

When you become comfortable with uncertainty, infinite possibilities open up in your life.

Eckhart Tolle

The Village View

July 27, 2022

Kirsten Rohde, Editor

Coming Up—

- **General Circle**, August 1, 7pm

Comfortable With Uncertainty

“Comfortable with Uncertainty” is also the title of a little book by Pema Chodron which is full of short, pithy readings. I’ve always been intrigued by the title. It helps me when I recognize I’m feeling anxious or uncertain about what to do, or how to even think about events in my life and around me.

I looked to find this book today because I recognize this discomfort in me. Things are changing in the environment; the world is heating up noticeably now with hot hot days right now in the Northwest as in many other places. Our country and the world seem in crisis like never before. I’m sending back political mailings with the request that, as much as I support their causes, I cannot continue to receive these letters that are so panic stricken and full of anxiety. (How is this a good fundraising approach??)

Closer to home, I think about Colette, who lived with uncertainty for the year and a half of her journey with cancer, and we lived through it with her. Now things are changing in the Goodenough Community. We are stepping into new roles or expanding our roles to be sure everything is covered. We are looking at our past with new eyes, and at our future, while trying to also stay present to the moment of now. We are contemplating changes for greater effectiveness in how we do things.

(*In the following quotes from the book, Pema Chodron uses the term “warrior” to mean “not warriors who kill but warriors of nonaggression who hear the cries of the world.”)

“A warrior accepts that we can never know what will happen to us next. We can try to control the uncontrollable by looking for security and predictability, always hoping to be comfortable and safe. But the truth is we can never avoid uncertainty. This not knowing is part of the adventure.”

On-Line News of the Goodenough Community System

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“The central question of a warrior’s training is not how we avoid uncertainty and fear but how we relate to the discomfort. How do we practice with difficulty, with our emotions, with the unpredictable encounters of an ordinary day? For those of us with a hunger to know the truth, painful emotions are like flags going up to say, “You’re stuck!” We regard disappointment, embarrassment, irritation, jealousy, and fear as moments that show us where we’re holding back, how we’re shutting down. Such uncomfortable feelings are messages that tell us to perk up and lean into a situation when we’d rather cave in and back away.

“When the flag goes up, we have an opportunity: we can stay with our painful emotion instead of spinning out. Staying is how we get the hang of gently catching ourselves when we’re about to let resentment harden into blame, righteousness, or alienation. It’s also how we keep from smoothing things over by talking ourselves into a sense of relief or inspiration. This is easier said than done.

“Ordinarily we are swept away by habitual momentum. We don’t interrupt our patterns even slightly. With practice, however, we learn to stay with the broken heart, with a nameless fear, with the desire for revenge. Sticking with uncertainty is how we learn to relax in the midst of chaos, how we learn to be cool when the ground beneath us suddenly disappears. We can bring ourselves back to the spiritual path countless times every day simply by exercising our willingness to rest in the uncertainty of the present moment – over and over again.”



Lab 2022: A Change of Plans: From the Lifeways Circle

I’m reprinting this information from the Lifeways Circle because I think it’s a great example of working with uncertainty. It demonstrates how the members of this circle, which is responsible for program planning, took an uncertain situation and chose to stay with it, looking at possible ways to proceed and choosing one that involves not giving into “habitual momentum” rather going for a challenging path of heading into an important set of conversations that will hopefully set us on a path of sustainability into the future. KR

Dear Friends,

The Goodenough Community Lifeways Team, after much deliberation, discussion, and agreement from the General Circle, has decided to cancel this August’s Human Relations Laboratory. (The General Circle and Lifeways Teams are governing bodies of the Goodenough Community.) We will

miss seeing those of you who planned to join us, and we hope we can stay connected in other ways.

As you know, our community has been in a major transition since Colette's death in April. We have been grieving, and also re-organizing and distributing responsibilities to cover all Colette did. We are doing well, and it has been a big change. This has also been a time of looking back at our history of the past 40 years under the leadership of the Hoff's. Most of us have benefited greatly from their leadership, teaching, and training. And, we have found some hurtful patterns there as well.

It is a priority right now to attend to the work of uncovering our "shadow" for our healing and integrity, and to discern our values and best practices going forward with our organizations. To begin this work, a group of long-time members will gather for several days during the week planned for Lab. Because of the very sensitive nature of this work, we need to keep the initial group small, but intend to share and invite a larger group to successive rounds. We expect this work will take some time, with a number of sessions, and we can't predict those before we begin. We will have outside facilitation to better enable us to focus on our work and receive insights from others who have experience facilitating similar work with other communities.

We know this work will set a stronger foundation for the sustainable continuation of the Goodenough Community, as well as being healing to us, and by extension, to all whom we serve. We hope you will be supportive of us making this difficult decision and doing this challenging work.

We want you to know we are planning our Fall events to proceed as usual and are laying the foundation for a wonderful 2023 Human Relations Lab.

If you have questions, please contact one of us on the Lifeways team.

