

The Village View

March 4, 2021

Colette Hoff, Editor



Upcoming Events, on Zoom:
Pathwork, March 14

Receiving, Its Good for You

Colette Hoff

In a recent Pathwork gathering, several people spoke up about needing to receive more fully and receiving became the theme for this newsletter.

Shawna Carol’s chant, **I am Receiving**, came to mind:

*I am receiving, I am receiving now all the love the Universe has for me
I am receiving, I am receiving now all the love the Universe has for me
I am receiving, I am receiving now all the love the Universe has for me.*

*I am receiving, I am receiving now all the wealth the Universe has for me
I am receiving, I am receiving now all the wealth the Universe has for me
I am receiving, I am receiving now all the wealth the Universe has for me.*

*I am receiving, I am receiving now all the gifts the Universe has for me
I am receiving, I am receiving now all the gifts the Universe has for me
I am receiving, I am receiving now all the gifts the Universe has for me.*

I’ve always loved this chant and have used it as a mantra for the practice of receiving. Receiving is a practice, most people aren’t very good at it and like any skill, it can be developed.

It can be hard to receive love for fear of consequences: letting down defenses, trying to remain too emotionally strong to avoid the possible hurts that loving might bring, or facing aspects about yourself that you don't like. The following suggestions might help:



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

- **Trust** people when they tell you that they love you. Whether it be an intimate relationship, a friendship, or a family relationship, it is important to accept the declaration of love at face value. If you are pushing aside the gift of their love for you because you are afraid that they do not mean it, then you prevent them from having the chance to show they do. Share your feelings. When true feelings are shared, trust is created, bond is created and friendly environment becomes available that acts as a catalyst in receiving and giving love.



- **Stop fearing loss.** Prior experiences may have left some emotional scars. But pushing aside love given to you on the off-chance that the person offering it might withdraw it, you will always feel cynical and **unsure**. Embrace the love that they are offering and go with the flow, expecting those who offer you love to stay around.

- **Love yourself.** If you don't love yourself, receiving love is impossible because you don't believe that you deserve it. Explore the issues. Remember you are very deserving of love. Practice hugging yourself. Place your hand on your heart and feel the love you have for yourself. Tell yourself you are loved.

- **Let love in and don't block or deflect it.** Simply open your heart, live in the moment and cherish the fact that other people care so deeply about you that you are connected, needed, and wanted. Being open and receptive to the love from others can be learned. Let others know that you enjoy their deep care and support for you.



- **Beware the voices of societal negativity.** Social conditioning has a habit of making us feel wary of being effusive about and openly accepting of compliments, generosity, caring, and kind acts, lest we be seen as prideful, or selfish. Be appreciative and embracing of the love given out by others in all its forms. To do otherwise is to block receipt of love.

- **Show love.** Receiving love is also about **expressing love**. Kiss your spouse and children, hug your friends, compliment your colleagues, say friendly and complimentary things to the grocery store clerks. Sign love on texts and emails.

- **Watch the experts at receiving love.** Children are expert at receiving love because they accept what is said at face value and view receiving love as natural. What is also natural is that being able to receive love creates a balance in which you give and receive in equal measure. Take note of how children manage this beautifully - they ask for help when needed, they give help when asked. They offer compliments without a thought and they accept at face value the compliments

that they are given. Re-learning what was once innate for you can restore a lot of happiness and trust in your life.

[How to Receive Love: 7 Steps \(with Pictures\) - wikiHow](#)

Sweet is thy will!"

Is the highest state of receptivity.

*It is a condition in which our mind is stilled
and our ego is at rest.*

*It is best described by a formula:
humans minus the mind equals God.*

*In this condition,
nothing stands between God and us.*

*We become an empty cup,
and the pure waters of divinity
can flow unhampered into us.*

*There are no distractions,
no separation, and no duality.*

The power of God permeates our entire being.

In this state, we merge back in God.

