



# VILLAGE VIEW

OCTOBER 14, 2020

*Kirsten Rohde*

*Guest Editor*

## Community and Permaculture

*By Kirsten Rohde*

I took this picture on a lovely Sahale fall day. I like it because it shows all different types of trees - healthy and living harmoniously with each other. They are different kinds of trees, different ages, and they use and contribute resources according to their nature - a kind of community! Living within them is a whole community of insects, fungi, birds, squirrels, bats, and more.

We humans are at our best when we are connected to each other and learning from nature. When we aren't connected to the world around us, we are no longer our best selves: pushing and shoving, controlling, fuming and isolating. We have behaved this way with natural systems too with the result that all these systems, human and nature, are out of balance in a deep way.

Permaculture is one name for a method of interacting with the natural world that applies ancient and new ways to grow, cultivate, replant and repair natural systems. Food production for humans is just one outcome. I've always liked the idea that humans are intended to be the gardeners for the earth - tending, cultivating lightly, learning, and watching over our living home - Gaia.

**Upcoming (virtual) events of the Goodenough Community:**

**Third Age** November 6<sup>th</sup>

**Meditation Retreat** November 13 to 15

**Women's Gathering** October 24

**Pathwork** October 25

*\*\*More info is available in this eView and a full calendar is on the last two pages.\*\**

### ***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

In my study of food forests I've read about still existing communities, mostly indigenous peoples, who live on the edges of forests. They enter to harvest and replant, living lightly with the diversity that is already there. They then leave one area and only return after many years, allowing it to naturally regenerate.

So permaculture is about designing systems that work in the living world. Communities are also about designing systems that work for living together. In an article about social permaculture on the Foundation for Intentional Communities website is this description:

“The key insight of social permaculture is that, while changing individuals is indeed difficult, we can design social structures that favor beneficial patterns of human behavior. Just as, in a garden, we might mulch to discourage weeds and favor beneficial soil bacteria, in social systems we can attempt to create conditions that favor nurturing, empowering relationships.” <https://www.ic.org/social-permaculture-what-is-it>

A number of years ago, after I had sat in on a two-week permaculture class held at Sahale I had a small learning but remembered it always. I was about to amend with compost a small garden. Someone had kindly brought over a wheelbarrow filled with compost. The garden sloped down to a rock wall and the wheelbarrow was below the rock wall. I got ready to use a shovel to toss all that compost up onto the garden bed. And then a basic principle that I had learned in the course popped into my head: look for the least amount of energy needed to accomplish a task. Oh right! Take the wheelbarrow around and up a long slope to the top of the garden and shovel the compost downhill onto the garden!

To me this story illustrates the value of shared learning – from someone else in a community educational experience. And a principle that trying to quickly force something to happen – get it over with and move on – is not how nature works. Applying this to my task made for a happier body and the compost probably was spread much better in the process.

“Permaculture’s three core ethics are care for the earth, care for the people, and care for the future—that third ethic is also often framed as “fair share”: share surpluses and reduce consumption. These ethics can serve as a guideline for weighing our decisions and actions. Before we build a structure or engage in a new endeavor, we ask ourselves—how will this impact the environment around us? What resources will it use? Will it provide for people and community, and further empowerment and equality, or the reverse?”

<https://www.ic.org/social-permaculture-what-is-it>

## Awakening to the Precious Present: A Virtual Meditation Retreat

November 13 to 15, 2020

*With mindfulness and compassion, we can let go of our battles and open our heart with kindness to things just as they are. Then we come to rest in the present moment. This is the beginning and the end of spiritual practice.*

~Jack Kornfield *Clinical Psychologist and Buddhist Teacher*

**WHAT.** This retreat is sponsored by Convocation: A Church and Ministry, a long-established interfaith community dedicated to enhancing personal development and spiritual awareness through the mindful practice of relationship. The community's open and inviting ambience will support and encourage you. During this virtual retreat, which is thoughtfully designed for seekers of all levels of experience, you will be able to experience 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
- ✚ Guidance for time between sessions, including artistic expression



