



**For These Times We are In**

**Village eView July 15, 2020**

*Colette Hoff, Editor*



### **Integration: Greater than the sum of parts**

Colette Hoff

*Integration is a basic law of life; when we resist it, disintegration is the natural result, both inside and outside of us. Thus we come to the concept of harmony through integration.*

~Norman Cousins

Integration is the process of mixing disparate groups and incorporating previously disconnected entities into one larger entity. In psychology, integration is most commonly used to refer to the Jungian concept of personality integration.

Carl Jung argued that a significant goal of psychological development is the process of individuation—the ability to separate oneself from others as a unique personality. Integration, according to Jung, is the process during which both the individual and collective unconscious are integrated into the personality. Integration is a positive psychological development that indicates maturity and may help an individual move past negative habits.

In the outer world of society, *integration* is also commonly used to refer to the integration of racial, ethnic, and other minorities into the dominant group.

### ***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

The work of becoming an integrated whole in our inner life is our purpose in life and requires courage. I have a lot of passion for this effort both in myself and in those I serve. Allowing my heart and mind to work together takes discipline and mindfulness. I particularly value the process of delving into sub-personalities. My friend, Piero Ferrucci in writing about psychosynthesis:

**INTEGRATION IS  
NOTHING BUT YOUR  
COMPLETE CONNECTION  
WITH YOUR SPIRIT**

*Sub-personalities are psychological satellites, coexisting as a multitude of lives within the overall medium of our personality. Each sub-personality has a style and a motivation of its own, often strikingly dissimilar from these of the others .... As Assagioli wrote, 'We are not unified; we often feel that we are, because we do not have many bodies and many limbs, and because one hand doesn't usually hit the other. But, metaphorically, that is exactly what does happen within us. Several sub-personalities are continually scuffling: impulses, desires, principles, aspirations are engaged in an unceasing struggle.* From the book, SUB-PERSONALITIES AND AUTHENTICITY A Model of Intervention in Spiritual Direction by Richard Boileau

In conflict, subpersonalities will become less and less functional, interfering with judgement, prompting depression or psychological dysfunction, and perhaps ultimately creating havoc in the person's physical or emotional health.

Sub-personalities tend to distort our perception of ourselves and others and, when they conflict and can cause confusion, double-binds, and suffering. Formed in childhood, studying the "inner cast of characters" and what decisions they made that no longer serve is an essential first step of making friends with each sub-personality and encourage their collaboration. This process operates through five stages: recognition, acceptance, coordination, integration and synthesis—the ultimate objective of psychosynthesis.

The goal is to unify our personality, to allow our creative talents and open-hearted, best selves to emerge and fear-ridden defense mechanisms to recede. Wholeness (or holiness) is the gift of this work and connection with spirit is a beautiful by-product.

The Goodenough Community has facilitated this work over many years. As we prepare for our virtual experience, August 5 to 9, there will be opportunities to accomplish inner work and integration in "break-out rooms" and in the whole group.

You will be challenged to be self-disclosing with thoughts and feelings and we will include movement, meditation, and exercises to accomplish between sessions.

Mind-body integration is more than a personal health strategy. It is a movement of consciousness that can change the world.

*Matthew Sanford*

# Creative Exploration of Self: Connecting with Myself and Others in a Disconnected World

*A Virtual Experience of Personal Development*

August 5 - 9, 2020



Does your heart yearn for the warmth of human connection?

Are you losing your sense of belonging?

With the current focus on racism, are you discovering aspects of yourself you were not aware of, and not quite sure how to respond?

Is your patience with yourself and others growing thin?

Do you long to share what really concerns you in your life, and have others listen and support you?



We humans are relational beings who thrive with interaction. In these days of enforced isolation, separation threatens to become the new normal. With separation, thinking can become more polarized, as if the social and political divisions of our times reinforce the inner conflicts we may have thought we had under control.

Join the Goodenough Community for our summer personal development event:

**Creative Exploration of Self: Connecting with Myself and Others in a Disconnected World.**

There, you can expect to:

- Connect with your innermost self and with others.
- Learn how to bring more compassion to yourself and others, resourcing the work of Piero Ferrucci's, *The Power of Kindness: The Unexpected Benefits of Leading a Compassionate Life*.

