



Village eView

May 30, 2018

Colette Hoff

Editor

Coming Up

Third Age, June 1

NICA weekend, June 1 to 3

Pathwork, June 3

Community Council, June 4

Men's Gathering, June 8 to 10

RADICAL

1. *(especially of change or action) relating to or affecting the fundamental nature of something; far-reaching or thorough.*
2. *advocating or based on thorough or complete political or social change; representing or supporting an extreme or progressive section of a political party.*

Radical is strong word, some of the synonyms include: comprehensive, profound, serious, entire major and essential. The Lab Leadership group was serious about choosing radical as a word in the Lab theme. Next week, the eView theme will be practice.

Quintessential, another synonym for radical, is a word to describe the beauty of this poppy. It was transplanted from Seattle and has been in our family for many years. this year it is most spectacular, especially with the columbine in the front. There are many areas of Sahale that have radically changed over our Memorial Day work/play party. Pictures will be scattered throughout this issue of the eView. Thank you for coming and participating. Your service to Sahale and the community is most appreciated!

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

Two articles are presented in this issue: Tara Brach, a Buddhist psychologist, writes in the Huffington Post about radical acceptance in an article titled *Accepting Absolutely Everything*; and an interview with Brene' Brown who is a radical for human connection. She is a well-received psychologist and has written several books. Each of these women teach and write about radical acceptance.



Liliana Hoff and Rose Buchmeier weeding

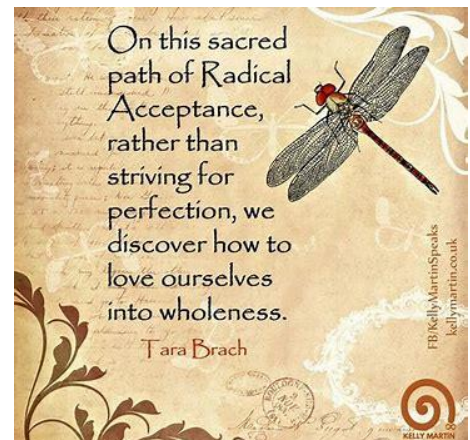
Accepting Absolutely Everything

By Tara Brach

“The curious paradox is that when I accept myself just as I am, then I can change.” — Carl Rogers

Mohini was a regal white tiger who lived for many years at the Washington, D.C. National Zoo. For most of those years her home was in the old lion house — a typical 12-by-12-foot cage with iron bars and a cement floor. Mohini spent her days pacing restlessly back and forth in her cramped quarters. Eventually, biologists and staff worked together to create a natural habitat for her. Covering several acres, it had hills, trees, a pond and a variety of vegetation. With excitement and anticipation they released Mohini into her new and expansive environment. But it was too late. The tiger immediately sought refuge in a corner of the compound, where she lived for the remainder of her life. Mohini paced and paced in that corner until an area twelve by twelve feet was worn bare of grass.

Perhaps the biggest tragedy in our lives is that freedom is possible, yet we can pass our years trapped in the same old



patterns. Entangled in the trance of unworthiness, we grow accustomed to caging ourselves in with self-judgment and anxiety, with restlessness and dissatisfaction. Like Mohini, we grow incapable of accessing the freedom and peace that are our birthright. We may want to love other people without holding back, to feel authentic, to breathe in the beauty around us, to dance and sing. Yet each day we listen to inner voices that keep our life small. Even if we were to win millions of dollars in the lottery or marry the perfect person, as long as we feel not good enough, we wouldn't be able to enjoy the possibilities before us. Unlike Mohini, however, we can learn to recognize when we are keeping ourselves trapped by our own beliefs and fears. We can see how we are wasting our precious lives.

The way out of our cage begins with accepting absolutely everything we are feeling about ourselves and our lives, by embracing with wakefulness and care our moment-to-moment experience. By accepting absolutely everything, what I mean is that we are aware of what is happening within our body and mind in any given moment, without trying to control or judge or pull away. I do not mean that we are putting up with harmful behavior — our own or another's. Nor do I mean that we are confirming the truth of a negative belief, such as "I am a loser."

Each time you meet an old emotional pattern with presence, your awakening to truth can deepen. There's less identification with the self in the story and more ability to rest in the awareness that is witnessing what's happening. You become more able to abide in compassion, to remember and trust your true home. Rather than cycling repetitively through old conditioning, you are actually spiraling toward freedom.

