



# THE VILLAGE VIEW

January 13, 2021

Colette Hoff, editor

## Upcoming Events, on Zoom:

Third Age, Friday, January 15,  
Pathwork, Sunday, January 17,  
Women's Program, Saturday, January 23

## A Culture of Caring

Colette Hoff

*The moment we choose to love, we begin to move against domination, against oppression.*

*The moment we choose to love we begin to move towards freedom, to act in ways that liberate ourselves and others.*

~Bell Hooks (AKA Gloria Jean Watkins, 1952 to pres., feminist, author, social activist)

Community leader and lawyer Zach Norris lays out in his book, **Defund Fear: Safety Without Policing, Prisons, and Punishment**, a new vision of a care-based strategy for public safety that overturns more than 200 years of fear-based discrimination, othering, and punishment. He presents a radical way to shift from fear and punishment toward support systems for our families and communities. In order to truly be safe, we are going to have to dismantle our mentality of Us vs. Them.

An excerpt from **Defund Fear** appeared in Yes Magazine and expresses love in the approaches of moving from fear to caring. Zach Norris is undertaking a huge effort for change including prison reform. As we began the new year, last week's eView provided a nudge toward open-heartedness, extending relationship, receiving more fully what friends offer—the practice of making love! Receiving your stories as you intend to express love more fully in your life this year will be encouraging to all.

“ Threats both real and imagined can be used to manipulate us. It turns out that invoking safety—which inevitably means invoking threats to our safety—is an effective way to trigger

## 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

automatic, irrational anxiety responses. The mere whiff of danger whips people up into a state of panic and sends us into an automatic “fight or flight” response, because our brains are finely tuned threat-detection devices. As humans evolved, those who recognized and avoided mortally dangerous things were the ones who survived to pass on their genes. We are literally wired to pay attention to any hint of danger—and those threat detection-and-analysis processes in our brain happen mostly unconsciously and automatically, without the input of our rational brains. This makes us super susceptible to inflammatory rhetoric that magnifies uncertainties, risks, and threats.”

“Politicians, journalists, advocacy groups, and marketers continue to blow dangers out of proportion for votes, ratings, donations, and profits,” writes Barry Glassner, the sociologist whose 1999 bestseller *The Culture of Fear* has been reprinted and updated for the Donald Trump era. When people in power trigger anxieties and then promise a plan for safety, many are likely to embrace that plan. No matter the consequences.” . . .

Norris continues to build the case for how fear-based ideologies have their roots in the beginning of the country. The Us vs. Them story goes this way: “they” threaten “our” way of life. “Our” successes are dependent on “their” losses in a zero-sum game. “They” cannot be trusted because “they” always lie. “They” are always to blame; “they” are dangerous and must be contained. “They” are often described using language like primitives, savages, apes, vermin, infestations, and animals. And using the language of disease: contagions, germs, pollutants, infections. . .

### **From Fear to Care**

“There are two ways to think about safety. There is a fear-based way and a care-based way. For the fear-based model, architects of anxiety cultivate and stoke the Us vs. Them mindset, based on a zero-sum mentality around the idea of scarcity: that there is not enough of the good stuff for everyone. This fundamental divisive and adversarial mindset extends beyond politics (Democrats vs. Republicans), race (white vs. people of color), and class (rich vs. poor) into most institutions. In housing we have landlords vs. tenants; in the law we have plaintiffs vs. defendants; in health care we have insurance companies vs. patients. When we set two sides against each other, rather than acknowledging they are components of one whole, the result is always less safety for both sides. Two-sided is always lopsided.

. . . Over the past nearly 250 years, the architects of anxiety have leveraged the Us vs. Them mentality and the zero-sum mindset to select groups of people to scapegoat, based on their race and ethnic backgrounds, their belief systems, their abilities, or sexual and gender identities. These architects then created and steadily expanded what I call the “framework of fear,” which employs four key elements: systematic deprivation, extensive and expensive systematic suspicion, cruel punishment, and often-permanent isolation from the rest of society. According to the architects of anxiety, this framework should keep us safe. In fact, it has done just the opposite.

. . . Perhaps most importantly, our democracy itself has been compromised by the climate of scarcity, suspicion, and dehumanization that the fear-based model of safety has propagated. In the last forty years, Americans' participation in associations and civic organizations has declined, while trust in government and satisfaction with democracy have plummeted. That coincides with our economic inequality growing by leaps and bounds as well as the explosion of our prison population. Those things can't be disconnected. The fear-based framework threatens not just our agency as individuals but also our democracy as a collective.

“This moment presents the opportunity to take action **toward a culture of caring** and policies of caring. We need to shift our focus from individual criminals and what qualifies as crimes, to what actually causes most suffering and damage. The real threats to our safety are not coming from a few bad apples; they simultaneously come from powerful massive institutions and “-isms” (racism, capitalism) that we all have a hand in upholding and from within our own families and communities.