- Reflect on what might be blocking from being your best.
- Locate blocks in your body (yes, even on Zoom!), and practice tools to release them.

Led by Colette Hoff, M.Ed., and a design team of experienced facilitators, you will be led in large and small group, and individual processes designed to cultivate warmth, intimacy and learning.

The leadership team is experienced at creating a welcoming, intimate environment in the setting of a Zoom call, encouraging participants to connect deeply despite being physically distant.

## ★ Important Info about the Zoom-In ★

### Timeframe

Beginning **Wednesday August 5, at 5:00 pm** for orientation and meeting-and-greeting.  
Following a break for dinner, we will resume at **7:30 pm**.

The event will conclude on **Sunday, August 9 by 3:00 pm**.

### Daily Schedule

Likely 2-3 sessions per day, with assignments for completion between sessions.  
While the schedule may vary from day to day,  
we anticipate a morning session from 9 am to 12:00 noon, including a small group break out.  
You will be encouraged to take time for yourself in the afternoon.  
Late afternoon might include “happy hour” or break out time.  
After a dinner break, there will be an evening session.

### What to Expect

Supporting material will be available prior to the Zoom-In to help you prepare.  
Assignments and preparation materials geared to help you stay in the experience will be suggested for the time between sessions, like a walk in the natural world, writing or talking with a learning partner.

Group sessions will include movement or stretching.

We will also be asking for a commitment to participate in the whole of the event,  
to ensure continuity of the break-out rooms.

### Cost & Registration

The suggested donation for this five-day experience is **\$300**.  
You may continue to register online. If you have already paid in full for a different kind of event (our in-person Human Relations Laboratory), please let us know whether you would like to donate the balance of your tuition or would prefer a refund. A donation to the Goodenough Community will be tax-deductible.



There will be more about the content in upcoming eViews.

★ Let Colette Hoff know of your interest and thoughts by emailing [hoff@goodenough.org](mailto:hoff@goodenough.org). ★

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“There appears to be a vast amount of confusion on this point, but I do not know many Negroes who are eager to be "accepted" by white people, still less to be loved by them; they, the blacks, simply don't wish to be beaten over the head by the whites every instant of our brief passage on this planet. White people in this country will have quite enough to do in learning how to accept and love themselves and each other, and when they have achieved this -- which will not be tomorrow and will not be today and may very well be never -- the Negro problem will no longer exist, for it will no longer be needed.”



– James Baldwin, The Fire Next Time

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## The Goodenough Community & Convocation

P.O. Box 312 Tahuya, WA 98588

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

The Goodenough Community, like many other nonprofits, is evolving in its response to the drastic changes brought about by the Covid-19 pandemic. We are feeling the financial effects of having to cancel events this year. Our community has been able to access Covid-19 loans from the Federal Government, both for the Goodenough Community and for Convocation: A Church and Ministry.

We are especially thankful to those of you who have responded to recent fundraising efforts! Thank You! The future remains uncertain, however, and requires our continued and diligent attention to our community's sustainability. Those of you still considering, your donation will help us through the winter.

We know that the Goodenough Community, Sahale, and Convocation contributes to healing, awakening, joy and peace as we move through these times.

**You can help with a donation of any amount.**

Any amount, large or small, is valued greatly - here is a wish list that includes examples of how your contribution can help:

**CONVOCATION: A Church and Ministry is responsible for the housing allowance to Colette Hoff, our Pastor, that enables her to pay the main Sahale mortgage.**

Consider these possibilities:

One person contributing \$200,000  
will purchase or pay off the main mortgage on Sahale!

OR...

**Four people each contributing  
\$50,000** will relieve us of the main  
Sahale mortgage OR...

Twenty people each contributing \$10,000  
will pay the mortgage off in full.

These may seem like big numbers; however perhaps you know someone who might be interested in providing support.

**A donation of \$2,200 covers one month of the housing allowance**

You can join a group of people who are already making monthly donations to Convocation to support Sahale through funding the housing allowance. Choose a monthly amount that is right for you.