- Tara Brach in *True Refuge*

federicaolivero.co.uk

Rather, this is an inner process of accepting our actual, present-moment experience. It means feeling sorrow and pain without resisting. It means feeling desire or dislike for someone or something without judging ourselves for the feeling or being driven to act on it.

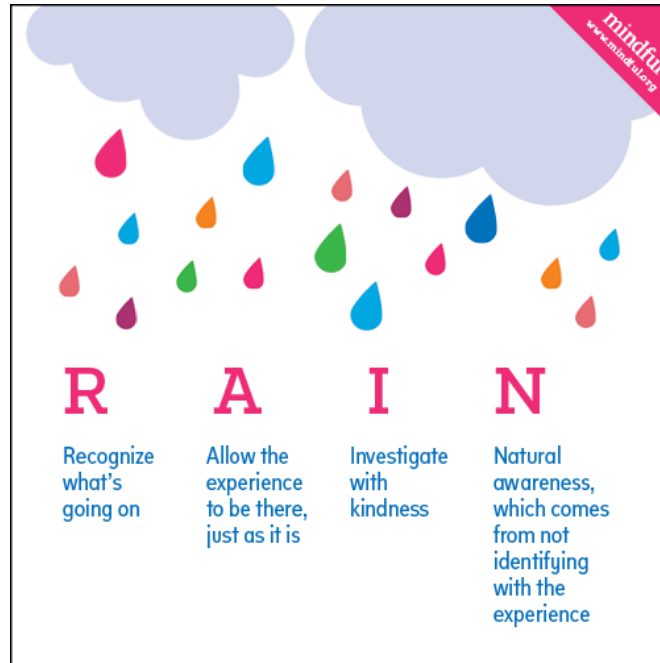
Clearly recognizing what is happening inside us, and regarding what we see with an open, kind and loving heart, is what I call "Radical Acceptance." If we are holding back from any part of our experience, if our heart shuts out any part of who

we are and what we feel, we are fueling the fears and feelings of separation that sustain the trance of unworthiness. Radical Acceptance directly dismantles the very foundations of this trance.

Since *non*-acceptance is the very nature of the trance, we might wonder how, when we feel most stuck, we take the first step out of it. It can give us confidence to remember that the Buddha nature that is our essence remains intact, no matter how lost we may be. The very nature of our awareness is to know what is happening. The very nature of our heart is to care. Like a boundless sea, we have the capacity to embrace the waves of life as they move through us. Even when the sea is stirred up by the winds of self-doubt, we can find our way home. We can discover in the midst of the waves our spacious and wakeful awareness.

Adapted from Radical Acceptance (2003).

https://www.huffingtonpost.com/tara-brach/acceptance_b_1852641.html



The RAIN Process also by Tara Brach

The description of this process, below, is mostly in Tara Brach's own words and is taken from her two articles, *The RAIN of Self-Compassion* and *Finding True Refuge*. This is similar to the STOP process, in that it begins with a pause to take stock of what's happening (like the "ST" of STOP) and but differs from "STOP" in that it goes beyond a pause and brings a gentle investigation into what is happening inside.

R Recognize what's going on

You can awaken recognition simply by asking yourself: "What is happening inside me right now?" Call on your natural curiosity as you focus inward. Try to let go of any preconceived ideas and instead listen in a kind, receptive way to your body and heart, and bring awareness to whatever thoughts, emotions, feelings, or sensations are arising right here and now. Recognizing can be a simple mental whisper, noting what has come up.

A Allow the experience to be there, just as it is

Allowing means letting the thoughts, emotions, feelings, or sensations we have recognized simply be there, without trying to fix or avoid anything. You may feel a natural sense of aversion, of wishing that unpleasant feelings would go away, but as you become more willing to be present with "what is," a different quality of attention will emerge. Allowing is not about making yourself happy with what you are noticing, it is a simple acknowledgment that things are the way they are in this moment.

I Investigate with interest and care

Once we have recognized and allowed what is arising, we can deepen our attention through investigation. To investigate, call on your natural curiosity —the desire to know truth—and direct a more focused attention to your present experience. You might ask yourself: What most wants attention? How am I experiencing this in my body? What am I believing? What does this vulnerable place want from me? What does it most need? Whatever the inquiry, your investigation will be most transformational if you step away from conceptualizing and bring your primary attention to the felt-sense in the body. When investigating, it is essential to approach experience in a nonjudgmental and kind way. This attitude of care helps create a sufficient sense of safety, making it possible to honestly connect with our hurts, fears and shame.

