



Village eView

July 30, 2019

Kirsten Rohde, Guest Editor

COMING UP

Human Relations Lab,
August 4-10

The words “humility” and “to be humble” are great ones for me to ponder. It wasn’t something I learned about when I was growing up. My father, for all his good qualities, had a certain amount of arrogance. He came from the “pull yourself up by your bootstraps” era and did indeed become the first in his family, only two generations along from being immigrants, to go to college. He went on to become an accomplished engineer. He wanted us to have high esteem however, *being humble* were not words I think I ever heard him say. I did hear him say, “I don’t care what grades everyone else got on that test, you should have gotten an A!” It kind of left me with a need to prove myself. I have learned to work with myself to remember that being arrogant isn’t particularly attractive and being humble is just *being*. It’s so much more relaxing to just be present to others and remember that I don’t have to prove myself.

-Editor

This next article is a sample of what will be in our Lab workbook this year. It’s a great piece of writing about humility:

Humility, an Antidote to Arrogance

Adapted from “Why Humility Isn’t What Most People Think It Is,” Miguel Pastorino and Matthew Green

“Humility is not denying your strengths but accepting your weaknesses.”

~ Rick Warren

Humility is viewed by many as a virtue of questionable value because it’s often misinterpreted

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as constantly putting yourself down or degrading yourself in the presence of others. But humility shouldn't be confused with low self-esteem, timidity, feelings of inferiority, or self-degradation. While being humble requires acknowledging our own difficulties, shortcomings, and limits, it doesn't mean making a show of them. **Humility means living in the truth, accepting that we aren't perfect.** Humility isn't about putting ourselves down, but about realism. Many people think they're humble when, in reality, they're constantly talking about how unfortunate and low they are, focusing entirely on themselves, which is a hidden form of pride.

Authentic humility means living the truth about oneself, being honest with oneself and others. Humility is a sign of psychological and spiritual maturity, and of interior freedom. Rather than a series of behaviors we must adopt, humility is a way of being and of relating to others. It is characterized by the way a person accepts and values himself.

True humility, therefore, is a source of confidence, courage, and freedom. By contrast, arrogant people are very sensitive to criticism and are easily wounded and discouraged. G. K. Chesterton, philosopher and lay theologian, considered humor as the natural foundation of humility, because those who can laugh at themselves are free of all pride.

It is important to distinguish humility from dissatisfaction. A humble person knows she is not perfect but remains at peace with her (possibly many) faults. A dissatisfied person is not at peace with her weaknesses at all (even if they are few). Intellectually, it is easy to accept that no one is perfect. But the implications of this cliché are daunting; it means that people may *always* fall short in any given endeavor. A humble person is hardworking while able to freely let go when she fails or lags behind in certain respects. The person who has not come to terms with her own imperfections is resentful of her failures and is at the same time frustrated with others who do not match her standard.

Humiliation is dreaded because it leaves ego with nowhere to hide. Humility, rightly understood, is to be desired because it leaves us with *no need* to hide. Because people with arrogance are convinced that they must hide their weaknesses in order to be acceptable, they may at first experience the practice of true humility as painful. Despite the pain, humility is an effective antidote to arrogance.

~ Adapted from <https://aleteia.org/2019/02/08/why-humility-isnt-what-most-people-think-it-is/> and <https://www.buddhistdoor.net/features/being-humble-is-itself-a-spiritual-practice>

Here are some additional thoughts about humility taken from wikiversity.org.

The sun shines with equal brightness on each of us. It shines no more brightly on you, and just as importantly, it shines on you as brightly as others. Humility is the realization that although we are each very special, we are nobody special.

Humility requires us to exercise our dignity without drifting into vanity.

At its core, humility is openness to learning. It is deciding that facts are more real and more important than ego. It is the opposite of ego involvement. It is the decision to overcome the asymmetry of our first-person viewpoint. Humility is recognizing that what matters to you really is as important as what matters to me.^[1] Humility provides balance to our confidence.^[2]

The root word of humility is *humus*, meaning *earthly* and dictionary definitions contrast humility with pride in its excessive forms of arrogance, hubris, or egotism.

The book *The Power of Humility* identifies these twelve characteristics of humility^[3]:

- **Openness**—Poised to learn more about ourselves, others, and the world we live in. Receptive to understanding *what is*. Willing to change beliefs, opinions, and attitudes as new information is assimilated.
- **An attitude of “I don’t know”** —If you wish to see the truth, then hold no opinions for or against anything. Suspend judgment while you continue to learn.
- **Curiosity**—Wanting to discover what is not known. Exploring more deeply, wanting to learn more.
- **Innocence**—We never see what does not exist and we always see what does. We are free of our (non-existent) egos.
- **A childlike nature**—A combination of enthusiasm, openness, innocence, and curiosity,
- **Spontaneity**—Living authentically in this moment.
- **Spirituality**—Connecting with all that is beyond ourselves,
- **Tolerance**—Respecting the beliefs, customs, and practices of ourselves and others,
- **Patience**—tolerant of delay, annoyance, tedium, or other hardship without complaint,
- **Integrity**—Wholeness; integrating virtue throughout our character. Integrating our actions and our character. Living as our authentic selves.
- **Detachment**—Separating from distractions that compromise our own integrity, and
- **Letting go**—Dismissing our ego involvement. Know that we cannot fix anyone else. Detach from all that we cannot change.

