

The Village eView

March 14, 2018
Colette Hoff, Editor

Coming Up:

Celebration of Life for John Hoff,
March 17th

Council, March 26

Pathwork, March 25

Women's Weekend, April 13-15 at
Sahale

Dignity

Colette Hoff

The first major Western philosopher to argue for dignity as a core moral principle was Immanuel Kant. His claim was that dignity should be placed at the center of a moral theory that was guided by respect and that individuals should be treated as an end in and of themselves, instead of a means to an end. Kant's moral theory was very influential to ethical theory and was echoed in the 1948 universal declaration of human rights, which began by emphasizing the importance of dignity in its preamble: "Recognition of the inherent dignity and of the equal and inalienable rights of all members of the human family is the foundation of freedom, justice and peace in the world."

In recent years, moral theorists have argued that the principle of dignity should be extended to non-human living things and the natural environment. <https://www.reference.com/world-view/dignity-important-moral-principle-35bf9049122dfb71>

As preparations are being made for A Celebration of Life for John Hoff, I think of John as being full of dignity. I have been struck by the words to *My Way*, a song that describes a risk-taking full life (pg 6). John often did things his way with courage and not always logical by usual

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standards. He commanded respect another quality of dignity and taught others to be respectable and respecting. A goal for me in being a caretaker for John over the past few years was to protect his dignity and value his human-ness. He let me know of his gratitude often.

Another poem that captures dignity is from E.E. Cummings:

On Being Yourself

To be nobody but yourself
In a world
Which is doing its best
Day and night
To make you like
Everybody else
Means to fight the
Hardest battle you can ever fight and never stop fighting.
e.e.cummings



Kirsten offers the following about dealing with grief and offers a poem by John O'Dnohue.

After the death of my brother several years ago, I attended a retreat at Harmony Hill for those going through grief and loss. All of us had experienced one or more losses of a family member or friend due to cancer, anywhere from shortly before the retreat to a year or more afterwards. I was rereading the notebook during my recent time away after John's death. This is one excerpt from the notebook we were provided with. I find that it helps me to see that some of the things I feel are listed here – that other people have had similar experiences. It is also helpful to be aware that any of us may be experiencing a range of feelings, thoughts and other aspects of the grieving process at various times in the period ahead of us.

Kirsten Rohde

Characteristics and Symptoms of Grief

From Harmony Hill Retreat Center

Each of us grieves in our own unique way, but there are responses to loss which most of us will have in common. The only way to heal from loss is to experience the emotions of grieving fully. We need to be able to relax into these painful feelings. Knowing that what we are feeling is “normal” can help us do that more easily.

Following is a list of the characteristics of grief. Loss of a parent, spouse, child, friend or pet will all have a different quality, but the experiences below are common to all types of grief.

Physical Characteristics

- Tightness in the throat, heaviness in the chest, bodily aches and pain

- Feeling dizzy, short of breath or headachy
- Frequent sighing
- Loss of appetite and/or increased appetite
- Chronic feeling of tiredness

Emotional Characteristics

- Feeling emotionally numb
- Feeling as though the loss isn't real, that it didn't actually happen
- Intense sadness, depression and yearning
- Anger and irritation
- Crying at unexpected times
- Feeling guilty for what was said or not said, or for not having done enough for the person who died
- Feeling guilt over times when one is happy
- Intense anger at the loved one for leaving them, or at God
- Sudden changes in mood
- Relief: if the person was ill before the death, there may be relief that their suffering is over
- Feeling as if life doesn't have any meaning
- An upsurge of emotional distress at anniversary dates, birthdays, holidays, etc.

Behavioral Characteristics

- Sensing the loved one's presence, hearing their voice or seeing their face, expecting the person to walk in the door at the usual time
- Restlessness, difficulty concentrating and making decisions, not finishing things
- Difficulty sleeping and dreaming frequently of the loved one
- Being intensely preoccupied with the life of the person who died
- Assuming mannerisms and traits of the loved one, doing the things they used to do
- Decreased desire for socializing
- Needing to remember and tell and retell things about the love one and the experience of their death
- Questioning religion, philosophy or spiritual beliefs

These experiences will occur for weeks, months and even years following a death, depending on the type of relationship we had with the person who died. Grief comes in waves – grief reactions can come and go, and the intensity varies considerably. Just when we feel that things are finally a bit easier, something can unexpectedly trigger a whole new flood of feelings.