**WHEN.** Friday, November 13, at 7:30 pm and concluding on Sunday, November 15 at 4:00 pm.

**WHO.** Central leadership will be provided by **Colette Hoff, M.Ed.**, 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 over 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:

- Joshua DeMers** will offer consultation to the retreat. Josh has studied meditation for many years and most recently in India. He has previously led meditation experiences for the Goodenough Community and for Convocation.
- Marley Long** will provide yoga as part of the morning sessions on Saturday and Sunday. Marley has long been a yoga practitioner, and she is on the path to becoming a seasoned instructor. She is skilled in working with all abilities. Marley has provided previous yoga experiences for the Goodenough Community and Convocation.
- Elizabeth Jarrett-Jefferson**, our registrar, will work with chat room issues and will post questions for break out conversations. Elizabeth will also serve as Zoom co-host.
- Deborah Cornett** will encourage your creativity through suggestions for artistic expression.

**REGISTRATION & COST** - \$175 which includes learning materials. A sliding scale is negotiable; your financial situation does not need to be a barrier to your participation. Contact Colette Hoff to discuss options and if you have other questions about the retreat-- hoff@goodenough.org or 206-755-8404. On-line registration will be available soon.

## Women's Gathering - September 26<sup>th</sup>

*By Marjenta Gray*

On Saturday, September 26, 18 women from Maine, New York state, and Washington DC - to Portland and numerous locations in eastern and western Washington joined together for a Zoom Goodenough Women's Gathering.

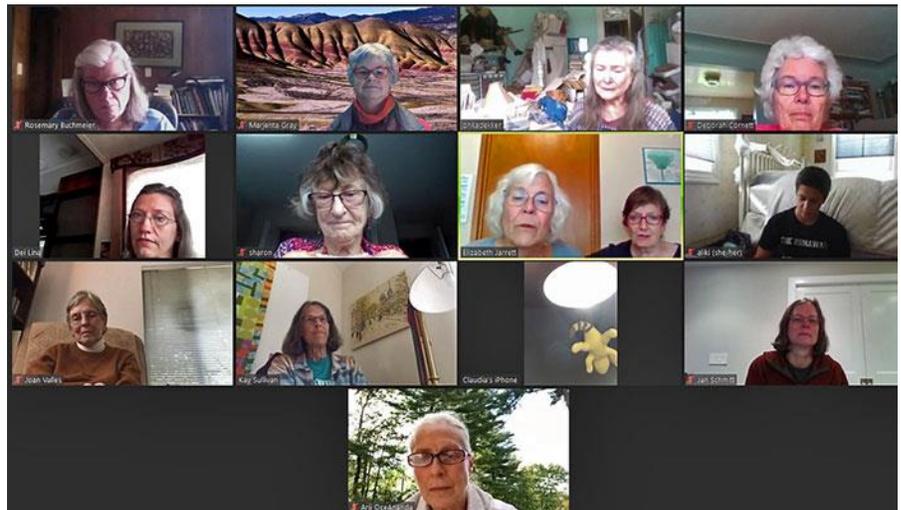
We started with a Zoom version of coffee hour, greeting each other and chatting. Colette Hoff introduced us to the day, as Hollis Ryan, Focal of the Women's Culture was away, helping move her husband's sister to Seattle from Arizona. Joan Valles oriented new women by giving a brief history of the Women's Culture. Elizabeth Jarrett led gently movement and I called in the directions, acknowledging that the fall equinox had just occurred.

Colette led the group in an inward meditation. She gently suggested we each imagine 3 scenarios:

1. An example of when you were unkind. In general, this would be an interaction with another person, but could also be a time you were unkind to yourself.
2. A time when you felt unkindly treated by another. The key here was that you felt treated unkindly, not that you could prove objectively that the other person was unkind. The focus was on your perceptions.
3. Witnessing 2 other people behaving unkindly towards each other. It might have been your parents, a couple arguing, or even your kids fighting.

