



*Pond at Sahale 2/16/2021
Photo by Pam Jarrett-Jefferson*

The Village View

February 18, 2021

Pam & Elizabeth Jarrett-Jefferson,
Guest Editors

Upcoming Events, on Zoom:

Third Age, Friday, February 26
Pathwork, February 28

Life: A Journey into the Unknown

By Pam Jarrett-Jefferson

“One is never afraid of the unknown; one is afraid of the known coming to an end.” –

Jiddu Krishnamurti

“Going into the unknown is invariably frightening, but we learn what is significantly new only through adventures.” – *M. Scott Peck*

“My greatest fear is to be unknown to myself.” – *Pamela Kay Jarrett-Jefferson*

I am not an adventurous person by nature. I suspect fear may be involved. And yet, I like the words *adventure* and *journey*; and I believe my life is a journey with some adventure thrown in to keep me learning and growing. I would *prefer* to be in charge of my growth and the learnings that got me there with the least amount of pain possible. How quickly I forget that to avoid pain stops the journey and is a form of suffering. Thich Nhat Hanh reminds me: “People have a hard time letting go of their suffering. Out of the fear of the unknown, they prefer the suffering that is familiar.” That’s so true for me that I find it annoying; hence, I need that and similar reminders.

A quote attributed to Joseph Campbell--“Fear of the unknown is our greatest fear”--reminded me of his love of the hero’s journey, found in myths throughout all time and cultures. After a little refresher from the Web, I came across another interesting observation:

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 hero's journey is rooted in their culture and the hero helps cultures to thrive, not just survive. People not only have the need to survive death, illness, and destruction; they have the need to thrive or to continually strive for self-improvement. The hero can save people from physical death, but he or she can also help individuals and cultures move from the most basic level of need to the highest level of need. To be succinct (but oversimplified way): "The human psyche strives to make a literal or figurative journey. That journey primarily involves traveling into darkness (death, chaos, evil, hell) in order to bring back an object that will save the hero and/or society." – P. Apolinario

One part of the journey I didn't see coming was Colette's health. While it is her own hero's journey, it is also mine and ours. We are connected. We are in relationship. Colette's journey impacts my own and impacts our journey as a community because of our connection. I believe that John Hoff would say his hero's journey was to help us see that our connection is not one of our egos but one of our higher selves.

My higher self is engaged when I become curious and creative. I encourage each of us to engage our higher selves in our response both to Colette's and our community's need for helping one another along the hero's journey into the unknown. As President Biden said at his inauguration, "We have never, ever, ever failed in America when we have acted together."

I am not alone; Colette is not alone; and we are not alone because we are in this together. I find that reality comforting on this journey of life. You are important to me. Thank you for being there.

Warmly,

-Pam



The Unknown and Authentic Presence

By Kirsten Rohde

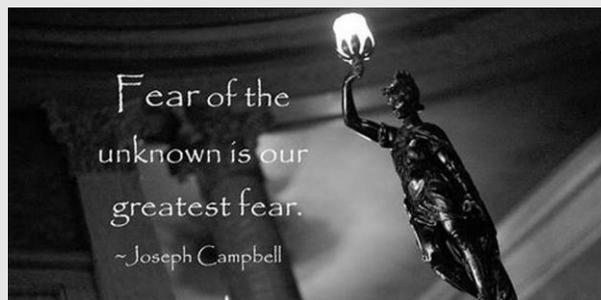
Some of us on the General Circle (one of our community leadership circles) are reading an excerpt about authentic presence. It is from Chogyam Trungpa, *Shambhala: The Sacred Path of the Warrior*.

“The basic idea of authentic presence is that, because you achieve some merit or virtue, therefore that virtue begins to be reflected in your being, your presence.” Reading it I see that some of what he is writing applies to how we face the unknown. For example, he writes about not clinging and letting go of fixed ideas.

There are times in my life when something happens that sort of leaps out. I can be going about my regular life maybe going to visit a friend or participating in an event that I enjoy. Then something drastic happens – out of the blue. I crash my car, I find out I have an illness that requires medical attention. All of a sudden, I am in a place where I don’t know what the next step is. I can apply my egoic presence and function somehow but how do I deal with the sudden unknown. And then when everything has calmed down and I can go about my life again how do I live with confidence when I know that something could happen anytime?