N Nourish with Self-Compassion

The first three steps of RAIN require some intentional activity. In contrast, the N of RAIN expresses the result: a liberating realization of your natural awareness. There's nothing to do for

this last part of RAIN—realization, if it happens, arises spontaneously, on its own. We simply rest in natural awareness.



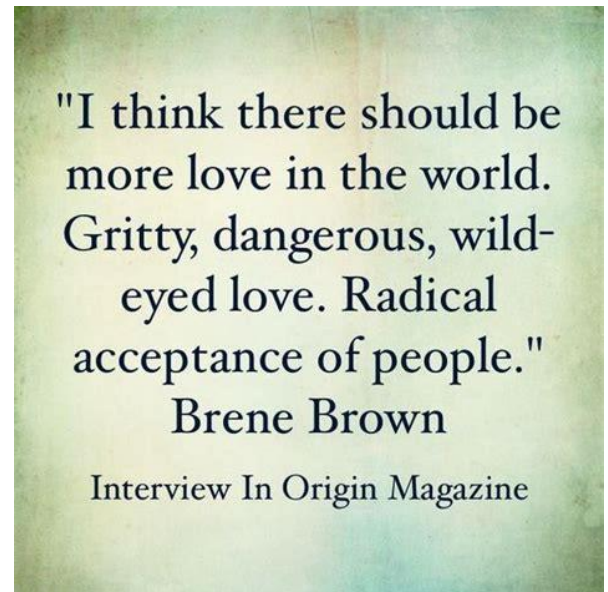
This picture shows the radical implementation of our reforestation plan. The sun is so much brighter in the fir forest! Thanks so much to Paul Geraci, Tanner Geraci, Jodine Hatfield, John Schindler and Tyler.

Brené Brown: Why Human Connection Will Bring Us Closer Together

Dan Schawbel, Contributor Huffington Post

I spoke to Brené Brown, author of the new book *Braving the Wilderness: The Quest for True Belonging and the Courage to Stand Alone*, about why we have a crisis of disconnection in society, the importance of a sense of belonging, the difference between true belonging and fitting in, why human interactions trump social media ones and how leaders can create more intimacy with their employees.

Brown is a research professor at the University of Houston where she holds the Huffington Foundation – Brené Brown Endowed Chair at the Graduate College of Social Work. She has spent the past sixteen years studying courage, vulnerability, shame, and empathy and is the author of three #1 *New York Times* bestsellers: *The Gifts of Imperfection*, *Daring Greatly*, and *Rising Strong*. Her TED talk — “The Power of Vulnerability” — is one of the top five most-viewed TED talks in the world, with more than thirty million views.



Dan Schawbel: Why do we currently have a crisis of disconnection in our society?

Brené Brown: We’ve sorted ourselves into factions based on our politics and ideology. We’ve turned away from one another and toward blame and rage. We’re lonely and untethered. And scared. Any answer to the question “How did we get here?” is certain to be complex. But if I had to identify one core variable that magnifies our compulsion to sort ourselves into factions while at the same time cutting ourselves off from real connection with other people, my answer would be fear. Fear of vulnerability. Fear of getting hurt. Fear of the pain of disconnection. Fear of criticism and failure. Fear of conflict. Fear of not measuring up. When we ignore fear and deny vulnerability, fear grows and metastasizes. We move away from a belief in common humanity and unifying change and move into blame and shame. We will do anything that gives us a sense of more certainty and we will give our power to anyone who can promise easy answers and give us an enemy to blame.

Schawbel: Why do you believe a sense of true belonging is the solution?

Brown: We're in a spiritual crisis, the key to building a true belonging practice is maintaining our belief in inextricable human connection. That connection — the spirit that flows between us and every other human in the world — is not something that can be broken; however, our belief in the connection is constantly tested and repeatedly severed. When our belief that there's something greater than us, something rooted in love and compassion, breaks, we are more likely to retreat to our bunkers, to hate from afar, to tolerate bullshit and to dehumanize others.



Addressing this crisis will require a tremendous amount of courage. For the moment most of us are either making the choice to protect ourselves from conflict, discomfort, and vulnerability by staying quiet, or picking sides and in the process adopting the behavior of the people with whom we passionately disagree. Either way, the choices we are making to protect our beliefs are leaving us disconnected, afraid and lonely. The data that emerged from the research on true belonging can start to connect some of the dots around why we're sorted but lonely and perhaps contribute new insight into how we can reclaim authenticity and connection.