The care-based approach asks how do we care for ourselves and each other so that we all can be safe. A new care-based model of safety can replace deprivation, suspicion, punishment, and isolation with resources, relationships, accountability, and participation, what taken together I call a “culture of care.”

A culture of care prevents many harms from happening in the first place, by investing in a social safety net (resources), by building our capacity to relate to one another across difference (relationships), and by increasing our sense of “skin in the game” with more vibrant engagement on every level, within neighborhoods, and within our democracy and society (participation).

Care-based safety also means we address harms in ways that hold people accountable and bring about healing (accountability). It means we tackle all the harms going unaddressed by the current system: on the one end of the spectrum, the really huge harms perpetrated by huge institutions, over history, and on the other end of the spectrum, the interpersonal harms like domestic violence and sexual abuse.

In terms of paying for the shift from fear to care, where there's a will, there's a way. Much of the billions that we currently spend each year on the framework of fear, incarceration in particular, can be reallocated and used as investments in programs and services that keep us healthy and safe. A tax on the rich that merely matches the rate that was in place from 1913 until 1982 (70 percent for the highest tax bracket) also can be partially allocated to a social safety net that benefits everyone.

Despite all the talk about “public safety,” there is very little public in our safety system. We need holistic solutions to ensure our communities have the safety and security necessary to thrive. A care-based model of safety includes all the things that create and maintain stability and well-being on the level of the individual, the family, the community. The care-based approach gives all young people the opportunity to become responsible, engaged, and empathetic participants in their communities.

Safety is not tied to our capacity to watch our neighbors, but rather based on our capacity to truly look out for one another. There is no doubt in my mind that **we are safer when we act together than when we let ourselves be divided.**

From Anxiety to Authoritarianism - Yes! Magazine to read the article in full.

Excerpted from Defund Fear: Safety Without Policing, Prisons, and Punishment by Zach Norris (Beacon Press, 2021). Reprinted with permission from Beacon Press.

**ZACH NORRIS** is the executive director of the Ella Baker Center for Human Rights, which creates campaigns related to civic engagement, violence prevention, juvenile justice, and police brutality, with a goal of shifting economic resources away from prisons and punishment and towards economic opportunity. He is also the cofounder of Restore Oakland and Justice for Families, both of which focus on the power of community action. He graduated from Harvard and took his law degree from New York University.

The changes Norris suggests extend loving into hard core systems that can seem impossible to change. Yet Norris is doing this work and making the world yet safer.

We can't heal harm in isolation.  
We can't heal harm by ourselves.  
It's going to take a collective effort  
in order to undo long history of trauma." ~Zach Norris



## Heart Medicine

Kirsten Rohde

Thank you, Colette, for your article in last week's eView about making room in life and relationships for enjoying more good feeling. I liked Jack Kornfield's quote: "The effort needed to tend love isn't to change or fix it. We don't need heart surgery. We need the attention of love." This caught *my* attention because recently I've had medical exploration of whether my physical heart is healthy. (Pretty healthy was the result of all that.) I also read a research article about a year or so ago that discussed the heart's capacity to not just respond to messages from the body – hormones, neural transmission – but also to send messages. The heart is actively messaging us! I realized that I could meditate more on my heart as it is trying to encourage calm, love, happiness. This is a path to care more for my heart that is not just pumping away but also interacting in ways that, if I tune in, can affect my feelings. I'm going to focus more on gratitude for my heart center – both the physical and the energetic presence.

Words like *love, compassion, goodness* didn't float around my household growing up. Love was expressed but I sometimes feel as if I missed out on active teaching about expressing love and compassion. So I don't need to fix my heart. Instead, I can consciously pay more attention to the

ways it is trying to help me be more happy, loving, and attentive to the good that is around me and in my friends.



**Another wonderful resource for "heartwork!"**

[www.heartmath.com](http://www.heartmath.com)

**"Dare to connect with your heart.** You will be lifting not only yourself and those you love and care about, but also the world in which you live." – Doc Childre, HeartMath Founder

Let's activate the **heart** of humanity

It starts with each one of us.

As you bring your physical, mental and emotional systems into coherent alignment, you begin to experience increased access to your heart's intuitive guidance.

Tuning into your heart's wisdom creates a profound shift within that helps you approach situations with more emotional balance, compassion, clarity and personal confidence. Heartmath web site



### **Third Age**

We hope you will be able join us for a Third Age gathering **this Friday starting at 7 p.m.** via Zoom. A lot has happened in our world since we last met on December 11. How are you thriving? For me (Joan) it will lift my spirits to connect with friends.

We'll send out the Zoom link on Friday. Meanwhile an email "rsvp" to Joan or Kirsten would be helpful.

Looking forward to Friday. Warm regards, Kirsten and Joan



### **Women's Program**

Our women's culture will meet next Saturday, January 23 at 10:00 am to 1:00 pm. Get your coffee cup ready for some time to connect and share what is on our hearts. RSVP by emailing Elizabeth to ensure your zoom invitation. Hope you will join.