There is no timetable for grief and no one can tell you how to grieve. The goal is to help yourself come to a place where your pain is less, your grief less intense and where you have found a fulfilling way to live your life.



Beannacht

On the day when
the weight deadens
on your shoulders
and you stumble,
may the clay dance
to balance you.

And when your eyes
freeze behind
the grey window
and the ghost of loss
gets in to you,
may a flock of colours,
indigo, red, green,
and azure blue
come to awaken in you
a meadow of delight

When the canvas frays
in the currach of thought
and a stain of ocean
blackens beneath you,
may there come across the waters

DIGNITY

DIGNITY is the ability
to stand strong and tall
in the face of adversity
While being able
to bow to the elderly
and crawl with the children

DIGNITY is taking a stand
for your beliefs
Without closing your mind
to another's opinion

DIGNITY is being an example
by your deeds
and through your words
avoiding gossip, anger and lies

DIGNITY will manifest itself in
the warmth of your smile,
the depth of your love,
and kindness for your fellow
- Michal

**Freedom is the open
window through which
pours the sunlight of
the human spirit and
human dignity.**

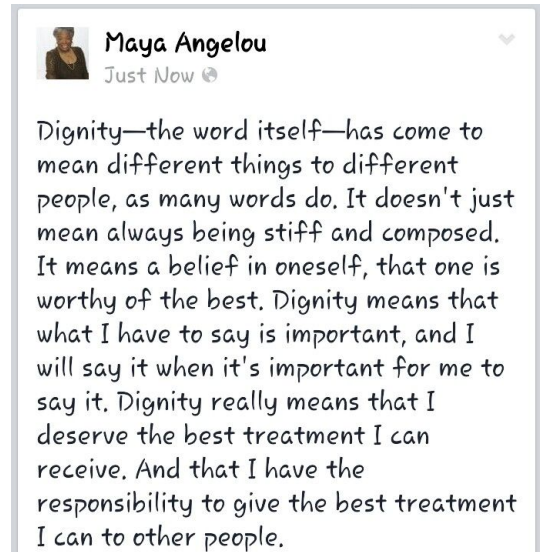
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Herbert Clark Hoover

a path of yellow moonlight
to bring you safely home.

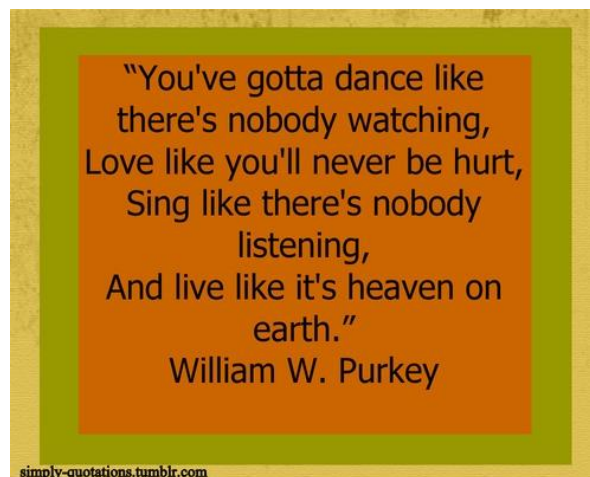
May the nourishment of the earth be yours,
may the clarity of light be yours,
may the fluency of the ocean be yours,
may the protection of the ancestors be yours.
And so may a slow
wind work these words
of love around you,
an invisible cloak
to mind your life.

- John O'Donohue
-



Submitted by Nan Kreckler-Scott this quote also captures a way John expressed dignity.

"A visionary is one who can find his way by moonlight and see the dawn before the rest of the world." ~Oscar Wilde



My Way

Sung by Frank Sinatra, written by Paul Anka

And now, the end is near
And so I face the final curtain
My friend, I'll say it clear
I'll state my case, of which I'm certain
I've lived a life that's full
I've traveled each and every highway
But more, much more than this
I did it my way
Regrets, I've had a few
But then again, too few to mention
I did what I had to do
And saw it through without exemption
I planned each charted course
Each careful step along the byway
And more, much more than this
I did it my way
Yes, there were times, I'm sure you knew
When I bit off more than I could chew
But through it all, when there was doubt
I ate it up and spit it out
I faced it all and I stood tall
And did it my way
I've loved, I've laughed and cried
I've had my fill my share of losing



Douglas DeMers has offered the following poem

The Beloved Remains

©The Aimées – adapted from poems of
Steven Levine

I am the imaginary hero of my hopes;
lost between verbs that require I know who I
am,
but I am just a passing thought.

