

CONCENTRATION

Concentration is the action or power of focusing one's attention or mental effort. It enables dealing with one particular thing above all others. It is a skill to be learned and in Buddhism, concentration is the eighth of the eight-fold path.

In exploring concentration, I found two articles that describe the value of meditation to develop concentration and I have liberally excerpted from them. Web sites will be listed at the end of the article.

Concentration is necessary for creating complete memories according to Anthony Metivier in the Memory Improvement Podcast.

Lack of attention to detail leads to difficulty remembering crucial and important pieces of information.

Although having excellent concentration may not necessarily lead to better memory, concentration is essential to well-formed and useful recall of information.

COMING UP

Third Age, November 8

Meditation Retreat, Nov 15 to 17

General Circle, November 18

Jillian Hovey, December 1, Sahale

True Holidays, December 7

Pathwork, December 15

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

But in a time with so much valuable information at our fingertips, there are more barriers for our concentration than ever. The notification-saturated world of the internet constantly attacks our focus.

Thankfully, there is a powerful and scientifically proven method to improving concentration using meditation for concentration and memory. What's more, this method has been practiced for thousands of years.

Best of all, it's a simple practice anyone can take up, at no cost, with no fancy equipment, and no extensive training.

Although meditation has existed for over 3,500 years, the scientific community has only been studying meditation for over 50 years (Thomas and Cohen, 2013).



Buddha said from concentration comes peace.

Luna Kadampa declares that setting some time aside for a relaxing meditation session every day, even 10 or 15 minutes, is likely the **quickest and most effective** way to start mastering our minds (aka choosing our thoughts).

And we can think of it more as a mini-vacation than yet another onerous commitment. Effort in meditation is likened to an elephant plunging into a lotus pool to find relief from the heat of the midday sun. In other words, meditation doesn't have to be another item on an already over-subscribed to-do list — it is more like the space between items. If we take this time, we'll find our to-do list a lot more manageable because feeling busy *is* a feeling, a state of mind.

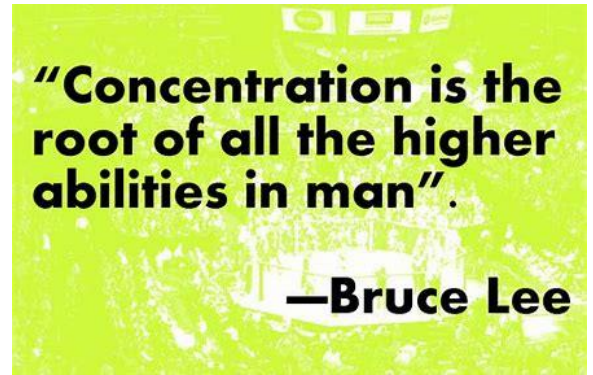
When Buddha said from concentration comes peace, he meant it is immediate. Our mind is virtuous and peaceful, and in the long-term, as we are familiarizing ourselves with positive objects and so creating causes for peace. The result of concentration is peace. It *always* is.

Reminder: don't be perfectionist whenever you meditate – expectations are pre-meditated resentments. The entire sky doesn't have to clear before we can relax into a more peaceful space, even a slight parting of the clouds will do. Some days will of course go better than others – we can just recognize that whatever peace we do experience is the tip of the iceberg, or a gap in the clouds, indicating our vast capacity for boundless space and happiness.

I don't think people are necessarily much busier than they used to be – we are just distracted all the time, so our minds feel busier, we don't feel we ever have enough time, we get totally

overwhelmed. We don't have a time deficit so much as a mindfulness and concentration deficit.

Next time there is a pause in the day — ie, you're about to reach for the phone — reach inside yourself instead. See if you are feeling peaceful and, if you are not, do a bit of breathing meditation or reacquainting yourself with your meditation focus for that day. "What is going on in my mind? I will now improve it." Feel present. Feel the love. Feel the freedom of peace.



Then go back about your busy day, but still using mindfulness, alertness, and concentration. Based on this new peaceful experience, however slight or relative, we can identify our sense of self differently, such as by genuinely thinking: "I am an inner being, peaceful, not caught up in all the external appearances that whizz by."

