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March, 2019

Cohousing Now!

You Are Changing the World!

One of the foundational deficits of our time is connection. Connection is essential to human life and when we don't get enough of it we experience stress, anxiety and yearning - a yearning twenty-first century capitalism is happy to answer with materialism and suburban isolation. Of course we know that bigger houses, exotic vacations and fancy coffee do not meet our need for connection. It is other people, relationships and time together that do that - precisely the ingredients of cohousing.



What isn't immediately obvious is how very contagious the anxiety of disconnection, and joy of relationship, can be. Anxiety changes how we interact with the world. We defend the things that we believe are our security (wealth, privacy, independence). We are more likely to speak harshly, to refuse to help another, to isolate ourselves, to hoard our property, to exert our power. Our very physiology communicates this anxiety to everyone we meet, adding to their stress, which they pass to the next, and so on.

Connection, on the other hand, creates joy, which is just as contagious. When we experience joy, we take it out into the world. We are more likely to smile, to share, to engage with another at every level. We are better problem solvers and more open to new ideas. We are more flexible with our possessions and less attached to our property. Our joy creates connection and diminishes anxiety everywhere we go.

The daily practices of cohousing decrease cycle of anxiety in the world, expanding far beyond our communities. We raise children in a rich space that encourages the to reach out to one other, and they carry that connection with them into their schools, their workplaces, their marriages and their children.

As you work to form a cohousing community, you are leaning in to connection every day, laying the foundation for generations of joy. If you live in cohousing your everyday smiles and common meals are making our world more connected, more secure, and more relational.

As a larger community we are working together to create more opportunities for people to experience greater connection. By sharing your experience on Cohousing-L or the Cohousing US Facebook group, by attending conferences and hosting tours, by supporting cohousing professionals, and by donating time or money to the Cohousing Association, you are shifting society away from anxious materialism and toward joyful relationship one small step at a time. Together these small steps have a big impact.

Thank you for all you are doing to make our world a better place. There is probably no magic bullet to save our planet and our people, but cohousing is one clear way to

address our most foundational problems. Simply by living this joyful life you are trading fear for compassion, judgement for empathy and anxiety for connection. You are changing the world.

Events



Connection.

Education.

Intensives. Tours. Sessions.

All of these things and more are possible at this [national cohousing conference May 30-June 2](#)

After selling out bus seats for the first three tour options, *[we have added two more tour options!](#)*

[Pre-conference intensives](#) are filling up, add this opportunity to immerse yourself in a particular topic for hours,

AND it's looking like we'll sell out Sat/Sun conference registrations so REGISTER SOON!

[Register HERE!](#)



Tue Apr 2 [Liz Magill](#)

Conflict: Interpersonal or Systemic?

What you do with conflict starts with recognizing whether it is an individual problem or a systemic problem.

Fri Apr 12 [Michael LaFond](#)

Cluster Apartments & Shared Flats in Cohousing

Special Time: 3p Pac, 6p East

European CoHousing Best Practices, Inclusion in CoHousing

Wed Apr 17 [We Can Work It Out](#)
New Member Orientation

5 critical elements for an effective new member orientation and how to adapt them to your community.

Tue Apr 23 [Joe Cole](#)

Working for Racial Equality in Community

A discussion of racism and white privilege in our culture, our lives, our communities, and the special responsibilities that white people have for addressing racism.

Mon Apr 29 [Diana Leafé](#)
[Christian](#)

Challenging People in Community

Four kinds of disturbing, disruptive behaviors and what works in better understanding and dealing with each.

5pm PT, 6pm MT, 7pm CT, 8pm ET

<https://zoom.us/j/202941610>



Announcing! Our 2019 Open House **Communités List** is now available!

[Click Here](#)

There is still time to add your community. Learn more or

[Sign up Here.](#)

Are you seeking a community or forming one? Take a look at the list of participating communities and visit one!

Click [here](#) for more info!

Blog



Thanks to our writers

Many thanks to Joe Cole, Sharon Villines, Mary Kraus and David Entin for contributing to our blog in March. We love reading different perspectives. We hope you will join them in sharing cohousing stories and learnings with other communities. Submit to: karencohous@gmail.com



Rubbish to Riches

by Mary Kraus

I would like to say that mine is a household where celery never goes limp in the crisper. That whenever bread gets stale and milk sours, I miraculously combine them into a



I'm Not a Racist, But Racism Is In Me

by Joe Cole

A few years ago I attended a film showing at a restaurant in Durham, North Carolina. Seventy people turned out to watch the film, which followed a young white couple biking across the country to visit intentional communities. Almost every person in the film was white, as were the overwhelming majority of people who came to watch it.

delicious bread pudding. Hah. While I may have great aspirations to using every last scrap of food, the plain truth is that in actuality, I fall far short of this goal.

