



PERSONAL VILLAGE



NEWSLETTER

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Preparing for Changing Times

Are you worried about our changing world? Global Warming, sudden storms, chaotic housing prices, economic collapse, predictions of bird flu plague, terrorists threats, or job loss--the list goes on, doesn't it? This is a worrisome time. But you are not alone.

History has taught us that after great periods of prosperity, there is always upheaval from war, plagues and ill advised leaders. Life is always changing. Looking at today's condition, you may wonder where we are in that cycle. Can we maintain our good educations and fine homes and comfortable life styles? And we ask ourselves, how do we prepare for the unknowable?

Planning does help, but we can not predict every part of the future. However there is one constant we can always rely on in times of difficulty. That is the support of friends, family and the folks next door. As we have seen with recent floods and

storms, neighbors help each other survive in the face of change and turmoil. With the support of those in our personal villages we can pitch in and help each other in the face of anything. Our immediate community is our refuge in times of crisis.

So in preparing for the unknown, work toward making the world a better place today. At the same time, nourish the relationships of the people right next door, down the street, in the local community; and maintain your network of family and friends. They will be your greatest comfort. When we have nurtured a strong circle of close neighbors we have more fun and life is better even if nothing does go wrong. And if the unexpected happens each of us will have already established relationships to back us up. Mutual community support is the universal way that we have managed in the face of whatever life brings us. Always keep building your greatest treasure—your personal village.

Sidebar Note:

In **Personal Village** - *How To Have People In Your Life by Choice, Not Chance*. Study very carefully:

Chapter 4—Roaming In Your Personal Village

Chapter 5—Rubbing Elbows With Your Neighbors in Personal Village

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

Dancing with Intimacy – Sexuality and Beyond: A relationship enhancing event for couples

With Jill Sipel, LICSW and

Marv Thomas, LICSW

Date to be announced in May or June

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