

# Village eView

January 9, 2018

Colette Hoff Editor

## COMING UP

**Third Age**, January 11

**Pathwork**, January 13

**General Circle**, January 14

**Friends of Sahale Weekend**, January 18 to 20

**Women's cultural gathering**, January 26

**Welcome 2019!** At the beginning of every new year there is a sense of **hope**. Reflecting on where we are as individuals in our life, where we want to be in a year's time, and how to go about accomplishing these **new** resolutions is the work of January.

According to Wikipedia, *Hope is an optimistic state of mind that is based on an expectation of positive outcomes with respect to events and circumstances in one's life or the world at large. As a verb, its definitions include: "expect with confidence" and "to cherish a desire with anticipation.*

Upon reflection of the old year (theme of 01-02-2019 eView), it is time to consider what needs to happen in your life in the next year. Consider listing your personal/relational goals first then move into goals for your work life. Do you have a habit you are resolved to change? Begin with small steps toward accomplishing your goals.

This issue of the eView is intended to inspire you to embrace hope for the new year. You will read quotes, poetry, and an article about why hope is important to our mental well-being on page 2. Mike's blog takes an interesting spin on hope.

*Year's end is neither an end nor a beginning but a going on, with all the wisdom that experience can instill in us. Cheers to a new year and another chance for us to get it right.*

**- Oprah Winfrey**

## ***On-Line News of the Goodenough Community System***

The American Association for the Furtherance of Community

Convocation: A Church and Ministry

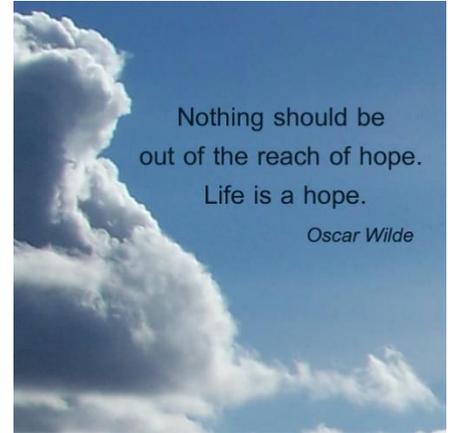
Mandala Resources, Inc.

Sahale Learning Center

The EcoVillage at Sahale

Hope is a roving gypsy  
With laughter on her tongue,  
And the blue sky and sunshine  
Alone, can keep her young;  
And year by year she lingers  
Under a budding tree...

~Dora Read Goodale, "The Chorus," in *Country Life in America: A Magazine for the Home-maker, the Vacation-seeker, the Gardener, the Farmer, the Nature-teacher, the Naturalist*, April 1902



The oil of hope makes life's machinery run smoothly. ~James Lendall Basford (1845–1915), *Sparks from the Philosopher's Stone*, 1882

We must be willing to get rid of the life we've planned, so as to have the life that is waiting for us. The old skin has to be shed before the new one can come. —Joseph Campbell



### Why Is Hope Important In Life?

Paul M Harrison. Meditation Teacher. Hamilton Ontario

Hope is one of the most important mental traits in life. Without doubt, it is one of the most important traits of positive people.

According to 20 years of scientific research conducted by positive psychology founder Martin Seligman, hope reduces feelings of helplessness, boosts happiness, reduces stress, and improves our quality of life.

Hopeful people are able to face even the most negative times with a positive attitude. And because of the many health benefits of optimism, hope significantly improves our mental health.

### A definition of hope

To be hopeful is to look on the future positively, to see opportunity in challenges (rather than challenges in opportunities), to “look on the bright side of life.”

Hope is the ability to see the possible good in future events, especially when those events are *potentially negative*. With hope we can see the positive in negative times.

### What hope is NOT

Hope is not blindly expecting every positive thing to fall into your lap, nor expecting yourself to magically avoid every potential danger. This mentality can lead to inadvertent self-harm (for instance, not going to the doctor about a pain in your chest because you're blindly optimistic

*What is Hope? a star that gleaming  
O'er the future's troubled sky,  
Struggles, tremulously beaming,  
To reveal what there may lie.*

~R.A.P., "Hope," in *Southern Literary Messenger*, December 1840

everything will be okay could potentially lead to your death).

