



Village eView

February 26, 2020

Colette Hoff, Editor

Appearance

COMING UP

Women's culture, February 29

Pathwork, March 8

Annual Weekend, March 13 to 15

Does Appearance Matter?

Colette Hoff

Your appearance is how you look: your clothes, hair, facial expression, skin tone, and posture all factor into your overall *appearance*, according to vocabulary.com.

Ever had to go somewhere you didn't want to go? If you stopped by just briefly, you made an appearance. But this word more often has to do with how things look. Your appearance is created by everything people can see, from your hair down to your shoes. Sometimes appearances can be deceiving: maybe you give an appearance of confidence, but you're really nervous inside. The saying "don't judge a book by its cover" means "don't judge by appearances." Appearance can also be an impression given by someone or something, although this may be misleading because it is so easily misunderstood. As humans we tend to see what we want to see rather than what is before us. It is natural to make up stories based on appearances (how things look) rather than ask questions.

Recently, I heard a story of a beautiful woman who was certain she was not despite public opinion. Some how she got an impression in early life of how the world saw her and drew a conclusion. All the data wasn't in and in fact she is beautiful, inside and out. Perhaps a new story can be crafted so she will not need to question her beautiful appearance again.

A substantial portion of our communication is nonverbal. Every day we respond to thousands of nonverbal cues and behaviors, including postures, facial expressions, eye gaze, gestures,

On-Line News of the Goodenough Community System

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The EcoVillage at Sahale

and tone of voice. From our handshakes to our hairstyles, nonverbal details reveal who we are and impact how we relate to other people. Appearance is one of nine types of non-verbal communication, according to an article by Kendra Cherry from an article presented by the verywell mind web site.

Appearance

Our choice of color, clothing, hairstyles, and other factors affecting appearance are also considered a means of nonverbal communication.

Research on color psychology has demonstrated that different colors can evoke different moods. Appearance can also alter physiological reactions, judgments, and interpretations.

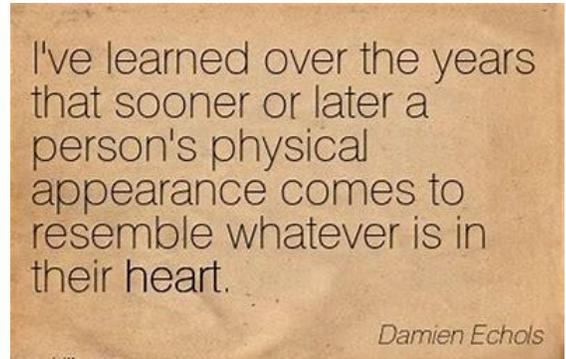
Just think of all the subtle judgments you quickly make about someone based on his or her appearance. These first impressions are important, which is why experts suggest that job seekers dress appropriately for interviews with potential employers.

Researchers have found that appearance can play a role in how people are perceived and even how much they earn. One 1996 study found that attorneys who were rated as more attractive than their peers earned nearly 15 percent more than those ranked as less attractive.

Culture is an important influence on how appearances are judged. While thinness tends to be valued in Western cultures, some African cultures relate full-figured bodies to better health, wealth, and social status.

Nonverbal communication plays an important role in how we convey meaning and information to others, as well as how we interpret the actions of those around us. The important thing to remember when looking at such nonverbal behaviors is to consider the actions in groups. What a person actually says along with his or her expressions, appearance, and tone of voice might tell you a great deal about what that person is really trying to say.
<https://www.verywellmind.com/types-of-nonverbal-communication-2795397>

It seems like appearances do matter in some areas of life albeit superficially. Research shows that people who are found with pleasing appearances are more likely to make more money. Yet, what matters most is congruence in words and behavior so that our inside reflects who we are on the outside.



**BEING BEAUTIFUL
HAS NOTHING TO
DO WITH PHYSICAL
APPEARANCE. IT'S
YOUR CHARACTER
AS A PERSON, IT'S
HOW YOU MAKE
OTHERS FEEL ABOUT
THEMSELVES.**

"If you get the inside right, the outside will fall into place." —Eckhart Tolle



Goodenough Community Annual Meeting

March 13-15 at Sahale

Kirsten Rohde

This year's annual community meeting is at Sahale, March 13-15. The weekend gathering is open to all who enjoy and care for our community.



If you are interested in our community's purpose, rationale for vision and plans, leadership succession, and our future, this meeting is a place for your energy and your voice. Come share your observations and hear from others. **How shall we shape our future to be relevant to everything from the growing loneliness reported in the news to earth repair?**

The annual weekend is a "meeting" but so much more. It is a time to socialize, enjoy Sahale, perhaps a work party rain or shine, and to share together as we look at the last year, the current state of affairs, and the future of all aspects of our community.

Our goals for the weekend include:

- ∞ Getting in touch with the whole of our community and all its parts
- ∞ Governance: membership and sociocracy
- ∞ Future directions
- ∞ Connection with people and place – enjoyment of a good weekend retreat at our own heaven on earth!

