

The Village eView

**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

Elizabeth Jarrett-Jefferson, Editor

July 23, 2015



Wholeness

From the Co-Intelligence Institute

Upcoming Events

2015 Human Relations Laboratory – Aug 9-15

In normal usage, the word "whole" means simply complete, entire, undivided, not ill or injured. Holistic science and philosophy and the study of systems have added new dimensions to our understandings of wholeness, understandings which are still developing.

In co-intelligence work, "wholeness" refers to the inclusive, ever-evolving coherence of life and its various parts and of the relationship dynamics between those parts. This coherence underlies familiar concepts like health, integrity, wholesomeness, holiness, and other holistic concepts. Wholeness, itself, has many dimensions and dynamics which we are exploring in co-intelligence work.

That said, the fact is that wholeness is both central and not precisely defined. It is something to "get the feel of." When we talk about "wholeness" on this site, we are often embracing many overlapping phenomena, among them these:

- Attending to the whole means attending to "the big picture" instead of engaging in narrow-minded glorification of limited information.
- In a common definition of co-intelligence -- "Accessing the wisdom of the whole on behalf of the whole" -- the whole can include the whole group, community, or nation; all the parts of a system or all the adversaries in a conflict, in generative conversation with each other; and/or the larger wholeness or Spirit of Life as a source of wisdom.

the
**Whole
Story**



- Wholeness includes long term perspectives and realities. Although immediate problems, realities and outcomes may be important, they are not the whole story,
 - Taking wholeness seriously means looking beyond narrow self-interest to "the common good" -- and even pursuing self-interest through pursuit of the common good.
- Concern for wholeness requires moving beyond shallow appearances and symptoms. It requires moving into fuller meanings, deeper causes, greater complexity, subtlety and ambiguity.
- The wholeness of things of course includes their parts. But when we're considering living beings and living systems we must also address their overall health, responsiveness, development, special gifts, etc. -- their unique aliveness -- and also their context and history. We must especially transcend our focus on their utility to us.
- Wholeness almost always involves the healthy mutuality (synergy) of relationships, a dimension of life that can be neglected by an exclusive focus on the entities involved in those relationships. Whole-system dynamics and structures are often the dynamics and structures of relationships that characterize the whole.
- To attempt to understand the whole means to humbly recognize the fact that "there's always more to it; to appreciate the limits and evolution of knowledge and certainty.
- Wholeness often refers to the unity of spirit -- and commonality of story -- that underlie the details of life. Unity and commonality are often overlooked when we focus too much on differences and separateness (although these, too, are part of wholeness!).

"Wholeness" is the concept that best embraces "new paradigm" efforts to create a more just, sustainable and wise society.

If we took [wholeness](#) seriously...

We'd include more of what was involved -- and more of *who* was involved -- in any situation we were dealing with. We'd try to consider anything that might be relevant, and we'd make sure all stakeholders were involved. Ideally, we'd include anything and anyone related to the situation -- as much as we could tolerate. Of course we all have our limits, but we'd continually stretch our ability to embrace more and more reality -- more and more viewpoints and approaches and diversity and nuance and complexity. We'd want to get a sense of the whole picture -- or as close to it as we could get. [The experiment in Canada](#) -- in which a dozen extremely diverse citizens thrashed out a powerful consensus vision for their country -- is a good example of this.



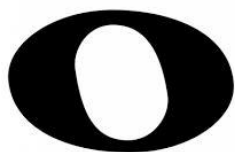
We'd recognize there was more to whatever we were dealing with than we could articulate and analyze. We'd sense into it, looking for hints of the bigger story, the underlying feelings, the growing edges of the situation, the mystery. We'd make sure our intelligence involved more than our own logic and individual smarts -- that it involved things like emotion and intuition and each other -- so we could embrace life more deeply. At its best, science is like this -- collegial, passionate, humble, intuitive, awed and curious, as well as rational.

We'd realize there is much more to us -- as whole individuals and groups -- than any particular label, role or aspect of who we are. Everyone is bigger than their name or function or our estimation of them, and therefore worthy of respect -- even when we don't *like* them. This is true of *everything*, as well. It requires constant vigilance, in my own life, to not slide into judgments and stereotypes so I can really see the unique person or thing before me. Practitioners of [permaculture](#) (a system of "permanent agriculture") try to design productive ecosystems in which each element -- each animal and plant, each piece of land or water -- performs multiple functions which utilize its unique qualities.



