



# The Village View

July 30, 2021

Kirsten Rohde,  
Editor

## Coming Up--

- *Human Relations Laboratory  
2021, August 8 to 14, at Sahale  
Learning Center*

## Negotiation

From the web on negotiation: mutual discussion and arrangement of the terms of a transaction or agreement

“Are you hugging?”

“Is it OK to sit this close?”

“I’d love to catch up. Could we talk over dinner?”

“Should I wear a mask in this situation or not?”

Negotiation has many meanings and happens in many circumstances. The negotiating questions above reflect what might happen at the Human Relations Lab as we all arrive. We’re getting used to being together in person. We have habits. They have changed in the last year and now we get to re-decide what we want to offer and receive going forward. Some new agreements and ways of making agreements could arise.

We negotiate in parking lots: our facial expression or hand signal says “OK you pull out first then I’ll go.” Elected Representatives and Senators have negotiated in the past (seems tougher right now). I remember negotiating for a union contract. Right now people are negotiating returning to the office, or not, after over a year of working from home. People living in the same space negotiate use of various rooms and timing for doing laundry, or who’s cooking dinner tonight.

Interaction amongst people with the intention to form a connection can be seen as a transaction. It’s not like the type of negotiation that involves say, buying and selling or

## On-Line News of the Goodenough Community System

American Association for the Furtherance of Community  
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Sahale Learning Center / The EcoVillage at Sahale

negotiations on a global scale. Although maybe friendliness and awareness of the other person helps all types of transactions.

At this Lab I want to practice how I negotiate and interact with others. I can recognize that I and another person have our differences in how we look, process interactions, life story, and so on. Then I want to perhaps explore with them how we can seek commonalities. I want to learn from the other person and have a friendly engagement that may also include truth spoken and received, even maybe something hard to hear or express. This is different from just my idea of how the interaction should go. I am in a negotiation because I and the other person are exploring how to interact, reveal differences and similarities with the goal to create together a more connected outcome that includes both of us.

The Human Relations Lab is about interaction. Every transaction involves a type of negotiation – not always just spoken. We can negotiate with our bodies and the way we move or express ourselves. Making assumptions without checking them out is not negotiation and doesn't lead to a sense of community. It's a learning game and the post pandemic life gives us a chance to play with newness and thoughtfulness.



***Our Human Relations Laboratory*** this summer will help us perform a transition of the most fundamental nature, and that means re-orienting to our individual Self(ves), to our inner worlds, which foundationally shape our outer lives, our Earth and planet, to our relationships in general. Learning happening at our annual Laboratory has been described as one of “non-ordinary reality,” an environment that is intentionally crafted to enable deep reflection and learning. It involves an intentional transition to an environment of head, heart, and expression, working together, where change can be explored, experimented with, and safely happen. Perhaps a description of lab might be best “caught (experienced) and not taught.” You yourself could be the judge by being there!

I hope you can join us this summer as we transition from what feels like light years of isolation to one where we are, in so many ways, doing a “reset” on life. I would very much like to see you there!

Warmly –

***Elizabeth***

Human Relations Laboratory | August 8-14, 2021

# RE-ENTRY INTO THE ATMOSPHERE OF RELATIONSHIP



## RE-ENGAGING AFTER A LIGHT YEAR OF ISOLATION

*Collectively we have experienced an unusual event which gives us an opportunity to reimagine our lives.*

Humans are relational beings who thrive with interaction. As you emerge from enforced isolation, how is it going? Where have you been? Where are you now? Where do you want to go?

You're invited to the 52nd Human Relations Laboratory (Lab), a 7-day intergenerational experiential learning & training event that offers many ways to encourage your learning. At Lab you can:

- 👁️ Connect deeply with others who are also growing themselves
- 👁️ Enjoy creative expression of all kinds
- 👁️ Live in the natural world, explore freedom and energy, and live in the present
- 👁️ Stretch into personal empowerment
- 👁️ Learn how your own inner dividedness contributes to the current polarization of our world and how healing leads to understanding.

A design team of experienced facilitators will lead you in large and small groups and in individual processes designed to cultivate warmth, intimacy, insight, and learning.