It's this idea of "false hope" or "blind hope" that has given hope a bad name in recent years. People often think that hopeful people are naive, even foolish, and that they believe good things will happen when in truth they never will.

Heck, many of my own friends think I am naïve and foolish for pouring countless hours into this website in the *hope* that it might someday pay off big time. Is that smart hope or stupid hope? It can be hard to tell.

- **Pro Tip:** Don't force hope. Don't be fake-positive.

What we know for certain, however, is that hope benefits our health and happiness.

Psychological research proves that some attitudes are imperative in life.

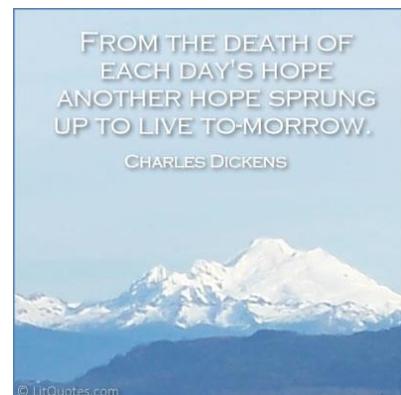
For instance:

- Compassion is so important in life that THE DAILY MEDITATION recommends going through compassion-training.
- Courageous people have an advantage too.
- And you need forgiveness.

But one of the most important strengths in life is hope.

Hope has been shown to:

- Make you wake up feeling positive.
- Hope helps you control your emotions
- Boosts your immune system
- Improves general health
- Reduces stress
- Reduces joint pain (pessimism causes stress which makes us hold the body in the ways that produce pressure, worsening joint pain)
- Improves respiration
- Hope is essential for creating self-worth
- Reduces anxiety
- Improves social relationships
- Motivates positive action that leads to real life success.
- Hope motivates positive actions that will lead to positive results (SOURCE)
- Hope helps strengthen the immune system (SOURCE)



- Hope improves social relationships (you'll get more friend being an optimist) (SOURCE)
- Hope *makes you happy*
- Hope broadens and builds your mind (for more on this read the work of Kenan Distinguished Professor of Psychology Barbara Fredricks)

Of course, one of the main reasons why hope is important is that life is hard and will kick you in the butt if you let it.

We all face setbacks. We all wonder at times whether we're going to get by. We all know what it's like to feel like you're right on the brink of disaster. And many of us knows what happens when we are not hopeful at such times.

### Research into the benefits of hope

Research proves how important hope is in life. In one study, researchers looked into the affect that hope had on college students. The research shows that hope is imperative to academic achievement. Students with high levels of hope are more likely to succeed at school, more likely to have high quality friendships, and less likely to suffer anxiety and depression. It's easy to see why. When you are *hopeful* that hard work will pay off, you are more likely to go the extra mile to succeed. Hopeful students put more time into studies *because they believe they can succeed*. And because of this, they achieve higher results than students with low levels of hope.

Go to page 14 for the rest of this article



## Pathwork, January 13, 2019

Colette Hoff

Our Pathwork Circle will meet again on **January 13 at 7:00 p.m.** We will be gathering at the home of Barbara, Joan and Jim in Tukwila. The address is 3535 S. 126<sup>th</sup> St, Tukwila, 98168. Barbara's cell phone is 206 412-9417.



It's a new year bringing a new focus for our Circle. Several ideas have come up including studying Judaism and returning to the study of Islam. For our gathering on January 13, we will watch a video by the Three Interfaith Amigos: [Imam Jamal Rahman](#), [Pastor Don Mackenzie](#) and [Rabbi Ted Falcon](#). Discussion and sharing will follow.

Pathwork is an excellent context for instituting new practices, support for maintaining spiritual practice and provides many with a feeling connection so necessary for a good life.

The Three Amigos started working together after 9/11. Since then, they have brought their unique blend of spiritual wisdom and humor to audiences all over the U.S., as well as Canada, Israel-Palestine, and Japan.