Following this time of reflection, we went into Zoom Breakout Rooms to share our reflections with a smaller group. We discussed barriers to kindness in

ourselves and what we had observed during the meditation. My small group felt like a safe place to be open. I experienced women listening to each other, asking clarifying questions, and expressing curiosity and compassion about what was true for each.



This work was a continuation of the Zoom Lab experience in August, where we studied the 18 facets of kindness, and how anger, anxiety, arrogance, ambivalence and attachment can get in the way of being our best, kind selves.

Colette popped into each of the small groups and gave each woman one of the 18 kindness words. We didn't discuss these words, but were asked to hold them until the next gathering, and see what they stirred up in us. My kindness word is Generosity, which seems fitting.

Back in the larger group, each group collaborated in sharing the story of their discussion and learnings. Many expressed appreciations for being part of such intimate groupings and learning from other women.

The work of the Women's Culture will continue on Saturday, October 24. Come with your "kindness word" or come and receive a teaching word for yourself. Share a connecting, insightful morning in the company of a group of good women! Stay tuned for more details.

### **Pathwork, a Program of Convocation: A Church and Ministry – October 11.**



The Pathwork Circle is meeting on Zoom and find it brings connection to friends and encourages reflection on our inner life and spiritual development. 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. Currently, Pathwork meets via Zoom every other Sunday evening from 7:00 to 9:30 PM. You are welcome to join this circle of fellowship, **Sunday, October 11.** Please email Colette at [hoff@goodenough.org](mailto:hoff@goodenough.org) to get access information to the Zoom call and register your interest.



## **SPEAK UP.**

**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.**

**Editor's Note:** We met Teju Adisa-Farrar, a Jamaican-American writer, geographer and poet, at our Zoom Permaculture Convergence. She spoke with us about "the culture of nature and unearthing truths".

From her website: *"Teju is an equity consultant and speaker with a focus on environmentalism and urban activism. Her work is intersectional and transnational, connecting the dots between issues. She centers climate and racial justice, and regenerative practices. She uses a social geographies perspective encouraging us to think about space, place and identity. Teju supports artists and activists, collectives and organizations who are mapping / making alternative futures."* <https://www.tejudisafarrar.com>

Here is one of her poems written for the Fibershed 2019 Gala: *The Practice of Belonging*.

(Fibershed is an organization that “develops regional fiber systems that build soil & protect the health of our biosphere.” Climate Beneficial Clothing: <https://fibershed.org>)

### **In/Visible Hands**

*by Teju Adisa-Farrar*

I was told it was invisible hands  
Pushing needles through fibers picked by humans  
whose lives were and are seen as disposable  
Pulling the thread towards liberation  
Hoping to stitch a better future for their children  
Not the children who will perish in the same position as them  
But their children’s children’s children  
who will hopefully emerge wounded, but free from this current system

Cotton is not innocent,  
and neither is fashion

We are extracting resources, labor and culture  
Oil permanently soaking the underside of fingernails that will never  
consume even 1/10th of the products their work produces

The world is infinite, but we are not  
In fact, we are very finite creatures  
Living only seconds from our mere destruction  
But for Black life, the reality of premature death has always been apart of our consciousness

See, 200 years ago we were picking sugar, coffee, and cotton  
Now Black bodies drown crossing the Mediterranean and the ocean  
This extraction has caused patterns of migration  
that are far older than your vintage denim

In prison, they make our license plates and used to make the sneakers called Jordans  
While Michael Jordan is making multi-millions, Jordan’s were made in prisons  
by boys, now men, who probably waited in line to buy those same shoes to feel a sense of value  
they thought the sneakers would make them feel important  
When your life is not valued, you look for value in consumption

I read it was invisible hands who allowed me to lead the life I live  
But these people are not invisible, they are overlooked

we, the people, the least evolved species on this planet  
taking up more space than we can honor in this moment  
we have an opportunity to refashion our existence