Our feeling and thinking would be broad and deep -- about the long term, about system dynamics, about the oneness of humanity and nature. And we would, whenever possible, move beyond "either/or logic" and "win/lose conflicts" to explore the larger picture painted by "both/and logic" and "win/win possibilities." This long-term, integrative, healing impulse is exemplified in the Native American search for solutions that benefit the seventh generation after them.

We'd explore the role of circumstances, environment, culture and other contexts as factors influencing outcomes. We'd recognize that taking things out of context is one of the best ways to miss the whole point. We see this in our criminal justice system, in which the community takes little or no responsibility for the misdeeds of its members, removing them to isolated cells instead of healing the damaged community with reparations and mutual efforts to help the damage never happen again (as is done in many tribal communities).



We would ground our ideals in wholeness. For example, since the words health, healing, wholesomeness, integrity and holiness (sacredness) all refer to wholeness, we would give these values high priority in our personal, economic and community life. The work of people like Gandhi and Rudolph Steiner embody this effort to nurture wholeness at and among every level of life. They provided paths to develop whole people who could sustain healthy communities

together, with a sense of sacredness, in harmony with nature.

Community A Human Relations Laboratory

I am a place created
(in your mind and actions)
an environment, a rich
fabric of relationships
(with yourself and each other)
woven together
by a shared commitment
to grow.

I am a good enough space
a womb in which
to grow yourself up
a place to remember where and who you
are
your birthright
encouragement to be nobody but yourself
and more of who you are.

I am a school of life
a place to learn through relationship
through experience
a time to experiment.
to discover
your life as a continuing learning
adventure
using the content of your life
as curriculum
honoring fear as teacher
in journey to re-reclaim
your true nature.

I am unique
as the individuals weaving me
honoring your struggles for unique self-
expression
upholding each person's truth
to live with integrity
from the inside out
encouragement in your search

to find your
unique spot
in the
universe.



I am a
response to
authentic
human life
a framing of events for growth
re-cognitions of life's transitions
celebrations of passages in
your life's journey.

I am action, organized
through roles
and the agreements made
in respect for the safety
of your inner child,
in an honoring of mystery.
I intend only to uplift
and help you discover your
basic goodness
or human-ness.

I am a time to rediscover,
reclaim meaning in your life
to move beyond a life of fear
to a recognition of your connectedness
and honor all your relations,
and the aliveness of the earth
and the oneness of all creation.

I am an invitation
to honor the spirit
of your life.

Nan Krecker, July 1987

More about the Human Relations Lab

Kirsten Rohde

There was a time, 1960's and 70's, when events such as the Human Relations Laboratory were happening all over the country and beyond. The "human potential movement" was active amongst people seeking to grow, change, and perhaps resolve issues in their lives. Learning happened through exploring the perennial wisdom carried forward through the teachings of contemporaries such as John Huston, Virginia Satir, Frances Vaughn, Alan Watts, Fritz Perls, Joseph Campbell, Robert Bly, Richard Alpert and many more.

The history of the Esalen Institute describes it in the following way: *"They come for the intellectual freedom to consider systems of thought and feeling that lie beyond the constraints of societal norms. They come to re-discover ancient wisdoms in the rhythms and tides of the body, and poetry in the pulsing of life itself. They come to rediscover the miracle of self-aware consciousness. Often they come away inspired by a fierce desire to learn and keep on learning through all of life, and beyond."* (esalen.org)

Now there are only a few Lab type experiences that we can find around the country. The Goodenough Community's Human Relations Lab, in its **46th year**, is one of these. We believe that learning is always available to us and often happens best in a supportive community of others who are equally eager to learn more about ourselves and life.

Please join us!



What is Lab? Why do it? One perspective

Irene Perler

Doing the dishes just now, I found myself trying to answer the question of what is Lab and why has it made a difference and why would I go again or encourage others to do it? There are many answers to this questions but I had a few responses to share as we build energy for this year's experience.

"Lab" is short for the "Human Relations Laboratory," an all-ages learning event put on each year in August and sponsored by the American Association for the furtherance of Community; in many ways I think of it as "summer camp for all ages." It has sometimes seemed like a strange name for an event, but it really means a lot to me now; as it is truly a place to study oneself and others and is a grand experiment in social creativity. When I was a girl, I helped my father take care of his "Lab" or "Laboratory." He was a scientist and studied animals primarily with the hope to further understand humans. He observed and documented the behaviors of rats, falcons and other birds and chimpanzees. Among things he was studying were the effects that addictive substances

A whole new world
A dazzling place I never knew
But when I'm way up here
It's crystal clear
That now I'm in a whole new world
with you

had on the behavior patterns and on the brain of the animals. I helped him feed the animals, clean their cages, collect data of all kinds and generally watch and listen. My father described to me often what it was that he was watching for and how he documented it over time. He helped me understand some things about studying behavior. It is a complex thing to study behavior, my own and other!

