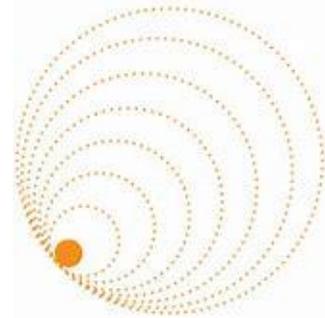




Internalization



For These Times We are In

The Important Skill of Internalization

Colette Hoff, in conversation with Pamela Jarrett-Jefferson

Definition: To internalize is to make (attitudes or behavior) part of one's nature by learning or unconscious assimilation.

In psychology, internalization is the outcome of a conscious mind reasoning about a specific subject; the subject is internalized, and the consideration of the subject is internal. Internalization of ideals might take place following religious conversion, or in the process of, more generally, moral conversion. Internalization is directly associated with learning within an organism and recalling what has been learned.

Internalization involves the integration of attitudes, values, standards, and the opinions of others into one's own identity or sense of self. (Wikipedia)

Internalization as a skill can be learned over time requiring patience and a willingness to learn. Another definition is *applied conscious awareness*, which suggests that a level of awareness must be achieved in order to grow the ability to internalize.

Before continuing, I want to give a picture of the impact of *lack of internalization*:

- People are experienced as coming from their heads without connecting or joining
- They have to work hard to remember . . . whatever the subject which can increase anxiety.
- They are apt to become confused with too much internal clutter.
- Frustration with the process and or irritation with leaders can follow.
- All of the above can lead to withdrawal.

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

A sense of self and the ability to bring pieces together as in integration (See eView July 15, Integration) are pre-requisites to internalization. A grounded clear mind allows receptivity without defense of what might be coming. The process begins with the willingness to learn from parents, teachers, bosses, leaders. To want to know what they know and be open to their impact and be changed by them is key to internalization. As Self develops, the desire for more specific learning increases without the reliance on others. Learnings become available as they are called out most usually in relationship to a person or process. Imagine you are filling a tool-box and the tools are accessed with coherence at the right time. This kind of deepened learning is beyond the brain and is more about practical application of wisdom in a future time.

Connecting to the person teaching – parents, teachers, leaders – as well as what is being learned allows connection to what has been learned in the past. The body registers a felt sense of flow that strengthens the connection to the learning, energy is raised, and the connection/relationship is strengthened including relationship with Spirit.

In past leadership training experiences, Pam reminded me we were taught to observe a situation quickly and be especially responsive to a variety of situations internalizing the whole of the experience being offered. Valuing the work of internalization as service is Pam’s perspective. “It’s a service to others to internalize and integrate. I receive pleasure at filling needs people have without being asked. In other words, its not personal or about me.”

The giving and receiving feedback also comes to mind as an illustration. When the giver of the feedback draws out the person about who they are in the moment without assumption, the feedback is easier to join and accept and hopefully internalized with the desire to “function better” for other people.

Internalization. This occurs when you've exploited impact, when you've molded the standard material to your needs and made it yours, when you've made your new skills strong through hard use. All of a sudden these new concepts stopped churning within you, and a new reality is born: You and the concepts are one. They have literally become you. You have become them.

Tom Hopkins

Pam also encouraged me to answer the mystery of how I can accomplish a lot and carry the whole of an event, Sahale management and the whole of our community. Observing what is to know how to respond, looking for what might be missing in a situation, and then responding in the best possible way is usually how it happens. Avoiding making pre-mature decisions until most of the details are collected and allowing things to fall into place is key. Talking things through in relationship is part of the preparation. Connecting flows of activity for a larger purpose, whether it is preparing learning materials or hosting a weekend at Sahale enables me to allow out learnings developed over many years so the actual activity is connected, enabling others to understand and join in the process.

An especially current illustration is our preparation for our virtual event, titled **Creative Exploration of Self: Connecting Myself with Others in a Disconnected World**. The Lifeways Circle is editing and working on learning materials, as others are working on technical support and a flow of the five-day event is emerging. The Leadership Team for this event met in April on Zoom as practice for the event that is being crafted. We are excited to offer this **virtual experience of personal development** and hope you will consider joining!

Remember that experience creates internalization. Doing things repeatedly leads to internalization, which produces a quality of understanding that is generally vastly superior to intellectualized learning. ~Ray Dalio

Creative Exploration of Self: Connecting with Myself and Others in a Disconnected World

A Virtual Experience of Personal Development

August 5 - 9, 2020



Join the Goodenough Community for our summer personal development event, this year as a Zoom experience, to keep us all safe.

We humans are relational beings who thrive with interaction. In these days of enforced isolation, separation threatens to become the new normal. Reconnect and regenerate yourself with us!

Drawing on Pierro Ferruci's *The Power of Kindness* and other resources, you can expect to:

- Deepen your connection with your innermost self and with others.
- Reflect on what might be blocking you from being your best. Locate blocks in your body (yes, even on Zoom!), and practice tools to release them.
- Expand your insight into your inner double binds and how they function in you and beyond yourself.
- Learn how working with your own inner dividedness is a practical way to bring healing to our culture of racism, sexism, and other forms of divisiveness.



