



Village eView

March 18, 2020

Colette Hoff, Editor

Connection is vital for well-being

Colette Hoff

In this time of great uncertainty, we can be sure of the value of *connection* with others. Brene Brown, Professor at the University of Houston Graduate College of Social Work, specializes in social connection. *A deep sense of love and belonging is an irresistible need of all people. We are biologically, cognitively, physically, and spiritually wired to love, to be loved, and to belong. When those needs are not met, we don't function as we were meant to. We break. We fall apart. We numb. We ache. We hurt others. We get sick.*

Emma Seppala, in an article titled *Connect to Thrive*, writes: *We are profoundly social creatures. We may think we want money, power, fame, beauty, eternal youth or a new car, but at the root of most of these desires is a need to belong, to be accepted, to connect with others, to be loved. We pride ourselves on our independence, on pulling ourselves up by our own bootstraps, having a successful career and above all not depending on anyone. But, as psychologists from Maslow to Baumeister have repeatedly stressed, the truth of the matter is that a sense of social connection is one of our fundamental human needs.*

Studies now show that lack of social connection is a greater deterrent to health than obesity, smoking, and high blood pressure. And, strong social connections lead to a 50% increased chance of longevity. People who feel more connected to others have lower rates of anxiety and depression. Social connectedness generates social, emotional and physical well-being.

Emma Seppala continues: *The most interesting fact about connection is that it has nothing to do with the number of friends you have on Facebook or the amount of community groups to which you belong. If you're a loner or an introvert, you can still reap the benefits.*

COMING UP

**CANCELED until
further notice**

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

**PEOPLE ARE NEVER
TOO YOUNG OR TOO
OLD TO LOOK FOR
HUMAN CONNECTION**

JOHN TURKURBO
PICTUREQUOTES.COM

*How is that possible? A sense of connection is internal: Researchers agree that the benefits of connection are actually linked to your subjective sense of connection. In other words, **if you feel connected to others on the inside, you reap the benefits thereof!** That is good news. While many of us cannot always control the number of friends we have, one thing we can take responsibility for is the state of our mind. Ever felt lonely in a crowd or a group of your own acquaintances? In the same way, it is possible to feel connected in a group of strangers. We can foster, nurture and build our internal sense of connection. It just takes a little courage and a spirit of adventure*

Emma Seppälä is Science Director of the Center for Compassion and Altruism Research and Education at Stanford University, Faculty Director of the Yale School of Management's Women's Leadership Program, and Co-Director of the Yale College Emotional Intelligence Project at Yale University. She is the author of *The Happiness Track: How to Apply the Science of Happiness to Accelerate Your Success*.

<https://www.psychologytoday.com/us/blog/feeling-it/201208/connect-thrive>

*In another article, *Staying connected — at a distance* by Kim Eckart, a writer for the University of Washington, brings awareness to our need to maintain human connection even in the unusual times we are facing. “Any connection is better than no connection,” said Jonathan Kanter, UW research associate professor of psychology. “*

Now is the time to reach out to friends and family and connect with them however you can. Let people know how much you care about them, you’ll feel better for doing so.

*This crisis we are experiencing may not end soon, Kanter added. Building a foundation of healthy coping, **doing everything we can to stay connected to each other**, to reach out and care for each other, is imperative. While social distancing is essential for stopping the virus, it can be hard on our mental health.*

Here are some suggestions offered by the Center for the Science of Social Connection:

- Stay active, get out in nature.
- Help someone else — in ways big and small, inside your community and out.
- Call or FaceTime friends and family — don’t just text or post on social media. But use caution not to feed anxious thoughts and rather calm down each other.
- Stick to routines you enjoy — they make the world feel more predictable

”

Connect deeply with others.
Our humanity is the one
thing that we all have in
common.

-Melinda Gates

- Gauge your reaction to the news. Limit news sources to reputable ones and limit how often you check. Some sources suggest checking news one time per day at about the same time and not more than 1/2 hour.
- Take a moment to be mindful or meditate. A few minutes of slow breathing can be especially helpful to lessen anxiety.
- Stick with your routines and favorite hobbies. Doing things you enjoy will only help your stress levels.
- Read a book or watch a show just for fun
- Keep a journal
- Exercise self-compassion – treat yourself like you would a friend
- Practice self-care, eat healthy foods, exercise and get enough sleep.
- Practice lovingkindness meditation and pray for the world.



“I define connection as the energy that exists between people when they feel seen, heard, and valued; when they can give and receive without judgment; and when they derive sustenance and strength from the relationship.”

Brené Brown

And, if you are experiencing more anxiety than usual, you are not alone. Given the constantly changing uncertain situation we are in, fear is understandable yet doesn't need to derail life.