In this chapter I learn that I could “earn authentic presence by letting go, and by giving up on personal comfort and fixed mind.” He talks about outrageousness as a quality of being daring and entering into situations without hope and fear and with “an unshakable conviction in basic goodness...so the journey becomes like a flower unfolding – it is a natural process of expansion.” And “abandoning reference points for measuring your progress. So you experience tremendous relaxation.”

It’s one thing to intellectually know that I am not in charge of my life. Anything can happen. I like this piece of writing because, while it requires some study, it is helping me realize that there are ways to expand how I see life in this world. Then I have a different perspective to hold onto when the ride gets bumpy or unfamiliar. I like the challenge (I think).



Authentically Snowy Sahale



Celebrating Rebecca Lee Crumpler, first African-American woman physician

Today we celebrate the life of Rebecca Lee Crumpler (1831-1895). She is best remembered as the first African-American woman physician in the United States.

Born Rebecca Davis in Delaware on February 8, 1831, she grew up in Pennsylvania, where her aunt provided care for the ill.

A bright girl, Rebecca attended a prestigious private school, the West-Newton English and Classical School in Massachusetts, as a “special student.” In 1852, she moved to Charlestown, Massachusetts, and worked as a nurse. In 1860, she took the bold step of applying to medical school and was accepted into the New England Female Medical College.



The New England Female Medical College was based in Boston and attached to the New England Hospital for Women and Children. It was founded by Drs. Israel Tisdale Talbot and Samuel Gregory in 1848 and accepted its first class, of 12 women, in 1850. From its inception, many male physicians derided the institution, complaining that women lacked the physical strength to practice medicine; others insisted that not only were women incapable of mastering a medical curriculum and that many of the topics taught were inappropriate for their “sensitive and delicate nature.”

Fortunately, Drs. Talbot and Gregory ignored such false claims and organized a school that required “a good English education,” a “thesis on some medical subject,” and a set of courses on the theory and practice of medicine, materia medica, chemistry and therapeutics, anatomy, medical jurisprudence, obstetrics and diseases of women and children, and physiology and hygiene. The coursework was 17 weeks in length (30 or more hours per week) during the first year of instruction. Following this was a two-year preceptorship, or apprenticeship, under an established physician’s supervision.

In 1864, Rebecca became the New England Female Medical College’s only African-American graduate (the school closed its doors in 1873.) A few statistics help put her remarkable achievement in perspective. In 1860, there were only 300 women out of 54,543 physicians in the United States and none of them were African-American. Some historians have wondered if Rebecca even knew of her status as “the first” given that for many decades in the 20th century that credit was awarded to Dr. Rebecca Cole, an African-American woman who received her medical degree from the Woman’s Medical College of Pennsylvania in 1867. The first “historically black” medical school in the U.S., the Howard University College of Medicine, would not open until 1868. As late as 1920, there were only 65 African-American women doctors in the United States.



Mindful Mike's Blog: The Unknown

Mike deAnguera

The Unknown makes me anxious. An egoic reaction to be sure. Next month I am looking at a colonoscopy. Had a chat with my VA doctor today. He wanted to make sure I was scheduled for that colonoscopy.

There are, of course, no guarantees in Life else it would not be Life. God personally told this to Neale Donald Walsch so it must be true. The Big Cheese. What would my favorite Nazarene handyman say? Something about God taking care of little birds so why should he not be taking care of you? An issue of trust as you can see. Hm.....I live in a world that talks about God all the time. Our currency says, "In God We Trust."

This realm is a place of mystery. I just noticed the word 'real' is contained in realm. So a realm has to do with what is 'real.' Maybe 'reality' is relative. It is not an absolute. Is it possible 'reality' is a agreed area between all of us? I'm sure John Hoff must have had some fun with this question.



Well, what is certain is the two feet of snow we received over the past week. Snow creates a lot of extra work. Shoveling it is so exhausting.

Presley Harrington and I have decided to make a fairy house as well as a garden. She has even made a little fairy bed with a moss cover. I am working with her because communicating with fairy beings will give our work at Sahale a creative magical power. A way to conjure a new reality into existence by a change in perception. Here you can see the two fairies Presley and I created out of clay.

We can't see fairies but that does not mean they don't exist. Many years ago while attending the Fairy Congress I took a picture and was shocked to see fairy orbs suddenly appear in the picture. I don't see with my eyes or hear with my ears but rather with my mind. I became a believer then. The fairy beings form a major part of Michael Pilarski's work. They also are the foundation for the Findhorn Community in Scotland.

