

THE VILLAGE VIEW

DECEMBER 9, 2020

Colette Hoff, editor

The year is winding to a close.
Darkness is deepening.

The sun continues its journey lower in the sky.
We prepare to move inward, hibernate, and
contemplate.

We rest and rejuvenate in this time of
long nights and cold days.

We nurture ourselves for the coming of new
growth and emerging from our hibernation.

(from the Women's Way Red Lodge)



The Holidays Amidst Covid

Colette Hoff

With the holiday season upon us, it can feel like we should just cancel Christmas. With Covid fatigue, grief, loneliness among so many people, it is hard to write about the light and joy of the season. Just as Solstice (December 21) reminds us that the sun will return, we can get through this holiday season.

I went to the web and what follows is what I learned about coping with loneliness and grief which is really what Covid fatigue brings on, during this season.

The first message is to take time for reflection and meditation. Acknowledge all the feelings you are experiencing. Name them and talk about your feelings with a friend. Be gentle with yourself. This is especially true for loneliness which isn't good to deny and often feels like it you shouldn't feel this way and might make someone else feel badly.

According to Dr. Sabine Schmidt, PhD., LP of University of Minnesota, loneliness may be caused by loss of meaningful relationships – family out of town, not visiting, illness or death in the family – and are all exacerbated by the pandemic and social distance. AND, her point is it is the beliefs, thoughts, and behaviors associated with loneliness that can keep those affected lost in it.

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

“Feeling socially isolated often comes with various **thinking** patterns, such as over-generalization where people use statements like, “Nobody cares about me. Nobody understands me. I don’t belong.” They can feel helpless, thinking things like, “I can’t do anything about this,” and be hopeless, stating to themselves, “I will feel lonely for the rest of my life.” Behaviors related to social isolation include excessive **ruminating** about the past, **worrying** about the future and, maybe most importantly, avoidance of anything that might trigger thoughts or feelings about being lonely. Avoidance of distress is generally adaptive. However, lonely people ironically tend to avoid social activities, even with friends, which could actually help with loneliness and **disconfirm** their helplessness and hopelessness. In other words, the loneliness beliefs contribute to ongoing avoidance of social contacts, which in turn, confirms these beliefs in a self-fulfilling prophecy that becomes a vicious cycle.”



Notice what you need, what would help you feel lighter, what you are missing and notice the things that are in your control versus what isn’t like Covid restrictions or having children away. Loneliness hovers around the things we cannot control. **Be proactive** in planning to turn loneliness into action. Start new traditions, make an old recipe, start a zoom book club or movie review. Share childhood memories of Christmas with someone. Listen to the stories of others. Most importantly, make connections with others. Reach out, ask for friends to call. Call an old friend. Use technology well. Decorate. Send cards if you feel like it, not as something you should do. Develop a gratitude practice and notice even the small things you are grateful for. Anything you can do to alter the negativity inside of you and in the outer world is essential.

And, the experts say that many things can be true at once and we can still celebrate. Positive feelings can be present even with grieving. Accept what is and celebrate anyway. This year needs all our kindness, love and peace and light.



Here is a way to connect!

Third Age Zoom meeting this Friday, Dec 11th, 7-9 pm

Kirsten Rohde

You are invited to join us 60 and older folks this Friday by Zoom. We enjoyed our conversation last month and agreed that more times to zoom in and talk with each other would be great. With the holiday season coming along this is a good time to check in with each other. It will be a different season for many of us in this COVID time.

Friday December 11 7 pm. Please email Joan Valles to RSVP: joanvalles70@yahoo.com

See you then!

And some Third Age humor from Arji Cakouros:

Seenager

I **JUST** discovered my age group! I am a **Seenager** (senior teenager).

I have everything that I wanted as a teenager, only 55-60 years later. I don't have to go to school or work. I get an allowance every month. I have my own pad. I don't have a curfew. I have a driver's license and my own car.

I have ID that gets me into bars and the wine store. I like the wine store best. The people I hang around with are not scared of getting pregnant, they aren't scared of anything, they have been blessed to live this long, why be scared? And I don't have acne. Life is Good!

Also, you will feel much more intelligent after reading this, if you are a **Seenager**. Brains of older people are slow because they know so much. People do not decline mentally with age; it just takes them longer to recall facts because they have more information in their brains. Scientists believe this also makes you hard of hearing as it puts pressure on your inner ear.

Also, older people often go to another room to get something and when they get there, they stand there wondering what they came for. It is **NOT** a memory problem; it is nature's way of making older people do more exercise.

SO THERE!

I have more friends I should send this to, but right now I can't remember their names. So please forward this to your friends; they may be my friends, too.



"We need to grieve the ones we have loved and lost in this lifetime — not to sustain our connection to suffering, but to sustain our connection to love." – J. W.

