



The Village View

November 10, 2022

Hollis Ryan & Barbara Brucker, Editors

Coming Up—

- **General Circle**, Monday, Nov 14
- **Pathwork**, November 20, 7pm

Service

By Hollis Guill Ryan

In the guestrooms at Sahale Learning Center, you will find a laminated card with a description of the Goodenough Community's Service Cycle (see p. 4). Heading the card is this quotation from Mahatma Gandhi:

**The best way to *find* yourself
is to *lose* yourself
in the service of others.**

But wait ... aren't we cautioned not to lose ourselves, not to give ourselves away? Isn't being in service a form of servitude? Isn't it demeaning? Can you really find yourself by losing yourself?

For a succinct answer to these questions, let's turn again to Gandhi, as quoted by Joan Halifax in *The Fruitful Darkness*:

Gandhi was once asked by a friend if his reason for living in a village and serving the people there was purely humanitarian. Gandhi responded, "I am here to serve no one else but myself, to find my own self-realization through the service to these village folks."

On-Line News of the Goodenough Community System

www.goodenough.org

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

If you do a quick online search for references to service, you will find hundreds – even thousands -- of quotations from virtually every spiritual tradition extolling the virtues and benefits of service. (I recommend beginning your search at <https://www.spiritualityandpractice.com/>) Service is said to bring light to the world; it brings the divine present; it is a spiritual practice; it is an expression of love for the divine in each other; it teaches the server true humility and selflessness.

To learn more about how service functions in the lives of “real people,” I talked with two of the people you have read about in recent *Village Views*, Barbara Brucker and Niles Burton. Both Niles and Barbara served in the Sahale kitchen this summer, devoting long and sweaty hours to feed our guests and staff. Let’s read some of what they told me.

To Barbara, service means putting some of her energy into working on activities that benefit others beyond herself and prioritizing those commitments above her personal convenience or whims. Service is a commitment to show up when she says she will and to stay until the job is done. It is a commitment to herself, a commitment to be of service to the people and (or) organizations that she chooses to support. She concludes, “I grew up in a family that was involved in service. For me, it is a way of life.”

Niles has professed to wanting to serve others throughout most of his life but, he says, “I was not very adept at it. It was only after realizing that cooking well-prepared food for others was a form of deep service that service became a part of who I am.” Now, after cooking for the homeless in his community in Eugene for more than two years, along with being involved with cooking and serving at Sahale, service has become a reality for him.

Both Niles and Barbara told me about the personal benefits they gain through giving service. Niles described how he enjoys the satisfaction of people – especially the homeless in his Eugene community – who are receiving the care and nurturing he puts into his baking and cooking. He noted that it gives him pride to be an active part of a solution instead of just talking about a problem.



Like Niles, Barbara finds the social aspects of service gratifying. “It often provides me an opportunity for social interaction by working with others, and an opportunity to meet new and interesting people. And I like the knowledge that I am appreciated for contributing to something beyond myself.”

What do Barbara and Niles find challenging in the practice of service? Both of them replied with versions of having to work with their own attitudes. Niles confesses that he tends to be “grumpy and negative,” especially when he is tired or he does not have enough time to himself. Barbara works with anger and resentment, especially when she feels others are not

stepping up to do the necessary work or when others fail to keep their agreements. Niles reminds himself of his intention to be compassionate and gracious and tries to let go of being arrogant and judgmental. For both Niles and Barbara, being of service teaches them humility and compassion.

The practice of being of service has brought deep learnings to both Niles and Barbara. Niles is learning the vital importance of self-care. Most important to him are restful sleep and time alone and he is learning to ensure that he has time for both. He is learning that without sufficient sleep and privacy, he cannot be truly of service; he is more likely to have to “grit his teeth and force a smile” and he admits to mentally rolling his eyes. When he takes care of his personal needs, though, he is able to provide service with the compassion and grace he aims for.