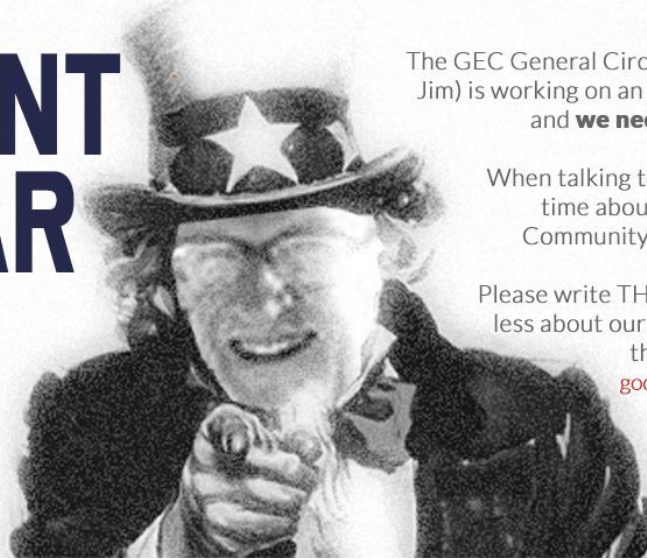
We have made a plan for staying safe at Sahale and have decided to **sequester** ourselves including not having visitors. While it is difficult, we know it is the right thing to do. We are being very careful and studying messages from experts. We realize as we canceled the annual meeting, other events offered by the community would also need to be canceled. It is particularly difficult to cancel our women's weekend!

And, all the residents at Sahale are staying connected and I personally am very grateful to live in community. We are indeed experiencing an unknown reality that is unlike anything anyone has known. Let's keep connected and we will get through this unusual crisis. Blessings.



Our beloved Elder Jim Tocher says...“ **Please respond, this is important!**”

**WE WANT
TO HEAR
FROM
YOU!**



The GEC General Circle (which includes Jim) is working on an important project and **we need YOUR INPUT!**

When talking to folks for the first time about the Goodenough Community...what do you say?

Please write **THREE** sentences or less about our **purpose & value**, then submit to Drai. goddessdrai@gmail.com

ASAP!
Thank you!



Sahale Garden Corner

What can we do while staying home because of the virus?

GARDEN!

Green America <https://www.greenamerica.org/food> has this suggestion: we all create “Climate Victory Gardens”. Victory Gardens were well known in World War II as many people devoted space and time to growing food during a time when food items were scarce. My mother gardened in a victory garden during that time. So now, for the climate and our earth, we can all grow food, convert a lawn to a vegetable patch, join a pea patch, grow greens in pots or indoors and more. Better for us and better for the earth. Here’s a fun short video:

https://www.youtube.com/watch?v=ok5U3dKeq6g&feature=emb_title

We have been creating and maintaining vegetable gardens at Sahale from the start. We are continuing to learn from our experiences and focus on how to produce the best and most food for the kitchen that we can. Hopefully, we have extra that we can give away.

Creating food forests is one project at Sahale that intrigues me. For example, off the back porch of my house is a large yard. When I moved here it was a maintained lawn and I tried for a few years with natural fertilizer, more seed, and lots of watering to keep it going. Pretty soon I stopped watering in the summer and in the fall sowed clover and some other ground cover seeds. Now with help from Marley Long, Josh DeMers, and Mike deAnguera, we've planted in the yard three of a dozen fruit and nut trees that were donated to Sahale - two almonds and a peach. Already planted a couple years ago is a Mulberry, an American Crabapple and a fruiting quince – trees I just felt every garden should have. Yesterday we planted three fruiting currants. I laid out some ideas about paths and plan to design the rest of the garden in more detail and after more study.

Food forests need careful designing; however, the main idea is to have trees, shrubs, vines, annuals and perennials, herbs and ground cover so the garden is stratified in height, much more so than the typical annual vegetable garden. More like the way things used to grow together. The layers also go underground so that all this planting, roots digging down, and soil improvement leads to healthy microbes and fungi below. Over time as trees grow and shrubs fill in more shade tolerant perennials and other ground level plants are added. Other plants expand out to where the sun shines. It evolves over time. When I plant, I always consider that some of the planting is for our food and some is for wildlife. We'll watch how it goes over the years and gradually fill in more.



Those of us in the gardening group will be sharing our garden and land stewardship fun in upcoming eViews. Perhaps you have a gardening story to share too. There are many activities we can engage in to help each other through the current times and to further efforts to help our earth. Gardening has the added advantage of getting outside and reducing stress.

-Kirsten Rohde



Human connection brings complex values to our lives: relationships give us a sense of belonging in the group, a sense of identity in contrast to others in that group, an almost therapeutic-support system, and reason not to feel lonely. We learn from others' experiences and insight, and we learn together by pursuing new experiences alongside those we befriend. John Smith, Therapist, Bellingham WA.



Mindful Mike's Blog: Spring 2020

Mike deAnguera

Ahh...the days are getting longer and warmer. I still put on many layers when I go outside. However flowers are blooming as I sit on the deck of Tum Tum overlooking the food forest Kirsten Rohde, Josh DeMers, and Marley Long are developing.

Jim Tocher, Josh, and Marley did minor repairs on the Log Building. You can see Jim Tocher squeezing into the doorway into the bottom of the Log Building. We have some of the best bathroom facilities for campers around.