Their work is dedicated to supporting more effective interfaith dialogue that can bring greater collaboration on the major social and economic issues of our time.

Pathwork will continue to meet January 27; February 10, 24; March 10, 24. April and May dates will be listed soon.



## **Why Pathwork Is Important to Me**

*By Elizabeth Jarrett-Jefferson*

I am not sure whether ‘important’ is a word that captures of all of what I find valuable about Pathwork, but it’s certainly a good place to start. I have been attending Pathwork, a program sponsored by Convocation: A Church and Ministry, since its inception in 1988. Created and led by our pastors John and Colette Hoff, and now by Colette since John’s passing, the program has been a very important one to me personally and I believe key to the vitality of our Goodenough Community. Its underlying tenets encompass the Perennial Wisdom, universal truths that are found in all of the world’s major faith traditions, including the belief that humans are essentially spirit, or *Self*. Pathwork brings us teachings and learnings about these interfaith traditions and teaches me a great deal about unity and how we are more connected and unified than our egos would like us to think we are.

And with that last sentence goes some of my own motivation to having joined Pathwork so many years ago and continue to attend our gatherings. One tenet of being *Self* and living into *Self* is that I/we work—or stay on the path—of making sure that life’s distractions don’t get in the way or sway us from our higher selves. My own path has taken me from early years of dysfunction and abuse to an adult life of studying about and adhering to a path of mental health & mental health practices, living a orderly and carefully-crafted life, and staying related to my friends instead of splitting off into a parallel, isolated and anxious universe. Many people are on that path, but Pathwork is all about doing so through education/learning, intention, and being accountable to friends...friends who can learn to share intimately about the ups and downs of the journey. It’s also about gusto!

The myriad of ways to live a spirit-filled life are legion (if not infinite), but some of mine are monitoring my thought processes and words; being kind and relational with others; being a non-anxious presence; keeping my agreements (such as my agreement to write this article); honoring the leadership of others by respecting them, their word, their ideas, and what they are trying to accomplish; taking responsibility for my impact (including my mental health) on others; being of service (which brings out the best in me); and staying positive (versus being a free floating negative cloud formation) in life. Minding my manners is in the mix. The Swamp helps me stay in

service and my best self, believe it or not. Who wants to be around a grumpy hostess in a night club out in the woods?

Pathwork is a rich environment of learning and connection. To me, these days, Pathwork is even more important than ever: Can you imagine furloughing your Higher Self?

Warmly  
Elizabeth.



**The Fourth Annual Friends of Sahale Weekend  
January 18 to 20, 2019**

This fourth annual weekend is a time for appreciation as well as sharing information and continuing to envision the future at Sahale. We want to gather all who are connected to Sahale for a good weekend together.

We will have the opportunity to be informed about the various aspects of Sahale: the EcoVillage, the finances of running Sahale, residents and future residents, the retreat business, land use and restoration, food production, educational programs, and more. We will review what we have learned this year and the status of various projects we agreed to at last year's gathering, including fundraising.

Together we will engage in shared visioning for the future and put some directions, priorities, and plans in place. Leadership for the weekend will be offered by members of the Sahale Sociocracy Circle. Consider joining this weekend. Please let **Elizabeth** know if you are interested.

[elizabeth.ann.jarrett@gmail.com](mailto:elizabeth.ann.jarrett@gmail.com)



*And now let us welcome the new year, full of things that never were. —Rainer Maria Rilke*

Future eView topics will include:

1/16: Expectations, Marjenta will be editor. Please have articles to Marjenta by 5:00 p.m.

1/25: Presence

**More Is Possible! March 1 to 3, 2019**

**More Energy - More Connection - More Communication - More Passion**

***A weekend for committed partnerships (over 40)***

Next week, a flyer for this exciting weekend will be in the eView and attached so you can invite friends.



### **A Moving Experience**

Dear Friends,

**W**ith a plan set in motion almost three ago, and in collaboration with our community friends, Pam and I are on schedule move to Sahale and build a home there. This spring, our plan is to put our Mercer Island home on the market and formally begin our transition.



years

to

We are asking for your help to help us get our home ready to sell and our belongings packed. In collaboration with Colette and the community calendar, we have established work parties from late January through early spring.