We will start on **Friday at 8PM** with dinner available beforehand and conclude at 3pm on Sunday. Please join us. For more information and to RSVP: krohde14@outlook.com



Women's Culture, Note New Location

Saturday, February 29 is our next women's gathering from **10:00 a.m. to 2:00 p.m.** at a new location:

Home of Joan, Barbara, and Jim
3535 South 126th Street
Tukwila 98168
If you need directions, **call Barbara at 206 412 9417**



We will continue to explore "barriers to love." As is usual, we will mingle over coffee before settling in for conversation, laughter, introspection, movement, companionship. We'll serve a light lunch toward the end of our time together.



Pathwork, Sunday March 8

Pathwork, which began in 1984, has provided a spiritual home for many. A spiritual development program, Pathwork, is designed for beginners and experienced life-time learners who are interested in integrating spiritual practices from the world's major faith traditions. Currently led by Colette Hoff, guest speakers and teachers are invited through technology, to join the circle with a focus to deepen the current theme of mindfulness. Most recently, Stephen Proctor, a teacher from Australia, provided teaching titled *Meditation: Awareness, Mindfulness and Concentration*. Suggested donation is \$25 per session. Consider joining the circle which meets at the home of Joan, Barbara and Jim in Tukwila. Additional dates include: **March 8, 22; April 12, 19, May 3, 17, 31; and June 14.**



Welcome Wesley Pettersen Jarrett

We welcome our newest grandchild, Wesley Pettersen Jarrett, born this past Saturday, 2/22/2020 @ 6:02 AM; parents are Keith and Erin Jarrett. He weighed in at 5'11", 19" long. Wesley is Maddie's younger brother and cousin to Gage and Cadel ☺ We're excited as Grandmas and for the entire family!

Love,

Elizabeth and Pam



Gardening at Sahale, March 7

The gardening group has committed to setting aside one Saturday per month for the gardens. We are announcing monthly Saturday work parties to keep the good care of Sahale going all year round. Please join, all are welcome! Lots for all abilities. Please let Kirsten know if you are coming. Wear weather appropriate clothes. Lunch provided.

Saturday, March 7

April 18

May 23 to 25 (Memorial Day)



Mindful Mike's Blog: Under Construction

Mike deAnguera



So much is changing in my life right now that I feel like I am under construction. My perception feels somewhat different.

Wiley Aylward is the first young person I have gotten to know well. I am learning how to be a good uncle to him. There was a time when that would not have been possible.

We have shared much about space

travel, bears, and other things.

Wonder what Juniper will be like? I barely know her, not having had a relationship with her because she is so young (15 mos.).

Preparation of the site for my tiny house is underway. Jim Tocher rented a stump grinder and learned how to use it on the job. He's never used one before. I admire his ability to learn new equipment easily. Guess that's one of his talents.



As you can see it is a big machine with treads like a bulldozer but you control it from the rear. Since you can't see what's in front of you a spotter is necessary. It has a large chainsaw type blade which grinds a stump down below the surface so it can be covered over with dirt.



Here Marley Long is practicing on the stump grinder. Josh DeMers has had his turn as well and so have I.

It took me a bit longer to get the hang of running the machine. As an older person, it does take me longer to learn many things including basket weaving where I have trouble with manual dexterity.

The next stages of site preparation will include access to electricity, propane, and water.

Life by it's very nature is about change. Everything is impermanent. That's the Buddha's

teaching and is he ever right! He also thinks it is important just to let go. My ego wants to cling and have everything remain the same.

I have been reading the Buddha's story a little bit each night before I go to sleep. Now I am reading the story of Peace Pilgrim II who like the original Peace Pilgrim traveled around the country without a penny in his pocket. He gave up everything including a comfortable life to talk about peace at schools, churches and other venues. Peace Pilgrim's story sounds so much like that of the Buddha. I guess you could say He is a modern day version of the same teachings. He didn't use an alms bowl but accepted only food and lodging. Almost the exact opposite of me. I like being secure in my money and possessions.

For me the real source of wealth is our relationships in community. There is in fact a prophecy that the next Buddha will be the community rather than a single individual. I agree with this noting it is very hard for me to operate alone. There is power in numbers and relationships. The whole purpose of Lab is to make this apparent to people.



As I was typing this article I just noticed rain drops hanging from a nearby tree outside Tum Tum like jewels. Part of the change occurring within me is my relationship with the Earth. I feel gratitude for those drops. They are quite beautiful though momentary.

As Pedge Hopkins has shown me feeling gratitude is an extremely powerful medicine. That's especially true in today's world

when there is so much to be stressed about.





Save the Date: March 21 Marking Birthdays in March @ Sahale

You'll not want to miss the 60th birthday celebration for **Pam Jarrett-Jefferson** and the 50ish birthdays of **Rachel Hoff** and **Larry Hoff**, a powerful birthday triumvirate! Please join us at Sahale and the Swamp for some revelry and raucousness.

