

The Village View

March 17, 2021

Colette Hoff, Editor

ACCEPTANCE

1. The act or process of accepting.
2. The state of being accepted or acceptable.
3. Favorable reception; approval.
4. Belief in something; agreement

Upcoming Events, on Zoom:

Pathwork, March 28

Women's gathering, April 10

Annual Meeting, April 24

Acceptance of What Is, A Practice

*God, grant me the serenity to accept the things I cannot change,
the courage to change the things I can,
and the [wisdom](#) to know the difference."*

Rienhold Niebur, Jun 21, 1892 - Jun 01, 1971



While the Serenity Prayer was popularized by Alcoholics Anonymous, Rienhold Niebuhr, who wrote the prayer, is considered to be one of the most renowned Protestant theologians in the 20th century. The most timeless wisdom contained in this prayer resonates with almost everyone. We know on some level how important it is to accept the things we cannot change. Our willingness to accept the unchangeable has a lot to do with our emotional and psychological well-being. Fighting a crisis—whether financial, a health diagnosis, loss of a relationship, or any other tragedy, fighting it will not make it go away. The battle only cripples our capacity to cope with the situation and manage the emotions that come in response to the crisis.

The *practice* of acceptance is not easy. It is not getting over something and skipping the grief that comes when we lose a loved one. It does not mean minimizing the impact or how you are feeling about what happened. Being willing to acknowledge what is, without denying it is the process.

One area of confusion is between acceptance and approval. Acceptance follows what has already happened and approval is consenting to more in the future. Consider a committed relationship with features of difficulties that cause harm. The behavior is not ok. Your acceptance means that you're facing reality about how to proceed and whether you want to continue the relationship.

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

Failing to accept reality creates more pain and suffering, confusion instead of clarity and anguish instead of peace. Whatever is happening is happening and it needs to be embraced because resisting it will not make it go away. Begin to accept reality on reality's terms and discover the new and unexpected things that happen.

Jon Kabat-Zinn's in *Coming to Our Senses: Healing Ourselves and the World Through Mindfulness* writes about acceptance:

"Acceptance doesn't, by any stretch of the imagination, mean passive resignation. Quite the opposite. It takes a huge amount of fortitude and motivation to accept what is — especially when you don't like it — and then work wisely and effectively as best you possibly can with the circumstances you find yourself in and with the resources at your disposal, both inner and outer, to mitigate, heal, redirect, and change what can be changed." (p.407)

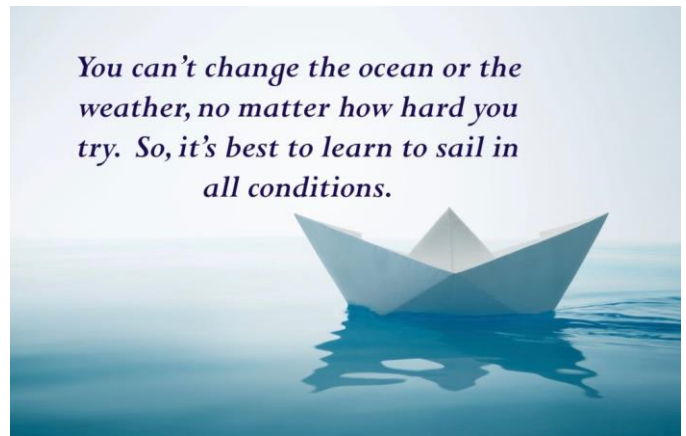
A new goal is to allow the positive to have more merit allowing it to permeate one's attention in a mindful manner. Psychologist David Steindl-Rast suggests a practice of gratitude, slowing down to see what may have been missed, resonating enjoyable moments. Consider the word appreciate and use it to catch the beauty in a day – sunsets, a phone call, the sun, love – anything pleasant can be added to this list if we can practice slowing down to receive.

The word acceptance is a big one for me as I learn about cancer. The first chemo treatment was last week. I am grateful to Kirsten for driving and keeping me company over the five-hour process. She made it easy for me to nap and Kirsten interacted with the staff. And I have felt well enough this week.

As I accept what I am being told by the medical experts, I am slowly letting the reality that I have cancer sink into me. I am grateful for the cancer research that has found ways to deal with it effectively. And my gratitude grows! I am so appreciative of my wonderful family, beautiful grandchildren that make me smile, so many friends and visitors, the residents of Sahale and all their practical support, all the cards and well-wishes that have come my way. A couple of weeks ago, I wrote about receiving, one of my many blessings and teacher apparent in this journey.

