

St. John's Episcopal Church
113 Madison Avenue
Montgomery, AL 36104

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36104

The Rev. J. Thompson Brown

UNDERSTANDING
YOUR FAMILY: A
SYSTEMIC
APPROACH



St. John's Episcopal Church
November 6 & 7, 2009

Get to Know Your Family as a System!

Families can be a blessing and a burden. An undeniable gift from God, families are fundamental to human identity, yet they both enrich and tax our lives. A quick look around the holiday dinner table reveals how complicated families can be.

On November 6-7, St. John's Episcopal Church in Montgomery will host *Understanding Your Family—A Systemic Approach*. This conference, being led by the Rev. J. Thompson (Tom) Brown, is intended for those who have an interest in gaining a broader and more comprehensive understanding of themselves, their families, and the interconnecting relationships between them.

Families function as systems. Every event in your wider family has an effect on every member of the system. During his presentations, Tom Brown will outline the theoretical concepts of Dr. Murray Bowen and their application to family living. Participants in the conference will have opportunities to explore their own family system and reflect on how they are managing in those relationships. Some ideas and suggestions will be made regarding a strategy for making the changes needed for improved family functioning.

This conference is open to anyone who would like to explore those relationships. The cost of the conference is \$35 per participant, which includes lunch on Saturday. Registration on or before November 2 is required. Childcare will be provided.

Please contact the Rev. Evan D. Garner (evan@stjohnsmontgomery.org or 334-262-1937) for more details.

CONFERENCE SCHEDULE

Friday

6:00 p.m. Arrival and Registration
6:30-7:00 p.m. Introduction
7:00-8:30 p.m. Session One

Saturday

8:15 a.m. Arrival (Coffee Served)
8:30-10:00 a.m. Session Two
10:00-10:15 a.m. Morning Break
10:15-11:45 a.m. Session Three
11:45-12:45 p.m. Lunch (Meal Provided)
12:45-2:15 p.m. Session Four
2:15-2:30 p.m. Afternoon Break
2:30-4:00 p.m. Session Five
4:00-4:15 p.m. Closing

CONFERENCE PREPARATION

Pre-Conference Reading

To take full advantage of the conference, participants are encouraged (but not required) to read one or more of the following:

1. *Family Ties That Bind* by Ronald W. Richardson (Self-Counsel Press). Available on Amazon.com for \$9.
2. "Chronic Anxiety and Defining a Self" by Michael E. Kerr; published in *Atlantic Monthly* (September 1988).
3. "Birth Order Rules All" by Walter Toman; published in *Psychology Today* (December 1970).

Additional articles will be mailed to conference participants once registration has been received.

Pre-Conference Family Research

Participants' ability to participate in the conference will be enhanced to the extent that each person is familiar with **at least three** generations of his or her family, including dates of birth for parents, siblings, children, aunts, uncles, and grandparents; dates of death for the same; and dates of marriage and divorce for the all of the above.

Please detach and return with check to St. John's

Family Systems Conf. Registration Form

Name _____

Address _____

E-mail _____

Parish _____

Daytime Phone _____

Evening Phone _____

Dietary Needs _____

Need Childcare? Yes _____ No _____

- **Conference fee: \$35.**
- **Please return this form with payment made out to "St. John's" with "Family Systems Conference" written in the memo line.**
- **Please mail form and payment to:**
St. John's Episcopal Church
113 Madison Ave.
Montgomery, AL 36104
- **Call (334) 262-1937 or e-mail evan@stjohnsmontgomery.org if you have any questions.**

Registration Deadline: Nov. 2