- **Date** – Saturday, March 21, 4pm (or come for any part of the weekend)
- **Where** – Sahale Learning Center – 2901 NE Tahuya River Road, Tahuya 98588
- **Details** - forthcoming. Contact Elizabeth Jarrett-Jefferson or Colette Hoff in the meantime if you have questions.



Watchcare

Transition is happening at a certain home on Mercer Island and it needs our *attention*. Tod Ransdell, Hal Smith and Hollis Ryan are leaving their nest, downsizing and moving to new quarters. Over the history of the Goodenough Community we have moved many households and have had fun in the process. You have two opportunities to help:

- Hal and Hollis would appreciate help on Thursday, March 26.
- Tod would appreciate help on Saturday, March 28.

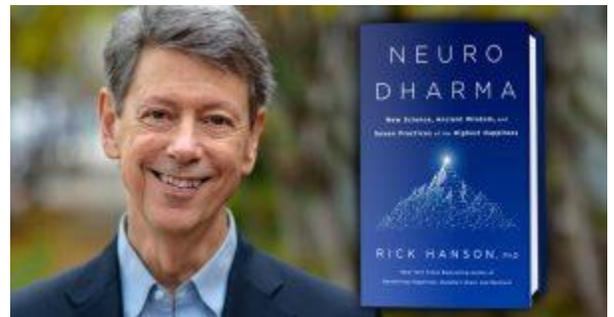


Talk + Book Signing at Third Place Books in Seattle, WA

June 4, 7:00 pm - 9:00 pm PDT

Third Place Books, 17171 Bothell Way NE, #A101
Lake Forest Park, WA 98155 United States

Rick Hanson will offer a talk and book signing for his new book *Neurodharma* at Third Place Books (Lake Forest Park Location), in Seattle, Washington.



Update: We're almost on top !

The roof on our Sahale-based gathering tent has been ordered!

And you can still donate now at www.goodenough.org
Scroll down to the donate button for Goodenough Community. In comment section, please note tent roof.
For more information: Tom George
thomasageorge@live.com



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FEBRUARY IS REFER A FRIEND MONTH!



This week's delivery: from left to right: Navel oranges (Booth Ranch premium), Red grapes, Stem and Leaf Murcott mandarins, Pink Lady apples, and Rainforest-Alliance certified

Our customers are our best advocates and in the month of February, we are showing our appreciation with \$50 gift cards!

Here's how it works:

1. Share this link (<https://www.marketfreshfruit.com/try-us-free>) with friends, family, colleagues, or teams within your organization that you feel could benefit from our office fruit delivery.
2. We'll bring your referral **\$50 worth** of guaranteed delicious fruit for a taste-testing session.

3. If they sign-up for ANY of our plans, you receive a **\$50 gift card** of your choice!
It's that easy. Nothing is better than receiving gift cards for spreading the health to others!

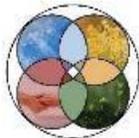
Programs and Events of the Goodenough Community

Please Note: New dates for 2020 are highlighted.

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 **General Circle** meets Monday evening for light dinner & business at hand. In 2020, our meeting schedule will be: March 9, April 6, 20; May 4, 18; June 1, 15. Our **Annual weekend** will be **March 13 to 15.**

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. We meet Saturday mornings from 10:00 to 2:00 with lunch included. In February, our meeting will be February 29.

The annual women's weekend will be April 24 to 26. For more information, contact Hollis Guill Ryan, hollisr@comcast.net



True Holidays Celebration, Saturday, December 5, 2020

Be part of this fun-filled family-oriented evening and prepare yourself for the winter season (whatever faith tradition you follow) that fills your heart. Contact Elizabeth Jarrett-Jefferson for more information.





The Third Age - Those age 60 and older have been gathering every other month, Friday evenings in Seattle. April 15 will likely be the next meeting. Contact Kirsten Rohde for more information: krohde14@outlook.com

The Men's Program

Our **Men's Circle** is an expression of brotherhood and practice with wisdom, gathered from own lives, other men's work advocates and the founders of this circle. The semi-annual men's weekend will be **June 5 to 7**. For more information, contact: 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 goals, 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. **In 2020,**

Pathwork will meet March 8, 22; April 12, May 3, 17, 31; June 14. Contact Colette Hoff for more information: hoff@goodenough.org



Summer Camp for Youth NEW DATES for 2020!

In 2020, Camp will begin Monday June 22 and will close on Sunday, June 28.

Summer Camp is a wonderful opportunity for children 9 to 12 to have a full camp experience in a beautiful setting with loving leadership.

Contact: Irene Perler, Irene_Perler@hotmail.com



Human Relations Laboratory, August 2 to 8, 2020

This intense and joyous week-long event is a communal experience of personal growth and relational development within a rich culture with art, music dance, song, drama and more. This summer we will celebrate 50 years! Contact: Colette Hoff, hoff@goodenough.org

Work and Play Parties throughout the Year. *Traditionally,* the Goodenough Community sponsors work parties over Memorial Day weekend (**May 22 to 25, 2020**) as well as other times throughout 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 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 an appointment.

