



re·ceive

rə'sēv/

verb, gerund or present participle: **receiving**

1. be given, presented with, or paid (something).

"most businesses will receive a tax cut"

synonyms: be given, be presented with, be awarded, **collect**, **garner**

Receiving New Life!

Colette Hoff

When I thought about writing this article, it was to be about receiving a gift yet to come. Today as I write we have a new grandson! Last week's eView theme comes to mind, a miracle!

*I am receiving
I am receiving now
All the gifts the Universe has for me.
By Shawna Carol*

with friends like Whoopi Goldberg, colleagues like Diane Sawyer, as well as the proverbial woman next door.

Leslie writes, "I couldn't believe it: my baby--having a baby. How could this be? She was my special Taylor, calm and imperturbable as always. She was signaling that's what she needed from me. I would have to quiet my nervous excitement."

In a CBS interview, Stahl pointed out the scientific evidence that grandparents have an important role in teaching unconditional

Serendipitously, Tuesday morning John and I watched our favorite news show, and Leslie Stahl was interviewed about her new book, *Becoming Grandma: The Joys and Science of the New Grandparenting*. Stahl explores how grandmothering changes a woman's life, based on her personal experiences and interviews

April 6, 2016

The Village eView

**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**

Elizabeth Jarrett-Jefferson, Editor

Upcoming:
Pathwork – April 10
Community Council – April 11
Relationship Group – April 12
Third Age – April 22
Women's Weekend - May 13-15

love. She encourages every grandparent to get even more involved with their grandchildren.

As I entered the Birthing Center on Eastlake at 11:30 pm I was open to whatever experience came and was happy to know I would be close to the process. The gift of being in the room as my daughter was laboring and delivering was peak moment in life for me. Amie prepared well and had an amazing team of midwives and a doula.

Then as the baby was being assessed and given the all-clear—"he's perfect"—our daughter announced his name, William Raymond, after my father and the tears were flowing. They plan to call him Wiley, pronounced *Wylie*.

Receiving is about being open, saying yes without expectation, relaxing, allowing, letting in and trusting the Universe to offer amazing gifts. Spring is a wonderful time to practice receptivity.

As a woman, I am thankful my daughter gave birth and experienced the lineage of women in my family surround Amie and give her their blessings.

Community News



Welcome, William Raymond Aylward!

Wiley was welcomed into the world and into the loving arms of his parents, Amie and Colin Aylward, on April 6, 2016, at approximately 5am. Wiley weighed in at 8'4" and is 20.5" long. Congratulations to Amie and Colin, as well as to the grandparents, John and Colette Hoff and Dave and Donna Rands.

Why Some People Hate Receiving Compliments

How self-esteem influences our capacity to receive praise. Don't assume you're heard it before.

Posted Aug 27, 2013 – *Psychology Today*

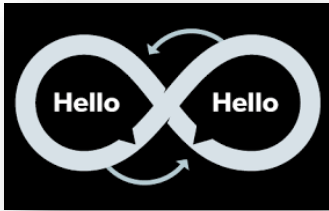
Most people like hearing praise but some people bristle when they hear compliments and others downright hate them. What is it that determines whether someone enjoys receiving compliments or whether they turn sour at the first hint of positive feedback?

We're taught that giving is superior to receiving. Indeed, the art of giving is a helpful corrective to human narcissism. Seeing what others need to be happy requires *empathy* and kindness. But *receiving* is an equally noble endeavor.

Receiving deeply provides needed nutrients for our soul, while also honoring the giver—making them feel that they've made a difference in our life.

From John Amodeo PhD, MFT: *Intimacy, A Path Toward Spirituality. The Neglected Art of Receiving*. What it takes to let in love. November 2015

Compliments and Self-Esteem. More often than not, how receptive we are to compliments is a reflection of our self-esteem and deep feelings of self-worth. Specifically, compliments can make people with low self-esteem feel uncomfortable because they contradict their own self-views. People actively seek to verify their own perceptions of themselves, whether those are positive or negative. For example, in one study, college students with low self-esteem showed a stronger preference for keeping their current roommate if that roommate viewed them negatively, than if their roommate saw them more positively.



