

Family Seminar

Niendorf, Germany, 3. August 2014



On the first weekend in August we had a special Family - Seminar in Niendorf (Baltic Sea). A total of 65 participants, more than half were adolescents and young adults, had gathered. Some families had travelled long distances to our gathering, which offered plenty of inspiration and variety of events in this romantic fishing village. The warm weather gave us the chance in the evening, after a meal and a short welcome, to take a bath in the sea. So the stress of having had a long journey was immediately forgotten.

Some of us met for a light morning workout the next day at the beach.

After breakfast Detlev Klemme, a Barrytown graduate, took us in his lecture through Cultural history of Central Asia and Europe. From this we learned a lot for our present time, particularly concerning a peaceful coexistence of different cultures and religious beliefs.

Our next lecturer, Dieter Schmidt, who is a doctor in Chinese medicine, gave a lecture on the purpose of life and the importance of the awareness, to be loved by God. This is probably the most essential basis for good health. Negative thoughts and lack of self-esteem are often at the root of a health problem and is also blocking the healing process.

Guitar music and songs, performed by our musician Reinhold Merta, created a right mood at the beginning of each lecture. So we were also

encouraged to sing along. The afternoon was of course well suited to spend time at the beach. There was beach volleyball, sand soccer, swimming or just sunbathing. The small Icecream -coffee shop was also a popular meeting point where one could always find somebody to have a good conversation with. After dinner we met for singing with young and old. Yuko Bete offered a Japanese song about the Tsunami in Japan. We could end the day by watching the fireworks of the local Festival.

Sunday morning we started again with beach gymnastics and who wanted to be fully awake, jumped into the water. With a fact-based description of the situation in European family systems, we continued the morning lectures with Dieter Schmidt. Especially at a time when the breakdown of the family system causes more and more social problems and high costs for society, we need a clear and positive view of how to build strong families.

The following presentation with Marianne Burtzlaff, a social psychology expert, was on communication skills. Three teenagers acted out a typical family scene, showing a situation of tension between a mother and her two sons. It made all realize, how we need to put ourselves into the shoes of the other person. This concluded the sessions of our seminar.

After the subsequent lunch we said goodbye with the intention to meet here in the coming year.