I am making space to be truthful about how I am at any point, to feel what I feel and to work with unproductive anxiety. It might be uncomfortable and difficult, yet I don't need to add to the suffering with negativity. I am asking friends to remind me, "This too will pass."

As I practice acceptance, I intend to value the days I feel good, take each day as it comes, each symptom as it occurs and let in all the love and goodness I can.



References:

The Inescapable Importance of Acceptance by Jessica Schrader, Psychology Today

Acceptance isn't what you think by William Berry, Psychology Today



Pathwork:

What are your weaknesses? What are your strengths?

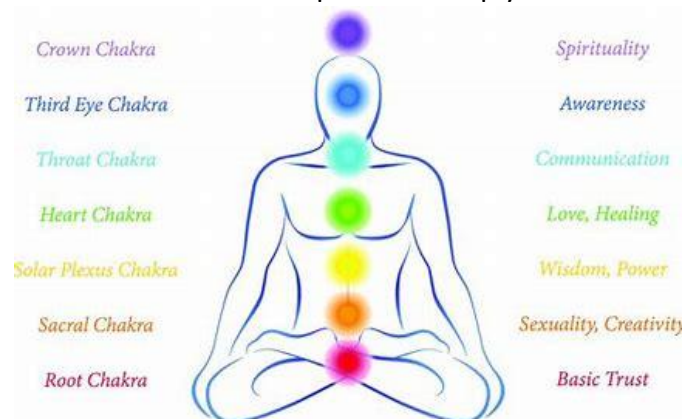
By Hollis Guill Ryan

For example, how would you assess your general energy level? How would you rate your physical flexibility? How often do you intentionally make contact with nature? Are you able to accept others as they are? Are you a good listener? Do you have a personal vision that guides you in life? Do you learn easily and quickly?

Each of these questions addresses at least one of your chakras, those whirling, swirling centers of energy spaced along your spine. Your answers to these and other questions help you assess the openness of each of your chakras.

Participants in [Pathwork](#) are learning about chakras and how they affect or reflect our strengths and our weaknesses. For many, this is a new way of coming to know ourselves. Assessing the flow of each of my chakras has encouraged me, for I find confirmation that I have grown and strengthened significantly over the many years I have devoted to personal study. I feel grounded, energetic, able to communicate and to create, and I feel strong in myself. Those qualities reflect openness in at least five of my chakras. And, although I have grown stronger in the qualities of my Third Eye and Crown chakras, I see that I would benefit from learning to open them more fully.

How do we open a chakra that is not flowing freely? Well, I do not know that yet. But as we continue to learn about chakra energies, I'll be looking for ways to open my chakras more fully and to keep all my chakras open and flowing.





Mindful Mike's Blog: Acceptance

Mike deAnguera

Acceptance means I will take it whatever it is. For me it is easier to say what it is not: rejection. Rejection feels absolute. It doesn't make sense for me to reject what I do like. By contrast acceptance means I will put up with something even if I don't like it.

It is easier for me to accept rather than reject. Rejection takes energy. To accept means to be open to whatever is out there. Life has all kinds of experiences. Right now I am with Marley Long, Presley Harrington, and Carly Long. We are on the deck of the Pine/Spruce building. Marley is doing her homework and I am typing this article. Maybe we can make this deck into a nice social area. I think it is already happening.



At Sahale we serve many groups. Right now We have the ARCC young people with us again this Spring. They can get so much work done. They built a whole new set of stairs from the Cedar Grove down to the river in an hour. I wonder what else we can have them do?

Of course we wear masks an awful lot. That's hard for me. I never got used to masks but I accept them as a way to deal with COVID. I got my first shot last Monday. I had to travel all the way to American Lake to get my shot. That's over 64 miles from Sahale. When I got to the VA Hospital I had to drive through a check in tent where I put on my mask before I even parked my car. I had to admit that was the most intense vaccine experience. Not at all like getting a flu vaccine at Rite Aid.

How does the Buddha work with acceptance? Well, the one we have in Central Park is in a completely open posture. Openness. I have a feeling that has something to do with being serene. The biggest things the Buddha had to do was accept old age, sickness, and death. These were the very things his dad King Suddhodana tried to protect the young Prince Siddhartha from.