Together these lead to serenity and an inner peace.



The Human Relations Laboratory



Your task is not to seek for love, but merely to seek and find all the barriers within yourself that you have built against it. Rumi

At this Lab, you will learn how to deal with common barriers to relationship.

Lab is a place of spaciousness where anything can happen. It is a week of experiential learning that encourages your development toward being a more mature, integrated person. You can also expect a taste of heaven in a heavenly setting!

The Human Relations Laboratory is getting close . . .

Register now!

Go to www.goodenough.org On the front page, scroll down to the Lab information and push register! We are asking **all** who plan to attend the Lab to complete the registration form. Please use the appropriate button to pay the full amount or at least a deposit. Consider inviting a friend or work colleague!



Hollis Ryan and Colette Hoff surrounded by resources and working on the Lab Workbook. Thank you!

Our Friend Claudia Fitch at Greg Kucera Gallery

July 18 - August 24

Opening First Thursday Reception: August 1, 6-8pm



Artist talk on Saturday July 27, 12 noon
Greg Kucera Gallery
212 3rd Ave, Seattle 98104





Mindful Mike's Blog: Humility



I am changing the name of my blog to reflect the fact that I wish my blog to be a more mindful exercise on my part. My goal for the coming Human Relations Lab is to become a more mindful person.

To keep Sahale going each of us has duties we all need to accomplish. So I decided to take some pictures of some of our daily and weekly routines.

As you can see in the photo on the left Amanda Lovett is working on the Hugelkultur field beside the Walnut Grove. She truly enjoys this work. It does mean a lot of time spent in the hot sun during the summer. I can remember helping her tie up snow pea vines with string. That was very labor intensive.

I had Amanda take a photo of me on the John Deere tractor as I was mowing the Walnut Grove. Mowing lawns is one of my major duties. Managing a lawn can be a very labor intensive process. Since the area is flat I can buzz around on it all day without realizing it. I just get into the groove.

Another major job of mine is to take out the trash and recycle. Sometimes that can be messy. It is a great exercise in humility for me.

I also do dishes and compost.

This has been an extremely busy week for me. In addition to mowing the grass, I have also had to clean our hot tub by the Kloshe main house.

You should have seen the load of groceries both Pam Jefferson and Colette Hoff brought today. They are for Lab and a group following after. I helped Colette and Pam unload their vehicles and so did Pedge Hopkins. I am happy the food is available in the Potlatch cooler and am thankful. Gratitude and humility go together. Being humble is always being thankful for everything.

All of the above most people would regard as 'chores.' The word has a negative connotation. Chores are something that must be done regardless of whether or not I want to. Chores feel disagreeable.

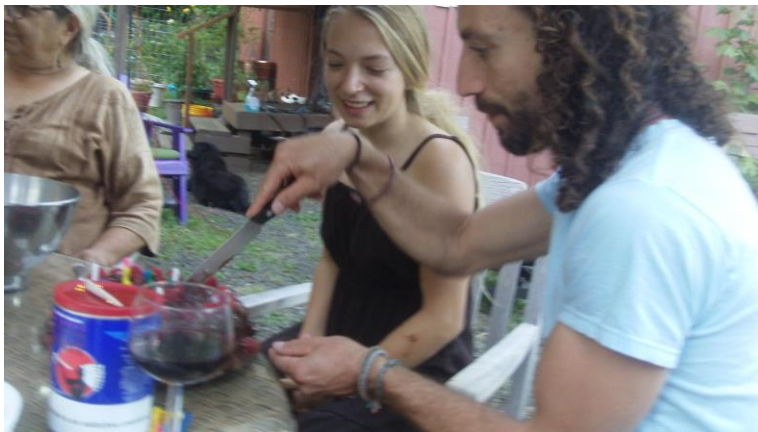
Everything I do here is in service to Sahale and the Goodenough Community. I do my part in making the workload lighter for all of us.

Have I always been a mindful person? No. In fact I have been asleep for most of my life prior to coming out here. I have mainly just reacted to my life experiences. Usually I came from a fearful place. I can feel angry and frustrated but not let it show. Anger is an expression of fear showing lack of trust. Lack of trust can also mess up my decision making. I feel very humble now.

I am by nature a mixture of love and fear. I started out asleep in my earlier years and have been struggling to wake up. My Goodenough friends have been very helpful here.

My dilemma is a very old one people have dealt with through the ages. St. Paul said, "My own behavior baffles me. For I find myself doing what I ought not to do and not doing the things I ought to do. Wretched man that I am." Strong language. I guess we all have to work out this basic challenge. I am glad I have company. Seeing this in myself is indeed very humbling.

The Human Relations Lab will give all of us a chance to work with each other. It is always a very humbling but worthwhile experience.



Is it better to give? I love watching Josh DeMers eagerly dig into his birthday cake. His birthday was a fun time for us all.