We would truly appreciate your help and good will – this has been my home for 45 years, and Pam’s for 23. It truly will be a moving experience. Any and all help will be gratefully received. Please let Pam or me know if you can join us ([adventuredog@hotmail.com](mailto:adventuredog@hotmail.com); [elizabeth.ann.jarrett@gmail.com](mailto:elizabeth.ann.jarrett@gmail.com)).

**All Days Are Saturdays, 10am to 2pm, except as noted**

**Location: 3446 77<sup>th</sup> Place SE, Mercer Island 98040. Lunch and beverages happily provided.**

- January 23, after the women’s gathering at our home
- February 2
- February 9
- March 9
- March 23
- April 6
- April 13
- April 27

Warmly,

***Pam and Elizabeth Jarrett-Jefferson***



## The deAnguera Blog: Be Hopi



The Hopi are a people who have lived in adobe villages on 3 Mesas near the Grand Canyon in Arizona. Their culture goes back over one thousand years. For their spiritual guidance they have relied upon a being known as Maasaw. Maasaw has given them a complete way of life around planting corn. He also warned them of what to expect in coming ages. A culture like ours will one day try to take them over but they must stick to their way of life.

This week's topic is hope. Change the last letter from an 'e' to an 'i' and you get 'Hopi.' To me the Hopi give me hope.

The Hopi live in simple adobe villages for hundreds of years hurting no one, proceeding from one glorious festival to another. Christmas all the time? How about once we put away all our Christmas decorations, we prepare for another festival? What would that be? Imbolc? How much do we wish to prepare for Imbolc? What sorts of foods would be emphasized? How do we share this time together? That's just one example.

The Hopi go through the entire year throwing themselves into one ritual time after another. This would of course make it extremely difficult to hold an outside job. All the community's energy would be demanded.

Look at the pictures above. We are getting on with the cycle of the year. First we check out the green house by Tum Tum. On the left you can see Irene Perler showing Amanda and Marley some of the young green shoots there.

Of course Zach Caswell and Amanda are checking out the Kwanesum boiler in the right hand photo. We all appreciate the heat it gives.

But I wonder what it would be like to go through one magical time after another? Pagans love ritual. Rituals such as sweats have been borrowed from Native Tribal people. So has Long Dance. Imagine Long Dance being part of a ritual cycle encompassing all of one's life without exception. Our whole community would be involved. What could this mean for our kids?

Right now our lives can be fragmented in many different ways due to how we make a living. A lot of our energy gets sapped as a result.

Rituals can feel great. I have been to many of them throughout the years. But now I am seeing that ritual with no connection to a meaningful way of life just would not feel right. Most Native Tribal people would agree.

I wonder what would work here at Sahale. Maybe talking with the plants we plant. Converse with the trees around us. I have been told of one guy having a conversation with a fly in his shower. It is possible to hold conversations with other beings without being Native American Wannabes. We can develop our own rituals as we work with the land. A good example would be the song "Sahale's Gift." That was given to us by Greg Gabarino.



Being Hopi around our Green Truck filled with ground working tools. The happy folks include Amanda, Pedge Hopkins, Marley, and of course Mike deAnguera holding a Pulaski head.



### ***Happy Birthdays!***

**Virginia Stout - January 5**

**Mari Scott – January 6**

**Ari Zebold – January 6**

**Rose Gossett – January 11**

**Rachel Hoff – January 12**



*"He was a very good boy."*



Michael Pilarski of Friends of the Trees Society is launching a Go Fund Me campaign to put on the first-ever Global Earth Repair Conference which will bring 500 people together to envision a thriving planet for our descendants seven generations from now, and strategize the many steps it will take to get there. Here is the Go Fund Me link.