And now, as tears subside
I find it all so amusing
To think I did all that
And may I say - not in a shy way
Oh no, oh no, not me
I did it my way
For what is a man, what has he got
If not himself, then he has naught
To say the things he truly feels
And not the words of one who kneels
The record shows I took the blows
And did it my way
Yes, it was my way

2. Human Dignity = Basic respect of persons

- the respect that will allow them to develop their own potential
- to make some personal contribution to common goals and to feel a home in an environment within which they are known and acknowledged.

Yet somehow — close to a miracle as we get —
The nature of heart —
The Beloved has left the light on —
left the light on for us all night . . .

Between deaths we dreamed together.
Between breaths, in that stillness.
In this moment which lasts a lifetime,
the heart becomes a sacred flame.

There is nowhere to stand where You are not by my side.
There is nowhere where You do not accompany me within.

And the world comes to an end, just the way it began.
And we turn, and turn again.
As form dissolves, the Beloved remains.

There is a grace that is approaching,
It is the completion of our birth.
It draws us to the edge, and beckons us to surrender.

It is Love that brings us down;
And it is Love that gives us shape;
And it is Love that allows us to begin again, and again, and again.

This is the realm of passing away.
We are born passing away.
All that exists, does not exist for long.
So we sing not for that which dies,
but for what is forever being born; being born.

And the world comes to an end, just the way it began.
And we turn, and turn again.



Pathwork

Our Pathwork Circle will meet again on **March 25**. After three rich sessions, Tom Gaylord will not be with us. Due to the nature of the time we are in, all are encouraged to come. We will continue to talk about dying, death, and grieving and the impact on our work with our selves. Pathwork provides many with a feeling connection so necessary for a good life. Please consider coming if you are a little curious.



We meet at the Barton Street community home, 3610 SW Barton, West Seattle from 7-9:30.



Women's Gathering

You are invited . . .

To join the women of the Goodenough Community 's cultural program for the

Women's Weekend, April 13-15, 2018

Come to the Women's Weekend and spend a full weekend celebrating who you are as a woman!

In the company of other women, you will find time for deep and stimulating conversation, a chance to become better acquainted with yourself and with other women, and encouragement to reach a greater connection with your inner source of feminine strength.

This weekend workshop will take place at the **Sahale Learning Center**, near Belfair, Washington. The natural setting of Sahale invites you to periods of relaxation and reflection as well as invigorating activity. Our program will start with **dinner from 6:30 to 7:30 p.m. Friday evening**, and our weekend will formally end at **3 p.m. on Sunday**.

Save the Date – and Please Plan to Join Us!



The de Anguera Blog: Bearing Fruit

Editor's note: I mentioned to Mike that soon our word would be *fructify* so this article anticipates that word.



Are we bearing fruit as a community? Yes. People find out about us through Air Bnb and Work-away. Three of our Work-aways returned for a few weeks: Peter, Mattie, and Ashley. Now they are like family.

This week Drai Schindler's daughter Ashley and her son Shane visited and pitched in helping to make a dinner for us. This is their first visit with us.

Two more Work-aways Avi and her friend will soon arrive for a few days.

The butcher that employs John Schindler in Denver will also be paying us a visit.

We are definitely becoming popular. People are finding out about us and liking what they see here. As a result they are telling others about us.

It seems that the Human Relations Laboratory has given us the ability to attract new friends who fit right into our culture. That is success!

As Peter pointed out to us in the upper right photo we could figure out some really cool things for people to do adding to our marketability as a community such as hikes to nearby forests and views. We could also have classes on raising chickens and pruning trees. Each would have its own set of directions which could be plugged in for any group we host. We could feature such events on the Web.

Raising chickens and pruning our fruit trees is part of food security for us. It will give us something to contribute to the larger community building efforts going on. We need this security because our society's current food production system is not sustainable. Mass production anything is not sustainable. What is desired is production by the masses.