Likewise I have had to come to terms with the life cycle from birth to death. I am still not comfortable with it. Too much identification with my body and character role as Mike? Maybe but being Mike is my work for this lifetime. How I get to that is my choice and my choice alone. My friends can help me make good choices so I frequently ask for their opinions.

I have mentioned before our young redwood and sequoia trees. They make us part of a movement accepting the inevitability of climate change. One day we hope to get genetically cloned trees from the old growth redwoods in California.

I also accept the fact people will arrive at Sahale and become good friends before moving on again. They always seem to leave a hole. Guess that's part of my work here. We serve guests and friends alike. In this way we can give them a taste of what life could be like as a community. Who knows what they will do with the experiences they have had. In my case I can't imagine even living in the same building with people I have no relationship with. Things go better with friends as even Presley knows. Here she is pruning one of our apple trees.



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.

PHOTO FROM ADOBE

How To Awaken Our Ecological Psyche

This is an important article about our relationship with the Earth.

BY KENDRA WARD FEB 16, 2021 From Yes Magazine_

“Do you think crows are the smartest animals? What are the smartest animals? I bet it's parrots, or maybe dolphins. No, no, it's gotta be some kind of dog, Mama.”

This volley of questions from my 7-year-old son about a group of crows on a nearby power line early one morning caused me to reflect on how we are bathed in a human-centric worldview from the very start of our lives.

“What does ‘smart’ mean exactly?” I said. “Perhaps every animal, every being has its own unique genius. Do you think any animal is smarter than another, the way a spider weaves its intricately patterned web, the way an owl sees a mouse in the dark, the way a squirrel flies from branch to branch? It seems to me that there are so many ways of expressing intelligence in this world.”

Somehow we can only understand intelligence from a certain cognitive ladder that exists to always put humans on top. It is this human-centrism, I believe, that is at the very core of our ecological catastrophe. In addition to it being deeply problematic psychologically, when we do not value the lives of all beings, they become unfeeling and expendable resources for our ceaseless human consumption.

There is no doubt that practical, actionable changes to our everyday way of life are essential to creating an ecological civilization. Continuing to shift how we are commuting, shopping, eating, and farming is clearly essential. But beyond these physical acts, what are we doing to create an ecological civilization within our psyches? If our minds cannot conceive of it, we surely will not act to make it a reality.

We must begin by confronting how entrenched beliefs in human ownership of all places and things keep us foreign to and outside of the living world. We are not the Earth’s keepers or savers, just as we are not the Earth’s landlords or masters. The Earth provides for and nurtures our very existence—we must stop perpetuating the harmful illusion that we are separate from and superior to nature’s ingenuity. Clearly recognizing this human-nature split within our mindset is the gateway to other beneficial ways of knowing.

From there we can practice seeing ourselves as one kind of being within a much wider field of living kinship. At its foundation, developing an ecological psyche means that we are reclaiming and diversifying this sense of relational intimacy.

We can engage in simple rituals of reciprocity by finding a daily communion with the creatures, waterways, and stars that remind us something vibrantly alive exists beyond our limited knowledge and understanding.

Perhaps you are already in a loving relationship with a pet, a special tree, or a nearby river. Let us legitimize the way these things nourish and comfort us, and then seek out an even larger web of connection.

Beginning with the place where we live, we can practice rousing our fullest attention by learning its Indigenous history, both past and modern. Bringing a presence to the ground beneath our feet, we can study its slow, ever-changing geology, as well as the names of the plants and animals of the place we call home. We can engage in simple rituals of reciprocity by finding a daily communion with the creatures, waterways, and stars that remind us something vibrantly alive exists beyond our limited knowledge and understanding.