**WHERE** Sahale Learning Center, nestled on 68 tranquil acres on the Tahuya River near Belfair, Washington.

**TUITION** \$750. The Lab fee includes food service, camping or indoor accommodations, and learning materials. Special rates are available for groups of three or more, seniors, students, families, and interns. Please consider an additional tax-deductible donation to the scholarship fund. If you wish to discuss tuition, please contact Registrar Elizabeth Jarrett-Jefferson. [elizabeth.ann.jarrett@gmail.com](mailto:elizabeth.ann.jarrett@gmail.com)

**TO REGISTER & PAY ONLINE [CLICK HERE](https://www.goodenough.org/lab)**

Or visit [www.goodenough.org/lab](https://www.goodenough.org/lab)

### **What is a Human Relations Laboratory?**

A “lab” is a safe *place* to experiment with living from your true nature or conscience. A lab is also a *process* that encourages you to become the best version of yourself.

The Lab emphasizes experiential learning, a lively and engaging method of self-development that uses “in-the-now” experiences as a laboratory for self-study and for gaining personal insight. Experiential learning is both practical (skills-building) and exciting (the liveliness of authentic intimacy).

Each Human Relations Laboratory creates its own unique world of circumstances and shared understandings that has been likened to a native or tribal experience or a non-ordinary reality.

### **Lab offers:**

- A life-changing week in an atmosphere of joy and discovery
- A multi-generational experience with personal and social creativity
- Experienced leaders to design and guide the Lab and its processes, and to offer guidance and support to individuals and relationships

### **A typical day might include:**

- Meditation & yoga
- Learning in the whole group & participation in a small group
- Free time for personal relaxation and reflection
- Expressing your creative self & play time in the natural world

### **Leadership**

**Colette Hoff, M.Ed., Administrative Consultant.** During her 45-year association with the Human Relations Laboratory, Colette has frequently served as Administrative Director. Colette is an adult educator specializing in working with relationships and personal empowerment.

**Pam Jarrett-Jefferson and Tom George, Lab Facilitators.** Tom and Pam bring not only their exceptional facilitation skills but also their fun and engaging friendship for the benefit of the Lab.

Augmenting and supporting Colette, Pam, and Tom’s leadership is a cadre of well-trained and experienced small-group leaders, plus seasoned artists, musicians, and other expressors.

### **Where**

Just 20 minutes from Belfair, Washington, the 68-acre Sahale Learning Center is an easy drive from Seattle, Tacoma, Portland, and the Olympic Peninsula. The land holds within its valley a sacred grove of cedars more than 300 years old. The cathedral-like stillness within this ring of cedars harmonizes with the rush of the Tahuya River, just a few steps away. Held close by hills and forest on one side, an open valley meadow sweeps toward forested hills beyond the river. Abundant wildlife makes its home in the forests, river, and meadow.

### **Sponsor**

The Goodenough Community is a demonstration of how living in community can both transform individual lives and bring about social change.



"Skeeter" (Michael Pilarski) invites you to the  
North West Herbal Fair Aug 20-22.





Mindful Mike's Blog: Negotiation  
Mike deAnguera

When two or more parties or individuals wish to pursue a common goal they negotiate with each other how that is to be done. This is different from simply following orders given by a central leader.

Such individuals often can have different ideas of how a goal is to be achieved. This is why negotiation is so important.

We are repainting parts of the deck around the Kloshe hot tub and sun room entrance. We are negotiating together how to do this job.



As you can see Draí Schindler, Josh De Mers, and Marley Long are busy painting the deck along with Ashley Shields and Kirsten Rohde who are not pictured. We worked on the deck last night. You should see it now. What a difference! We are working as a well coordinated team. This how we get to apply what we have learned at Lab. Notice all the happy faces.

The Human Relations Lab is the result of a lot of hard work on the part of many people. Meetings have been held where tasks were negotiated among those designing this year's Lab.

Negotiation allows leadership to emerge within a group and enables a group to work more harmoniously together. This is something I have never experienced in any workplace before. Probably the best examples of negotiation were two projects I worked on in school. In each case we had really great working relationships with each other.

Foes can also negotiate with each other. Nations at odds with each other often carry out negotiations resulting in treaties. This is far better than war in resolving differences but trust is required. How is trust developed? I suppose the first step is simply realizing something must be done and sitting down to actually do the work. Unfortunately good work seldom happens if trust is absent.

Negotiation takes maturity and openness. If one or the other parties just see what's in it for themselves and tries to manipulate the other negotiation won't happen. Then it is just leaders smiling for a photo opp.

