



THE VILLAGE VIEW

January 27, 2021

Kirsten Rohde, editor

Upcoming Events, on Zoom:

Pathwork, Sunday, February 14

Third Age, Friday, February 26

I was trying to think how I can get to the feeling of love and I think that expressing kindness, toward myself and toward others, is an action that brings love to the surface. The word “kindness” has been in this newsletter as lot recently as Colette Hoff has been leading us in the study of kindness and all the ways it manifests. I hope it’s OK to bring it up again; I realize I am still studying it. Can I find a way to express kindness in a conversation instead of whatever else was on the tip of my tongue? I’ve taken a fall a couple times recently – being kind to myself would be to slow down. It would be kind to others too because they wouldn’t have to worry about me falling again. And “out there” in the world can I think kindlier of some people even though I disagree with their beliefs and actions? I think I’m learning that being kind is about being aware and present to the moment.

Here is what Sharon Salzberg writes in her book [The Force of Kindness](#). “To explore kindness as that thread of meaning requires finding out if we can be strong and still be kind, be smart and still be kind, whether we can be profoundly kind to ourselves and at the same time strongly dedicated to kindness for those around us. We have to find the power in kindness, the confidence in kindness, the release in kindness – the type of kindness that transcends belief systems, allegiances, ideologies, cliques, and tribes. This is the trait that can transform our lives. Kindness is the fuel that helps us truly “walk our talk” of love, a quality so easy to speak about or extol but often so hard to make real. It helps us to genuinely care for one another and for ourselves as well.”

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

Below is a poem by Maya Angelou, "Still I rise." I think writing a poem like this one is an act of kindness to herself, and to others by using the beauty of poetry to express some hard life experiences she wants us to feel with her.



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.

Still I Rise

By [Maya Angelou](#)

You may write me down in history

With your bitter, twisted lies,

You may trod me in the very dirt

But still, like dust, I'll rise.

Does my sassiness upset you?

Why are you beset with gloom?

'Cause I walk like I've got oil wells

Pumping in my living room.

Just like moons and like suns,

*With the certainty of tides,
Just like hopes springing high,
Still I'll rise.*

*Did you want to see me broken?
Bowed head and lowered eyes?
Shoulders falling down like teardrops,
Weakened by my soulful cries?*

*Does my haughtiness offend you?
Don't you take it awful hard
'Cause I laugh like I've got gold mines
Diggin' in my own backyard.*

*You may shoot me with your words,
You may cut me with your eyes,
You may kill me with your hatefulness,
But still, like air, I'll rise.*

*Does my sexiness upset you?
Does it come as a surprise
That I dance like I've got diamonds
At the meeting of my thighs?*

*Out of the huts of history's shame
I rise*

Up from a past that's rooted in pain

I rise

*I'm a black ocean, leaping and wide,
Welling and swelling I bear in the tide.*

Leaving behind nights of terror and fear

I rise

Into a daybreak that's wondrously clear

I rise

*Bringing the gifts that my ancestors gave,
I am the dream and the hope of the slave.*

I rise

I rise

I rise.



*The miracle of love
comes to you in the presence
of the uninterpreted moment.
If you are mentally somewhere else,
you miss real life.*

*~Byron Katie
(1942 to pres., American Philosopher and Author)*



Mindful Mike's Blog: Pause

Mike deAnguera

I have defined meditation as the exquisite art of doing nothing. Indeed for me it is the first step to practicing being. Sahale has given me the perfect chance to practice being.

Why is it so important to focus on being? Being is the foundation for doing anything. Doing is the house which must rest on a firm foundation of being. If the focus is on doing that is getting it backwards. Never build a house without laying a foundation first.

The pause for me is a tool to remind me to stay in being. It also allows a meditative rest between tasks.

When I was working as a computer guy I would always get up and walk around the room for five minutes every half hour to avoid hurting my hands and eyes.

Ah....it is raining again. So nice to be in my warm tiny house. I pause to listen to the rain.

Today we met as the Sahale Circle going over site planning, something we have not done in a while. This is a good time to focus on the 68 acres of Western Washington we live on. This is a good movement towards consciousness on our part. I often wonder whether good site planning is used. If the site features ugly buildings and a poor layout probably not. The developer met minimum requirements but was mainly interested in a quick buck.