The “Lab” of the Human Relations Laboratory is similar in some metaphoric ways. When I go to Lab, I enter into a time of intentional study and I also know there will be things I discover that I hadn’t anticipated. I will not only be experimenting with my own life as a social or relational being, I am also a part of a larger group or culture that will form over the week. I will observe my own behavior and intend some good things to happen for me with others. I hope to make friends and enjoy the company and the creativity of social process with others. I hope I will be effective and enjoy myself and I hope I will be helpful and caring of others. I hope it will be fun and bring me new ideas and inspiration. I hope it will help me feel alive and connected to something greater and more meaningful – spirit-filled. The science of my youth didn’t do much to support the awe or mystery of life, but as I got older, science reaffirms my sense of profound mystery in the complexity of life itself and the order and chaos of the universe.



I think the Lab term helps me remember to study myself and others and to keep an open mind and heart as the best researchers do in their laboratories. If I suspend judgment and look at what goes on as objectively as possible at the same time that I am engaged in the real experiences, I can “double-see” what is happening and learn new things about myself and the life I lead with other people. I have had many such experiences at Lab for almost 20 years now. I have learned a great deal about myself, my friendships and also about what it means to be a part of a greater relationship circle or wholeness. Each year, I take away a core area for learning for the year ahead; something that if I allow myself to keep developing will bring me more peace and joy, more effectiveness and hopefully deeper friendships and relationships.



Lab is a “Whole” package deal for everyone. You can make it whatever you need it to be for yourself. You can focus on self-awareness with mindfulness and quiet listening for your own still voice. You can focus on what your impact in relationships seems to be telling you about yourself and your attitudes and learn what you could do to become a better friend. You can focus on how to be a really good participant joining as fully as possible in the collaboration of the whole event. Perhaps you are not a confident musician but you love to sing and you decide to bypass your self-judgment and join the band and sing your heart out for the pure joy of being in the band. I usually choose this experiment sometime in Lab and find it a

very rewarding experience.

Lab is a time for learning on many levels in a very natural way. I was fortunate to have Lab in my life as a young mother with young children. Technically, I was a single Mom with a shared parent plan, but in reality, I rarely experienced being alone as a parent while I began my journey as a community participant. Lab was a wonderful place for me and my children as many friends cared for all of us and helped us learn to trust others and let them bring us healing and support of all kinds. My children learned that friends outside their families are interested in their wellness and they were encouraged to be their unique selves and that they “belonged”. This principle applies to each person and soul who attends a Lab. There is a basic intention to respect the “wholeness” and individuality of each person and to embrace it as fully as we can, allowing for the diversity and depth and breadth of human potential that comes from this attitude. As I reflect on this writing, I realize I’m not really saying much about what you can expect to do at Lab, but I am underlining how you are likely to experience learning and growth if that’s what you want to do! I hope you will join me in experimenting with social learning and self-development. See you there!

Lab of Love *Lyrics by Yako and Boyd, HRL 2014*

There’s something happenin’ here,
What it is – is becoming clear,
People circlin’ round,
With so much friendship to be found

Chorus:

Hey, now, what’s that sound,
We’re all connected in and out,
Love now and open up,
Come to the well and fill your cup.

There’s people speakin’ their minds,
Making the change to better mankind,
We’re all talkin’ things through,
Goodenough is the place for me and you.

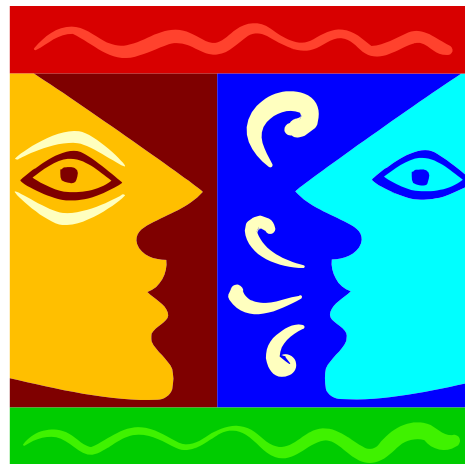
(Chorus)

Friendship flowers in me,
Into your life it will seed,
It starts when you’re always alone,
You’ve come to Sahale – and now you’re home

(Chorus)

(2x):

All you people sittin’ there,
Join together and fill the air “with love!”



