

VILLAGE VIEW

OCTOBER 28, 2020

Colette Hoff.



COMING UP:

THIRD AGE – NOV 6

PATHWORK – NOV 8

MEDITATION RETREAT – NOV 13-15

Social Permaculture

Colette Hoff

The last three eViews have been so thoughtfully presented and edited by guest Editors Kirsten Rohde and Pam and Elizabeth Jarrett-Jefferson. I value the perspective of permaculture and human beings and the reminder of the value of good relationships to our well-being. Thank you each! This issue springs from what you each have written with the theme, social permaculture.

Your service to the weekly eView allowed me to provide meal service to our Gap Year students at Sahale. The residents at Sahale are stepping up to give the students very good experiences. As has been written, we are having 4 1-week sessions of 18 and 19-year old students with two leaders. Each session has been in their own bubble.

This program, intended to give young people a variety of experiences before they settle to college, is growing Sahale as well. We are refining our ability to give instructions, to hold the students' attention, and have them help us do projects that are good for Sahale. Residents are staying connected and well-coordinated so no one person is doing too much and everyone is enjoying what they are doing. I think we might have a niche to craft experiences for youth and young people with the awareness that we could teach many more things in a post covid world.

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

Each morning begins with meditation and brief instruction including the introduction of the Kindness Project, followed by work projects in the afternoon. Tyler Annetts, our resident ecologist, is providing an introduction to permaculture and giving a tour of Sahale talking about water flow. We have a wonderful new trail out from the Cedar Grove (and one that I have wanted for a long time). Food forests were introduced. Cider-making and apple picking has been a hit and very well-choreographed and wood production is being systematized to allow the students to work with axes and the splitter and our stores of firewood grows. A new garden fence is also underway. A music evening has been offered and a beautiful drum circle and campfire, especially appreciated by the students.



As I understand Social Permaculture, coined by Starhawk, it highlights relationships and learning. This new experience at Sahale is allowing each resident involved to be their best and develop new skills of leading and teaching. In other words, not only plants grow in a nurturing environment.

I appreciate the outline presented by Starhawk that comes from permaculture, and I am adding my words.

1. Abundance springs from relationships

Value and nurture relationships. Value the people you are with. Help each other feel good about themselves and what they offer to the whole. Develop relational skills and don't shy away from conflict. Encourage all to be fully stated. Care for each other and offer kindness.

2. Recognize and work with patterns

Pay attention to group process. Value good decision-making processes. Insure good communication of information for all concerned. Discern who has responsibility for what. Study and implement conflict resolution skills.

3. Feed what you grow

As healthy soil is created, social relationships need the best habitat for thriving. Groups need to avoid triangulation and discourage telling tales or gossiping. Work to be part of the solution. Keeping agreements.

4. Value diversity

Our ecosystem needs to be diverse in order to survive and within the social climate diverse ideas and perspectives are essential. Thank goodness we are not all interested in the same things.

5. Develop a culture of respect, kindness and trust

The culture of the Goodenough Community developed over many years provides the fertility for growth and development of individuals and groups. Sahale is a demonstration of applying principles for living well together. Currently, the Kindness Project is keeping us mindful of being more fully kind to each

other.

Just as our student friends are growing through their stay at Sahale, the residents supported by our Goodenough friends are growing too. It is being a good experience as we move well into the third week practicing social permaculture.

And the students are leaving feeling nurtured by our good dinners and the ineffable quality of Sahale and her residents.



We are not the survival of the fittest.

We are the survival of the nurtured.

~Louis Cozolino

(1953 to pres., American philosopher and psychologist)



Third Age Friday November 6th beginning at 7:30 p.m.

Kirsten Rohde

Yes, the Friday after the election. What a good time to get together (well Zoom that is) – regardless of what the future holds. It has been a long time since we met and I know I will miss the lovely potluck dinner and gathering at Joan, Jim and Barbara's home. We will have a good Zoom conversation regardless and it will be good to connect and share from our lives over the time since we last met.

The Third Age refers to those of us 60 and older. We enjoy gathering often every other month to share about our lives, sometimes find a topic we all agree on, sometimes watch a movie or

documentary. We find that we have conversations particular to our age and our perspectives are often different than when we were younger.

If you wish to join be sure you have sent an RSVP to Joan Valles if you haven't already: joanvalles70@yahoo.com

We will send out the Zoom link on Friday the 6th.



"I've been told that I must not succumb to the facts of my age. But why shouldn't I? I am now in my ninety-first year, and I doubt that my activity, for example in civic affairs, could restore my spirits to a state of bouncing buoyancy. Lack of physical strength alone keeps me inactive and often silent. I've been called senile. Senility is a convenient peg on which to hang nonconformity. A new set of faculties seems to be coming into operation. I seem to be awakening to a larger world of wonderment, to catch little glimpses of the immensity and diversity of creation. More than at any other times in my life, I seem to be aware of the beauties of our spinning planet and the sky above. I feel that old age sharpens my awareness." This quote is from a nursing home patient to Edmund Sherman, the author of *Contemplative Aging: A Way of Being in Later Life*.