Schawbel: How do you define “true belonging” and how is this different from “fitting in?”

Brown: The quest for true belonging begins with this definition that I crafted from the data:

True belonging is the spiritual practice of believing in and belonging to yourself so deeply that you can share your most authentic self with the world and find sacredness in both being a part of something and standing alone in the wilderness. True belonging does not require you to change who you are; it requires you to be who you are.

True belonging is not passive. It's not the belonging that comes with just joining a group. It's not fitting in or pretending or selling out because it's safer. It's a practice that requires us to be vulnerable, get uncomfortable, and learn how to be present with people without sacrificing who we are. If we are going

Radical Acceptance: Embracing
Your Life with the Heart of a
Buddha.

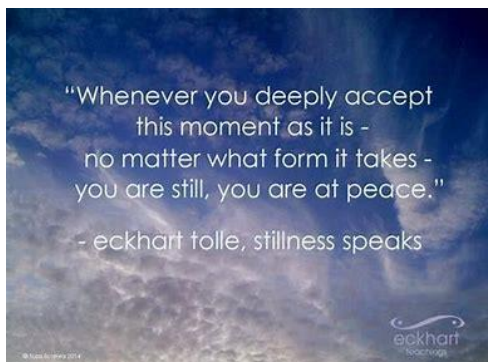
Tara Brach

to change what is happening in a meaningful way we're going to need to intentionally be with people who are different from us. We're going to have to sign up and join, and take a seat at the table. We're going to have to learn how to listen, have hard conversations, look for joy, share pain, and be more curious than defensive, all while seeking moments of togetherness.

Its counterintuitive, but our belief in the inextricable human connection is one of our most renewable sources of courage in the wilderness. I can stand up for what I believe is right when I know that regardless of the pushback and criticism, I'm connected to myself and others in a way that can't be severed. When we don't believe in an unbreakable connection, the isolation of the wilderness is too daunting so we stay in our factions and echo chambers.

Schawbel: Do you believe that technology has made us feel more isolated, lonely and without a sense of belonging? Why or why not?

Brown: As I started digging into this question with research participants there was very little ambiguity. It became clear that face-to-face connection is imperative in our true



belonging practice. Not only did face-to-face contact emerge as essential from the participant data in my research, but studies across the world confirm those findings. Social media are helpful in cultivating connection only to the extent that they're used to create real community where there is structure, purpose and meaning, and some face-to-face contact. Social media are great for developing community, but for true belonging, real connection and real empathy require meeting real people in a real space in real time.

Schawbel: How can leaders create more intimacy and connection within their teams?

Brown: If leaders really want people to show up, speak out, take chances, and innovate, we have to create cultures where people feel safe — where their belonging is not threatened by speaking out and they are supported when they make the decision to brave the wilderness, stand alone, and speak truth to bullshit while maintaining civility.

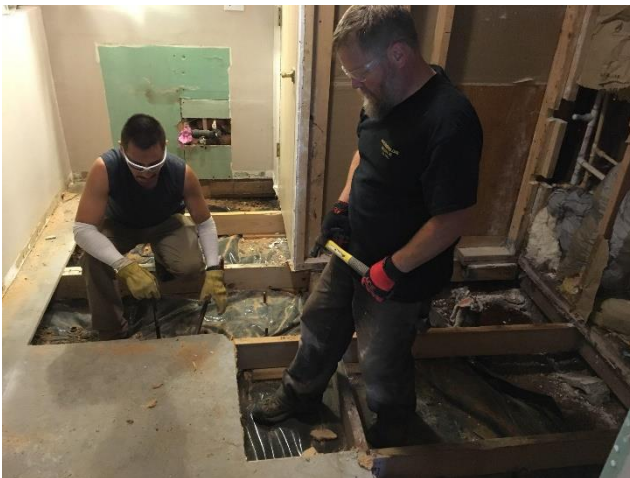
Dan Schawbel is a keynote speaker and the New York Times bestselling author of Promote Yourself and Me 2.0. [Subscribe to his free newsletter.](#)



About 10 people worked to weed our huglekulture on Monday morning and it was finished by noon! Thank you each!