*~Sant Rajinder Singh Ji Maharaj (1946 to pres., Author, Scientist,
Mystic Adept of Light and Sound Yoga, Leader of Science of
Spirituality and International Movements for World Peace)*

The Third Act

Joan Valles

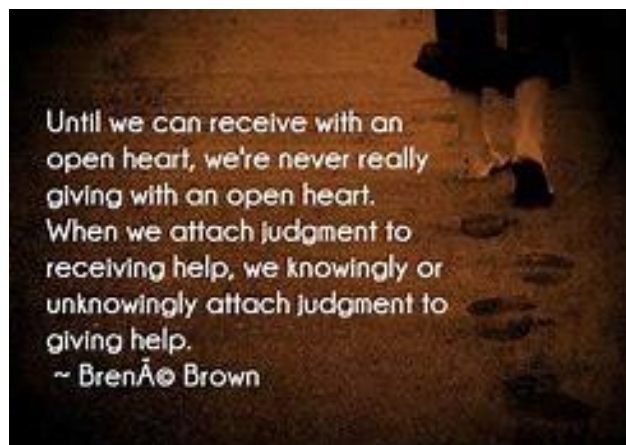
Jane Fonda was the guest speaker at our Third Age meeting (via Zoom) last Friday night, and her message was very encouraging.



Those of you who have watched Grace and Frankie on Netflix know that Fonda walks her talk when dealing with aging. Through a TedX Women talk recorded about 10 years ago, she introduced the concept of the Third Act for the third stage of life, a period of about 30 years that is as developmentally significant as the first two stages and just as worth studying. Most of us now are living many years longer than our great grandparents. Our culture's common way of looking at our life span has been from childhood to adulthood, curving at the top at middle age and declining into "decrepitude," she said. She prefers to see it as a rising staircase: although the body no doubt declines over time, the spirit continues to rise. And she asks: how are you going to use this time? You can find Fonda's talk on YouTube. It's short, about 11 minutes, and presented beautifully (of course). Just search: YouTube Jane Fonda TedX.

The video inspired conversation among the eight of us. We were a small group so we didn't need break-out rooms. As we customarily do, we talked about what is currently going on in our lives, our concerns and our delights and accomplishments. Jim talked about his new knee (healing very well) and Claudia reported on the installation of her public art project in Florida. We sang happy 64th birthday to Rose (with a little of the Beatles "when you're 64 added.") We compared who had gotten the Covid vaccine yet and who was still waiting for it, and did you have any side effects. Some of us talked about wanting to complete our wills and end-of-life documents. Others had resources to offer.

Our Goodenough Community Third Age cultural group is for folks approximately age 60 and up. We meet several Friday evenings a year, these days by Zoom and we're looking forward to the time when we can gather in person again and share a meal as well. Kirsten Rohde is facilitator, with Barbara Brucker and Joan Valles.





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.

Toward a Cure: Cities Declare Racism a Public Health Crisis by Tamara E. Homes

The following is an excerpt from an article that first appeared in Yes Magazine.

While the meaning of racism as a public health crisis differs from one jurisdiction to another, the designation opens the door for a range of issues, including health inequities, to be examined through the prism of race.

The American Medical Association, the American College of Emergency Physicians and the American Psychological Association have all declared institutional racism an urgent public health issue. The head of the APA, Arthur C. Evans Jr., PhD, in a report about elevated levels of stress in this country said, “The majority of Americans are finally coming to terms with the reality people of color have known all too well for all too long and that research has documented: Racism poses a public health threat and the psychological burden is immense. We have a lot of healing to do as a nation.”

Nearly 70 local jurisdictions have made this designation, most of them doing so as protests and demonstrations over racial inequality erupted across the nation and the globe.

Floyd’s death on May 25 underscored how police violence and the resulting stress associated with it impacted the health of Black people as a whole.

Now there was an opportunity where we were not afraid to call out the racism that we see. I think that there’s power in ... calling something out for what it is. Now we have to do something about it.”

Passing a resolution that declares racism a public health crisis is one thing. Finding solutions that bring about systemic change is something else.

One movement that has emerged in the uprising since Floyd’s death urges cities to #defundpolice, diverting money from law enforcement toward areas such as education, housing, and social programs.

The conversations have raised questions about whether police should even be responding to certain nonviolent calls, such as those involving wellness checks or mental health where situations can quickly escalate. In June 2020, Albuquerque Mayor Tim Keller announced an

initiative to have social workers, rather than police officers, respond to some calls, such as those pertaining to addiction and mental health.

Cities that are just beginning to focus on the systemic causes of health disparities can also look to programs that have worked in the past to address inequities.