This inner peace and self-identification will make it easier for us to stay patient and calm. We won't have so much itchy attachment to the things outside us. We will have room for love and wisdom. We will feel far more alive.

How To Improve Concentration And Memory Buddha-Style, Anthony Metivier | May 26, 2018 | Memory Improvement Podcast
<https://www.magneticmemorymethod.com/how-to-improve-concentration-and-memory-buddha-style/>

Pausing in the pursuit of happiness to be happy, Luna Kadampa
<https://kadampalife.org/2019/04/07/pausing-in-the-pursuit-of-happiness-to-be-happy/>



Born Today, Wednesday November 6! Welcome Benjamin



Benjamin Fremont Pettit was born this evening about 6:00 p.m. and weighs 6 pounds, 6 ounces.

Congratulations Brittany and Vince, Hal and Hollis. We had our shower just in time!



An Opportunity to Meet A New Friend, Jillian Hovey, Sunday, December 1

Colette, Pedge, Bruce and Barbara

Jillian is an experienced international permaculture teacher and facilitator of regenerative systems design. Kirsten and Bruce heard her speak at the West Coast Communities Conference this September and invited Jillian to visit Sahale. She then met some others and a good conversation followed. The General Circle has agreed to help arrange a visit to continue with the opportunity to ask questions and engage a well-seasoned communitarian and Ecovillager.

Jillian works creatively and collaboratively with others, applying whole systems design principles to a wide range of projects: from urban balconies, through natural buildings designed as organisms, with frequent application at the whole community scale.

We will gather at Sahale in the Kloshe living room on **Sunday December 1 at 11:00** after coffee and tea at 10:30 am. In Potlatch. Lunch will be provided. The experience will conclude at 6:00 pm for those who need to leave. Dinner will be available and we may continue into the evening. Monday morning, we will meet from 9:00 am to 12:00.

Hope you will consider joining an unusual opportunity. Please RSVP email hoff@goodenough.org



CONVOCAATION: A Church & Ministry Invites YOU!

Quiet Your Mind, Open Your Heart A Meditation Retreat

NOV 15-17, 2019

Sahale Learning Center



[This picture was taken by Al Brown, a recent guest.]

This retreat will help you build or renew your own personal mindfulness practice.

Being fully present to life... opening to and allowing what is, without judgment... This is mindfulness. And the central practice for achieving mindfulness is meditation.

WHAT. Unique to this retreat is the long-established sponsoring interfaith community which is dedicated to enhancing personal development and spiritual awareness through the mindful practice of relationship. You will be supported and encouraged by the community's open and inviting ambience.

During this retreat, which is thoughtfully designed for experienced seekers as well as for novices, you will be encouraged to try a variety of forms of meditation:

- 🌿 Periods of silence when you can become centered in yourself
- 🌿 Experiences of heart-opening connections with others
- 🌿 Conversations where you can share your experience, ask questions, and learn from others
- 🌿 Skillfully led guided meditations, sensory experiences, chakra toning, and movement, with time in the natural world.

WHO. Your central leader is Colette Hoff, M.Ed., a pastor of Convocation: A Church and Ministry. Colette is well respected for teaching with her life and for her practical strategies for mindful living. For 40 years she has been teaching and leading successful workshops, human relations laboratories, community cultural programs, and spiritual exploration experiences. Her leadership is supported by the team of Hollis Ryan, Elizabeth Jarrett-Jefferson, Joan Valles, Barbara Brucker, and Rosemary Buchmeier. Contact Colette Hoff (hoff@goodenough.org) or call 206-755-8404 with questions.

WHEN. The retreat will begin with dinner Friday, November 15, at 6:00 p.m. and will conclude at 3:00 p.m. on Sunday.

COST. Your registration fee of \$220 includes the weekend experience, the priceless natural beauty of the Sahale Learning Center, AND

2 nights lodging Abundant meals All learning materials

Register Today Space is Limited!

Please register online. www.goodenough.org. Select the Convocation link. The registration button is at the top of the Convocation page.



Third Age, November 8

Kirsten Rohde and Joan Valles

Our next Third Age gathering is now scheduled for Friday, Nov. 8 at the home of Jim, Barbara, and Joan in Tukwila. We'll begin the evening around 6 p.m. with a potluck dinner and informal conversation. For after dinner, we are contemplating exploring the topic of winnowing introduced in a recent eView: more simply put, dealing with clutter.