My favorite idea teaching others how to do what we do. Anything worth learning is worth teaching. When I teach what I have learned, the learning goes in deeper and I grow as a

person. I am no longer just a passive recipient of material but now can incorporate it into myself.

The more successful we become the more we will value our work and tell others about it. Relationship is so important for it is the key to everything else in our society.

Sahale has allowed us to be a living demonstration of what Lab teaches us. That is what our community has needed. Without it we would not have had to opportunity to show what Lab could do for us. Much of Lab would have remained just a dream enacted one week per year. This is not enough to attract new followers.

Is it possible that religions like Christianity originally started as experimental communities but became centered on a few ideas used to control people's minds? That's what our authorities specialize in. Our authorities use people's spiritual beliefs and create religions out of them to keep us under their thumb.

Our secret is we draw people out so we know how we can work for them. We can bring together people of differing viewpoints so we can appreciate each other.



We can have such a good time at Lake Wheeler and share that good time with our visitors. This is one of the ways we have been fruitful as a community.



Planning our Spring Workshop – Sociocracy

Bruce Perler

I'm appreciating the process of collaborating towards a training event at Sahale, our Spring 2018 Sociocracy Workshop. Collaborating with Syd Fredrickson of NICA, the GEC Council and Diana Leafe Christian of Intentional Communities (.org), this project is addressing several areas important to the Goodenough Community's time of life, in its own story. Working together for a regional event, increasing our shared understanding about hosting and planning workshops with a national presenter and, building our connections as sister communities is great stuff to be doing together.

Personally I'm anticipating an important and enjoyable experience for our community, one which represents positive action on behalf of our own sustainability and beneficial collaboration with the larger community's movement. What a great way to enter the spring of 2018!

Sociocracy for Intentional Communities

Save the Date!

Gather Thursday evening, Workshop begins
Friday AM April 27 to Sunday, April 29, 2018

A Three-day Workshop

Led by Diana Leaf Christian

At Sahale Learning Center



Sponsored by The Goodenough Community and
The Northwest Intentional Communities Association (NICA)

Spatialist for Hire

Pam Jefferson



Do you need help with organizing a room for more efficient storage and use of the space? Do you need help sorting and organizing your stuff? I can do all of it for you or just give you some ideas for you to work with. My hourly rate is \$25.00. You can reach me at 206 372 9801.





Jesus Christ Superstar will be playing in Tacoma, and there are still some less-expensive tickets available at the link below (Goldstar).

Here is the information:

<https://www.goldstar.com/events/tacoma-wa/jesus-christ-superstar-tickets>

Its last performance is a matinee on Easter Day, April 1.



Mark Nepo at Harmony Hill, May 7-8

This path is a continuous inquiry into what it means to be human, to be here, and to care for each other. My hope is that through this workshop you will deepen your conversation with life. That through your own path of obstacle and surprise, you will be opened to your gifts and become somewhat freed of all you carry. My hope is that this time together will support you in becoming skilled at living with both effort and grace.” – Mark Nepo



Beloved as a poet, teacher, and storyteller, Mark Nepo is a bestselling author and one of Oprah’s favorite spiritual guides, using his gifts and his talents to elevate humanity. He returns to Harmony Hill May 7-8, 2018 to lead a special two-day workshop, **The Struggle to Be Real: The Journey of Transformation.**

As a poet, philosopher and teacher, Mark Nepo has been breaking a path of spiritual inquiry for more than forty years. This workshop affirms how precious this one life is and opens the chance we have to be fully alive and to be of use to each other and the world. Drawn from his years of teaching, Nepo explores how our hard work and authenticity ready us for meaning and grace. He unfolds how our sincerity and labor help us to survive and thrive through the journey of transformation. Being human offers a path of soul work that can help us find our way, as Nepo puts it, “to discover the story behind the story, and to find what can last.”

For more information: Phone: 360.898.2363 x36 Email: programs@harmonyhill.org



- ❖ **Pamela Kay Jarrett-Jefferson** - March 17. Happy birthday Pam!
- ❖ **Tommy O'Connor** - March 21. Happy birthday Tommy!



"Enb, I'm pretty sure the beer here is always green."