I mean redistribute our ignorance into resilience  
I mean reimagine sustainable futures, expand our consciousness  
I mean, we, the people, are only a few steps away from liberation  
We, the people, here and now can wipe the tears of the next generation  
If only we realize that the earth has been here,  
we are just a tiny instant in the universe  
It's humbling

From the cliffs of privilege  
it may seem like fashion is separate from violence  
all of our consumption stems from the same system  
but luckily, we can change this

we must grab these visible invisible hands, not hiding  
but working in plain sight  
we must grab hold of each other, not dominating  
but working collectively towards freedom

we are not each other's enemies or rivals  
we are each other, literally, and there is  
No separate survival

As we walk through this world  
Clothed in the tethers of society  
We must remember that every single fiber  
is connected to a lineage and a story

my ancestors all across the Americas  
from the Southern United States to Jamaica  
picked, labored, and toiled the soil  
So that I, and you and you and you – can live in a global world  
and have important intellectual feelings  
So now I, and you and you and you – have to honor their presence  
and their wisdom  
with our choices and the fight towards freedom

I am cut from a different cloth  
a quilt of resistance  
made colorful by the plants naturally growing from the dirt  
I am the hemp seed 10,000 years ago  
I am because they were  
I am because we are  
From the minerals in the loam to the threads in my clothes,  
together we can lead the way like Harriet Tubman did with the North Star  
Only together.



### Mindful Mike's Blog: Joining Mike deAnguera

Almost everything happening in society is the result of people joining together. This includes where I work as well as the churches I am a member of.

Work is where I spent most of my time. I was an employee of the Boeing Company. By running huge laser printers I was an assembly line worker helping build Boeing jets. Being an employee made me a factor of production. As a result I had very little to do with my coworkers. We were all at the mercy of our employer and could be let go anytime.



Here are pictures of the abandoned Packard auto assembly plant my brother Paul photographed in Detroit last year. He told me the plant converted to wartime production during World War II but was unable to successfully convert back to civilian production after the war. As a result Packard went bankrupt. Thousands lost their jobs. To me this represented a huge tragedy. This was one of several plants and business closed in Detroit. Whole residential neighborhood fell into disrepair and were abandoned.

Now our economy is being hit by the Covid19. Once again thousands are losing their jobs across the country. None of these people have the security of community. They are being left to cope with their losses on their own.

I am no longer an employee in the traditional sense. I find I like my community life much better. It seems to have a sense of security and is not unpredictable unlike our economy.

This week we have a group of young people with us. They are in between high school and college. They are part of a program called Gap and are doing volunteer work at various places out west.



Here you can see our Gap volunteers doing various tasks clearly enjoying their work and each other's company. On the left they are observing a fish hatchery now closed. On the right they are making apple cider. I heard lots of laughter and happy noises from them. This should give them some idea of what to do with their lives later on. Would they want to be employees at some company? I wonder if they would enjoy that kind of work. I certainly didn't.

The majority of people hate their jobs in this country. If my work is awful, my life will be awful as well. Songs have been written about people's bad work lives. I suspect taverns fill up with people in the evening hours as they prepare themselves for what they will face at home.

Do spouses really want to hear about one more bad day on the job?

What I do with my life will determine the kind of relationships I have. Corporate relationships on the job tended to spill over into virtually all of my relationships. As a result they were shallow without the deep work we as community members have done over the years.

Healthy relationships require work. That is why it is essential they be planted in good soil. Plants in poor soil don't develop and bear fruit. The same is true for people. Our Gap volunteers are growing in good soil.



## A cultural learning experience at Sahale: permaculture and living in community for a week.

An example of how community and permaculture intersects is an event that is currently happening at Sahale. Colette was contacted by a group called Adventures Cross Country. They provide travel, work and learning programs, in this case young adults who are between high school and college (“Gap year”). We are hosting four groups of about a dozen young people and two leaders who each come for a week. This week is our first group and they are here to learn about permaculture and also lend a hand to the work on the land. So we are teaching what we are learning about applying permaculture principles and leading work parties.