Another view of risking....

By Norm Peck (follow on to last week's theme on risk – Ed.)

Every man dies. Not every man truly LIVES. William Wallace (emphasis added)

There is an instrument out there now known as “Knowing People through Their Strengths,” formerly called ‘Bi-Polar’. It is similar to the Myers-Briggs, in that it has the axes of Introvert/Extrovert, Sensate (Linear)/Intuitive, Thinking/Feeling and Perceiving/Judging, but has an additional axis, a Risk Axis, with poles of Personal Risking/Social Risking. This is a somewhat different perspective than those offered in last week’s eView, though an interesting. Personal risking is of the first sort mentioned in the Marshall Brown article; sky-diving, motorcycle riding, auto-racing, operating dangerous equipment or doing potentially dangerous work, even taking on a project or task you’re not sure you know how to do. Social risking is more in the categories of commitment, disclosure, relationship/personal growth work. It may not come as much of a surprise to learn that when I first engaged the instrument in the early 1990’s, I was fairly well out on the ‘personal risk’ scale. I’ve done (and enjoyed) many of the listed personal/physical risk activities, and still do some, like operating a chainsaw, riding a motorcycle, hunting and shooting, and have been a sky-diver, amateur car racer, sniper and helicopter door-gunner (in training, not in combat) and others.

One of the points of the instrument is to help raise consciousness about my strengths and areas of challenge (or that was how I worked with it). And it was pointed out in the class/seminar where the instrument was used that we grow through learning to work with our ‘opposites’, people with different strengths, and ‘flexing’ to our own ‘opposite’, or learning to do better that which we are not as skilled at or inclined to do (for me, feeling/knowing what I’m feeling, dealing with the abstract logic of a problem, making a decision/drawing boundaries, talking out my thought process). I’m a Meyers-Briggs INTP, so my ‘natural inclination’, or at least the way I work most easily is processing internally, intuiting the answer then working backwards to the logical path to it if necessary, thought processing rather than ‘feeling’ my way to the/my answer, and seeing continua and cycles rather than sharp divisions, shades of gray rather than black and white. It has been (and remains) the path of personal growth to, for example, flex to collaboration rather than just figure it all out by myself (and there places where that’s impossible, like understanding my impacts on others), or to allow the time to get to both my thoughts and feelings about a topic at hand. I’m not as good at those ‘opposites’, so there is more risk of not getting it right, of ‘being more inefficient’, taking longer to get through a process...that seems risky to me if I don’t take the step back of acknowledging that many things I do are not personal, but social processes and simply will not work with an answer I’ve come up with all by myself. Still lots of work to do there for me.

- **Norm**



Themes for Village EViews, Voice Your Opinion and Passion!

Here are some suggested themes:

July 29, Truth

August 5, Listening

August 12 is the Human Relations Laboratory and no eView is published

August 19, Self

News from Members and Friends

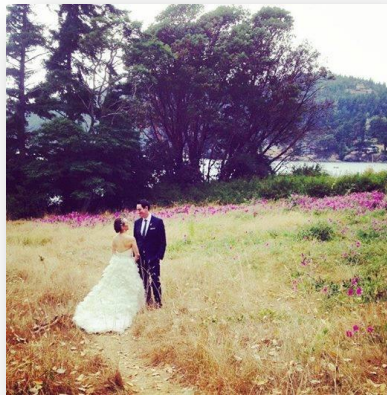
By Elizabeth Jarrett-Jefferson

Birthdays & Anniversaries & Special Announcements & Stuff

- Happy 13th belated anniversary greeting, **Bruce and Irene Perler!** July 20.
- Happy 28th birthday, **Therese Rose Gossett!** July 24.

Just Married

Congratulations to Keith & Erin Jarrett,
Married July 11 on Orcas Island.



Y'all've been warned:

Now y'all're invited to Cancerversary XVI.

By Sam Staatz

Where: Mom's House. It's a couple of blocks south of the Mercer Island Post Office. For you detail oriented folks, the address and directions are towards the end of the invitation.

When: Saturday August 22, 2015 from noon until midnight. No, you don't have to be here the whole time (but it would rock if you were), but the party is that long because it gives everyone a

chance to drop in at their leisure (that’s what we tell you just to be polite – the real reason is that if you’d survived brain cancer for XVI years, wouldn’t you want to party for XII hours, too? – so stop by).

What: If you hadn’t surmised by now that we’re celebrating surviving a brain cancer, you’re a fellow brain cancer patient.