NICA Monthly Meetings

We've been having NICA Board Meetings on the 3rd Monday of each month, usually meeting @6:30 PM at Bengal Tiger, an Indian restaurant in the Roosevelt/Grn Lake area of Seattle. We settle in and order food, then start the business meeting at 7:00 PM, and try to wrap up by 8:30.



Communities magazine – Life in Cooperative Culture

I'm writing to request your help spreading the word about our new issue (#178, Spring 2018), "Class, Race, and Privilege." For the first time, we are making the **digital edition available for [download by donation](#)** of any amount (starting at \$0). We are hoping to spread this content--focused on themes of critical importance in today's world--as widely as possible while we experiment with a "gift economy" approach. Please share this news with your friends and networks, however you are able, so that we can expand readership, increase the impact of the magazine and the FIC, and hopefully transition to a new model where expanded donor support for our efforts allows us to offer our resources more freely.

Calendar of Programs and Events, 2017 - 2018

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 Third Age: Those of us age 60 and older have been gathering every other month, Friday evenings in Seattle. **Future meetings: June 1.** Contact Kirsten Rohde for more information: krohde14@outlook.com

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. Contact Hollis Guill Ryan for more information and directions to our West Seattle community home: hollisr@comcast.net. Dates: **Saturday 10 – 2 in West Seattle: June 9.**

Women’s Weekend: April 13-15 at Sahale.



The men’s program is an expression of the best wisdom men have gathered from their life together—about what is a good man and how he could best express that in his own life. The fall gathering at Sahale will be combined with the white tent take down and continue into the rest of the **weekend as a men’s gathering. October 6-8, June 8-10** at Sahale. Contact Bruce Perler for more information: 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 p.m. 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 at the Community Center in Seattle: Mar 25, Apr 8, 22, May 6, 20, June 3, 17. Contact Colette Hoff for more information: hoff@goodenough.org



Summer Camp for Youth, June 24 – 30, 2018

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 5 to 11, 2018

This intense and joyous week-long event is a communal experience of personal growth, and has been presented annually and is now in its 49th year! Contact: Colette Hoff, hoff@goodenough.org



Annual Community Day at Sahale: March 17th, 2018. This gathering is foundational to all programs and events within the community. Come and be curious! Please contact Kirsten Rohde krohde14@outlook.com for more information. *UPDATE: due to our decision to schedule the Memorial for John Hoff on March 17th we are postponing this annual community meeting.*

The Goodenough Community Council meets alternate Monday evenings in Seattle to discuss the day-to-day activities of the community and engage in planning, evaluation, and more. Contact Colette Hoff if you are interested: hoff@goodenough.org
**Council meetings are Feb 26,
Mar 12, 26, Apr 9, 23, May 7, 21, Jun 4, 18**



True Holidays Celebration, Saturday, December 1, 2018

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: Kirsten Rohde, krohde14@outlook.com

Work and Play Parties throughout the Year.

Traditionally, the Goodenough Community sponsors work parties over Memorial Day weekend (May 25 – 28, 2018), 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.

We often gather at Sahale on the Labor Day weekend to enjoy the end of summer and you are welcome to join. This is also a great time for those who attend the Human Relations Laboratory to reconnect. We will have good meals together, relax, and possibly do some early

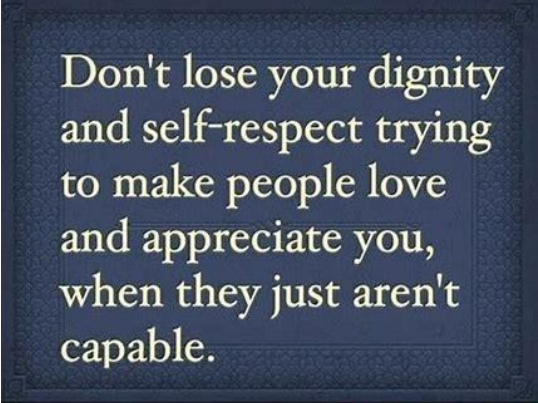
harvesting of apples or other produce depending on what is ripe. To confirm your plans to come out to Sahale contact: Colette Hoff, hoff@goodenough.org



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) or at Sahale – 360 275-3957. In Seattle, Colette meets with clients at the community center, 3610 SW Barton Street, Seattle 98106, as well as at Sahale.



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