We live in a world in chaos created by climate change, COVID-19 and endless war. We desperately need leaders skilled in the arts of negotiation who are actually willing to negotiate. But what if national leaders lack the will? What if they are totally egoic? That means totally asleep at the helm.

I once had a dream about being on a bus with the President of the U.S. He was sitting across from the driver's seat but what should have caught my attention was no driver at the wheel. The fact that it didn't made me realize I was asleep as well. Is it possible our national leaders actually reflect society at large? If nobody is in the driver's seat what's to prevent us from moving over into it?

Well Lab is about waking up in our relationships with each other. For me it is about being humble. Leadership begins with setting the example. That is something I am working on.

Of course deer have an easier time since all they have to do is eat all day long. They require no clothes or houses. I do admire their serenity. Do I feel as serene?



**STAND UP**  
**SPEAK 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 People of Color. We, as mostly white, will educate ourselves and learn to make a difference. We will continue to speak out about racial injustice.*

## **Anti-Asian Racism Has Come Roaring Back with Covid-19: Cathy Park Hong on Being Asian American**

*By Crystal Hana Kim*





**The Minor Feelings author talks about stereotypes in the wake of the coronavirus and being inspired by Richard Pryor**

Cathy Park Hong. Photograph: Ali Smith/Ali Smith for *The Guardian*

Wed 1 Apr 2020 06.47 EDT

When the state of New York received its first confirmed coronavirus patient, both the New York Times and the New York Post published articles with accompanying pictures of East Asian people, even though the diagnosed woman in the news report had recently travelled to Iran.

“Anti-Asian racism has come roaring back with the coronavirus scare,” says Korean American writer Cathy Park Hong. “People don’t think Asians face racism, but it’s always lurking under the surface. For instance, my friend is worried for his kids. He lives in New York City, and he has a son in school who has been bullied and made fun of for having the coronavirus. There’s this yellow peril stereotype that never goes away.”

*Minor Feelings*, Hong’s collection of essays, explores how society’s perception of Asian American identity shapes the experience of being an Asian American. Growing up in Los Angeles, Hong was reminded almost daily that how white America viewed her community clashed with her own experiences. For instance, she writes: “You are told, ‘Asian Americans are so successful,’ while you feel like a failure.”

“Minor feelings” are defined in the book as the feelings that arise “for instance, upon hearing a slight, knowing it’s racial, and being told, *Oh, that’s all in your head*”. Hong explains: “When I was a kid, I would see my mother clearly being condescended to by white adults, by white women especially ... they would dumb down their words.” She points out that there has been “no critical vocabulary for this dominant culture that was constantly gaslighting my lived experience. Because my experience wasn’t being acknowledged, I had these feelings of shame, suspicion, melancholy, and paranoia.”



Asian Americans are often stereotyped as successful, model-minority immigrants. At the same time, they are also often excluded from discussions of US culture. Hong points to the recent primary elections: “Asians are hyper invisible. We’re not even included in racial breakdowns in polls. We’re always listed as ‘other’, if we’re listed at all. For example, with Super Tuesday, there was so much news about the black southern vote, the



Latinx vote, the white rural vote, the white urban vote, the white college-educated vote, but nothing on Asian Americans ... Did they vote for Bernie or Biden? We're not statistically visible." Hong sighs. "It almost feels like we're not publicly participating in this country." The racism takes many forms. She writes about how Asian American women are seen as "fetish objects", while Asian American men are often considered "unmasculine, untrustworthy, suspicious, and foreign". Also: "Chinese is synecdoche for Asians the way Kleenex is for tissues."

Minor feelings are not only felt by Asian Americans, of course. Hong cites Claudia Rankine's *Citizen* as a book that investigates the phenomenon among African Americans, and explains how "*Minor Feelings* explores the trauma of a racist capitalist system that keeps the individual in place. It's playing tennis 'while black' and dining out 'while black'."

Hong is the author of three poetry collections; *Minor Feelings* is her first set of essays. It took shape, she says, from watching the comedy films of *Richard Pryor* while experiencing a period of depression. "It was revelatory. The way he talked about race was so brutally honest and funny and unvarnished. It made me think that I had never encountered Asian identity being written in that way." Watching Pryor also reminded Hong of the Korean term *han*, "which is a collective national Korean emotion of affects that includes bitterness, melancholy, nostalgia, and resentment, that's rooted in the trauma of war, colonialism, and now, late capitalism". Hong realised that *han* "isn't isolated to South Korea ... There's this specific combination of feelings when you can't overcome the structural inequities you're living under."