Kirsten Rohde is creating a new food forest on a former lawn right outside Tum Tum. New paths were outlined with straw. Josh, Marely, and I helped her with planting some new trees and hauling away limbs.



Sahale is a refuge for us all, especially in this time where there is coronavirus amid so much uncertainty. Colette Hoff recently reminded me to focus on the present. Yes, it is true. I can only live one day at a time. Today is the day. Don't worry. Be happy! Then I will be happy as well. I am a worrier and my friends are helping me calm down. Meditation and various relaxation techniques are helpful but what has done me the most good are my community friends. Worry is a great way to create drama though it solves nothing.

Drai Schindler led me through a sleep meditation and it worked! I got nearly eight hours of sleep which is very good for an anxious person like me. In the past I have had trouble sleeping. I actually had a dream. I love dreams because it means I am getting the necessary REM sleep I need. No more visits from the Anxiety Monster, my personal worry alligator.

Later on today I am going to see if I can find "Don't worry. Be Happy" song on You tube.

You see, by being anxious I can actually have an effect on my physical body. Those Buddhists know a thing or two about meditation. It is place where East and West can meet. Religion does not need to be a barrier. We are all on the same journey from birth to death. This realm we all inhabit is only a temporary place for us. I should not fear death. It is just a Great Letting Go.

Death is followed by the Spring of new life. Winter is there to make us appreciate spring. A time when flowers blossom and the Earth shows us just how beautiful she really is. Now relax. Breathe. So much hinges on the breath. I can calm myself down just by breathing.

With everything shut down by the coronavirus I feel like I am in a safety bubble. I only watch the evening news with Colette Hoff and Paul Rave. It is a ritual for how we face into the real world around us.

No matter where I am on the journey of Life I am always in the lap of Love. That is the true nature of my existence. I am always loved. There is never a moment when I am not. I am being loved right now as I type this article. So I overflow with gratitude, another powerful medicine.

Oh yes. Yesterday was Pam Jarrett-Jefferson's actual 60th birthday. First, we had happy hour at Homestead cabin then went up to Potlatch for dinner and Elizabeth made a great cake and 60 is supposed to be a major milestone. I still remember my 60th birthday back in 2015! We celebrated at the Community Center in West Seattle.





PLEASE JOIN US | APRIL 24-26, 2020

The Goodenough Community women's program presents a curriculum for developing as a woman, providing a culture in which women share their lives together as friends. The women's program is pleased to announce:

WOMEN

A WOMEN'S WEEKEND

CANCELED

COME JOIN US

- Encouragement —
- A greater confidence in your own strength —
- Archetypes: Maiden, Guardian, and Crone —
- Tools to help you be the best you are as a woman —
- Tools to help you connect with others, family members, friends, and yourself —

The weekend retreat will be held at the Sahale Learning Center, near Belfair, Washington. The natural setting of Sahale invites you to enjoy meditation, reflection, and invigorating activity. The event begins with dinner at 6:30 p.m. on Friday and concludes at 3:00 p.m. Sunday.

FOR MORE INFORMATION CONTACT

Elizabeth Jarrett-Jefferson (206-313-9803), elizabeth.ann.jarrett@gmail.com or Colette Hoff 206-755-8404



TO REGISTER Please visit www.goodenough.org/womens-culture.

Registration | \$300 | Includes program, room, board and learning materials.

We offer scholarship options to make the event affordable for all. If paying full fare is difficult, please email hoff@goodenough.org.

If you would like to contribute to the scholarship fund beyond the workshop fee, your generosity will be appreciated.



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 50th birthdays of **Rachel Hoff** and **Larry Hoff**, a powerful birthday triumvirate! Please join us at Sahale and the Swamp for some revelry and raucousness.

CANCELED

- 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:

We will confirm these dates soon.

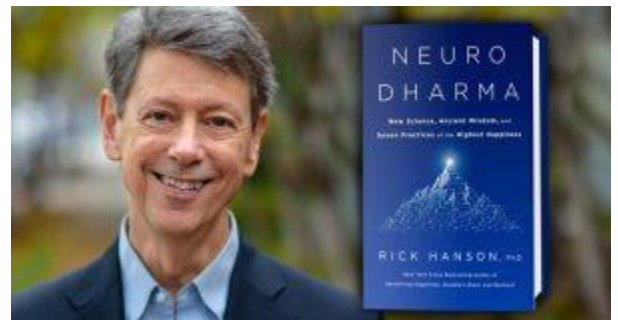
- Hal and Hollis would appreciate help on **Thursday, March 26**.
- Tod would appreciate help on **Saturday, March 28**. Please contact Pam Jarrett-Jefferson if you are willing to lend Tod a hand. adventuredog@hotmail.com



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

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

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



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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Programs and Events of the Goodenough Community

While we are in an unknown time, these dates represent our intention.

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 30, April 6, 20; May 4, 18; June 1, 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 17 will 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 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](mailto: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.