For dinner, we will provide a main dish and dessert and suggest that you bring a side dish and a beverage of your choice to share. Please let Joan know if you need directions to the Tukwila house. And an RSVP would be welcome. Joan Valles 206 819 1089

joanvalles70@yahoo.com



Save the Date

“A Joyful Celebration of the Holidays”

The Goodenough Community's annual

True Holidays Celebration

Saturday, December 7, 6:00 to 10:00pm

Mercer Island Congregational Church

Come and spread joy this holiday season! We will once again have Sherry Nevins joining us, guiding us around the (contra) dance floor and accompanied by a new musical group, the Geoducks. There will be a silent auction, a raffle, storytelling, and treats/libations aplenty.

**It's not too late to be Happy! We'll help you choose it.
For additional information, contact
Elizabeth Jarrett-Jefferson, Colette Hoff, or Kirsten Rohde.**



GIVING THANKS
AT *Sahale*

You are invited to join us in the woods for Thanksgiving. Sahale will provide the turkey, mashed potatoes, apple sauce and Sahale apple pie. We ask that you bring a potluck dish to fill out the meal.



Please contact goddessdrai@earthlink.net
to RSVP by NOV 20th.
Tell us who and how many are coming and please share what you will be bringing and/or ask what we need. Your communication helps assure we have a rounded and beautiful meal, with vegetarian and gluten-free options!

You may arrive any time to relax and be festive with our friends.

3:00 Gather
4:00 Feast and share gratitude

**Concentration comes out of a
combination of confidence
and hunger.**

Arnold Palmer

 BrainyQuote

Winter Bus Trip to Leavenworth Saturday, January 11, 2019

Dashing through the snow, fun for all ages...

Join friends and family for a day-long journey into the mountains. By passing the traffic we encountered a couple of years ago, and although it will not include a Solstice celebration, we are choosing January, to bring this cherished experience back! We will acknowledge the New Year!



Eagle Creek ranch <https://www.eaglecreek.ws/>

Colette Hoff will be our guide. Be sure to wear and bring extra warm clothing, a packed lunch, bottled water and snacks to enjoy and share. We encourage you to bring sleds, skis, inner tubes, or other equipment for snow play

Our cost includes transportation, sleigh ride, and a hearty dinner:

\$95 – Adults (18 and older)

\$75 - Children (13 to 18)

\$55 - Children (3 to 12)

Children under 2 free

For more information or to register by phone, please call Elizabeth Jarrett-Jefferson at 206-313-9803 or email at elizabeth.ann.jarrett@gmail.com. Family rates are negotiable.

A time of play and relaxation with family and friends!

- At the Eastgate Park & Ride, we board a heated bus and travel through snow-laden trees, craggy mountains, and iced streams over Snoqualmie and Blewett Passes

- Along the way, we will stop at Blewett Pass for sledding, snow play, and walks in the woods.
- A horse-drawn sleigh ride awaits us at Eagle Creek Ranch near Leavenworth, followed by an early dinner and brief program in the lodge.
- We will then re-board the bus and go to the Bavarian Christmas village of Leavenworth to enjoy the lights, shops, and treats.
- You will be informed what time to return to the bus.
- Our warm bus returns us to the Park and Ride lot around 10:30 to 11:00 PM
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A New Flag on the Grieving Tree

Bill Scott

With a little help from a friend, Nan Krecker-Scott finds the perfect branch on Sahale's grieving tree to hang her hand-crafted flag honoring John Hoff and the life he lived.



Thank you Nan and Bill, it is beautiful!



Mindful Mike's Blog: Concentration

Mike deAnguera

Have you ever noticed what happens when a group of friends work on a project together? They come together through their creativity. That's the thing about community. We can do many different things such as canning jars and jars of apple sauce. As you can see from both pictures below Colette Hoff, Amanda Lovett, and Marley Long are really having fun chopping apples making apple sauce. With just the right amount of sugar and cinnamon the results can be very tasty. Of course I would not want to do this 8 hours a day 5 days a week. The very thought is wearying.