Service to others is the rent you pay
for your room here on earth.
Muhammad Ali

Being of service helps Barbara think carefully about what she says yes to. Overcommitment has been problematic throughout her life and can provoke her feelings of anger, resentment, and being taken advantage of. Choosing her priorities and being careful about making a commitment helps resolve these difficulties and makes it easier for her to maintain a good attitude. Barbara has often said that her practice of being of service has developed her sense of self, though she is selflessly working with and for others, and has deepened her connection with the divine.

This Hindu proverb, quoted by Roger Walsh in his book, *Essential Spirituality*, summarizes what I have heard from Barbara and Niles:

When I forget who I am, I serve you.
Through servicing, I remember who I am
And know I am you.

Barbara has served the Goodenough Community for more than 40 years. *That’s right – 40 years!* And now, because of some health issues, and with the encouragement and support of her community colleagues, she is choosing to reprioritize her service commitments. I asked her what this change means to her, and she responded,

“It means I am making room for others to participate in service. I need to make space for the next generations. Limiting my service in some areas also allows me to expand my service in other areas. I mostly feel relieved to be letting go of some major responsibilities – releasing them to others – and am enjoying feeling that I have more options.”



The Goodenough Community has benefited from these four decades of service, and we are grateful beyond measure for all that Barbara has given us. We appreciate her example of gracefully transitioning from many of her responsibilities. And we wish her well as she works to improve her health.

Thank you, Barbara.

The Goodenough Community Service Cycle--

You serve us with your financial and energetic gifts.
We serve people intentionally developing their potential.
They serve in communities for a healthy global society.

If we truly care for one another, we will want to serve one another, and in doing so, we also serve the divine within them; our service is a privilege and a gift.— Robert Frager in *Heart, Self & Soul*

October 2022 Tent Take-down Weekend

Norm Peck

The tent-down weekend at Sahale went quite well considering the weather forecast. Pam Jarrett-Jefferson, Mike DeAnguera, Phil Buchmeier, Douglas DeMers, Joshua DeMers, Tom George, Russ Pogemiller, Russ Puskarcik, Tod Ransdell, Sam Staatz, Jim Tocher, and Norm Peck attended. Tod, with able assistance from Draï, kept us well fed with wonderful meals and desserts. Gordon Hogenson intended to attend, but came down with possible Covid, so was unable to come, and Joshua's good intentions to help were thwarted by a badly pulled back. Sam's friend Brittany helped out on Friday.



Pam and Mike's advance work removing many of the screws and other preparations was really helpful. There was significant rain Friday while we were taking down the sidewalls, cleaning and folding them for storage, and as we used the tent jacks and Kubota to lower the roof to the ground. While there was no formal Men's Circle, there were good conversations and catching up on each other's lives at supper and around the pit-to-go fire, and even a bit in the hot tub.

Saturday proved to be mostly clear to partly cloudy for long enough for us to remove and clean the unusually dirty roof panels (which took extra time), disassemble the roof frame and load all but the last two dance floor panels on the trailer (which we then covered with a tarp) before it began raining again. All in all, a very long Saturday.

Sunday began with the usual Sunday Sahale breakfast with sourdough pancakes, sausage, and scrambled eggs, followed by wiping down the wet bottoms of the floor panels and storing them, moving the tent frame to the log building and storing them underneath the log building. After everything was stored away safe and dry, there was enough time to help Kirsten with a few needed chores like putting plants inside for the winter, moving some books to the library, moving an old dresser, and setting up some tables in the Weavery.

We did agree that it was great to see each other in person and work together, and that we were able to complete the work needed. Everyone I talked with also noted that we were feeling our age and lesser ability than we used to have.

I'm very thankful to all who showed up and accomplished the hard work of taking down and storing the tent. Pam's taking initiative and staying ahead of the curve was a stand-out, and Jim was utterly amazing as an 87-year old with a relatively recently new knee. Kudos also to Pam for increased order and tidiness in several areas of Sahale. With an experienced crew, there was little need for guidance on what to do next, so my primary role, with a bit of help from Russ Pogemiller, was washing and drying towels...over and over and over again so we'd have relatively clean, dry towels for drying tent and floor panels in preparation for storage.