Fortunately, I live in cohousing. Wait: what, you might ask, does cohousing have to do with food waste? Well, being surrounded by close neighbors does actually help in making better use of your food and reducing waste.

[Read More](#)

After the film, the moderators held a Q&A with one of the film's producers. One questioner asked, "Why were the communities so white?"

"Well, I'm not sure," replied the producer, "but many of the communities in the film were in rural areas."

A woman of color in the audience raised her hand. "Perhaps groups that are all-white tend to have unacknowledged racism," she said, "and that creates a barrier for people of color to join."

[Read More](#)

In the News



Cohousing Emerges in the Gorge

by Jim Drake of Columbia Insight

Imagine not only choosing a neighborhood you'd like to live in, but actually creating the neighborhood you'd like to live in.

Imagine writing down your values, needs and expectations of a lifestyle, and then sharing them with like-minded people who want the same. Cohousing — intentional collaborative housing that fosters a sense of community — has already been integrated into many urban and rural areas of the United States, as well as in other parts of the world.

Now the idea is beginning to take root in the Gorge.

[Read More](#)



Lonely Together: The Plight of Urban Isolation

by Maine Public Radio

Urban loneliness is a virtual pandemic. Even though there have never been as many cities across the world as there are right now with such high populations, urban loneliness carries with it huge social, medical and financial consequences.

Why are cities the new capitals of isolation? Ideas contributor Tom Jokinen believes the design of urban centres may actually be the cause of urban isolation. Yet they may also contain the ingredients for a more integrated social landscape.

[Read More](#)

Classified Ads

Forming Communities



Fair Oaks EcoHousing
Fair Oaks, CA



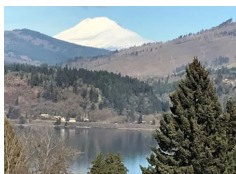
Ralston Creek Cohousing
Arvada, CO



Washington Commons
West Sacramento, CA



Prairie Hill-Iowa City Cohousing
Iowa City, IA



Adams Creek Cohousing
Hood River, OR



Oakleigh Meadow Cohousing
Eugene, OR

Homes for Sale



2 Bed/1.5 Bath with Garage
Pleasant Hill
Cohousing, CA



Large 4 Bed/3 Bath
Pleasant Hill
Cohousing, CA



Light/Bright 1 bed/1 bath
Daybreak Co-housing
Portland, OR



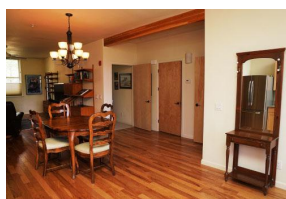
Building Now in Rocky Corner Cohousing
Bethany, CT



Unique View Home
Milagro Cohousing
Tuscon, AZ



Homes in Nubanusit Neighborhood & Farm
Peterborough, NH



Two Homes For Sale
Wolf Creek Lodge
Grass Valley, CA

Cohousing Professionals

[Caddis Architecture](#)

[CoHousing Solutions | Sustainable Neighborhood Consultants](#)

[Fitch Architecture & Community Design | Home - Community - Planet](#)

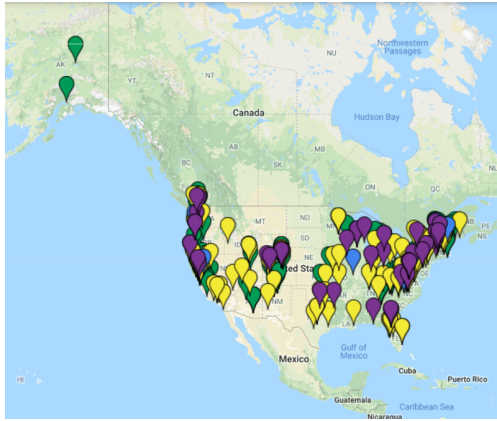
[Linda Herman Consulting](#)

[Mary Kraus, Architect](#)

[McCamant & Durrett Architects: The Cohousing Co](#)

[schemata workshop | architecture & planning](#)

Directory - Find your community now!



[Click Here for the Cohousing Directory](#)

New listing:

Shea Acres
in West Brookfield, Massachusetts

Thanks for reading

[Cohousing Now!](#) provides news and events on Cohousing... Now! provided by The Cohousing Association of the United States. Please forward to your friends, communities, and other lists to spread the word about cohousing!

The Cohousing Association is funded by donations from people like you. Thanks so much for your support.

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