In other words, receiving praise from others when we feel negatively about ourselves elicits discomfort because it conflicts with our existing belief system. If we believe we're truly undesirable, hearing compliments about how attractive we are will feel jarring and inauthentic. If we believe we're unintelligent, someone lavishing us with praise about how smart we are will feel more like a taunt than a compliment.

And if we're convinced we're incapable of success, receiving praise about how capable we are can feel like a set-up for future heartbreak and disappointment.

The Challenge of Complimenting Relationship Partners with Low Self-Esteem. *The resistance people with low self-esteem have to compliments can be especially pronounced when the praise comes from their relationship partners.* One study found that giving people with low self-esteem praise about being considerate boyfriends or girlfriends was enough to make them feel more insecure about their partners and even to view their entire relationship more negatively.

Given that the compliment was mild, whether the participants were considerate or not could not have conflicted that strongly with their self-beliefs. Further, their partners know them well and were certainly in a position to comment on their relationship skills. So why would someone with low self-esteem react so strongly to such mild praise from their partner?

The answer is that any form of praise that comes from their partners, can make people with low self-esteem feel pressured to live up to the heightened expectations such praise implies. Because their confidence and trust in themselves is low, a person with low self-esteem fears they won't be able to sustain their efforts and they'll end up disappointing their partner. Further, they worry that their partner's love and caring are conditional, such that if they do fail to live up to their expectations their partner will withdraw from them or exit the relationship altogether.



As a result of these internal pressures and anxieties, a person with low self-esteem is likely to use unconscious defense mechanisms when they hear compliments from their partners. Praise will only make them shut down and become more distant and withdrawn, as they hope (unconsciously) to lower their partner's expectations by doing so. Sadly, such reactions can unwittingly provoke exactly the response they feared as their partners are indeed likely to feel frustrated and annoyed if their efforts to provide positive feedback are met with such seeming indifference and disdain .

Compliments and Culture. The correlation between low self-esteem and a resistance to compliments should not be over-interpreted. People with low self-esteem are often uncomfortable receiving compliments but not everyone who is uncomfortable receiving compliments necessarily has low self-esteem. Praise has a large cultural and ideological component. For example, it is much more acceptable to praise children in some cultures than in others and it is much more acceptable to express positive regard to adults in some cultures than in others. Further, some people with high self-esteem might have ideologies or world views that associate compliments with 'coddling' such that they experience praise as condescension rather than encouragement.

How to Increase Receptiveness to Compliments.

It is possible to increase a person's receptiveness to praise even if their self-esteem is low. One study found that asking people with low self-esteem to reframe a compliment from their partner in abstract terms and discuss what it meant to them and what significance it had in their relationship allowed them to accept the compliment and feel more positively about themselves and about the relationship as a result.



The bottom line is, give thought to the recipient when you voice a compliment and consider if and how to word it if you suspect their self-esteem is low.



The deAnguera Blog: Chicken Thinking



Here comes Irene carrying a box of chickens. They were ready to be released into the area we had prepared for them. I remember when they were in a little room. The coop is now finished and so the fenced in space. Irene went in to the fenced in space and released batch after batch of chickens. They immediately started pecking the ground looking for things to eat. Clucking too.

The chickens will be able to wander around in the fenced area during the day. At dusk they will return to their coop and the door will drop shut. That way they will be protected from predators. The coop has wood shavings which I spread on the floor, a heat lamp and a feeder.

Why raise chickens? Every ecovillage has to confront the issue of whether or not to have livestock. The real question is what is the purpose of an ecovillage? What are we trying to show the world? We are a living demonstration of the kind of life we'd like the world to adopt. Being an ecovillage involves raising food and relating to each other.