'Thank you' is the best prayer
that anyone could say. I say that
one a lot. Thank you expresses
extreme gratitude, humility,
understanding.
Alice Walker

Do you wish to rise?
Begin by descending.
You plan a tower that
will pierce the clouds?
Lay first the foundation
of humility.

Saint Augustine



You Are Invited!

60th birthday party for Kathy Rado

Saturday, August 17, from 4:00 pm to 10:00 pm

Hosted by Kathy's family

Where: home of Tom George

8708 182nd Place SW, Edmonds, WA 98026

Please rsvp to Kathy at sugarbeartreasures@gmail.com

907 723 9113

Or Tom George – thomasageorge@live.com



At the same time that this Lab is celebrating its 50th anniversary, it is commemorating 20 years since I was called away on the first day of Lab to Sam's bedside at the Harborview ER. Who would have thought that we would be celebrating 20 years of living well with GBM! And, here we are. Plus, Cancerversary is on August 17, which is the day Sam had his brain surgery. -
Hollis Guill Ryan

Here is Sam's invitation to Cancerversary:

Y'all,

The twentieth celebration of, um, well, as Mark Twain once phrased it, "The rumors of my death are greatly exaggerated."

Yeah, twenty years on, I'm still kicking. And drinking. And giving the docs a hard time.

Combining all this together into one package we get Cancerversary XX.

To join in the merriment all you've gotta do is RSVP then show up sometime between noon and ten o'clock at night on Saturday, August 17, 2019.

Bring some BEvERages to share plus some food to share. Foodwise, bring enough for you and your immediate group plus a little more. This saves us from having ten years of mac salad leftovers (although I love mac salad, eating mac salad every day until it goes off gets old). Keep in mind we're providing some meats in tube form (hot dogs, kielbasa, random sausages, and bratwurst), chicken, and hamburgers, too. We'll even ante up some soft drinks (beyond tap water – from a garden hose).

As for where to show up, head here:

16132 SE 42nd Pl.
Bellevue, WA 98006

I'd give you directions, but since I still get lost around here it's best I let Mapquest, Google Maps, or Apple Maps steer you in. Remember, it's SE 42nd Pl., not SE 42nd. St; this still trips me up.

Sam

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Editor's note: This event is open to anyone interested and is being held at Sahale!



5 pm on Wednesday Aug 28th, to 2 pm on Sunday Sept 1st.

Would you love to have more close, connected, juicy relationships?

Need some inspiration and renewal?

This 4-day festival offers conscious movement, ceremony, respectful touch, relationship and communication skills, and tantric meditations all in a lovely rural wooded retreat center near Seattle.

Step into an open, caring community of like-minded souls, and come play with us!

These events are potent moments for increasing hope, vitality and joy, carrying us all forward on our paths.

Our Workshops will focus on

- Tantric Arts
- Communication
- Personal & Spiritual Development
- Movement Meditations
- Aware Touch and Consent

Note: Goodenough Community friends and members will not have to pay room and board. Contact Colette at hoff@goodenough.org

Go to www.cascadiantrafest.com/



At the “OUR” Ecovillage – in
British Columbia

September 13 - 15

Friday 2:00pm - Sunday 5:00pm

<https://ourecovillage.org/5th-annual-west-coast-communities-conference/>

This conference is an intentional experience of community. Whether you live in an intentional community / ecovillage / co-housing and are interested in joining or starting one, are a networker or organizer, or are new to intentional communities, this conference will have something for you. Come learn about the intentional communities of western North America, gain skills and understanding for living in and developing intentional communities, and find mutual support and camaraderie with others involved with intentional community. Come celebrate the diverse types of community that exist, expand the potential of increased inclusiveness, and explore Intentional Communities and Ecovillages and Co-Housing as a model for impacting wider social change. The Goodenough Community is a sponsor for this event!

Spatialist for Hire

Pam Jefferson



Do you need help with organizing a room for more efficient storage and use of the space? Do you need help sorting and organizing your stuff? I can do all of it for you or just give you some ideas for you to work with. My hourly rate is \$25.00. You can reach me at **206 372 9801**.

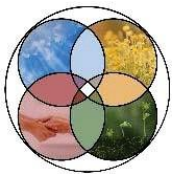


Programs and Events of the Goodenough Community

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. Fall schedule to be announced.

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 Guill Ryan, hollisr@comcast.net



The Third Age - Those age 60 and older have been gathering every other month, Friday evenings in Seattle. Stay tuned for the fall schedule! 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.

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 development, 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. **Gatherings are in Seattle.** Contact Colette Hoff for more information: hoff@goodenough.org

Summer Camp for Youth

New dates for Summer Camp 2020 will be announced. 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 4 to 10, 2019

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

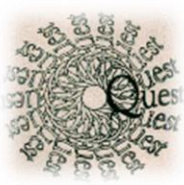
True Holidays Celebration, Saturday, December 7, 2019

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 for more information.



Work and Play Parties throughout the Year

Traditionally, the Goodenough Community sponsors work parties over **Memorial Day weekend** 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 arrangements.