Regarding the world we're living in, an ancient commentary.

From the Book of Proverbs:

Six things God hates,

Seven things are detestable to him:

A proud eye, a false tongue,

Hands that shed innocent blood,

A heart that forges thoughts of mischief,

And feet that run swiftly to do evil,

A false witness telling a pack of lies,

And one who stirs up quarrels between neighbors.

—Proverbs 6:16-19

Submitted by Kirsten

REGISTER SOON!

Awakening to the Precious Present: A Virtual Meditation Retreat

November 13 to 15, 2020

With mindfulness and compassion, we can let go of our battles and open our heart with kindness to things just as they are. Then we come to rest in the present moment. This is the beginning and the end of spiritual practice.

~Jack Kornfield Clinical Psychologist and Buddhist Teacher

WHAT. This retreat is sponsored by Convocation: A Church and Ministry, a long-established interfaith community dedicated to enhancing personal development and spiritual awareness through the mindful practice of relationship. The community's open and inviting ambience will support and encourage you. During this virtual retreat, which is thoughtfully designed for seekers of all levels of experience, you will be able to experience a variety of forms of meditation:

- ✚ Periods of silence when you can become centered in yourself
- ✚ Experiences of heart-opening connections with others
- ✚ Conversations where you can share your experience, ask questions, and learn from others
- ✚ Skillfully led guided meditations, sensory experiences, chakra toning, and movement
- ✚ Guidance for time between sessions, including artistic expression



WHEN. Friday, November 13, at 7:30 pm and concluding on Sunday, November 15 at 4:00 pm.

WHO. Central leadership will be provided by **Colette Hoff, M.Ed.**, pastor of Convocation: A Church and Ministry. Colette is well respected for teaching with her life and for her practical strategies for mindful living. For over 40 years she has been teaching and leading successful workshops, human relations laboratories, community cultural programs, and spiritual exploration experiences. Her leadership is supported by:


- **Joshua DeMers** will offer consultation to the retreat. Josh has studied meditation for many years and most recently in India. He has previously led meditation experiences for the Goodenough Community and for Convocation.
- **Marley Long** will provide yoga as part of the morning sessions on Saturday and Sunday. Marley has long been a yoga practitioner, and she is on the path to becoming a seasoned instructor. She is skilled in working with all abilities. Marley has provided previous yoga experiences for the Goodenough Community and Convocation.

- **Elizabeth Jarrett-Jefferson**, our registrar, will work with chat room issues and will post questions for break out conversations. Elizabeth will also serve as Zoom co-host.
- **Deborah Cornett** will encourage your creativity through suggestions for artistic expression.

REGISTRATION & COST - \$175 which includes learning materials. A sliding scale is negotiable; your financial situation does not need to be a barrier to your participation. Contact Colette Hoff to discuss options and if you have other questions about the retreat-- hoff@goodenough.org or 206-755-8404. Registration on line at www.goodenough.org



Pathwork—November 9

 The Pathwork Circle (Pathwork is a program sponsored by Convocation: A Church and Ministry) is currently meeting on Zoom and find that the circle brings connection and encourages reflection on our inner life and spiritual development. 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. Currently, Pathwork meets via Zoom every other Sunday evening from 7:00 to 9:30 PM. You are welcome to join this circle of fellowship, **Sunday, November 25, our next virtual gathering**. Please email Colette at hoff@goodenough.org to get access information to the Zoom call and register your interest.



Mindful Mike's Blog: The Boiling Frog *Mike deAnguera*

Have you ever hear the story of the boiling frog? Apparently if you put frog into boiling water he will jump right out. But if you put him into a pot and slowly turn up the heat the frog will boil to death without realizing it.

I certainly never expected to find anything on boiling frogs on the Internet but I found many choices so I used this one. A lot of people are talking about boiling frogs and community members might also be aware of it.



Even John Hoff was aware of the story of the boiling frog. Colette Hoff said he has written about it.

According to Daniel Quinn, the author of *Ishmael* the boiling frog is our culture. Our civilization has been around for about 10,000 years. We have a specific form of agriculture more successful than any other. Our goal is to convert all arable land to the production of human food. Anything competing for that food will be exterminated. Huge surpluses were created which have to be protected from other creatures including other people. The food had to be locked up. If you want some you have to buy it.

The water in the cauldron is being heated by our form of agriculture. It is always getting hotter and hotter. We will eventually be boiled to death.