<https://www.gofundme.com/global-earth-repair-conference>

More info at <https://www.earthrepair.friendsofthetrees.net>



### 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**.

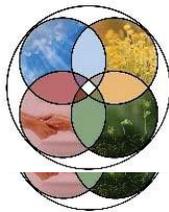


# Programs and Events of the Goodenough Community

**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 **General Circle** (Community Council in Sociocracy vernacular) meets Mondays at 6:30 for light dinners & business at hand. The next meeting will be January 14 at the home of Tom George (8708 182<sup>nd</sup> Place SW Edmonds, WA 98026).

**The Third Age** - Those of us age 60 and older have been gathering every other month, Friday evenings in Seattle. **Future meeting:** January 11. Contact Kirsten Rohde for more information: [krohde14@outlook.com](mailto: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. The next gathering will be **January 26, from 10:00 to 2:00** at the home of Elizabeth and Pam Jarrett-Jefferson on Mercer Island. We are announcing the annual women’s weekend, **May 3 to 5** at Sahale Learning Center. Contact Elizabeth for more information and directions to our meeting place.

**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. Contact Bruce Perler for more information: [bruce\\_perler@hotmail.com](mailto: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 PM 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 in Seattle, beginning January 13.** Contact Colette Hoff for more information: [hoff@goodenough.org](mailto:hoff@goodenough.org)

### **Friends of Sahale weekend, January 18 to 20, 2019**

Join with others for a weekend focusing on all aspects of Sahale. Proposals and decisions will be encouraged. All are welcome. Please email Elizabeth with your plans, [elizabeth.ann.jarrett@gmail.com](mailto:elizabeth.ann.jarrett@gmail.com)

### **Weekend for Couple, March 1 to 3, 2019**

**More is Possible - More Connection - More Communication - More Pssion**

**More is possible in your relationship now!** This weekend will focus on increasing emotional intimacy, building connection, and improving communication. Tools will be provided for enhancing your physical relationship, including addressing chronic issues. The role of sexuality in relationship and new understandings of orgasm will be explored.



**Annual Goodenough Community Meeting March 15 to 17, 2019** This gathering is foundational to all programs and events within the community. We A time to learn and to share your views about our community. Come and be curious! Please contact Kirsten Rohde for more information. [krohde14@outlook.com](mailto:krohde14@outlook.com)

### **Summer Camp for Youth, June 23 – 29, 2019**

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](mailto:Irene_Perler@hotmail.com)



### **Human Relations Laboratory, August 4 to 10, 2019**

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)

### **True Holidays Celebration, Saturday, December 7, 2019**

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 for more information.



### **Work and Play Parties throughout the Year**

Traditionally, the Goodenough Community sponsors work parties over **Memorial Day weekend (May 24 to 27)** 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. 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**

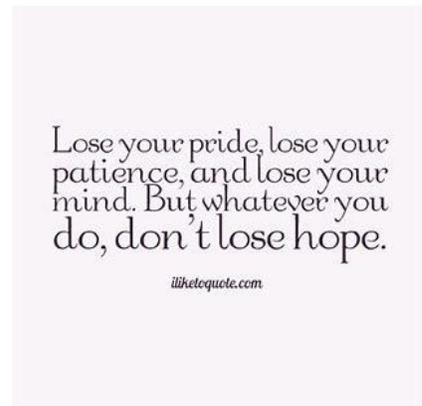
Our belief is that mental and emotional health is a prerequisite for spiritual well-being, collaboration, and the expression of compassion. Quest’s counseling and education programs, open to all interested individuals, focus on empowering individuals, couples, and family groups to be happier and more effective in relationships. Call Colette (206-755 8404) to make arrangements.

### **Why Is Hope Important, continued from page 2.**

#### **Hope is the motivating factor**

When you do not believe your work will pay off (when you’re hopeless) you quite logically won’t try very hard. Imagine going to the gym every day genuinely believing that you would never get fit. What a downer. Now imagine that you’re going to get the toned body, you’re going to look and feel amazing. That hope would make you genuinely want to workout harder, and as a result you will be more likely to succeed in your goal.

The opposite of hope is hopelessness. And this is a serious threat to health and happiness.



#### **How my life turned awful when I lost hope**

I previously wrote about how I lost all hope and had to fight to reclaim my self-worth. I learned the hard way. It was the worst time of my life. It was during a period of my life while I was living in Canada, thousands of miles away from home with no family and very few friends there.