Today Jim Tocher and I winterized both the Log Building and the irrigation system on the terraces. That required quite a bit of concentration on the part of both of us. We had to focus on our communication with each other. I often repeated what Jim said just to make sure I understood him. I suspect workers on construction teams often do this for the same reason because they can't afford the cost of miscommunication.

When I concentrate on anything, details I might miss will then stand out. This is even true when I pick up a handful of pebbles from the riverfront. So many different stones of differing sizes appear. Details like this can be very important when we work together. For me this concentration can be a form of meditation.



Driving a car requires my concentration on the road. As a result I miss a lot when I drive into town. Such concentration can also be stressful. Riding with others allows me to relax. Thanks to our efforts in carpooling to various events such as Pathwork.

Meditation itself involves concentration on my breath. That's what we will all be doing next weekend. Hope you will come. The practice is very calming for me, the perfect antidote to my anxiety.

When I hug you I will sometimes hum because that is not only calming for me but also for you. Please let me know if that works for you. Giving and receiving feedback is one thing I learned to do well at Lab.

I can be anxious about many things including growing older. Whatever I concentrate my anxiety on gets bigger until finally I am thinking about nothing else. That can be depressing. I

need to concentrate most of my attention on today. Tomorrow will take care of itself. Concerns not pertaining to today go to my mental parking lot.

Writing this article is like keeping a journal. It helps me take stock of the previous week and present my thoughts to you the reader. Community life can be looked at from many different perspectives.

Tarzan and his four hens concentrate on each other, the ground, and me when I am around observing them. I often wonder how creatures with eyes on the sides of their heads process images from both eyes since they are different. They can be very funny and good for relieving anxiety.



We're close -- You can help!



The roof on our gathering tent has been patched and help together beyond its life expectancy. It is essential that it be replaced for next summer's season. The gathering tent serves many functions including weddings, other organization's retreats and conferences, and The Goodenough Community's programs including Children's Summer Camp and the Human Relations Laboratory.



A generous donor has pledged \$1000 in addition to an original donation when we reach \$5000. We are close to that mark. You can help complete this fund drive and ensure a new roof for the tent.

Here are some details about the tent and new roof:



Manufacturer: **Rainier Industries**

\$14,000 when originally purchased in June 2002 with a life expectancy of 10 years.

40 X 60 with a wood dance floor 30 X 30.

Aluminum structures are in good condition!

3 top sheets will cost: \$6,700.00.

Donate now at www.goodenough.org

Scroll down to the donate button for Goodenough Community. In comment section, please note tent roof.



Improve Concentration

How to Study & Concentrate

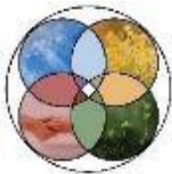
- When distracters are present, become intensely involved.
- Keep a pad of paper handy to jot down extraneous thoughts that cross your mind while studying.
- Set study goals before you begin each period of study (number of pages, number of problems, etc.).
- Design adequate rewards after specified goals are attained.
- Break up the content of study by mixing up subjects and building in variety and interest and removing boredom.

Programs and Events of the Goodenough Community New Dates are included.

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. The schedule is as follows: November 4 , 18; December 2, 16.

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. On November 2 we will gather at 10:00 and meet until 2:00 followed by a baby shower for Hollis and Hal’s daughter Brittany. In 2020, our first gathering will be January 25 at Hollis’ home. For more information, contact Hollis Guill Ryan, hollisr@comcast.net



The Third Age - Those age 60 and older have been gathering every other month, Friday evenings in Seattle. November 8 will be the next gathering. Contact Kirsten Rohde for more information:

krohde14@outlook.com


True Holidays Celebration, Saturday, December 7, 2019

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 for more information.



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. 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 development, 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. **Gatherings are in Seattle** -- November 3 ,17; December 1, 15. Contact Colette Hoff for more information: hoff@goodenough.org

A meditation retreat, **Quiet your mind, open your heart**, will be offered **November 15 to 17, 2019**

Summer Camp for Youth NEW DATES for 2020!

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

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

Contact: Irene Perler, Irene_Perler@hotmail.com



Human Relations Laboratory, August 2 to 8, 2020

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

Work and Play Parties throughout the Year

Traditionally, the Goodenough Community sponsors work parties over **Memorial Day weekend** 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 arrangements.