Are all the rest of you frogs boiling to death? Do you think we are facing the collapse of our culture? I can certainly feel it within myself. Nothing outside of our community seems to make sense anymore. There is actually a new syndrome arising out of our presidential election. Do I have it? Maybe. Do you suppose my increasing anxiety might be arising out of our collapsing culture? Watching television is not helpful. It just increases my anxiety.

Luckily I don't have to be anxious in isolation. That would be really bad.

I am due for a colonoscopy next month. I have to go to a clinic in Silverdale with a mask on. Okay now I am stoking my anxiety. Maybe I can work myself into a depression. What a nice Halloween treat!

Our cheery Gap teenagers can cheer the rest of us up as well. We might do some drumming on Halloween. Of course Like all of our dogs I live for treats.



Here came our Gap volunteers all in a line. Next they got oriented by Tyler so they could go to work on our Cedar Grove. They built a trail to another cedar grove which they cleared out. Old growth trees just like a national park. Tyler told me there 's more old growth trees further into the forest.

Here is another view of our old growth trees in the newly cleared out grove. My they are certainly impressive. These trees are over 250 years old. They were here long before Washington State came into existence. They are among the 2% of the old growth left.





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 Black people. We, as mostly white, will educate ourselves and learn to make a difference. We will continue to speak out about the racial injustice in our country.

Barriers to Diversity in Community

Posted on March 14, 2018 by [Crystal Farmer](#)

Excerpted from the Spring 2018 edition of Communities, "Class, Race, and Privilege"—full issue available for download (by voluntary donation) [here](#).

Although I don't live in a community yet, I have spent three years organizing Charlotte Cohousing in North Carolina. This year I gave three workshops on diversity in community. I attended the Cohousing Conference and the Twin Oaks Communities Conference for the first time this year. I also participated for the second time in New Culture Summer Camp in West Virginia.

I love that the intentional community movement is progressive and forward thinking. The movement is focused on equality and recognizes that everyone deserves access to a home. But I can see the huge group of people who have been unintentionally left out of the movement. Thanks to the Cohousing Research Network, we know that interest in cohousing crosses all races and socioeconomic classes, and it's probably true for other intentional communities too. The reality is that only a small cross-section of the population ends up living in community. Based on my observations, I offer several ways intentional communities unintentionally exclude people of color.

I grew up in an area that had a strong sense of community. We weren't intentional in the sense that we chose to live there. Instead, my neighborhood was the result of segregationist housing policies that forced black families to rent or buy only in certain parts of town. These policies were implemented across the country starting in the 1930s, until 1968 with the passage of the Fair Housing Act. By then, the racial makeup of urban, suburban, and rural neighborhoods was set, and the only change has been the recent trend of gentrification. As a result, the average black person's neighborhood is 45 percent black, while a white person's neighborhood is 75 percent white.

Twin Oaks is a short drive from Charlottesville, where we all have been reminded that race is not a solved problem in our country. When I drive through Virginia, I'm careful about what gas stations I stop at. It's no longer the days of the Green Book (a directory of black-friendly establishments published during segregation), but I am afraid that if I need help, the officers who respond won't be there to help me. If I were going to relocate, it would not be to rural Virginia. The allure of untainted nature and private space feels fundamentally unsafe to me, a black woman from the South.

The urban environment, especially in the Charlotte area, is no better in terms of diversity. Charlotte residents have a clear idea of what neighborhoods are safe, close to shopping, and have good schools. Those neighborhoods are overwhelmingly white. My forming cohousing community members had difficulty including the word “urban” on our website because of its association with the inner city—crime, rundown houses, and bad schools. Those areas exist in Charlotte, and the group is not interested in building in those areas.

Twin Oaks values green living and sustainability. After three years of visiting intentional communities, I’m familiar with composting toilets. However, using them for a weekend versus the rest of our lives is a big ask for my black family members. Black home ownership is only 41 percent nationwide, and many of those homeowners are only a generation removed from outhouses and coal stoves. The idealism of having a smaller footprint feels like the goalposts still moving in capitalist America. Understanding the impact on the environment and being asked to sacrifice for the largesse of others is a choice that many black families are not ready to make.

Which brings me to food. Healthy eating is becoming more and more mainstream, yet many black communities exist in food deserts, where the healthiest options are snack food at the convenience store or salad at McDonalds. As anyone who has been to a black family reunion can tell you, black people don’t always eat healthy. When I visit communities that focus on vegan and vegetarian meals, I feel alienated and underfed. Living in community, I know that I would miss out on fellowship and friends if I choose to cook my own food or avoid mealtime because of my diet choices.