"When I say that you should work hard,
All I really mean is that you should enjoy
Doing good things for others."

— Shantideva in *The Tibetan Book of Yoga* by Geshe
Michael Roach

“There are infinite ways, implicit or explicit, microscopic or gigantic, episodic or lasting, superficial or substantial, of bringing into the life of another person some benefit, relief, cheerfulness, hope, wellbeing, intellectual or spiritual growth, ecstasy. This kind of relationship is no angelic exception in a sordid world of selfish and warring individuals. It is, on the contrary, a normal event, often a part of our everyday interactions, at the base of kindness. It is service. “...It is easy to think of service as sacrifice, because it takes our time and energy. But often it is just the opposite. Service is advantageous to those who do it, not only to those who receive it.

From *The Power of Kindness: The Unexpected Benefits of Leading a Compassionate Life* by Piero Ferrucci. I see the men working, rain or shine, to take down the tent as an act of service. – Pamela Jarrett-Jefferson



Tod's Repair & Refurbish

What Goes Around, Comes Around, or a Sad Thing Becomes a Good Thing

Pamela Jarrett-Jefferson

Have you ever had one of those experiences where you thought, “What on earth was *that* for?” I had one of those a very long ago and was reminded of it a couple weeks ago when ARCC students arrived at Sahale for the week. Shortly after their arrival, Elizabeth distributed the many letters and packages that had been mailed to them from their families.

I showed up a few minutes later and noticed one of the students was upset. I knew instantly that she had not received anything.

When I was in college, it was arranged that parents would send something to their young adult children in my dorm. As I watched the last of the letters and “care packages” being handed out, I realized I hadn’t receiving anything. I was the only one in my dorm who hadn’t. I was so hurt and upset. I remember this experience as if it were yesterday.

I needed to do something for this young woman. It would be another hour before dinner was served so I went home and rummaged through many boxes of crafts and trinkets and found a few things. I boxed them up and wrote her a card explaining my intent for giving her the care package.

I found a moment after dinner when I got over my shyness and when most of the students weren’t in the room to give it to her. I didn’t want to put her on the spot and make her feel uncomfortable--or myself, for that matter. She was so excited to get something! When she realized it was from me, she thanked me, and I explained that the same thing had happened to me.

It wasn't until the next morning when it occurred to me that maybe that was why I suffered that pain years ago---so I could empathize with this young woman *now*. I smiled to myself, acknowledged the Creator for their cleverness, and felt released from the old shame and pain. Only now can I say my suffering was worth it.



Mindful Mike's Blog: The Divine

Mike deAnguera

Who is this person called 'God'? Some judge up there in the clouds with a big long white beard? Of course some would prefer 'Goddess' which is fine. For a long time God was more or less a concept rather than a living being. One who was relatively inaccessible for me. If I am a Christian, Jew, or Muslim I approached God through prayer via my Scripture. Buddhism sees the Divine within oneself but no personal relationship exists. The Divine becomes an impersonal thing, a practice.

I need to see the Divine as a person I can share my life with. Somebody who punishes and is distant will not work for me. Nor would just a practice. I sometimes wonder if religion can get in the way. Religion takes away my ability to make a personal connection. Without this connection I feel like a boat without a rudder. I can explore many open minded concepts what a spiritual life can look like but I need that personal connection. That's where prayer and meditation mean something for me.



Here is Draï Schindler shoveling mulch around a Dawn Redwood tree. Dawn Redwoods originally came from Hubei Province in China. The tree, Draï, and I are manifestations of the Divine.

I remember Kathleen Notley telling me of meeting God, not as a religion but rather as a Friend. She would have an appointment with God everyday she was in a coma.

For me the Divine is the Author of all our lives, of all that lives. The great mystery that is the foundation for everything. Could I talk to this person? Kathleen could and it changed her life.

We don't all have to have the same beliefs. It is enough for me to know who powers all our lives.