How: Arrive between noon and midnight at Mom’s house with something to share and a BEvERage. It is a potluck, after all. We will provide some burgers, chicken, hot dogs, and some soft drinks; but please bring something to share. And please bring only enough for your party. We love leftovers, but two gallons of six-week-old macaroni salad gets a little tiresome (and probably a little dangerous – I know, I pick on mac-salad every year, but I really do like the stuff). To help us out, please RSVP so that we have a handle on how many burgers, hot dogs, and Coke products we need to stock up on.



BYOWhole Enchilada to Sam’s Party

Who: You, silly.

Why: Because I can. It’s because I’m not pushing daisies.

And for you detail oriented folks, the address and directions:

**7801 SE 37th St.
Mercer Island, Washington**

BLISTERING ATTACK – FROM THE EVIEW ARCHIVES



LONDON (*The Borowitz Report*)—Moments after approving a new law legalizing gay marriage in England and Wales, Queen Elizabeth II of Britain unleashed a blistering attack on New Jersey Governor Chris Christie for “lacking the guts” to do the same.

The British monarch’s brutal evisceration of Gov. Christie stunned observers, who did not know that she was such a close follower of his gay marriage stance.

“I don’t like to badmouth people,” she said. “But I’m the head of a monarchy that began in the ninth century, and I’m apparently more modern than Chris Christie.”

After shocking observers with her opening salvo, she continued to tear Gov. Christie to shreds.

“Look, I know he has to appeal to the crazy right wingers in his party,” she added. “But the fact is, he’s not as forward-thinking as an eighty-seven-year-old lady who wears a crown on her head. It’s pathetic.”

Asked if she had advice for Gov. Christie, the British monarch said, bluntly, “Just sign the damn bill, Chris.”

Responding to a reporter’s question about the upcoming royal birth, Elizabeth replied, “Tell you the truth? I’m just glad the kid’s not being born in New Jersey.”

Cultural Programs & Events in 2015

For the Goodenough Community, cultural life is an arena for creative expression. All programs and events are open to the public. We welcome your interest and participation.

Over thousands of years human communities have organized not only their work life but also their relational and cultural life. The Goodenough Community organizes its cultural life around encouraging human development—through our programs for men, women, committed couples, families and around age groupings. Cultural programs usually encourage maturity, responsibility, and the development of valued relationships. Some of our programs bring everyone together with a seasonal emphasis. Following, are program offerings for the next period on our calendar.

“Community is a word that captures the fullness and wholeness of humans together.”
■ Colette Hoff

Programs & Events:

Third Age Gatherings

Women’s Culture

The Conscious Couples Network

Human Relations laboratory

Family Enrichment Network

Sahale Summer Camp

The Men’s Culture

Relational Weekend, page

Third Age Gathering

Joan Valles

The Third Age group is for older adults, approximately age 60 and older, who are interested in exploring the issues of living well while aging and supporting each other in this “third stage” of life.

Sept 18, October 23, and November 20 are the remaining 2015 dates.

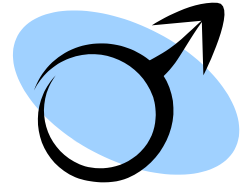


Third Agers meet at the home of [Phil, Joan, Barbara, and Jim](#) in West Seattle. Gatherings start at 6 PM with potluck supper. An RSVP is always helpful – either by phoning us at 206-763-2258 or by emailing me at joanvalles70@yahoo.com

Men's Program

Theme: Friendship among Men

The men of the Goodenough Community had a great weekend this spring and are planning a weekend this fall **October 9 to 11**. Please let [Bruce Perler](#) know of your interest.



Women's Culture



Hollis Guill Ryan

In September we began a new year in the women's culture, a year of exploring our journeys as women on "the path from Stuckness to freedom."

As is our custom when we gather as women, we will take time for inward reflection, we will share stories, we will give nurture and receive comfort. We will sing and stretch and share lunch. Our gatherings are informal and welcoming. Over the programmatic year, each gathering builds on the preceding ones yet each is discrete. We encourage you to attend as many as you can, but it is not necessary to attend them all. We invite all women who enjoy the company of women to join us as we learn, practice, and grow in our journey.

Fall dates include: September 19; October 24; and November 24.

Announcing . . .

October 2 to 4, 2015

A Quiet Retreat with a focus on meditation and spiritual development, offered by John and Colette Hoff at Sahale Learning Center.

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 be more effective in relationships

. **Call John (206 963-4738), Colette (206-755 8404).**

Currently, John and Colette are now visiting with clients at the new community center, 3610 SW Barton Street, Seattle 98106 as well as Sahale.