Another overlooked aspect of community living is division of labor. I admired Twin Oaks’ labor credit system that put all work, from laundry to accounting, on even footing. However, in capitalist America, black people are more often found working as the housekeeper than the secretary. My great grandmother was a nanny for white families, and my grandmother was a janitor at a textile mill. My mother worked as a teacher, and my sister and I were the first to go to college for professional careers. While intentional communities aspire to be colorblind in work assignments, unexamined bias about competence and education may lead to discrimination in work assignments. If human resources professionals still fail to avoid bias when looking at qualified candidates, I question whether an optimistic volunteer will critically examine their prejudices when doling out work assignments.

The final factor for black participation in intentional communities is income and access to credit. This is more obvious in cohousing, where each member is expected to own their own home, but it could still affect other communities that ask for a financial investment for starting or participating in community. In 2010, the average credit score of a black home buyer was 677, compared to 734 for a white home buyer. That difference equals hundreds of dollars in monthly mortgage payments, and, combined with the lower median income of black families (\$20,000 lower), it explains why only 41 percent of black families own homes, compared to 71 percent of white families. It’s more difficult for black families to invest upfront in community-building.

How can intentional communities recruit more diversity? Twin Oaks has set a good example by hosting anti-racism training. All communities should educate themselves on implicit bias and white privilege and have a robust discussion about how it plays out in their lives. The communities should then reach out to local people of color who are familiar with the community and its members. They should ask for feedback and listen, which might be the hardest part. If you’ve felt a certain resistance to the ideas in the articles and feel the desire to defend your community, that’s a sign that you can spend more time listening. If intentional communities want to achieve social justice, they must make space for people of color and other minorities to speak. Some of the words spoken will be angry, but all of it will be what has been true for us. Ninety-nine percent of the time,

that truth sounds alien to white communities. Instead of dwelling in guilt or defensiveness, find an element of shared truth and think about what you can do to move forward.

I believe the intentional communities movement is a way to change the world, but it can only change if the people who are drawn to it feel welcome and included.

Crystal Byrd Farmer is an engineer turned educator. She is the organizer of Charlotte Cohousing, supporting three forming communities. She is passionate about encouraging people to change their perspectives on diversity, relationships, and the world. She loves organizing meetups, teaching, and playing with her six-year-old daughter. As the owner of Big Sister Team Building, she leads team-building exercises and creates mobile escape room experiences.

Excerpted from the Spring 2018 edition of Communities, "Class, Race, and Privilege"—full issue available for download (by voluntary donation) [here](#)



Covid Relief Fund supports native WSG women

A Long Dance friend, Mary, called this to our attention

I reach out to encourage all who are able: please join me in giving generously to WSG Covid Relief Fund to support seven native women friends...I'm honored to be working with these women through Woman Soul Gathering. Many of them are a pillar of support for extended family, community and tribal circles. Indigenous people have been hit hard by Covid and by far-reaching Covid-related hardships of everyday life as a result of on-going racial injustice and inequities. They tell us the need is immediate.

See <https://womansoulgathering.com/gifting/> and show your support. I - and all at WSG - will greatly appreciate your gift. Thank you for considering! With heart....

Women Friends: Find out and register for WSG's Honoring Grandmother Moon Mysteries Ceremony here:
<https://womansoulgathering.com/woman-soul-gathering-events/>

Norm called this to our attention!

<https://breitenbush.com/>

The Breitenbush Community/Retreat Center was half-destroyed by the Lionshead Fire in Oregon and is soliciting donations to help rebuild. This is an opportunity to help out an intentional community in a time of need. I'm sure every little bit helps. I donated.

Norm

Programs and Events of the Goodenough Community

NEW DATES for FALL 2020

*Because of our unpredictable times, dates and descriptions shown
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.

Of course, 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 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



The Goodenough Community's governing body, the General Circle, meets alternate Monday evenings, 6:30 PM, via Zoom. Below are dates for our fall meetings:

- ☐ November 9
- ☐ December 7

For additional information about dates, contact Elizabeth Jarrett-Jefferson, elizabeth.ann.jarrett@gmail.com



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](#). Our next Zoom gathering will be in January.



True Holidays Celebration, Saturday, December 5, 2020

We will not hold this celebration this year due to the COVID pandemic. However, we intend to find ways to connect in other ways and honor the intentions of this annual event. Stay tuned for details.



The Third Age - Those age 60 and older have been gathering every other month, Friday evenings, virtually since the pandemic. Our fall dates are on Fridays – our next one by ZOOM is November 6 at 7:00 p.m..

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. Stay tuned for additional information.



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. Currently, Pathwork meets via Zoom every other Sunday evening from 7:00 to 9:30 PM. You are welcome to join. Contact Colette: hoff@goodenough.org for the Zoom link. The remainder of the fall 2020 dates are:

- ☐ November 8 and 22
- ☐ December 6 and 20



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 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 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 pandemic crisis.

Local Advertisements

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