However, what is also happening is that they are experiencing community. Conversations are happening and Colette is providing morning meditation and discussion where she passes on some of our Goodenough wisdom about being good people. I believe these folks will come away with knowledge and experiences about permaculture practices and also they are immersed in a friendly community experience. All this is accomplished with very careful COVID protocols – theirs and ours. They are a pod and we are a pod – 10 ft away and masks, etc.

ARCC Gap Year programs offer an educational and cultural bridge between high school and college. They are an opportunity to live, work, learn and explore in some of the greatest classrooms on earth. Designed with a rich educational fabric complementing each and every location, they highlight regional issues that are directly linked to global challenges.

<https://www.adventurescrosscountry.com/>

*Here they are preparing a garden for fall and clearing blackberries to enable a better fence to be built around the garden.*



In Greek mythology, Gaia , also spelled Gaea /'dʒiːə/, is the personification of the Earth and one of the Greek primordial deities. Gaia is the ancestral mother of all life. She is the mother of Uranus (the sky), from whose sexual union she bore the Titans (themselves parents of many of the Olympian gods), the Cyclopes, and the Giants; of Pontus (the sea), from whose union she bore the primordial sea gods. Her equivalent in the Roman pantheon was Terra.

Wikipedia



# Programs and Events of the Goodenough Community

**Note: NEW DATES for FALL 2020**

***Because of our unpredictable times, dates and descriptions shown represent our intention.***

**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.

**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 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](http://www.goodenough.org)



**The Goodenough Community's governing body, the General Circle,** meets alternate Monday evenings, 6:30 PM, via Zoom. Below are dates for our fall meetings:

- October 12, 26
- November 9
- December 7

For additional information about dates, contact Elizabeth Jarrett-Jefferson, [elizabeth.ann.jarrett@gmail.com](mailto:elizabeth.ann.jarrett@gmail.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. For more information, contact [Hollis Ryan](#). Our next Zoom gathering is **October 24**.



**True Holidays Celebration, Saturday, December 5, 2020**

We will not hold this celebration this year due to the COVID pandemic. However we intend to find ways to connect in other ways and honor the intentions of this annual event.



**The Third Age** - Those age 60 and older have been gathering every other month, Friday evenings, virtually since the pandemic. Our fall dates are on Fridays – our next one by ZOOM is November 6.

Contact Kirsten Rohde for more information: [krohde14@outlook.com](mailto:krohde14@outlook.com)

**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. Stay tuned for additional information.



**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. Currently, Pathwork meets via Zoom every other Sunday evening from 7:00 to 9:30 PM. You are welcome to join. Contact Colette: [hoff@goodenough.org](mailto:hoff@goodenough.org) for the Zoom link. The remainder of the fall 2020 dates are:

- October 11 and 25
- November 8 and 22
- December 6 and 20



**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](mailto: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.**

## Local Advertisements

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It's coming together! We have a schedule, we have presenters lining up, we have magic in store! We have tried to balance time online with time outdoors in Nature, Circle time, community connection time, and workshop time.

There will be a total of five sessions of three hours each over the weekend. Each session will be 45 minute Circle, 30 minute Small Group Connection/Discussion, 15 minute Break, 90 minute workshop.

The sessions will be (Pacific Time) 4 to 7pm on Friday, and 9am to noon and 4 to 7pm on Saturday and Sunday. So there is a nice four hour break in the middle of the day to get outside and practice our skills in connecting with our local Fairy beings. There will be two workshops offered during each workshop period, they will both be recorded so you can watch later the one you missed that weekend.

As of right now, the presenters include David Spangler, Brooke Medicine Eagle, Jeremy Berg, Marko Pogacnik, and Camilla Blossom.

More details are still coming together, but meanwhile we have other exciting opportunities to connect this Fall!



**News above on the Fairy Congress Webinar, January 15 - 17**