As a daughter of immigrants in Los Angeles, Hong says she "was alienated in the way that a lot of Asian kids are alienated". Though born in Koreatown, her family moved to the Westside in her early childhood, with her father eventually buoying them to a level of success that allowed Hong to attend private high school and college at Oberlin in Ohio. "On paper," she writes, "my father is the so-called model immigrant." Behind closed doors, however, the family had to contend with his anger and heavy drinking. Hong says: "For my family, there's still this anxiety to assimilate. That's also a survival tactic, to look ahead and not look back, and to be, if not white, then white-adjacent, which is destructive."

White America has flattened our experience to a single story – *Minor Feelings* is an attempt to overthrow that.

The dissonance between her life at home and the perceptions put on her by the outside world, led Hong to art and writing in her teenage years. Oberlin was where she began to embrace the "bad" English of her childhood. "My teacher said: 'You don't have to be ashamed of the broken English you grew up speaking. You can use that as a strength in your writing.' That really stuck with



me.” Hong’s essay “Bad English” details her evolving relationship with language. “It’s one of the best benefits of growing up bilingual, right?” she says. “You realise that meaning is slippery.”

*Minor Feelings* “started out as poetry, then fiction, and then it became this collection,” she says, and points to the subtitle of her book: *An Asian American Reckoning*. “It’s not *the* Asian American reckoning.” Hong wants to overthrow the monolithic story of one Asian American identity. “Maybe what I’m responding to is how white America has flattened our experience to a single story, how they perceive us as one kind. The book is an attempt to overthrow that.”

Hong is careful to emphasise that she is exploring race through her specific life experiences. “There’s this fear of exposure, of presenting the right narrative that will put your family on a pedestal rather than knocking them down. I felt that greatly.” She knew, though, that she needed to embrace vulnerability. “I wanted the book to be as persuasive as possible, and in order to be so, it had to reach the reader’s heart, not just their mind.”

- *Minor Feelings* by Cathy Park Hong is published by Profile. (£16.99)
- <https://www.theguardian.com/books/2020/apr/01/cathy-park-hong-minor-feelings>



## Programs and Events of the Goodenough Community

*Because of these unpredictable times, dates and descriptions shown represent our plans for now.*

**Community is about adapting to change, and that has been the case with the pandemic as we have adapted many of our ways to connecting, many of which are via Zoom.**

Throughout the year our intention is to offer programs that help you participate in your own development, learn about relating well with others, and help you discover your potential to have a good time in life and with others.

Information about programs and upcoming events can be found on our website:

[www.goodenough.org](http://www.goodenough.org)



**Human Relations Laboratory, August 8 to 14, 2021**

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 52 years! Contact: Colette Hoff, [hoff@goodenough.org](mailto:hoff@goodenough.org)



**The Goodenough Community's governing body, the General Circle, meets monthly, 7:00 PM, via Zoom.**

For additional information, contact [Elizabeth Jarrett-Jefferson](mailto:Elizabeth.Jarrett-Jefferson@goodenough.org)



**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](mailto:Hollis.Ryan@goodenough.org).



**The Third Age** - Those age 60 and older have been gathering monthly, Friday evenings. 7:00 PM. With the pandemic, meetings are virtual. Contact [Kirsten Rohde](mailto:Kirsten.Rohde@goodenough.org) 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.



**Pathwork, a Program of Convocation: A Church and Ministry** – Pathwork offers you a spiritual home in which to rest and to share your heart and mind as you move through these unpredictable times. We come together under the leadership of Pastor Colette Hoff and find support and encouragement as we clarify our personal goals and develop the practices we choose for a spirit-filled life, gaining wisdom from the world's faith & wisdom traditions. All are welcome to join. Meetings are held via Zoom on alternate Sundays from 7pm to 9pm. Contact Colette: [hoff@goodenough.org](mailto:hoff@goodenough.org) for Zoom information. \* *Note – Dates for August and September TBA* \*



**True Holidays Celebration, Saturday, December 4, 2021**

We are planning our 2021 event! Hold this date on your calendar. We traditionally hold this event on Mercer Island. Stay tuned for details.



**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](mailto:hoff@goodenough.org) with questions during these times of the Pandemic.



**Quest: A Counseling and Healing Center**

Our belief is that mental and emotional health is a prerequisite for spiritual wellbeing, 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 pandemic crisis.*