



# PERSONAL VILLAGE



## NEWSLETTER

September 2007

Volume 3

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### Families Thrive on Ritual

Rhythm and traditions create vitality in families. A family without stimulating, soothing, playful rituals is like a log riding the waves at sea, drifting aimlessly, giving nothing back. Our childhoods thrived on the rituals of dinners, birthdays, vacations, and Christmas with grandma and grandpa. As grownups, the family is still a web of belonging and security. Without the family, most people feel adrift.

What are some of your traditions? — Saturday morning pancakes? — Sunday morning in bed talking for hours, reading the paper with coffee and sticky buns? — Tuesday lunch with your sister? — A weekly visit with your invalid mother? — Dinner with the kids every evening?

Carl and Alice live intensely busy lives. Juggling two careers plus child and elder care, they barely have time for each other. At the end of the day, kids in bed, elders tucked in, they reserve an hour every evening to catch up with each other. This simple daily ritual is an anchor point for their marriage.

Your family—natural or alternative—is nourished by the rituals you create and share; weekly dinners, birthday celebrations, camping trips, graduations, weddings and funerals, garden parties. By scheduling a monthly dinner event or gathering, you help cast a net of belonging over the entire family structure. When you choreograph an annual celebration, reunion, vacation or party that includes all the kids, adults and seniors, you weave the fabric of the family tighter and tighter. It is the regular rituals over time that lubricate the workings of all levels of family life.

If your immediate family is not available, you can create an alternative family of people who share your values and activities. Chapter 11 in Personal Village will give you for more on these types of family constellations.

#### Contemplation of the month:

**Add one extra daily event to your family rhythm.  
Notice how it enhances your time together.**

#### 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 13, 2007 through December 1, 2007

Cost: \$375.00 including two books. (\$275 advance registration price break until September 15)

Register online: [www.personalvillage.com](http://www.personalvillage.com)

Marv will be presenting the keynote address for the annual conference of the **National Association Adult Family Care Organization.**

Syracuse, New York  
September 26 and 27, 2007

For more information go to:  
[adultfamilycarenational.org](http://adultfamilycarenational.org)

##### Communication for Couples Workshop

October 27, 2007, 9am to 6pm  
Contact Marv at 206-364-9494  
[marv@marvthomas.com](mailto:marv@marvthomas.com)

For more information on any of these events go to [personalvillage.com](http://personalvillage.com) or contact Marv directly at 206-364-9494 or

Visit us Online at [personalvillage.com](http://personalvillage.com)