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**Donations to the Goodenough Community:**

**\$5000** will ensure that we can meet one month's minimum obligations  
(utilities, food, supplies, upkeep, bookkeeping and accounting)

**\$500** will cover the cost of repairing the road to the White Tent at Sahale.  
For ten winters this road has washed out and we are  
creating a more permanent rebuild.

**\$300** will cover the cost for one month of meals for volunteers at  
Sahale who contribute their expertise and work hours with carpentry, electrical, construction,  
gardening, and more.

**A donation to our scholarship fund** supports attendance to our events when we can  
resume our activities.

**Your monthly gift to the Goodenough Community or Convocation: A Church and Ministry**  
will support the work of the community.

**Remember, donations, large or small,** will help us feel your support and your belief in the value of the Goodenough Community and Convocation. Your generosity, joined with the gifts of other, will help the community face the future with confidence. We know that many are dealing with financial uncertainty in this moment. If you have the means to contribute, we truly appreciate your help. *Thank you* to those special individuals who have already donated.

Remember, donations are tax-deductible and in 2020 those who take a standard deduction will be able to add up to \$300 “above the line” for contributions made to nonprofit charities.

**In gratitude,                      Members of the Community Economy Circle**

**Barbara Brucker**

**Tom George**

**Kirsten Rohde**

**Colette Hoff**

A form will be attached to this eView announcement.

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**Pathwork, a Program of Convocation: A Church and Ministry -**

Rosemary Buchmeier and Barbara Brucker

Pathwork, a Program of Convocation: A Church and Ministry, offers you a spiritual home in which to rest and to share your heart and mind as you move through these confusing 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 learning from the world's Wisdom Traditions. Currently Pathwork meets via Zoom every other Sunday from 7:00 to 9:30 PM. You are welcome to join. Contact Colette: [hoff@goodenough.org](mailto:hoff@goodenough.org) to get access to the Zoom link. The next gathering is Sunday, August 22.

**You are welcome to join on Sunday, August 22,** at 7:00 p.m. Please email Colette at [hoff@goodenough.org](mailto:hoff@goodenough.org) to get access information to the Zoom call.

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We will continue to speak out about the racial injustice in our country.

**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.**

## **Another Piece in the Racism Puzzle**

Barbara Brucker

I recently was given the transcript of a podcast from The On Being Project. It is an interview with Resmaa Menakem, a therapist and trauma specialist who is working with old wisdom and new science about our bodies and nervous systems and all we condense into the word “race”. The interview occurred after the killing of George Floyd. Menakem addresses practices that offer us the beginning to change at a cellular level.

Menakem discusses how at a cellular level the body carries the history of trauma, of all kinds – personal, historical, intergenerational, institutional. He says, “those things, when they are left constricted, you begin to be shaped around the constriction. And it is wordless. Time decontextualizes trauma.”

There is an extensive discussion of trauma and its sources, the trauma carried with the white settlers of this country, the trauma that blacks live with daily – largely the result of white body supremacy.

He goes on to say, “The premise of this work is predicated on the idea that there was a time when the white body became the supreme standard by which all bodies’ humanity shall be measured. If you don’t understand that, everything about America will confuse you. Everything about racialization will confuse you.”

I found this podcast to be helpful in understanding another piece of the racism puzzle. It helped me appreciate another dimension of the racism that people of color (his term for people of color) encounter from birth and deal with daily. I hope this brief overview catches your interest as the transcript did mine, and engages your curiosity to pursue this podcast and others. There is at least one more on interview with Menakem on the On Being Project website. I haven’t listened yet, and I plan to soon.

You can access the podcast here: <https://onbeing.org/programs/resmaa-menakem-notice-the-rage-notice-the-silence/>

**Editor’s Note:** This podcast was sent by Laine Young, thank you!







## Mindful Mike's Blog: Remembering Mike deAnguera

Ah, what a time to live in! COVID cases continue to rise and my new picture to the left shows you how I feel about it. Time to move beyond fear. If I am always afraid, then I can be manipulated by those in power. That's not cool in my book.

As you can see I am speaking up for myself more and more, having been encouraged to do so by Esther, Yoela, and Draí Schindler. When I speak up for myself as an aware person I am also speaking up for the others. Speaking up is half the secret to leadership. Do I have something to contribute? Then I should speak up. Get feedback from the others. The only bad idea is the one never mentioned.

