We're in the midst of a season of gratitude. So I was pleased to learn that a practice of gratitude improves our health and well-being, and allows us to "experience increased positive emotions," per Richard Emmons, a professor at UC Davis. Dr. Emmons reports that people who practice gratitude somehow elicit more support from other people. They radiate something positive, and people want to be near them and support them. Sounds good, yes? and something we would want to cultivate for ourselves and our communities. Living in community inherently encourages us to be present, to be connected. Cultivating a practice of gratitude can enhance this benefit of community, by helping us slow down, take pause, and become keenly aware of what is going on in the present moment. Gratitude happens when we live with intention within our intentional communities. As we welcome in the promises of a new year - along with the stress of expectations and responsibilities - gratitude can remind us that we are part of something larger than ourselves, and that we are all in this together. I find this both reassuring and joyful. In the abundance of my life, I am grateful for all of you in the cohousing world. I hope you share my gratitude that Coho/US is here and growing, with your support. Many thanks. Alice Alexander, Executive Director

PS It’s not too late for a charitable donation to Coho/US, which is much appreciated!

Tours & Events

National Cohousing Conference - May 29-31, 2015

Beginnings at the Conference by Diana Sullivan

In 2010, I attended the National Cohousing Conference in Boulder to learn about starting a cohousing community…. I traveled there with a friend and met two other ladies from Nashville …We decided that if we were going to see a community in Nashville, a blue city in a red state, we would need professional help...

Check out our offerings!

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Classified Ads

Homes for Sale

- Cobb Hill Ecovillage 4 Bedroom Energy Efficient Home for Sale
- For Sale in New Hampshire’s Greenest Community
- Light and Bright Two-Story Unit in Old Town Fort Collins

Seeking Members

- Build your home & life at Katywil, CO-farming, CO-homesteading, CO-housing
- Riverside Living in Eugene, Oregon. Breaking ground soon!

Professional Services

- schemata workshop | architecture & planning
500 Communities: creating the next great wave
Many of you currently live in cohousing, have collaborated on
construction or development of communities, or are in the process of
finding your new cohousing home. So, have you ever thought...
I'd love to help make more of these communities a reality! What if my
work helped cohousing community formation from the ground up?
What if I could learn how, and bring those skills to meaningful
fruition in my area? Curious? read more

Cohousing Blogs

Christmas Tree Farm: Cohousing Enterprise
The Hundredfold Farm Cohousing Community
near Gettysburg, Pennsylvania operates a
Christmas tree farm with 50 acres of choose and cut
trees. Per community member (and Coho/US
Board President) Bill Hartzell, sales have been
tremendous - one of their
best years! Bill and the story of Seven Springs Tree Farm will be
part of the National Cohousing Conference session on Agricultural Communities: Working Farms & Enterprises.

Healing Dashed Dreams: Cohousing PTSD
By Barbara Opyt
Some call me an "experienced cohouser," but I am also a "wounded
cohouser." It's like having cohousing PTSD. I am now a part of a
newly forming cohousing group http://newamericanvillages.com/ and
with every hint of delay, I get spooked. When potential members
express their concerns, I think "Oh, yeah, be worried-be very
worried." I hesitate to lead but know that being in a community like
this means that I can't just follow passively. When anyone asks
when the community will be built, I say "in about a year." And then I
cry a little inside.read more

Stop Spinning Your (Roulette) Wheels When Making Personnel Decisions
Laird's Blog
We're talking about intentional communities, right? Then doesn't it
make sense to be intentional about filling positions of responsibility?
Overwhelmingly, intentional communities can think up governance
structures faster than they can staff them....it's essentially universal
that communities have more committee slots than people who are
actively and competently filling them. There are, I believe, a number
of factors that contribute to this phenomenon. Here are five:
read more

Community Lives

Designing a Passivhaus Neighborhood in a Blue Ridge Arts Community
At Jubilee Cohousing in Floyd, VA, we are hard at work with our
cohousing-savvy builder designing our neighborhood and homes.
We are ambitiously building an all Passivhaus neighborhood and
Common House (ultra-low energy design/construction) and it feels
great, like we're experiencing our own mini energy revolution! 2014
has been an amazing year of happenings....read more
End Notes

Many Thanks to These Cohousing Communities Who Have Given or Pledged as of Dec 23rd

Gifts from individuals are tax deductible and appreciated. Consider this an investment in your cohousing legacy!

Donate Now!

Thanks for reading

Cohousing Now! provides news and events on Cohousing... Now! From Coho/US, the Cohousing Association of the United States, Cohousing Now! is emailed monthly. Please forward to your friends, communities, and other mailing lists to help spread the word about cohousing - now!

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