Radical Acceptance

- Acceptance of reality as is.
- Acceptance is complete and comes from deep within
- Emotional/physical pain + nonacceptance = suffering
- Let go and stop fighting reality
- Letting go transforms unbearable suffering into more ordinary pain, which is part of life
- Turning the Mind implies that acceptance is an active choice and requires an inner commitment



Bruce and Matthew are radically deconstructing the bathroom in Klahwie in order to install a new shower.

June 1 to 3 at Sahale! Register NOW

NICA Spring Gathering & 25-Year Anniversary Celebration

'editor's note: This is a wonderful opportunity to meet people from all different kinds of communities, who choose living with others, sharing resources, and common values.

Venue: Sahale Learning Center, near Belfair, Washington.

What to expect: Community reports, history of NICA, workshops and open space discussions. Saturday evening: Contra dance caller and live band, free form dance in party space called "The Swamp!" at Sahale. Zumba dance class offered Sunday AM, plus singing together here and there. Topics will include kids in community, sociocracy, Gracious Space, and how ICs can and do influence the municipalities, neighborhoods, states and provinces that they interact with.

Meals are included with your registration – full weekend plan includes dinner on Friday through lunch on Sunday. Stay whatever amount of time you can. Indoor lodging or outdoor camping are yours to choose. Choose which type of accommodations you want along with basic price of attending the gathering. Special diets/allergies will be something you are asked about in the registration process and the venue will work to accommodate your needs. **To register, go [here](#).**

Why attend: Are you interested in intentional communities? Want to see a more just and sustainable world, based on cooperation instead of competition?

This is the event to be at if you want to celebrate communitarian life, learn more about community living in its many forms (ecovillages, co-operatives, shared income communities, co-housing models -- urban & rural), and hear about forming and expanding intentional communities in our area. If you want to network with others, perhaps looking to form a new community, or if you want to bring your community successes for others to be inspired by, or your questions and challenges forward to seek support, you are welcome!

We hope you'll join us for learning, playing, mutual support and celebrate 25 years of intentional community networking as an educational nonprofit in the Cascadia Bioregion.



Men's Gathering, June 8 to 10

The men's program is an expression of the best wisdom men have gathered from their life together—about what is a good man and how he could best express that in his own life.

Our spring gathering at Sahale will be combined with the erection of our seasonal event space, the white tent, and continue into the rest of the weekend as a men's gathering, June 8-10. Contact Bruce Perler for more information: bruce_perler@hotmail.com

A circular logo composed of four overlapping circles in blue, yellow, red, and green. Each circle contains a different image: a blue sky, a field of yellow flowers, a pair of hands, and a green plant.

49th Annual
HUMAN RELATIONS
LABORATORY

AUG 5 to 11, 2018
Sponsored by the Goodenough Community

A stylized tree where the trunk and branches are formed by three black human figures standing with their arms raised. The leaves are green.

JOURNEY IN FREEDOM
THE RADICAL PRACTICE OF LIVING A GOOD ENOUGH LIFE



The deAnguera Blog: The Radical Way



What could be more radical than carrying playtime over into adulthood? The Swamp is our adult play space. Adults can play like children just on a bigger scale. Here Zac and Tom G. staple on the outer roof under Pam Jarrett-Jefferson's supervision. As you can see play can be as exhausting as work. But I bet everybody feels much better afterwards. Play is more fun than work and allows the exercise of the imagination making possible new ideas of all sorts. Inventions? Most likely, yes. (And one half of the roof got finished)

We also plant vegetables. Here Grace and Matt, two Work aways, are getting veges ready to plant under Irene Perler's direction. Fresh vegetables actually have taste unlike their counterparts in the supermarket. Have you ever had something crunchy and juicy with no taste?

What's considered normal is for people to live in neighborhoods where they don't know each other. What's radical is for folks to actually live and work together because they can actually get to know each other. If this is how people lived the Human Relations Laboratory would not be necessary. We would have all learned the needed skills as children. Now we have to learn them as adults which can be a challenge.

By coming together as communities we can help provide all sorts of niches for people to live and work. This is very healthy for the human social ecology for it enables diversity. We are not all living and working the same way.

I am reminded of the forest near Central Park. These trees were planted close together in military rows. A good many were not healthy because they were not getting the sun they needed. Now we are taking many out so those left can have more room and light to grow.

Likewise fewer of us should be competing with each other for the means to live. More diversity means less competition. This will lower all kinds of stress in our culture.