Most of what we do is experimental. That's a good thing. We have people in regular jobs contributing to our support. If we didn't we would have to worry about making a living. This can be a major stumbling block. If we give in to our fears we can end up arguing and fighting with each other. The whole thing could then be over.

It is important to have a way to live into our dreams. They need time to germinate. Our dreams will give Sahale what she needs to get her message out to the world as a unique entity. We have a story to be told. Our unique story will help us get the

support we need. We will have our own niche and won't have to compete with anyone else.

Copying the success of others can actually get us into trouble. It is good to try out the ideas of others to see if they will work for us. But we must be in service to our own vision.

Why raise chickens? Because we want to. That is the best possible reason. We can and should play with this and other things. That's where all the good ideas come from. Being with the chickens. Feeding the chickens. Handling the chickens. This is very different than just simply getting chicken from the supermarket. Who knows where the supermarket chickens come from and under what conditions they were raised. They can be fed antibiotics and growth hormones. I have heard of possible genetic horrors such as 6 breasted chickens.

Our whole global food distribution system needs to be re-thought. That's the purpose of permaculture and it is why we were made aware of the permaculture soon after we acquired Sahale. Projects like ours can help build food security locally and globally. That's far better than the centralized system we have now.



Every good Australian sheepdog should have something to herd. As you can see Neddie is doing his best to herd the chickens from outside the fence.

The Miracle of Sahale

Kirsten Rohde

Driving away from Sahale early this morning while it was not yet dawn I saw the Olympics, lit up golden by the rising sun. I started thinking of everything I love about Sahale. Watching the heron whose territory for years has been the stream that runs into the Tahuya River. The eagles who sit on the tallest cedar in the winter. Hearing a song sparrow in the early morning. Seeing vegetables grow up from tiny seedlings until we can harvest and eat them. Deer annoyingly eating our plants but such cute fawns. The surprise of a river otter poking its head up out of the water. Or rare glimpses of a tawny bobcat. Misty sunrises and the reflection of sunsets all along the river valley.

The best part about Sahale is that we are stewards of this place in order for others to also enjoy these experiences and many more. Families, friends, friends of friends, and strangers who heard about Sahale and want to visit: there is always a meal, and perhaps a place to stay over. Children are free to explore the natural surroundings as well as learn about caring for the land. Retreat guests are offered many ways to have the best experience: family reunions, board meetings, weekend and weeklong retreats, weddings,

and other events. At Sahale there is an atmosphere of welcome and inclusiveness. Many good conversations happen over dinners and around the “pit-to-go” fireplace outside Potlatch.

Finding Sahale that spring 15 years ago was a miracle. Many Goodenough Community folks had listed out over the previous decade the things that were essential to any property we would buy for our rural extension of community. The property we now call Sahale had these essentials and many more. That first day itself was a brilliant sunny day. By the time Cap, the owner along with his wife Sue, showed us the Tahuya River by taking us through the cedar grove, we were in love.

Now we are in a time of transition as we expand the numbers who are living at and utilizing Sahale. We need to tend to the **upgrades** that will ensure Sahale’s vision and mission into the future. Those who visit us from time to time remark on the many positive changes they can see in the work on land, buildings, gardens, and more. Our site planning is based on a balance of human use and protection of the land and other beings living here. Now we have identified a list of essential improvements that are necessary in order for us to continue to offer this quality of space for everyone who uses it. At the annual meeting we had consensus that it is time to make these improvements. Some examples are: to upgrade the white tent (in its last year) with a permanent roof and other changes, to similarly upgrade the Swamp structure so that it doesn’t have to be rebuilt from scratch each year, and to outfit Potlatch, our common kitchen, with a commercial hi-speed dishwasher in order to accommodate larger gatherings. In all we have nine structural improvements on our list. A fundraising plan is in process and more information will be shared in the next few weeks. Please contact me to find out more information or to talk about ways you can help.
krohde14@outlook.com or 360 275 5117.