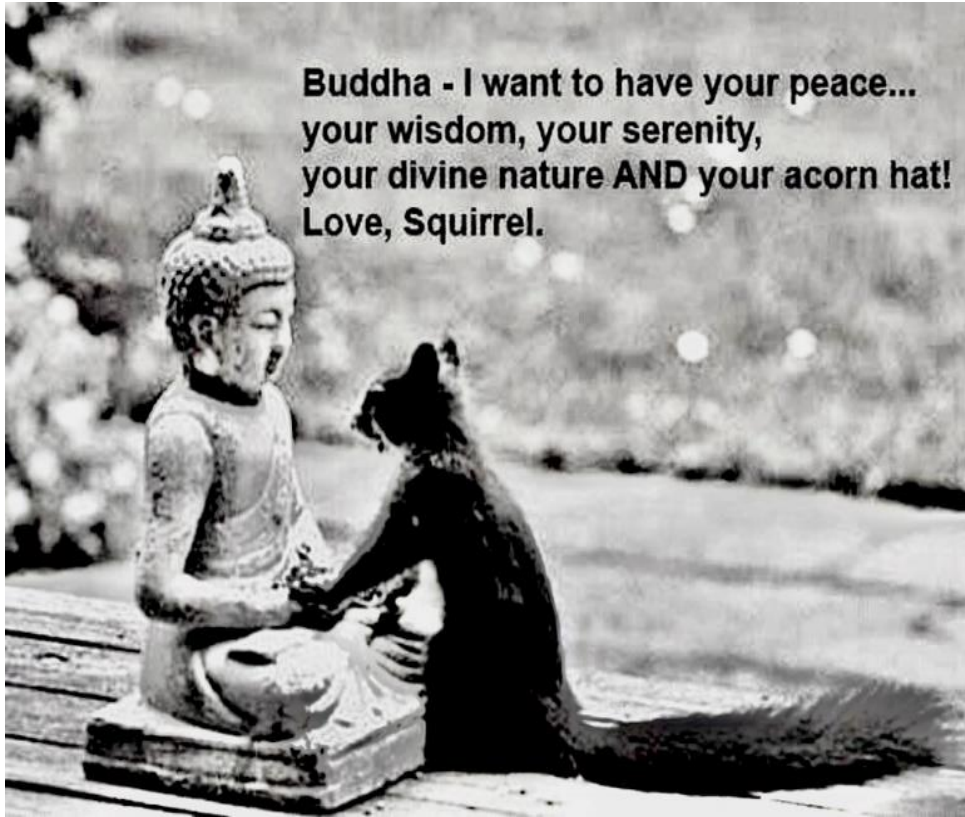
We can regularly seek out experiences that offer a greater perspective, reminding us of our small but unique niche within the mix of all creation. This is what draws millions of people to National Parks every summer or what puts us behind telescopes at 3 o'clock in the morning—the opportunity to feel humbled and awed, put back in place by the immensity of it all. We no longer need to believe in the story of our separateness—shifting our belief of individualism into a life-affirming sense of belonging with all beings. Earth-honoring ethics are the wisdom teachings of Indigenous cultures around the world. But all of us are on the hook. It is the birthright and responsibility of all humans to come back into relationship with the Earth. With an ecological psyche we awaken something essential within ourselves. Listening to our quiet biophilic longings, we find that our bodies and spirits are hardwired for wilderness and our cells, our muscles, our lungs have a memory of this: We are more sunflower, more thunder, more ocean tide than we are concrete. We have to rekindle this deep memory of where we come from. We are nature breathing, moving, trembling in human form.

KENDRA WARD has been an acupuncturist and herbalist since 2003. She lives with her family in rural Vermont on traditional Abenaki lands



Pam,
As a fellow Irishwoman, I love celebrating your birthday since it falls on St. Patrick's day! Here is my wish for you. Happy Birthday Love Colette





**Buddha - I want to have your peace...
your wisdom, your serenity,
your divine nature AND your acorn hat!
Love, Squirrel.**

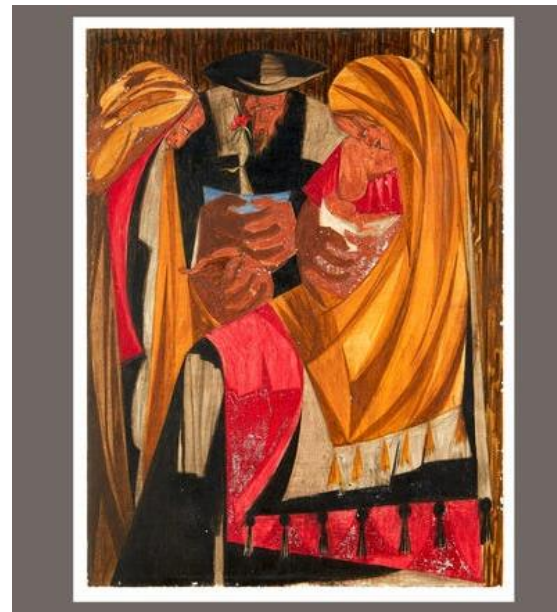
And some humor from
Deborah Cornett!