If our basic needs are met then we can earn the money we need by doing a number of things such as weeding for folks in town. It won't be necessary to figure out how to make it on a single income from a job.

What's radical for me is to walk into Potlatch and have folks to talk to while making breakfast. I could never do that in Bellevue. Then I slowly move into my work day. No commuting and no traffic. No clocks to punch in.

We talk about investing in all kinds of things. Why do so few folks consider investing in relationships? To me learning about how to build healthy friendships should come before anything else. The rewards will last a lifetime and won't be imperiled by economic forces.

And let's not forget to put work in service to play. That's when good times happen.



One of Tom George's kids fishing big time in our pond. What can one learn plucking a line into a pond? Serene and meditative. We have caught several trout here. Guess they never go to the ocean.



Our next Third Age gathering ...



...is scheduled for **Friday, June 1**. We'll start as usual at around 6 p.m. with our potluck dinner as we join conversation at the home of Barbara, Jim and Joan., We're asking: what kind of program would you like to have; what topics are you interested in exploring;

do you have a film (documentary, drama, comedy) that you think we'd enjoy as Third Agers. Kirsten or I would love to hear your suggestions. Kirsten's email is krohde14@gmail.com.

Hope you're enjoying the beautiful spring! With love, Joan Valles

The practice of radical
forgiveness, the
extension of
compassion-this is grace

Julio Consiglio
PICTUREQUOTES.COM

Pathwork

Our Pathwork Circle will meet on **Sunday, June 3**. During the evening we will reflect on the experience we had with Tom Gaylord on May 20. We will also continue to work with the book *Resilience*, by Rick Hanson as we prepare for the Lab. You are welcome to come.



We will meet at the Barton Street community home, 3610 SW Barton, West Seattle, from 7-9:30 on June 3 and June 17.

The Barton Street Moving Party:

By Pam Jefferson

On Saturday June 16, our plan is to get together and pack up as much as we can and assess how big of a truck to rent to move the rest of it after July 9th. Let me know if you can come this Saturday at adventuredog@hotmail.com (spelled out to thwart the internet trawlers). Thank you!



- ✚ **June 16**, Saturday, packing as many as possible
- ✚ **June 30**, Saturday, cleaning, **truck rental**
- ✚ **July 16**, Monday, as needed for cleaning and what's left

Looking for a place to live!

Steve Steele

Having been a renter at Barton St., I'm needing a new home.

A couple of possibilities:

1. Do you know a couple who might want to share the Barton Street house?
2. Do you have a room to rent with kitchen access?
3. Any suggestions?

Steve Steele (stevesteele31@gmail.com)



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.



Revival, June 21 to 24 Vashon Island

By Elias Serras

It isn't usually my style to CC a bunch of people I love about an event, but I feel compelled to do this time. A dear brother, Ben Browner, has been birthing this project ever since I met him and started working with him at different events a couple years ago. This will be the inaugural year of Revival Gathering.... and I really believe it to be part of an (R)evolution that is happening at the intersection of Arts, Activism, and Community. Please take a minute to check out the

links and send them around to anyone who may be interested in attending or participating in his Indiegogo Campaign.

REVIVAL GATHERING WEBSITE LINK:

<http://www.backtolife.org/2018-revival-gathering/>

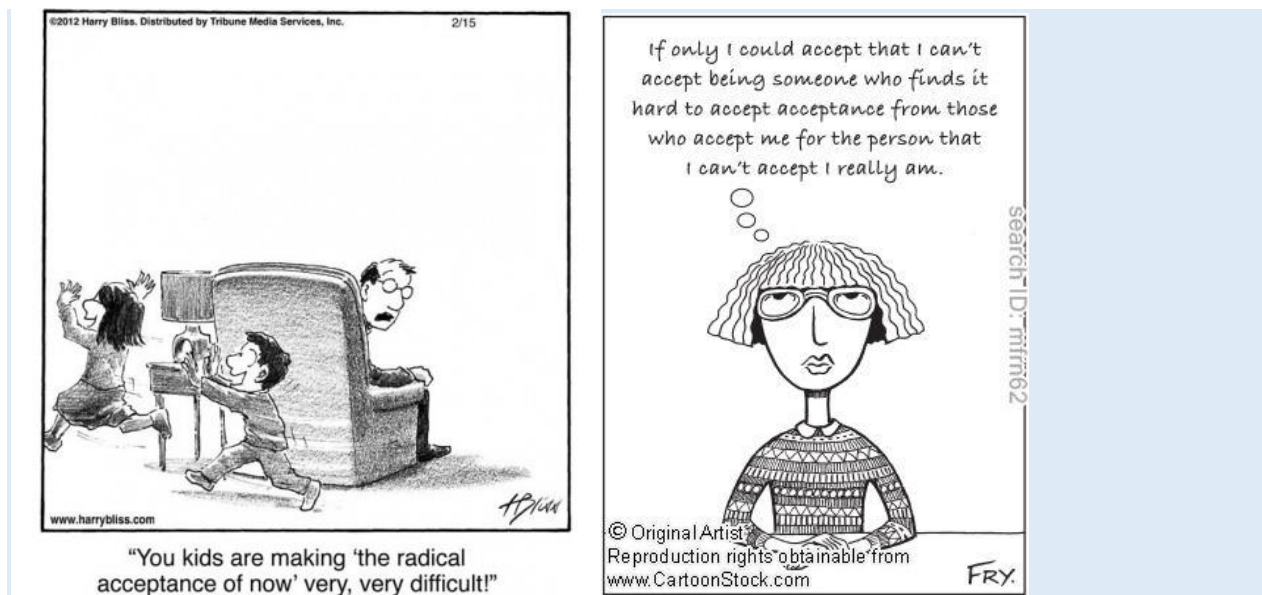
INDIEGOGO CAMPAIGN LINK:

<https://www.indiegogo.com/projects/the-inaugural-revival-gathering/x/399400#/>

EVENTBRITE REGISTRATION LINK:

<https://www.eventbrite.com/e/revival-gathering-2018-registration-42104072414>

Re-vive (v): to bring back to life and consciousness
Will you join 250 culture changers, social artists, & influencers over Summer Solstice (June 21-24th) on Vashon Island WA to connect, create, collaborate, and celebrate together???



THE PAST CANNOT BE
CHANGED, FORGOTTEN,
EDITED, OR ERASED...
IT CAN ONLY BE
ACCEPTED.

Calendar of Programs and Events, 2017 - 2018

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 Third Age: Those of us age 60 and older have been gathering every other month, Friday evenings in Seattle. **Future meetings: June 1.** Contact Kirsten Rohde for more information: krohde14@outlook.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. Contact Hollis Guill Ryan for more information and directions to our West Seattle community home: hollisr@comcast.net. Dates: **Saturday 10 – 2 in West Seattle: June 9.** **Women’s Weekend: April 13-15 at Sahale.**



The men’s program is an expression of the best wisdom men have gathered from their life together—about what is a good man and how he could best express that in his own life. The fall gathering at Sahale will be combined with the white tent take down and continue into the rest of the **weekend as a men’s gathering. June 8-10** at Sahale. Contact Bruce Perler for more information: 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 p.m. 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 at the Community Center in Seattle: May 20, June 3, 17.

Contact Colette Hoff for more information: hoff@goodenough.org



Summer Camp for Youth, June 24 – 30, 2018

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 5 to 11, 2018

This intense and joyous week-long event is a communal experience of personal growth, and has been presented annually and is now in its 49th year! Contact: Colette Hoff, hoff@goodenough.org



The Goodenough Community Council meets alternate Monday evenings in Seattle to discuss the day-to-day activities of the community and engage in planning, evaluation, and more. Contact Colette Hoff if you are interested: hoff@goodenough.org

Council meetings are May 21, June 4, June 18

True Holidays Celebration, Saturday, December 1, 2018

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: Kirsten Rohde, krohde14@outlook.com



Work and Play Parties throughout the Year

Traditionally, the Goodenough Community sponsors work parties over Memorial Day weekend (**May 25 – 28, 2018**), 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. Time to make plans for Memorial Day weekend. Please email hoff@goodenough.org with names and when you plan to arrive and leave. Great time to bring friends to share Sahale!

We often gather at Sahale on the Labor Day weekend to enjoy the end of summer and you are welcome to join. This is also a great time for those who attend the Human Relations Laboratory to reconnect. We will have good meals together, relax, and possibly do some early harvesting of apples or other produce depending on what is ripe. To confirm your plans to come out to Sahale contact: Colette Hoff, hoff@goodenough.org



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). In Seattle, Colette meets with clients at the community center, 3610 SW Barton Street, Seattle 98106, as well as at Sahale.