Next week’s eView
theme:
Maturity

Armfuls of Thanks

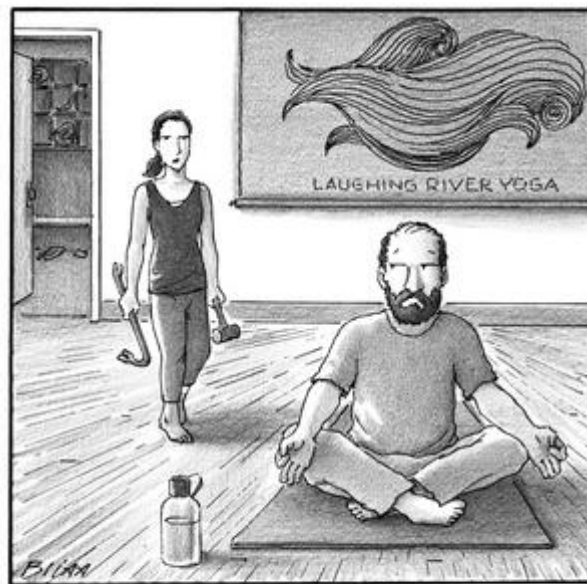
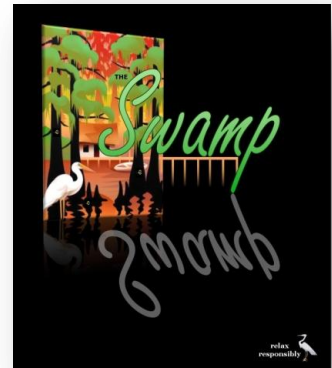
Pam & Elizabeth Jarrett-Jefferson

The tail end of winter was hard on some trees near the Swamp. The kind gentlemen at their recent weekend together helped us by removing a few trees that had been taken down by the wind and rain. One was leaning into the Swamp but got hung up on another tree, causing it to lean as well. After suffering my concern about the trees not crashing into the bar, the men told me that they succeeded at removing the trees without damage whatsoever. We are especially thankful for the men and their efforts on our collective behalf. Not only did they remove the trees, but they cleaned up the area afterwards. We look forward to seeing their handiwork this weekend!

Again, kind friends, thank you. We hope it was an enjoyable and bonding task!

P.S. EJ and I have seen the newly cleared Swamp area. Wow, what a change and we like it. We heard stories of how much fun the process was. It sounded like to us that the men not only enjoyed solving the problem of tangled trees falling so as not to hit the bar, as well as the collaboration to pull it off. Right on, guys! We're glad to hear it.

Jim had asked me (Pam) to lay out the footprint of where I wanted the new roof, so I did. Jim suggested that to insure it was square, I should measure diagonally and reach 40 feet for both diagonals. Well, I almost did that! I measured and staked, measured and staked. I then remembered that Jim is a surveyor and would much more likely succeed. I was immediately comforted! Thanks again, and stay tuned. Jim, let's talk!



"Let's work on opening up that fourth chakra."

Cultural Programs & Events in 2016

All programs and events are open to the public. We welcome your interest and participation. For the Goodenough Community, cultural life is an arena for creative expression.

The Goodenough Community organizes its cultural life around encouraging human development—through our programs for men, women, committed couples, families and around age groupings. Cultural programs usually encourage maturity, responsibility, and the development of valued relationships. Some of our programs bring everyone together with a seasonal emphasis. Following, are program offerings for the next period on our calendar.

“Community is a word that captures the fullness and wholeness of humans together.”

■ Colette Hoff

Programs & Events:

Third Age Gatherings	Women’s Culture
The Men’s Culture	Human Relations laboratory
Family Enrichment Network	Sahale Summer Camp

Third Age Gathering: Next Meeting Friday, April 22, 2016

The next Third Age gathering will be on Friday, April 22, at the Community Center in West Seattle (3610 SW Barton St.). The evening will allow time for conversation and what we'd like for the Third Age culture.