Colette Hoff, M.Ed., and a design team of experienced facilitators will lead you in large and small groups and in individual processes designed to cultivate warmth, intimacy, insight, and learning.

Cost & Registration

The suggested donation for this five-day experience is **\$300**.

Register on our website: [goodenough.org](https://www.goodenough.org).



For more information, email Elizabeth Jarrett at elizabeth.ann.jarrett@gmail.com.



Editor's note: I am grateful for the issue Marjenta Gray edited so skillfully crafted last week. I also appreciate all those who contributed their stories about white privilege.



We will continue to speak out about the racial injustice in our country.

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.



Celebrating the Life of an Anti-Racist

“Just as it was racism that has shaped our history as a region and as a country, so it was the struggle against racism that has moved our country in a more humane direction. Because they are at the bottom of this society, when People of Color move, the foundation shifts...in a sense the battle is and always has been a battle for the hearts and minds of white people in this country. The fight against racism is our issue. It’s not something that we’re called on to help people of color with. We need to become involved with it as if our lives depended on it because really, in truth, they do.”

This week we’re celebrating the birthday and life of Anne Braden (1924-2006), a legend in anti-racist organizing whose work was anchored in the South. Anne Braden co-founded - **the Kentucky Alliance Against Racist & Political Repression**, with Angela Davis and other leaders of the Black liberation movement.

Anne Braden was a white, Southern woman who organized as part of the Black liberation struggle with a focus on bringing more white people into the work for racial justice. After graduating college,

she worked as a young reporter in the deep South. Later, she and her husband Carl were charged with attempting to overthrow the State of Kentucky after the home they purchased in an all white neighborhood for Charlotte and Andrew Wade, who were Black, was firebombed. **She believed that the history of oppression and Black-led resistance in the South made it a critical battle ground for nationwide change.** She worked closely with Rosa Parks (in above photo) and Ella Baker, and she is mentioned in King's *Letter from a Birmingham Jail*.



Dr. King wrote of her and Carl, "Unlike so many of their moderate brothers and sisters, they have recognized the urgency of the moment and sensed the need for powerful action."

Anne talked often of the need for there to be visible white anti-racist organizing happening - an alternate pole that would attract white people to a different way of being white.

Showing Up for Racial Justice is one of those poles - modeling a different way to be white - and is a political home that is bringing new people in, supporting their individual transformation and moving them into collective action. We



are working to answer the call and live into the legacy of Anne - the work of organizing white people into the fight for racial justice and towards a liberatory agenda set by the Black liberation movement. We are working to bring more white people into the kind of fierce anti-racism that Anne lived - one that takes risks, believes in the capacity of other white people to transform, and understands that we are accountable when we are in action.

Erin Heaney, SURJ National Director

P.S. Want to learn more about Anne's life? Check out her biography [Subversive Southerner](#) or the documentary [Anne Braden: Southern Patriot](#) about her life in the movement.



The Goodenough Community & Convocation

P.O. Box 312 Tahuya, WA 98588

www.goodenough.org

The Goodenough Community, like many other nonprofits, is evolving in its response to the drastic changes brought about by the Covid-19 pandemic. We are feeling the financial effects of having to cancel events this year. Our community has been able to access Covid-19 loans from the Federal Government, both for the Goodenough Community and for Convocation: A Church and Ministry.

We are especially thankful to those of you who have responded to recent fundraising efforts! Thank You! The future remains uncertain, however, and requires our continued and diligent attention to our community's sustainability. Those of you still considering, your donation will help us through the winter.

We know that the Goodenough Community, Sahale, and Convocation contributes to healing, awakening, joy and peace as we move through these times.

You can help with a donation of any amount.

Any amount, large or small, is valued greatly - here is a wish list that includes examples of how your contribution can help:

CONVOCATION: A Church and Ministry is responsible for the housing allowance to Colette Hoff, our Pastor, that enables her to pay the main Sahale mortgage.

Consider these possibilities:

One person contributing \$200,000

will purchase or pay off the main mortgage on Sahale!

OR...

Four people each contributing

\$50,000 will relieve us of the main

Sahale mortgage OR...

Twenty people each contributing
\$10,000

will pay the mortgage off in full.

These may seem like big numbers; however perhaps you know someone who might be interested in providing support.

A donation of \$2,200 covers one month of the housing allowance

You can join a group of people who are already making monthly donations to Convocation to support Sahale through funding the housing allowance. Choose a monthly amount that is right for you.

Donations to the Goodenough Community:

\$5000 will ensure that we can meet one month's minimum obligations
(utilities, food, supplies, upkeep, bookkeeping and accounting)

\$500 will cover the cost of repairing the road to the White Tent at Sahale.
For ten winters this road has washed out and we are
creating a more permanent rebuild.

\$300 will cover the cost for one month of meals for volunteers at
Sahale who contribute their expertise and work hours with carpentry, electrical, construction,
gardening, and more.