Getting Ready to Say Goodbye to 2020 and Welcome 2021

By Elizabeth & Pam Jarrett-Jefferson

We are planning for our end-of-year *Village eView* (**December 30**) and would love you to consider sending to the eView editors---Colette, Elizabeth, & Pam---any thing that might ease that transition for you or help you let go of 2020, ease into 2021, and bring back light into our collective lives. Do you have words to a song that inspire you? A meaningful poem that speaks to your experience?

Stories to share? Insights into the human condition? Elvis sightings? Alternate Tuesday raptures to One Drive? Ideas for offering a mandatory US Civics class? Cartoons and humor? Send it all our way. "Let us keep our celestial fire extinguishers at hand as we reflect on the Dumpster Fire that was 2020." — *Overheard at a local fire department*



Acknowledging the Holidays, Virtually

December 20, 2020

Many community members have asked about a holiday-focused zoom experience. **Sunday evening, December 20 at 7:00 pm** will feature holiday carols with a chance to connect. The Lifeways Circle will present a program that will inspire, enable celebration, conversation, and recognize the light and love of the season. We hope you will consider joining. Please email Elizabeth to RSVP and for the Zoom connection.



"Grief is like the ocean; it comes on waves ebbing and flowing. Sometimes the water is calm, and sometimes it is overwhelming. All we can do is learn to swim." – Vicki Harrison



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.

This is a poem submitted by Joan Valles from Poetry, an on-line journal, in honor of Native American Day. Very fitting for this column.

Conflict Resolution for Holy Beings

BY JOY HARJO

I am the holy being of my mother's prayer and my father's song

—NORMAN PATRICK BROWN,

DINEH POET AND SPEAKER

1. SET CONFLICT RESOLUTION GROUND RULES:

Recognize whose lands these are on which we stand.

Ask the deer, turtle, and the crane.

Make sure the spirits of these lands are respected and treated with goodwill.

The land is a being who remembers everything.

You will have to answer to your children, and their children, and theirs—

The red shimmer of remembering will compel you up the night to walk the perimeter of truth for understanding.

As I brushed my hair over the hotel sink to get ready I heard:

By listening we will understand who we are in this holy realm of words.

Do not parade, pleased with yourself.

You must speak in the language of justice.

2. USE EFFECTIVE COMMUNICATION SKILLS THAT DISPLAY AND ENHANCE MUTUAL TRUST AND RESPECT:

If you sign this paper we will become brothers. We will no longer fight. We will give you this land and these waters "as long as the grass shall grow and the rivers run."

The lands and waters they gave us did not belong to them to give. Under false pretenses we signed. After drugging by drink, we signed. With a mass of gunpower pointed at us, we signed. With a flotilla of war ships at our shores, we signed. We are still signing. We have found no peace in this act of signing.

A casino was raised up over the gravesite of our ancestors. Our own distant cousins pulled up the bones of grandparents, parents, and grandchildren from their last sleeping place. They had forgotten how to be human beings. Restless winds emerged from the earth when the graves were open and the winds went looking for justice.

If you raise this white flag of peace, we will honor it.

At Sand Creek several hundred women, children, and men were slaughtered in an unspeakable massacre, after a white flag was raised. The American soldiers trampled the white flag in the blood of the peacemakers.

There is a suicide epidemic among native children. It is triple the rate of the rest of America. "It feels like wartime," said a child welfare worker in South Dakota.

If you send your children to our schools we will train them to get along in this changing world. We will educate them.

We had no choice. They took our children. Some ran away and froze to death. If they were found they were dragged back to the school and punished. They cut their hair, took away their language, until they became as strangers to themselves even as they became strangers to us.

If you sign this paper we will become brothers. We will no longer fight. We will give you this land and these waters in exchange "as long as the grass shall grow and the rivers run."

Put your hand on this bible, this blade, this pen, this oil derrick, this gun and you will gain trust and respect with us. Now we can speak together as one.

We say, put down your papers, your tools of coercion, your false promises, your posture of superiority and sit with us before the fire. We will share food, songs, and stories. We will gather beneath starlight and dance, and rise together at sunrise.

The sun rose over the Potomac this morning, over the city surrounding the white house.

It blazed scarlet, a fire opening truth.

White House, or *Chogo Hvtke*, means the house of the peacekeeper, the keepers of justice.

We have crossed this river to speak to the white leader for peace many times

Since these settlers first arrived in our territory and made this their place of governance.

These streets are our old trails, curved to fit around trees.

3. GIVE CONSTRUCTIVE FEEDBACK:

We speak together with this trade language of English. This trade language enables us to speak across many language boundaries. These languages have given us the poets:

Ortiz, Silko, Momaday, Alexie, Diaz, Bird, Woody, Kane, Bitsui, Long Soldier, White, Erdrich, Tapahonso, Howe, Louis, Brings Plenty, okpik, Hill, Wood, Maracle, Cisneros, Trask, Hogan, Dunn, Welch, Gould...