As has become customary, our gathering will start with potluck dinner at 6 p.m. A main dish will be provided; please bring a side dish or dessert and beverages of your choice to share. An RSVP to me at this email address or at 206 819 1089 would be helpful.



Goodenough Community Women's Program Further Along the Path to Freedom

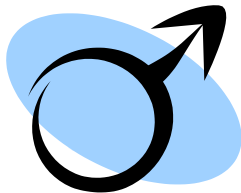
Friday, May 13 – Sunday, May 15, 2016

The women's program of the Goodenough Community 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.

As a centering point, each gathering builds upon a theme which, this year, is "Further Along the Path to Freedom." The theme opens up a way for us to look inside ourselves and to share whatever we want our companions to know.

Our weekend in May is at Sahale, the community's retreat center near Belfair, Washington. Accommodations are comfortable, the food is delicious, and the company of women is refreshing, relaxing, and energizing.

Our program will start with dinner from 6:30 to 7:30 p.m. Friday evening, and our weekend will formally end at 3 p.m. on Sunday. Cost for the weekend is \$250; limited scholarships are available. To register, please complete the registration form below and return it with a \$50 deposit, or register online at www.goodenough.org/ If you have questions, please call me or send me an email: Hollis Ryan 206 232 7027 hollisr@comcast.net



Men's Program

Theme: Friendship among Men

Men's Program

We're an open gathering of men friends, some old and some new. Have a look at our (slightly outdated) [men's page](#) on the website to know a little more about our culture.

Let me know of your interest: bruce_perler@hotmail.com or 206.419.8361

Memorial Day Weekend, May 27 to 30 at Sahale Learning Center

Join us for a weekend of well-organized work parties balanced with play, wholesome meals, hot tubbing and relaxation. The only charge is a donation for food.

Putting Up the White Tent one more time!

On the weekend of Friday June 10 and Saturday June 11 we will put up our Gathering Tent. Mark your calendar!



Sahale Summer Camp for 9 to 12 Year Olds

June 26 to July 2, 2016

<http://www.goodenough.org/camp.htm>

Sahale Summer Camp is entering its 11th season!

We invite youth aged 9 to 12 to join us for 6 nights and 7 days of fun living in nature at Sahale Learning Center.

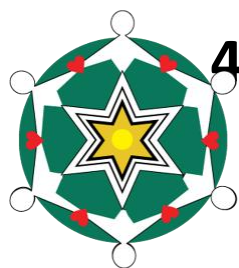
We enjoy a program rich in experiences just right for this age zone. Youth enjoy traditional camping experiences with our tent village set up around a giant campfire pit for evening programs complete with stories, singing, s'mores and friends under a canopy of stars.



We teach skills of outdoor living and provide experiences which help you get to know yourself and have confidence making friends. We also impart a gentle sense of responsibility for caring for each other and the land. We do this through natural activities of taking care of camp and being part of small clans that spend time together each day getting to know each other and working together.



A training program for 13 to 17 year olds is also included and is an excellent opportunity for leadership training. For more information, see [The Junior Staff Training Program](#). Please contact Irene Perler for more information - 206.419.3477 or irene_perler@hotmail.com.



48th Human Relations Laboratory

August 7 to 13, 2016

Transformation Happens Here

**Seven days of rich experiential learning and
social creativity within a community**

Sahale Learning Center on the Kitsap Peninsula

Register now at www.goodenough.org – space is limited

Useful for marriage, a resource for families, and
a kick in the pants for personal development.

An event designed to encourage human development

- Inspire your desire to be a better person.
- Facilitate your personal mastery and relational development.

- Practice interpersonal skills and experience community formation.