One such program, The Food Trust in Philadelphia, has worked with the Philadelphia Department of Public Health and other partners to bring nutritious, locally grown foods into schools, says Brian Lang, director of The Food Trust's National Campaign for Healthy Food Access.

The organization also advocates for food retail development in areas that don't have enough supermarkets—often in predominantly Black neighborhoods. In 2001, The Food Trust published research showing that people who lived near supermarkets where they could get fresh food were less likely to be diagnosed with obesity or other diet-related health conditions.

Health advocates believe that to make real progress in reducing health inequities will require communities getting out of their silos. “We need police officers at the table. We need the community members. We need Black Lives Matter at the table. We need doctors and nurses, we need public health practitioners. We need people from all backgrounds coming together to say, ‘okay, this is what we should do,’” says Collins, dean of the University of New Mexico College of Population Health.

It means engaging community-based organizations on real and sustainable solutions and interventions, says Fleurant at Emory University School of Medicine. Not only do they know the biggest challenges within these communities, but they also know the people there better and have established trust with them. It's particularly critical in the Black community, as a Pew Trust survey found that only 35% of Black Americans have “a great deal of confidence” in medical scientists to act in the public's best interest compared to 43% of White Americans.

Collins says that as regions move forward in their plans to address how racism impacts the health of Black people, some changes might occur relatively quickly, while others may take time.

“We could start seeing things immediately with how we're training law enforcement and how we're responding to emergencies,” she says. “Those changes can happen within six months or a year.

“But making a change in how we handle housing opportunities and employment—that's more of a three- to five-year goal, if not longer. So we're talking about a decade of having to put forth some really serious effort to make a change.”

TAMARA E. HOLMES is a Washington, D.C.-based journalist who writes regularly about the intersection between health, wealth, and happiness.



Mindful Mike's Blog: Enlightenment

Mike de Anguera

What is enlightenment? The word 'light' is contained here. This is the state all good Hindus and Buddhists hope to arrive at. For a long time I had trouble understanding what enlightenment was. Is it anything like the Christian concept of salvation? Salvation means I have a guaranteed place in heaven. For a Buddhist heaven is contained within. That's what it means to be enlightened.

If I know heaven is within it is foolish to look for it without or to expect it only beyond death. In fact I believe my mission is to share my heaven with others so there is more of it. I am an agent of heaven.



One way we are all bringing heaven into this world is by addressing climate change. We are raising redwood and sequoia trees in our greenhouse. They look like sticks in pots. Such humble beginnings.

It is predicted the Douglas firs will die out so we are replacing them with California redwoods and sequoias.

We also have lined up pots of cedar trees and other plants. Atlas has named all of them.

Being of service to the Earth is part of waking up. To me that is the meaning of enlightenment. Earth is really a paradise, not a realm to escape from. Once I know the Divine is contained within, my next task is to let it regenerate the Earth as a living being.

Permaculture can only be engaged by awake beings. The hope is that our culture will spread more around the planet. We have even seen some involvement by the state government with the salmon enhancement program. That is a very good sign. Is it possible that the Earth as a living being is moving us in a different direction? We are not separate from the Earth since she gave birth to all of us through our mothers. To be enlightened is to be at one with the Earth. For me that is the true meaning of salvation.

We are also at one with each other. There is only one of us here. All of us are on our way back to full awareness of our Divine Nature. We will eventually care for each other across the globe so nobody needs to be poor. We have the technology to meet everyone's needs. We just need the will. An awake people will have the will.

The real question is how do we view ourselves? Am I separate from the Divine or part of it?

For a long time our culture has viewed us a separate from the Divine. I am not fit to face God unless I am saved. The Earth is the devil's home. I don't belong here. But if I view myself as apart from the Earth then she just becomes a stage where I live out the drama of my life. The Earth can be paved over, dug up, and filled with our wastes. She is just a dead ball of dirt.

The heart of permaculture and biodynamic farming is that the Earth is alive and is not for our exploitation. How we treat the Earth is reflected in how we treat each other.

Only a living Earth can support pretty flowers and bees. These flowers grew all by themselves. The bees are telling us it is Spring.



Programs and Events of the Goodenough Community

*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 semi-monthly, 7:00 PM, via Zoom. Below are dates for our winter meetings:

- March 15, March 29

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 April 16. 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.

- 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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