The 1957 Chevy is unbeatable in style. My broken-down one-eyed Ford will have to do. It holds everyone: Grandma and grandpa, aunties and uncles, the children and the babies, and all my boyfriends. That's what she said, anyway, as she drove off for the Forty-Nine with all of us in that shimmying wreck.

This would be no place to be without blues, jazz—Thank you/*mvto* to the Africans, the Europeans sitting in, especially Adolphe Sax with his saxophones... Don't forget that at the center is the Mvskoke ceremonial circles. We know how to swing. We keep the heartbeat of the earth in our stomp dance feet.

You might try dancing theory with a bustle, or a jingle dress, or with turtles strapped around your legs. You might try wearing colonization like a heavy gold chain around a pimp's neck.

4. REDUCE DEFENSIVENESS AND BREAK THE DEFENSIVENESS CHAIN:

I could hear the light beings as they entered every cell. Every cell is a house of the god of light, they said. I could hear the spirits who love us stomp dancing. They were dancing as if they were here, and then another level of here, and then another, until the whole earth and sky was dancing.

We are here dancing, they said. There was no there.

There was no "I" or "you."

There was us; there was "we."

There we were as if we were the music.

You cannot legislate music to lockstep nor can you legislate the spirit of the music to stop at political boundaries—

—Or poetry, or art, or anything that is of value or matters in this world, and the next worlds.

This is about getting to know each other.

We will wind up back at the blues standing on the edge of the flatted fifth about to jump into a fierce understanding together.

5. ELIMINATE NEGATIVE ATTITUDES DURING CONFLICT:

A panther poised in the cypress tree about to jump is a panther poised in a cypress tree about to jump.

The panther is a poem of fire green eyes and a heart charged by four winds of four directions.

The panther hears everything in the dark: the unspoken tears of a few hundred human years, storms that will break what has broken his world, a bluebird swaying on a branch a few miles away.

He hears the death song of his approaching prey:

I will always love you, sunrise.

I belong to the black cat with fire green eyes.

There, in the cypress tree near the morning star.

6. AND, USE WHAT YOU LEARN TO RESOLVE YOUR OWN CONFLICTS AND TO MEDIATE OTHERS' CONFLICTS:

When we made it back home, back over those curved roads that wind through the city of peace, we stopped at the doorway of dusk as it opened to our homelands.

We gave thanks for the story, for all parts of the story because it was by the light of those challenges we knew ourselves—

We asked for forgiveness.

We laid down our burdens next to each other.

A Note from the Editor

Today is Native American Heritage Day.

Joy Harjo, "Conflict Resolution for Holy Beings" from *Conflict Resolution for Holy Beings*. Copyright © 2015 by Joy Harjo. Reprinted by permission of W. W. Norton & Company, Inc..



”When we lose someone we love we must learn not to live without them, but to live with the love they left behind.” – Anonymous



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, 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 page 19.

Blessings for a True Holiday!



Mindful Mike's Blog: Advent 2020

Mike deAnguera

I am trying to put myself into the Christmas spirit this year in spite of COVID. That's the challenge of this article.

What does Christmas mean to me? When I was a kid it meant a tree with lots of colored lights. My dad also put big outdoor lights around our Magnolia home. I got time off from school. Sometimes there was snow. I always prayed and hoped it would not snow while I was in school because bullies pelted me with snowballs.

Dec 25th was the magic day. Like Richie in A Christmas Story I was so eager to get my dream toy. There were so many presents! This was the time for snow!

Then New Year's Eve and Day. The tree came down and I felt a real letdown. All the colored lights and magic gone. The long-awaited presents disappeared down the memory hole. I felt like having to climb the steep trail back to June, impossibly far away. A lifetime really. More school. You can guess I never liked school.

If I was Hopi I would be in holiday mode all the time. Once Christmas was over then we proceeded to the next Great Event. No letdown.

Since this is Solstice, the darkest coldest time of the year maybe I should be thankful for the good health of all of us. Staying healthy can be a major challenge for me as I get older. Like Zorba I want to feel the zest for life.

Maybe Christmas is a reminder for me of a great friend who is always at my side. Jeshua ben Yosef, rabbi and carpenter. Maybe he was a handyman like Bruce Perler. Jewish rabbis were always expected to earn their living through a trade. Is it possible I am playing the Game of Life with him? Life as a gift from him.

So far no snow this year. I have eaten lunch outside several times this December, something I have never done before. That's how warm it is now.



The sun rises and drops so quickly. So I spend most of my time in darkness. The sun pops up over the ridge just a little after 8:00AM. Then it runs along and disappears around 4:00PM. Afterglow lasts until just before 5:00PM.