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.

[\\_Defund Suspicion, Fund Relationship, a blog by Zach Norris](#)

## **To achieve true safety, especially for the most vulnerable, the Biden Administration must defund suspicion and instead fund relationships.**

The second shift moves our resources away from technologies and practices that surveil, scrutinize and profile us, whether that's stop-and-frisk, mandatory drug tests, or computer algorithms designed to "assess risk." A suspicious society makes us all spies and suspects; all catchers and the caught. Whether the relationship is between neighbor and neighbor, parent and child, teacher and student, or elected official and constituent—relationships are what keep us safe. Rather than turning *on* each other, we must turn *to* each other.

Funds can come from, among other places, the \$50 billion we spend on homeland-security programs.

### **#2 Defund Suspicion; Fund Relationship**

- End the for-profit exploitation of privatized surveillance programs.
- Repeal the two major child welfare laws that have devastated Black families: the Adoption and Safe Families Act (ASFA) and the Child Abuse Prevention and Treatment Act (CAPTA). (From the Breathe Act)
- End all cooperation and coordination between State/local law enforcement and immigration authorities
- Demilitarize the enforcement of the border and immigration. Repeal mandatory detention, deportation, child detention and family separation. Spare no expense to reunite families still separated.
- End funding for border security, for interior enforcement, for detention centers. End e-verify, the federal government's Web-based employment eligibility verification program, which locks people out of jobs

- Immediately end policies that keep and process asylum seekers outside the US. Grant asylum and mental health services to those who fled violence & those who were traumatized getting here. Provide aid to central America for past harms done there.



A Reminder . . .

The True Holidays Celebration is a significant fundraising event for the Goodenough Community each year. With the pandemic, many events and usual income sources have had to be cancelled.

So, in lieu of the True Holidays Celebration, this year we are asking you to consider a donation to the Goodenough Community for the amount you might have spent at the True Holidays Celebration in the past—with our gratitude! You can make an on-line donation at [www.goodenough.org](http://www.goodenough.org), and while you are there, notice some of the pictures and new activity on our web site. Remember, donations are tax-deductible and in 2020 those who take a standard deduction will be able to add up to \$300 “above the line” for contributions made to nonprofit charities.

**A Sahale Product List can be found on the last page.**



### **Mindful Mike’s Blog: What is Love?**

*Mike deAnguera*

“I love you.”

Can you imagine saying those words to your best friend? To anybody else? No. I can only say those words to a date I am thinking of marrying.

Drai Schindler told me love is like water. It washes over everything. The more love we all generate the mote it will wash over us. I would love that? Wouldn’t you?

So tonight as I sit in my tiny house typing this article I am being washed all over by continuous rain. So much rain now our valley is flooded. I hope Josh DeMers can get to his house.



Today the waters have receded. Wow. What a shock to see that much water flowing through our valley. Flooding is a major problem around our state and so were power outages. We were out for 8 hours last night.



Look at that raging water. Like Niagara Falls! The swale running past Josh's cabin is now a river.

Do you believe love can be like this? Just wash everything away in a raging torrent? That could really change the whole world in a big way.

Why is it so hard to generate this much love around our country? Why does hate seem so much easier? Why can't love be a road to power? So many rulers have used the opposite throughout history. People's minds can be easily manipulated by those in power. Prejudices against certain ethnic groups can be a stepping stone.

Romantic love is about two people possessing each other in an illusion. Often it does not last beyond the honeymoon.

The Greeks have two words describing love. One is eros or sexual love. This is just something shared between two people and does not build community. The other is agape. Agape takes the welfare of the loved ones into account and builds community. I tend to think of it as a conscious practice.

Agape was practiced by the early Christians and it bound them together into a strong community. By contrast the Church today seems to be a shell of its former self. Fundamentalists use its doctrines to control the minds of their people.

Can our minds open to Love? It is at the heart of our community. Love does require community to properly nourish it so it can spread. Wish it could be spread like a virus.

It takes community to sow the seeds of love. That's the solution to most of our problems. Love is about sharing which requires connection to living human beings. Connection with particular people with faces and names. I find it a challenge to connect with people I don't know who are reduced to abstract entities such as the homeless.

Here is someone I personally know. Marley Long. A unique individual happily doing her work.





## Programs and Events of the Goodenough Community

***Includes dates for Winter 2021***

***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](http://www.goodenough.org)



**The Goodenough Community's governing body, the General Circle,** meets monthly, 7:00 PM, via Zoom. Below are dates for our winter meetings:

- February 8
- March 1

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](#). *Our next Zoom gathering will be Saturday, January 23, 10am to 1:00 PM.*

*We will publish a zoom link and invitation in advance.*



**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 are below. Contact [Kirsten Rohde](#) for more information: January 15 February 26.

**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](mailto:hoff@goodenough.org) for Zoom information.

- January 17
- February 14 and 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](mailto: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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