Remembering is the process of coming together as one. There is just one of Us here. That One is making up all the individual character roles. I am playing the character role of Michael deAnguera.

If all the others are really me expressed in different ways, then it makes sense to see their welfare tied up with mine. This is what makes empathy possible for me.

All of our wars are about taking from each other. Why should we take from each other if there is just One of Us? So maybe eliminating warfare could just mean looking out for each other's welfare. That way I will always have someone looking out for mine.



You can see both Esther and Rose Buchmeier busy with their various tasks. We help each other out during the day and often party during the night before going to bed. Even an ordinary dinner can be an excuse for a party.

You should have seen us on Talent Show Night yesterday. What fun we all had. Do you know we are capable of providing some of the best entertainment in town? Complete with treats such as popcorn? I told a story about bullfrogs and had everybody croaking with me. Esther and Yoela stole the show and even made up a song about my car.

Of course the July days are hot. 80s. Luckily it cools down at night and my Tardis stays cool all day. Thanks, trees for sheltering my home. I never take our trees for granted.

Would it not be great to have centers like ours scattered all over the globe? Places where people of different religious and ethnic groups can meet to practice supporting each other. I confess this is a fantasy often going through my mind as Marley Long leads all of us in yoga most mornings. Thousands of ecovillages like ours are everywhere but I think we may be the only one focusing on human relations. After all world leaders are supported by folks like us.



Otherwise they would never succeed. They especially need human relation skills. We can teach those skills.

Sahale you do so much for all of us. You give us all shelter and bring so many interesting people into our lives. I feel very fortunate to live here.

The wildlife loves our home as well. We often see deer wandering around with their radar ears and flyswatter tails. They have such big brown eyes.



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## Programs and Events of the Goodenough Community

**While we are in an unknown time, these dates 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.

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



The Goodenough Community’s governing body, the **General Circle**, meets Monday evening for light dinner & business at hand. In 2020, our meeting schedule will be TBA.

### **Human Relations Laboratory, August 2 to 8, 2020**

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](mailto:hoff@goodenough.org)

**Cancelled but See information herein on A Virtual Experience, August 5-9, 2020**

## **“A Social Response to a Disconnected World: A Virtual Experience”**

**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 Elizabeth Jarrett-Jefferson.



### **True Holidays Celebration, Saturday, December 5, 2020**

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 Jarrett-Jefferson for more information.



**The Third Age** - Those age 60 and older have been gathering every other month, Friday evenings in Seattle. Contact Kirsten Rohde for more information: [krohde14@outlook.com](mailto: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. The semi- annual men’s weekend will hopefully be in June. Stay tuned. For more information, contact: [bruce\\_perler@hotmail.com](mailto:bruce_perler@hotmail.com)

**Pathwork, a Program of Convocation: A Church and Ministry** - Pathwork, a Program of Convocation: A Church and Ministry, offers you a spiritual home in which to rest and to share your heart and mind as you move through these confusing 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 learning from the world’s Wisdom Traditions. Currently Pathwork meets via Zoom every other Sunday from 7:00 to 9:30 PM. You are welcome to join. Contact Colette: [hoff@goodenough.org](mailto:hoff@goodenough.org) to get access to the Zoom link. The next gathering is Sunday, August 22.

**You are welcome to join on Sunday, August 22** at 7:00 p.m. Please email Colette at [hoff@goodenough.org](mailto:hoff@goodenough.org) to get access information to the Zoom call.

**Summer Camp for Youth NEW DATES for 2020!**



**In 2020, Camp will begin Monday June 22 and will close on Sunday, June 28.** *Summer Camp is a wonderful opportunity for children 9 to 12 to have a full camp experience in a beautiful setting with loving leadership. If you have interest or know someone who might be, please contact Colette Hoff, [hoff@goodenough.org](mailto:hoff@goodenough.org)*



**Work and Play Parties throughout the Year.** *Traditionally, the Goodenough Community sponsors work parties over Memorial Day weekend (May 22 to 25, 2020) as well as other times throughout 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 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) if you find you need to talk out your feelings regarding the crisis.**