



PERSONAL VILLAGE



NEWSLETTER

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The Six Pillars of Personal Community

Just as any enduring structure is supported by a solid foundation, your personal village stands on six pillars. When these pillars are healthy and steady, your life will be rich. You can strengthen yours using the techniques described in my book, *Personal Village: How to Have People in Your Life By Choice, Not Chance*.

1 You: The center of your personal community is you. When you take good care of yourself, good people will be attracted to you. Self care is not just an advertising tag line, it is essential. Research shows that when we spend ten minutes, three times a day taking time off to relax (listening to music, sitting quietly, or walking in a garden, etc), our stress level drops by half. Exercise, good diet and time off for fun is essential to you and everyone around you.

2 Family: The family is the garden out of which we grow and to which we return for renewal and in times of need. If your natural family is not available, an alternative family can step in to fill the gap. If your family net is weak, re-view Chapter 11 in my book. I will talk about the intentional or alternative family in next month's newsletter.

3 Friends: Spending time with friends causes the body to release beneficial hormones. That happy chemistry will leave both of you happier, healthier, more creative and extend your lives. Nourish your friendships. Take a look at Chapter 9 and the February, March and April 2007 newsletters. See the newsletter archives page at www.personalvillage.com for more on these vital relationships.

4 Coterie: The coterie is the group equivalent of a very good friend. It consists of a small group of people who agree to meet regularly over a long time and make an agreement to support each other. The coterie may well be one of the strongest points of support in your personal village. To learn more about the power of coterie, study Chapter 10 and the February, March, April and May 2006 newsletters (see the newsletter archives page at www.personalvillage.com).

5 Fellowships: These loose associations, gathered around some vital interest like a church, the Lions club or neighborhood council, are low to medium intimacy centers of vitality. They are a good place to engage in something with meaning. Here you will meet new people, gain a sense of belonging and engage in a common activity that gives your life meaning as well as benefit others. See Chapter 6. I will devote future newsletters to this important people-place.

6 Neighbors: The people in your normal roaming around sphere are your neighbors. Some of them you may get to know well like the family next door. Others may simply be friendly acquaintances, like the bank teller or the homeless folks on the street. Chapters 4 and 5 contain many good ideas about how to strengthen connections in your neighborhood.

Personal Village Classes

Community Studies Class

This in-depth class is open to serious community building students. We meet in Seattle the second and third Thursday of every month with some additional all day Saturday sessions. Contact Marv if you are interested.

Marv is Available

Marv is available to create a community building class for any group. He can tailor it to meet your needs. Call him for more information

Personal Village Calendar

Online Personal Village Workshop

This seven session class will give you the hands on practical skills to build a supportive Personal Village for you. It will include e-mail interaction, homework, and actual practice with new people and a weekly Saturday morning conference phone session 8am to 9:30am PST Saturday, October 12, 2007 through December 1, 2007
Cost: \$375.00 including two books.
(\$275 advance registration price break until August 31st.)

For more information on any of these events go to personalvillage.com or contact Marv directly at 206-364-9494 or marv@marvthomas.com

Visit us Online at personalvillage.com