I went through a break-up. And I was rocked to the core.  
I lost hope.

Without a home, I thought it was the end. And because I did not have hope I suffered a lot, mentally. I went through depression. Fell to pieces.

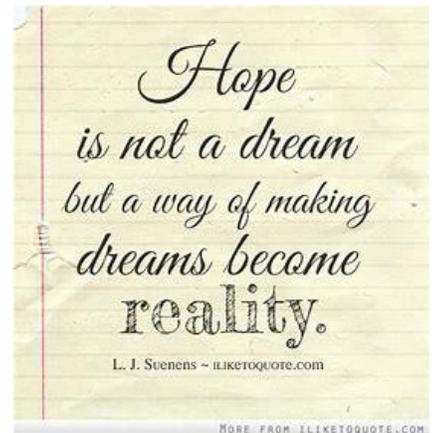
For six months I was in utter despair. I was hopeless.

That time cost me a lot, in terms of my health. I suffered a severe stress reaction, had chronic eczema (caused from stress) and I spent most of my time thinking all manner of debilitating thoughts. It could have been avoided. I could have chosen to have hope, to believe that everything would come right in the end and that I would land back on my feet (which I eventually did). And had I thought like that I would have saved myself a great deal of mental suffering.

Maybe you've been through a similar time of hopelessness. And if so, I'm sure it affected you greatly.

Hope is like a safe-guard. It tells you, even when you're going through hell, that there is that light at the end of the tunnel.

Winston Churchill said, "When you're going through hell, keep going". Hope gives you the strength to keep going.



### Hope gives you motivation

The most hopeful people in the world are also the most motivated. If you were absolutely without hope, you wouldn't bother to even attempt to do anything positive because... well, you'll fail, right? So why would you even bother? Why bother working hard when it won't pay off? Why bother going to the gym when you'll never be fit anyway. Why bother? Without hope it all seems so completely pointless. So you'll never achieve anything.

Hope gives you the motivation. Hope is that voice inside that says, "Yes, you can." And it's that voice that makes you work hard, that makes you learn new things, that gives you the impetus to actually try. In Hope Theory, which is a psychological view of hope, it's believed that when we are hopeful we are given the motivation to make positive choices and to take positive actions that will move us along the path to success. A lot of research backs this claim. But forget the science. We can all feel, inside, what it is like to be hopeful and why we need hope so much.



### How to be more hopeful

**Be Mindful of your Expectations:** Whether you are an optimist or a devout pessimist you will have certain expectations of the future. To begin developing your hope, become aware of the fact that *you CHOOSE the way you view the future*. You *can* look on the bright side or the dark side. You *can* choose to be hopeful. Find the opportunities where you can turn pessimism to optimism.

#### **Challenge Pessimism**

Pessimists tend to think that looking on the negative side of things is being "realistic." Somehow, it seems more realistic that things will turn out bad, but in reality there's no more self-deception in looking on the bright side than the dark side. Think of something you feel pessimistic about. Whatever your subject is, you will know certain facts about it and have some uncertainties. Now

consider how you are using those facts and uncertainties to falsely create a negative and how you could instead use them to create a positive.

### **Understand what causes your pessimism**

Continuing from the above; there will be a reason why you are choosing to be pessimistic at times. More often than not, it's because you are afraid to look positively at something and end up being hurt.

To counteract this, tell yourself that even if you do end up disappointed you will then turn that disappointment to a positive. To illustrate this: imagine you're awaiting your university degree exam results. You know you could pass, you know you could fail, but you're going to choose to believe that you've failed simply to save yourself from disappointment (this is the pessimistic outlook). You can, however, look optimistically and still avoid disappointment. To do so, realise that you'll likely pass the exam (optimism) but that even if you don't you will turn failure to a positive, for instance by learning lessons from the experience that strengthen your character and set you up for future success (optimism that safeguards you from disappointment).

<https://www.thedaily meditation.com/why-is-hope-important-and-how-to-be-a-hopeful-person>