Ahh! I didn't think my camera could catch the glory of the setting sun. But here it is right over our pond near the Swamp. I call it Walden Pond for here I feel the spirit of Henry David

Thoreau. Also of B.F. Skinner who wrote Walden Two.

Even though it isn't snowing for me this is the best Christmas present I could get. A reminder of the greatness of our home planet and her star the Sun. There is no such thing as an

ordinary life. Here is a true miracle. A healing sight for a boiling frog like me. The perfect antidote for the crassness of commercial culture.

I remember Esther and Yoella sharing Shabbat with us. What could be needed more than ever for our hurting world. Communion. The Sangha. A way to help me remember who I am. For who I am includes everybody in the Shabbat circle. Is this what Jeshua was trying to teach his followers? I believe so. A circle where everyone is welcomed and honored for sharing the journey of life on Earth.

Earth and cosmos is mostly mystery to me. The way it should be. A mystery each and everyone of us will know in our own way.

What do we all do during Advent? Some of us do needed work such as Jim Tocher and Pam Jarrett-Jefferson putting the tarp over the wood chips by the white tent site. Or how about Cooper rolling in the grass?



In the Spirit of Brotherhood for Men, Repeated from Dec 2 issue

Bruce Perler and Norm Peck

Dear Men,

For about 25 years I've been involved in the GEC men's culture. For the last 15 years I've been the focal, the guy who calls us together and hosts our events. Its been a joyful, challenging and rewarding experience and, I'm ready (perhaps over ready) to hand this to another man. Truthfully, we ought to have done this a while ago. Five-year terms would be a better. Norm Peck came to mind as a brother passionate and well oriented to men's work. His experience is broad and deep and I trust his sense of honor and kindness. A couple months ago I asked Norm to consider taking on the role. I've appreciated his serious consideration and feel good about his acceptance.

Give it up for Norman Peck, our new GEC Men's Culture Focal! In Friendship, Bruce

And from Norm:

I feel the honor of being asked to accept the role of Focal of the Men's Culture of the Goodenough Community. First and foremost, I want to thank Bruce for his years of dedication and leadership of our

culture. As he has noted, he's been in that role a very long time, and had put a lot of energy into all that goes into administration and planning largely invisible to most of us. I will also say this is in the "scary-exciting" category. I'll be stretching to learn how to be a Facebook Group Administrator, something I've never aspired to or done before. I will also ask your help in holding, honoring and sharing good male energy, and perhaps learning more of what that needs to be in the times we're in.

We are in a challenging time, individually and organizationally. A little over two years ago John Hoff, our long time teacher and coach passed from us, our organizational model as a Community has been in transition as we seek to have leadership circles or groups rather than individuals, and we are now all working together to cope with a pandemic that challenges us as individuals and organizations in almost every way imaginable. I hope to find ways to connect and share our lives as men even as we are unable to gather together physically.

In my view it is a trying time to be a man in many ways. We have had a President who engages in and encourages behavior that reflects badly on all men, and sadly many who rebel against and fail to follow public health guidance are men. I take personally, and ask you to as well, the responsibility to lead by example out of care for ourselves and each other. Wear a mask when in public spaces with people you don't know...and even those you do and are not living with. Maintain social distance, follow personal and shared place cleaning and hygiene practices, isolate and/or get tested if you have symptoms and don't pass it on. That's a place to start.

A more difficult task is seeking to counter the polarization we're seeing as a larger culture. Please remember that many of those who support the President now feel exactly as some of us felt when we learned he'd been elected. Kindness and empathy may simply mean remaining silent or being as gentle as possible, even just quietly withdrawing at times. We are also largely white men. That means we will need to "see again" many things we thought we knew, come to understand more and better the experience of our fellow humans, whatever their preferred pronouns and backgrounds are, in ways we have not before, perhaps. I look forward to a time we will again be able to come together face to face. Until then, I encourage us all to post and share of our lives on the Goodenough Community Men's Circle Facebook page. If you're interested in a Zoom Meeting, please let me know by email, or a private message on Facebook, a telephone call or even (gasp) a letter in the mail. If you have other ideas for how to connect and share time together while apart, let me know that as well.



"The risk of love is loss, and the price of loss is grief – But the pain of grief is only a shadow when compared with the pain of never risking love."

– Hilary Stanton Zunin

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



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

- December 7
- January 4
- February 1
- 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: December 11

- 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 for Zoom information.

- December 20 – a time to mark the holidays
- January 3 & 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.

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 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) if you find you need to talk out your feelings regarding the pandemic crisis.*

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- APPLE CHUTNEY** The Seasons Delightpint ^{\$}15 | half pint ^{\$}8
- MARVIN** Our "Famous" Sourdough Startjar ^{\$}10
- ENGLISH WALNUTS** Harvested from our Potlach Tree, in the shellbag ^{\$}12



Soon, we will have a online shop for you - Exciting!!
 In the meantime...

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