I like the idea of the Oneness of all creation. It makes community possible for me. I am shown why everybody is in my life, the special gifts each brings. This allows me to be in service to others, Otherwise I would just see chores and drudgery.

My job in this lifetime is to wake up if I choose to. Waking up is very necessary for me to be a creative being. I am at the center of my own story. The same is true for the rest of us. Each of us is the central character of our stories surrounded by supportive actors.

We have some very unique colorful characters such as John Schindler here using the Kubota tractor to work with our log splitter. Will it start? No. Try and try again? Sometimes equipment will do that for one reason or another. Frustration can build. You should see how I react when I make typos.



Well, we will work on the splitter another day. If I get frustrated, I might need to let go of my task for a short while until I calm down. Otherwise, I am not approaching it in the right way and will make it worse.

When a cook is cooking that person needs to be careful how the meal is approached. Otherwise, negative energy will get into the food and get transmitted to whoever eats it.

When Draí is working with her trees she talks to them giving them good vibes. She lets me know the trees then are happy and thrive. What sort of attention do trees planted by timber companies get? Probably very little. I doubt any of the planters talk to them.

Likewise, I need to give others I talk to good vibes like Matlock, one of our mouser cats. They know tone of voice. Even words might be important. I need to be gentle with him even if he gets in between me and his dish when I feed him. I am in service to Matlock and Mindy.



Save These Dates - Please Note Changes

Here is some important community event information for your fall and winter planning. Please make notes for your calendar. You will also find many of our regular programmatic events list immediately after this article.

True Holidays 2022

We will not be hosting our usual True Holidays event this year, which is traditionally held the first Saturday in December. Instead, our community will be hosting a Holiday Open House at the home of Tom George on **Saturday, December 17**. Times, location, and other details to follow.

Thanksgiving, Christmas, and New Year's

The community will not be hosting formal gatherings for these holidays this year. Draí Schindler has offered to be head chef for Thanksgiving dinner at Sahale for residents and others who would like to join. Please let [Elizabeth](#) know if you'd like to join the Sahale residents for Thanksgiving dinner.

While we are not hosting formally at Sahale over the holidays, let Elizabeth know of your interest in spending time at Sahale over any of these time periods.

Solstice Bus Trip to Leavenworth – This has been canceled for this year.

From the Goodenough Community Lifeways Circle--

Barbara Brucker, Rosemary Buchmeier, Marjenta Gray, Elizabeth Jarrett-Jefferson, Pam Jarrett-Jefferson, Hollis Guill Ryan, Joan Valles

Programs and Events of the Goodenough Community

Community is about adapting to change, and that has been the case with Covid 19, the pandemic, as we adapted many of our ways to connect, most of which have been held on Zoom. This has enabled people from outside our area to participate in community events.

Now we are adapting to change following the death of our co-founder Colette and our need to learn from the past and look toward the future of our community.



Throughout the year we offer programs and events 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. As we work through this period of transition, we have limited or changed our offerings, but check this page for the latest information. Information about future programs and events also will be found on our website: www.goodenough.org and in future Village Views.



Human Relations Laboratory, August 2023

This event was cancelled in 2022. 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](#)



The Goodenough Community's governing body, the General Circle

Currently meets weekly on Monday evenings, 7 PM on Zoom. Next meeting **November 14**. 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. The Women's Program will meet from 10 AM to 1 PM on Saturday, **January 28, 2023**, via Zoom. For information, contact [Hollis Ryan](#)



The Third Age - Those aged 60 and older have customarily been gathering every other month, Friday evenings, at 7 PM by Zoom. We are proposing a gathering of Third Agers on Friday, **Nov. 11**. That's Jim Tocher's birthday and the day after our dear Colette's birthday. 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. 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. Next meeting: **November 20**. 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. The first Founders Day celebration is scheduled for the weekend

of **April 22, 2023**, at Sahale.



Work and Play Parties Throughout the Year. Traditionally, the Goodenough Community sponsors work and play 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.