“Transformative and rejuvenating!” Lab participant, 2015

Enjoy social creativity in play, drama, dance, music, song, and conversation. Each day includes time to explore the magical land of Sahale.

To register: www.goodenough.org

To learn more: (360) 275-3957



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 be more effective in relationships.

Call John (206 963-4738), Colette (206-755 8404) or Colette and John at Sahale – 360 275-3957. In Seattle, John and Colette meet with clients at the new community center, 3610 SW Barton Street, Seattle 98106, as well as at Sahale.

About AmazonSmile

The Amazon Smile program – a way to donate to the Goodenough Community

Kirsten Rohde

Several people have commented that figuring out the Smile program is slightly complex. The following is an explanation excerpted from the Amazon site. The short version is to login to Amazon, enter Amazon Smile in the search and then follow directions to select The Goodenough Community. Then when you shop at Amazon enter “smile.amazon.com” in your browser instead of “amazon.com”. This takes you to a site on amazon very much the same as usual except your purchase will automatically gain a donation to our community.

Some of us may think, “Hah! This is just a way for Amazon to get us to use their site for our purchases.” Well at least I’ve had that thought. So how I work with this is that I do shop in real local stores first or even on other online sites first. But if after driving to 2-3 stores and not finding what I’m seeking, yes Amazon is an option especially for us rural folks. More gas vs using a BIG company....



(Go to <https://smile.amazon.com> before placing order)

I hope this helps. As we've always known, small donations over time do make a difference and this is one way to contribute to our community's overall well-being.

What is AmazonSmile?

AmazonSmile is a simple and automatic way for you to support your favorite charitable organization every time you shop, at no cost to you. When you shop at smile.amazon.com, you'll find the exact same low prices, vast selection and convenient shopping experience as Amazon.com, with the added bonus that Amazon will donate a portion of the purchase price to your favorite charitable organization. You can choose from nearly one million organizations to support.

How do I shop at AmazonSmile?

To shop at AmazonSmile simply go to smile.amazon.com from the web browser on your computer or mobile device. You may also want to add a bookmark to smile.amazon.com to make it even easier to return and start your shopping at AmazonSmile.

Which products on AmazonSmile are eligible for charitable donations?

Tens of millions of products on AmazonSmile are eligible for donations. You will see eligible products marked "Eligible for AmazonSmile donation" on their product detail pages. Recurring Subscribe-and-Save purchases and subscription renewals are not currently eligible.

Can I use my existing Amazon.com account on AmazonSmile?

Yes, you use the same account on Amazon.com and AmazonSmile. Your shopping cart, Wish List, wedding or baby registry, and other account settings are also the same.

How do I select a charitable organization to support when shopping on AmazonSmile?

On your first visit to AmazonSmile (smile.amazon.com), you need to select a charitable organization to receive donations from eligible purchases before you begin shopping. We will remember your selection, and then every eligible purchase you make at smile.amazon.com will result in a donation.

➔For example, select The Goodenough Community

Can I change my charity?

Yes, you can change your charity any time. Your AmazonSmile purchases after the change count towards your newly selected charity. To change your charity, sign in to smile.amazon.com on your desktop or mobile phone browser and simply select "Change your Charity" in "Your Account."

What charities can I choose from?

You can choose from almost one million eligible 501(c)(3) public charitable organizations.

How much of my purchase does Amazon donate?

The AmazonSmile Foundation will donate 0.5% of the purchase price from your eligible AmazonSmile purchases. The purchase price is the amount paid for the item minus any rebates and excluding shipping & handling, gift-wrapping fees, taxes, or service charges. From time to time, we may offer special, limited time promotions that increase the donation amount on one or more products or

services or provide for additional donations to charitable organizations. Special terms and restrictions may apply. Please see the relevant promotion for complete details.

Can I receive a tax deduction for amounts donated from my purchases on AmazonSmile?

Donations are made by the AmazonSmile Foundation and are not tax deductible by you.