A donation to our scholarship fund supports attendance to our events when we can
resume our activities.

Your monthly gift to the Goodenough Community or Convocation: A Church and Ministry
will support the work of the community.

Remember, donations, large or small, will help us feel your support and your belief in the
value of the Goodenough Community and Convocation. Your generosity, joined with the
gifts of other, will help the community face the future with confidence. We know that many
are dealing with financial uncertainty in this moment. If you have the means to contribute,
we truly appreciate your help. *Thank you* to those special individuals who have already
donated.

Remember, donations are tax-deductible and in 2020 those who take a standard deduction will
be able to add up to \$300 "above the line" for contributions made to nonprofit charities.

In gratitude,

Members of the Community Economy Circle



Mindful Mike's Blog: My Inner World

Mike deAnguera

What is my inner world? That which I am thinking right now. How through my thinking I see everything. My perception will of course be different than yours. Why? Because I am playing the character role of Mike, not anybody else. That's your job and the job of everybody else on this planet.

Of course I am Divine. What else could I be? The Divine animates my body and plays me as well as you. We are different yet we are both played by the Divine.

There is just one of us. This is something I could sense when I was really intimate with a good friend.

Who am I? Is my mind the product of the electrical signals in my brain? That makes about as much sense as asking if the driver of a car is what the car does. My mind isn't contained in my brain. That is just the control center of my body.

I forgot my true nature to really get into the drama of the show of life. A mortal lifetime is a theater to play out my story requiring total focus. A good place to get stuck.

Being Divine I am pure energy. I have decided to take on a mortal human body on planet Earth to share with the rest of me, of you the creation of a story. A story of dashing heroes/heroines with a cliffhanger plot.

Earth is in serious trouble. We have a pandemic. Misery all over the planet. Hunger. Endless war. Irresponsible government and media. Elections loom. Who to vote for? Isolation of individuals and families. Ultimately isolation of everybody. Control by force and fear. What to do?

Maybe I can start with myself. Move from fear to Love. I have a community provided to me for that very purpose. Who provided the Goodenough Community? My Divine Self.

Having another person to relate to is definitely helpful in creating something. Jesus did say that where ever two or more were gathered in his name there he was in the midst of them. He did promise to be there for us.

Happiness is to be found within. People have looked all over the world for the land of Eternal Bliss. Is it in the Himalayas? This huge block of the Earth's crust thrust up into the sky seems to generate a lot of energy. I've noticed this energy when near Mt. Rainier. I wanted to always stay up there to feed on this energy. Actually I think the whole planet is energy. This energy is just more noticeable with tall icy peaks. People such as Parahamsa Yogananda have dreamed of meeting a yogi in the Himalayas. A typical Indian quest.



What are examples of happiness from within in my life? Well, the most recent was Josh DeMers's birthday party.

Lots of good food, sweet stuff, and beverages. Plus happy people. I can't imagine a birthday party with sad or angry people. Can you? Want another one? How about Bruce Perler living it up in a bath tub? Would you believe he was giving us all

positive energy just by being true to himself? No jagged mountains were necessary. Wonder why so many of us feel happiness can only be found in certain places.



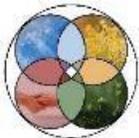
Programs and Events of the Goodenough Community

While we are in an unknown time, these dates 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.

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 Goodenough Community’s governing body, the **General Circle**, meets Monday evening for light dinner & business at hand. In 2020, our meeting schedule will be TBA.

Human Relations Laboratory, August 2 to 8, 2020

This intense and joyful 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

Cancelled but see information on page 4 for our virtual experience, August 5-9:

Creative Exploration of Self:

Connecting with Myself and Others in a Disconnected World

A Virtual Experience of Personal Development



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 Elizabeth Jarrett-Jefferson.

True Holidays Celebration, Saturday, December 5, 2020

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 Jarrett-Jefferson for more information.



The Third Age - Those age 60 and older have been gathering every other month, Friday evenings in Seattle. Contact Kirsten Rohde for more information: 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. The semi-annual men's weekend will hopefully be in June. Stay tuned. For more information, contact: bruce_perler@hotmail.com

Pathwork, a Program of Convocation: A Church and Ministry - Pathwork, a Program of Convocation: A Church and Ministry, offers you a spiritual home in which to rest and to share your heart and mind as you move through these confusing 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 learning from the world's Wisdom Traditions. Currently Pathwork meets via Zoom every other Sunday from 7:00 to 9:30 PM. You are welcome to join. Contact Colette: hoff@goodenough.org to get access to the Zoom link. The next gathering is Sunday, August 22.

You are welcome to join on Sunday, August 22 at 7:00 p.m. Please email Colette at hoff@goodenough.org to get access information to the Zoom call.



Work and Play Parties throughout the Year. Traditionally, the Goodenough Community sponsors work parties over Memorial Day weekend (May 22 to 25, 2020) as well as other times throughout 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!

~~Cancelled~~

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 crisis.**

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