Jacob Lawrence exhibit opens at the Seattle Art Museum

By Kirsten Rohde

I hope everyone will get a chance to see this new Jacob Lawrence exhibit at SAM. Jacob Lawrence was one of the first artists to break through the color line of New York's segregated art world in the 1950s. A number of years ago I went to the Seattle Art Museum to see Lawrence's exhibit, the "Migration Series." I was not very familiar with the phenomenon of the great Northward Migration starting in 1916 and continuing through 1960. In this time period, 5 to 6 million Blacks left the South and migrated to the urban Northeast, Midwest and West in search of better job opportunities and a better life. Learning about this migration through the narrative storytelling art of Jacob Lawrence really brought it to life.



*Immigrants Admitted from All
Countries: 1820-1840 - 115,773*

People were leaving the South during an increase in racist ideology, increased lynchings, and lack of opportunity for Blacks in the South.

The following information about the new Lawrence exhibit is excerpted from an article by Megan Burbank in The Seattle Times, March 5, 2021. Lawrence's series, "Struggle: From the History of the American People" was originally exhibited in the 1950's.

Lawrence, whom SAM's Theresa Papanikolas describes as "one of the greatest narrative artists in the 20th century," painted the "Struggle" series between 1954 and 1956. It depicts key moments in American history — "a greatest hits of American history" from the American Revolution to the War of 1812 — but subverts dominant historical narratives through its centering of historically sidelined figures.

"The emphasis ... is on not the heroes of these tales, but kind of the unsung heroes, the people behind the scenes, sometimes the underdogs," said Papanikolas, curator of American art. "And so you hear a lot of different voices, filtering through the various paintings in the series: African Americans, Native Americans and women, especially."

Though the "Struggle" series first debuted in the 1950s, its connection to contemporary art and politics could not be more clear. "The show's arriving at SAM as the fight for justice across the country is gaining urgency," said Papanikolas. Just as Lawrence framed American history in conversation with the American civil rights movement of his time, the themes in his work are especially relevant today. "So it's really, really powerful, very meaningful, and it kind of reminds us that the struggle for freedom belongs to all of us," she said.



Now Updated through June 2021

Programs and Events of the Goodenough Community

***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 twice monthly, 7:00 PM, via Zoom. Below are dates for our spring meetings:

- (March 29 cancelled)
- April 12, 26
- May 10, 24
- June 14

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.

Saturdays, 10AM to 2PM:

- April 10, Saturday
- May annual gathering – May 8, extended day event.

Times TBD. For more information, contact [Hollis Ryan](#).



- **The Third Age** - Those age 60 and older have been gathering monthly, Friday evenings. 7:00 PM. With the pandemic, meetings are virtual. Contact [Kirsten Rohde](#) for more information.

- April 16, 2021 May 21

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.

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. All are welcome to join. Meetings are

held via Zoom on alternate Sundays from 7pm to 9pm. Contact Colette: hoff@goodenough.org for Zoom information.

- March 28, 2021
- April 11 and 25
- May 9 and 23
- June 13



True Holidays Celebration, Saturday, December 4, 2021

We are planning our 2021 event! Hold this date on your calendar. We traditionally hold this event on Mercer Island. Stay tuned for details.



Human Relations Laboratory, August 8 to 14, 2021

This intense and joyous week-long event is a communal experience of personal growth and relational development within a rich culture with art, music dance, song, drama and more. This summer we will celebrate 52 years! Contact: Colette Hoff, hoff@goodenough.org

Work and Play Parties throughout the Year. Traditionally, the Goodenough Community sponsors work parties over Memorial Day weekend as well as other times to express gratitude for the presence of our beloved retreat center, Sahale, and to experience the satisfaction of playing and working together. Please email hoff@goodenough.org with questions during these times of the Pandemic.



Quest: A Counseling and Healing Center



Our belief is that mental and emotional health is a prerequisite for spiritual wellbeing, collaboration, and the expression of compassion. Quest’s counseling and education programs, open to all interested individuals, focus on empowering individuals, couples, and family groups to be happier and more effective in relationships. *Call Colette (206-755 8404) if you find you need to talk out your feelings regarding the pandemic crisis.*



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