With love and best wishes to each of you,

Goodenough Community Lifeways team:

Barbara Brucker, Rose Buchmeier, Marjenta Gray, Elizabeth Jarrett,
Pam Jefferson, Hollis Guill Ryan, and Joan Valles



From Sahale Update

Business As Usual – YES, AND...Part Two:

At Sahale we are now in the busy season hosting guests. A big thank you to Barbara Brucker, Drai Schindler, Tracy Lay and Alik Serras for preparing meals for LongDance this week. And to Barbara for meal planning, purchasing and coordinating! Niles Burton and Barbara have been working on efficient and affordable food purchasing including a contract with a local company for ordering and delivery of kitchen staples.

Barbara is very appreciative to the response so far to her request for volunteers to come out to Sahale and contribute additional help in the kitchen and with other needs such as housekeeping during our busy season. She let me know that there is **still a need especially during the week days (M-F) August 18-31 and September 4-13, for extra hands** so that we can accomplish all that is needed for guest services.

Please contact Elisabeth Jarrett with your availability,
elizabeth.ann.jarrett@gmail.com. It will be much appreciated!





Mindful Mike's Blog: City

Mike deAnguera

This week I am staying with my brother Paul and his wife Pat. Their house is on a city street with other neighboring houses. City noises all around although right now I hear birds outside. Quiet street.

We have been adjusting to the excessive heat warnings. This morning I took a walk around the Admiral district and saw the Duwamish Head Viewpoint. I also walked around the huge expensive mansions nearby with their cropped lawns.



Here you can see the city skyline from the park. My, Seattle is starting to look like other big cities such as Chicago. Skyscrapers certainly change not only a city's profile but its feeling of energy as well. That includes heat, noise, as well as movement. A large footprint in the Puget Sound region.

I believe Seattle has more public access than almost anywhere else on the Sound. There are parks as well as sidewalks. Lots of good walking for the urban hiker.

Earlier in the week I walked down to Alki Point. Lots of people and activity. A local art exhibit had the waterfront absolutely jammed with people.

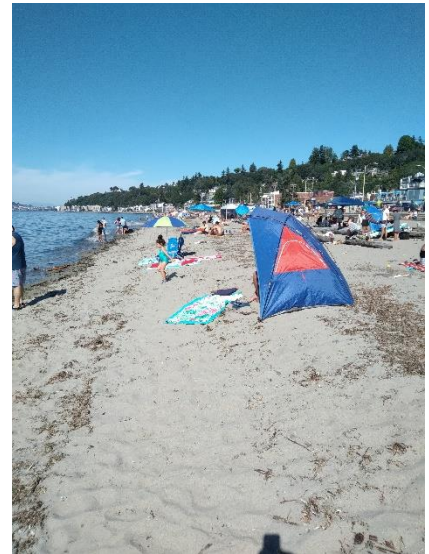
This picture was taken in the late after noon. Probably not the best time to be outside during the heat.

People were cooling themselves off in the water. Like lots of pictures I take I am always amazed at how well the colors and shapes come together.

To get to Alki one has to go down a very steep street whether it is Admiral Way or a street beside Schmitz Park. I don't mind going down over the hill but climbing back up is a challenge. I suspect the hill is probably part of the bluff found all the way around the Sound.

When the glacier retreated about 15,000 years ago it carved out Puget Sound. It is not hard for me to see how the overlying glacier sculpted the whole region. The glacier also dumped glacial moraines: ridges of sand, gravel, and clay. As a result Seattle is a city of steep hills like San Francisco.

How was Seattle settled? Seattle was a speculative real estate venture like other American cities. The first speculator was Doc Maynard, the city's founder. He was forever promoting Seattle as the place to do business. He was also the first employer. The first employees were Indians salting barrels of fish to ship to San Francisco.



The rest of us came because we thought we could get a job and make it in Seattle. Seattle was built out of people taking advantage of each other. That's the way of cities in general. Even ancient ones like Rome. It is almost impossible to have community in such a setting.

To go from our small community of Sahale to a big city like Seattle is quite a contrast. I am not used to having neighbors around us we don't have much to do with. All the neighbors have their own careers and lives.

Here is a picture of the large homes in the north end of the Admiral District. The Middle Class dream of large homes with immaculate lawns. Smaller houses are found further down where the working class lives.



Programs and Events of the Goodenough Community

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. This has enabled people from outside our area to participate in community events. Throughout the year we 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

This event has been cancelled. Please look forward to Human Relations Laboratory 2023

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. Contact: [Elizabeth Jarrett-Jefferson](#) or [Kirsten Rohde](#)



The Goodenough Community's governing body, the General Circle, currently meets weekly on Monday evenings, 7 PM on Zoom. **Summer Dates:** Weekly in July. 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. For more information, contact [Hollis Ryan](#).

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



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. Future events, including the take-down of the big white tent, to be announced. 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 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: 7 to 9 PM. Contact: [Brucker Brucker](#) for Zoom information.



New: Founders Day Celebration This new event is designed to celebrate our shared community life and to honor our founders, John and Colette Hoff.



Work and Play Parties Throughout the Year. Traditionally, the Goodenough Community sponsors work parties over Memorial Day and Labor Day weekends 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.