We don't want to just occupy space but rather work to fit ourselves into the landscape so as to be part of what surrounds us.



Here you can see Kirsten Rohde, Drai Schindler, Elizabeth and Pam Jarrett Jefferson actively engaged in our site planning. Lots of good discussion.

I like to insert several pauses at regular intervals just to pull back. It is good to have intense work going on but I wonder if maybe getting stuck might not be a danger, particularly if the discussion lasts a long time.

Hopi elders often spend quite a bit of time in silence when meeting to discuss something important. This is in contrast to nice neat snappy proposals put together by well meaning Westerners.

I wonder sometimes if words need an appropriate time to be inserted. Next time we have a meeting, how about a few minutes of silence? Good way to clear the mind. A pause can be a way for Spirit to be present.

I will pause many times when writing this article. I find when I try to do it fast many typos appear which I have to go back and correct.

A pause may actually increase the quality of my writing. It helps me relax and focus my eyes on something else. And my ears on the patter of rain.

Matlock likes to pause during his day and warm himself up.



A Permaculture Offering

A Preferred Future, Lois Arkin with LA Eco Village

This is the second of eight Zoom Conversations offered by: Creating A Preferred Future.

Thursday January the 28th, 6 PM Pacific, 9 PM Eastern, with Lois Arkin of LA Eco Village in Los Angeles.

The Conversation with Lois is free to the first 100 attendees. It is the second of a series of 8, two per month, January to April, produced and hosted by Jan Spencer, in Eugene, Oregon. All the conversations are about Creating A Preferred Future. The content is social, economic, lifestyle, permaculture, land use and much more.

Then, Thursday, February 18, a conversation with Yvonne Chu who works with the Onandaga Earth Corps in Syracuse, New York.

See further below for the entire schedule and zoom log in info. See suburbanpermaculture.org for more conversation details including links as the completed conversations move to podcasts and you tube.

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Lois Arkin, Los Angeles Eco Village

Thursday, January 28, 6 PM, Pacific Time

Lois is the founder (1980) of the nonprofit CRSP/ dba Los Angeles Ecovillage Institute (LAEVI). In 1993, she co-founded the Los Angeles Eco-Village (LAEV) as a project of CRSP. Co-author/editor of two books on [sustainable cities](#) and [cooperative housing](#).

She is a board member of the [Global Ecovillage Network – U.S.](#) as well as the [Global Village Institute](#), and served for 17 years on the Community Advisory Committee of the Wilshire Center/Koreatown Redevelopment Area. Lois is passionate about reducing auto use in L.A. and is a public advocate for sustainable urban living. Lois's current focus is repurposing an old auto shop in LAEV into a eco community hub. She can be reached at crsp@igc.org website: www.laecovillage.org



*If we but develop the eyes to see,
we will find that every day is filled
with opportunities
to express love and compassion,
and to perform acts of kindness
which can bring joy
to those around us.*

*Everyday is filled with opportunities
to spread the fragrance
of forgiveness
and apply the balm
of soothing words.*

*~Sant Darshan Singh Ji Maharaj
(1921–1989, founder and head
of Sawan Kirpal Ruhani Mission,
Mystic Adept, Master Saint of Surat Shabd Yoga,
Indian mystical Urdu poet)*

Programs and Events of the

Goodenough Community

Includes dates for Winter 2021

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

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

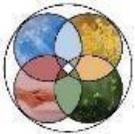
with long- time and new-found friends ... working together in a creative endeavor ... collaborating during a work party ... thinking deeply with others about what it means to be fully alive and connected with ourselves, each other, and Spirit ... and more.

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 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



The Goodenough Community's governing body, the General Circle, meets monthly, 7:00 PM, via Zoom. Below are dates for our winter meetings:

- February 15
- March 1

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](#). *Stay tuned for an announcement of the next Women's gathering.*



The Third Age - Those age 60 and older have been gathering monthly, Friday evenings. 7:00 PM. With the pandemic, meetings are virtual. The next scheduled meetings is February 26. 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 own lives, other men's work advocates and the founders of this circle. A weekend is planned from June 4 & 5, 2021. Stay tuned for details.



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. You are welcome to join.

Meetings are held via Zoom on alternate Sundays from 7pm to 9pm. Contact Colette:

hoff@goodenough.org for Zoom information.

February 14 and 28

March 14 and 28

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.



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

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 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.*

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