Science can only analyze the physical. It can work with the biological carrier of life but can tell us nothing about the nature of life itself. It can tell me what my body consists of but not what makes me Mike.

I think living single-celled organisms transformed the Earth into a life bearer. Originally there was no oxygen. Water is present everywhere in the Universe. Somehow the Earth became a water planet.

Water is necessary to all life.

Diverse, living beings can in fact associate together such as a cat and a human. What Matlock and Pam Jarrett Jefferson are doing.



Wishing Jim Tocher a Speedy Recovery

Our long-time & beloved Community member Jim Tocher is recovering from recent (today) knee surgery; and all reports indicate that it was successful with physical therapy beginning soon thereafter. Sending love and healing, Jim!

- Legions of Your Friends



Submitted by Kirsten Rohde – Repeated from Last Week

Dear Green American,

Boxes of Valentine's Day chocolate should be full of delicious treats, not child labor, deforestation, or pesticides.

Despite decades of commitments from big-chocolate companies to end child labor in cocoa, **there are still over 1 million child laborers, and children are being exposed to MORE pesticides.**

Before you pick up any Valentine's Day chocolates, [take a look at these small, but mighty, chocolate companies! They are working to reform the chocolate industry from bean to bar.](#) And, their chocolates are truly delicious!

Many of these companies are also Certified Green Business Network Members of Green America, so they are green through and through. And, all of these chocolates are available for purchase online!

With workers and small businesses being hit particularly hard in the last year, voting with your dollar has an even greater impact. [This Valentine's Day, I hope our buying guide helps you find the perfect chocolates.](#)

<https://www.greenamerica.org/blog/put-down-big-name-chocolate-bar-grab-one-these-instead>

Thank you for all that you do,

Charlotte Tate

Labor Justice Campaigns Director

Green America

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:



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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 1
- March 15

For additional information, contact [Elizabeth Jarrett-Jefferson](#)



The Women's Program is a long-established and ever-growing way for women to enjoy each other's company, learn about themselves as women, and even perhaps to experience the Divine Feminine. For more information, contact [Hollis Ryan](#). *Stay tuned for an announcement of the next Women's gathering.*



The Third Age - Those age 60 and older have been gathering monthly, Friday evenings, 7:00 PM. With the pandemic, meetings are virtual. The next scheduled meetings is February 26. Contact [Kirsten Rohde](#) for more information.

The Men's Program - Our Men's Circle is an expression of brotherhood and practice with wisdom, gathered from own lives, other men's work advocates and the founders of this circle. A weekend is planned from June 4 & 5, 2021. Stay tuned for details.



Pathwork, a Program of Convocation: A Church and Ministry – Pathwork offers you a spiritual home in which to rest and to share your heart and mind as you move through these unpredictable times. We come together under the leadership of Pastor Colette Hoff and find support and encouragement as we clarify our personal goals and develop the practices we choose for a spirit filled life, gaining wisdom from the world's faith & wisdom traditions. You are welcome to join. Meetings are held via Zoom on alternate Sundays from 7pm to 9pm. Contact Colette: hoff@goodenough.org for Zoom information.

- February 28
- March 14 and 28



True Holidays Celebration, Saturday, December 4, 2021

We are planning our 2021 event! Hold this date on your calendar. We traditionally hold this event on Mercer Island. Stay tuned for details.



Human Relations Laboratory, August 8 to 14, 2021

This intense and joyous week-long event is a communal experience of personal growth and relational development within a rich culture with art, music dance, song, drama and more. This summer we will celebrate 52 years! Contact: Colette Hoff, hoff@goodenough.org

Work and Play Parties throughout the Year. *Traditionally*, the Goodenough Community sponsors work parties over Memorial Day weekend as well as other times to express gratitude for the presence of our beloved retreat center, Sahale, and to experience the satisfaction of playing and working together. Please email hoff@goodenough.org with questions during these times of the Pandemic.



Quest: A Counseling and Healing Center



Our belief is that mental and emotional health is a prerequisite for spiritual wellbeing, collaboration, and the expression of compassion. Quest's counseling and education programs, open to all interested individuals, focus on empowering individuals, couples, and family groups to be happier and more effective in relationships. *Call Colette (206-755 8404) if you find you need to talk out your feelings regarding the pandemic crisis.*



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