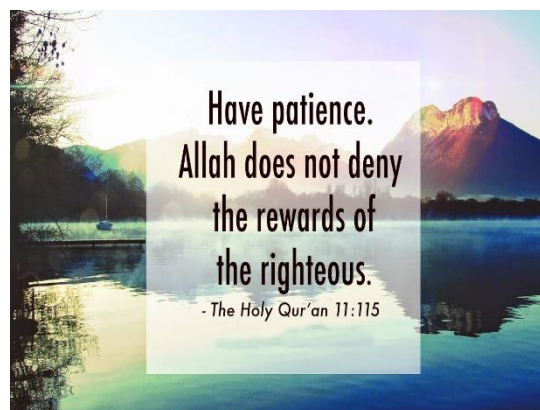
Lama has over 40 years of experience in Meditation, Qigong, and Martial Arts having been trained by his Grandfather from the tender age of six. After receiving religious asylum in the

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.

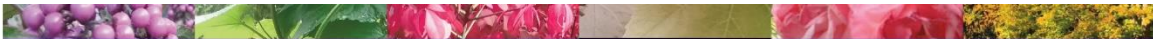
Lama's teachings empowered thousands of people from all over the world, including many professional athletes, speakers, dancers, singers, writers, and actors, to live happier and healthier lives.

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](mailto:seamusic@live.com) > with questions.







PLEASE JOIN US | APRIL 24-26, 2020

The Goodenough Community women's program presents a curriculum for developing as a woman, providing a culture in which women share their lives together as friends. The women's program is pleased to announce:

# WOMEN

## A WOMEN'S WEEKEND

### COME JOIN US

- Encouragement —
- A greater connection to self and others —
- Archetypes: Maiden, Warrior, Guardian, and Crone —
- Tools to live more fully as a woman —
- Time to connect with others, family members, friends, and yourself —

The weekend retreat will be held at the Sahale Learning Center, near Belfair, Washington. The natural setting of Sahale invites you to engage in meditation, reflection, and invigorating activity. The event begins with dinner at 6:30 p.m. on Friday and concludes at 3:00 p.m. Sunday.

**CANCELED**

### FOR MORE INFORMATION CONTACT

Elizabeth Jarrett-Jefferson (206-313-9803), [elizabeth.ann.jarrett@gmail.com](mailto:elizabeth.ann.jarrett@gmail.com) or Colette Hoff 206-755-8404



**TO REGISTER** Please visit [www.goodenough.org/womens-culture](http://www.goodenough.org/womens-culture).

**Registration | \$300 | Includes program, room, board and learning materials.**

We offer scholarship options to make the event affordable for all. If paying full fare is difficult, please email [hoff@goodenough.org](mailto:hoff@goodenough.org).  
*If you would like to contribute to the scholarship fund beyond the workshop fee, your generosity will be appreciated.*

# 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:

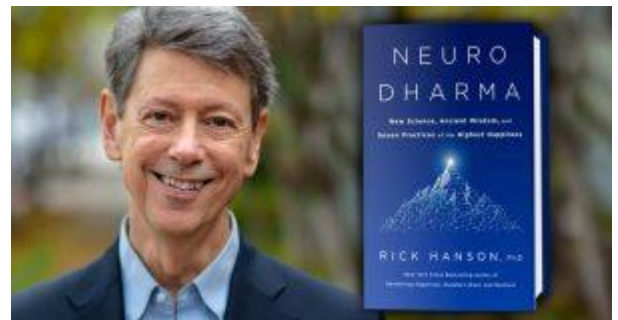
- Tod is still moving with Hollis and Hal to help on **Saturday, March 28**. Most of the crew is sequestered. We wish you all the best and sorry we can't help!

KINDNESS IS  
contagious.

## 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](http://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 6, 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. 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 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](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 March 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) if you find you need to talk out your feelings regarding the crisis.

Patience is the  
ability to count  
down before  
you blast off.