

**Work group “Promoting happy families” led by Adelheid Mayr from Austria**

This was my first time attending CIG Assembly. The schedule mainly consisted of 16 different work sessions, from which each participant had to choose 6 where they attended. On work session 2 I decided to attend “Promoting happy families” led by Adelheid Mayr from Austria.

Mrs. Adelheid was talking about ways how to promote happy families in our movement and how the challenges in our families can be settled. Many interesting tips and ideas were given which I’ll mention just few. She talked about how important it is to have harmony in families vertical and horizontal activities. Relationships to our heavenly parent and TPs are very important to include in our daily life. But families should also have time for eating together and have time/outings as a family. She gave tips how to go through fight/argument as a couple. Arranging the right situation for fighting. For example, finding a right time for “couple fight day”. And when fighting, it is important to send an “I”-message and not a “You”-message when talking to your partner. This is because “You”-message is often misunderstood when fighting and seen as an insult.

As a 2<sup>nd</sup> generation in our movement one thing I felt easily remained in my head. For parents and becoming parents Adelheid Mayer said: “It’s not all about rules we want to our children to follow, it’s about us and how we live as parents”. I think this sentence can be connected to the fact that how 1<sup>st</sup> generation in our movement decided to join the movement themselves but us 2<sup>nd</sup> generation didn’t choose it, but was born in to it. I think it is very important for 2<sup>nd</sup> generation to realize themselves by experiencing the role model not only from our TPs but through our own parents’ life style.

We also had some time for questions by the audience. I’m sure there would’ve been even more interesting questions by the audience but unfortunately we ran out of time.

As conclusion, I felt this work session was very nice disregarding the distractions when attending people walked to the room many times during the work session. Maybe next time would be better to plan it in the way that the door would be at the back of the room and not next to the speaker. Mrs. Adelheid Mayer did good by not letting the distractions to have an influence but she kept on going speaking. Also, including the audience well in the end by answering questions calmly one by one.

Report written by Kimmo Mikkanen, youth representative from Finland.