

## **Family Celebrations**

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Families can celebrate a pretty wide range of life's events: birthdays, weddings, wedding anniversaries, graduations, job promotions, retirements, religious ceremonies, personal accomplishments, national holidays, holidays in other countries, religious holidays, World Series or Super Bowl victories, and more. Sometimes these celebrations can be simple events, with little planning. At other times, these celebrations can be very elaborate, with months of planning. In this workshop, we will share stories about some of the celebrations that our families engage in.

### **Some Quotations about Family Celebrations (or That Can Be Applied to Family Celebrations)**

1. "Every day is not a success. Every year is not a success. You have to celebrate the good." – Reese Witherspoon, actor
2. "Any celebration meal to which guests are invited, be they family or friends, should be an occasion for generous hospitality. – Julian Baggin, writer
3. "But you know, we have a very normal family. We've had our ups and downs. You know, we've had our issues, but we've had great cause for celebration." – Julius Erving, retired basketball player
4. "The most beautiful things are not associated with money; they are memories and moments. If you don't celebrate those, they can pass you by." – Alek Wek, designer
5. "Celebrate what you want to see more of." – Tom Peters, American business executive
6. "Weddings are important because they celebrate life and possibility." – Anne Hathaway, actor
7. "There is no success you can celebrate more than the success of a brother." – Diego Luna, actor
8. "The best way to celebrate the holidays is with some delicious food." – Rachel Hollis, author
9. "People overcoming the odds is actually a really important part of humanity, and I don't think we kind of get to celebrate that as much as we should." – Taika Waititi, director
10. "Celebrate the idea that you don't fit in. Find your own fit. Stay unique." – Betsey Johnson, designer

### **Questions for Discussion and Writing**

1. Which of the quotations above resonate with you most? Why?
2. What kinds of life moments are cause for celebrations in your family?
3. What family celebrations do you enjoy the most? Why?
4. Who in your family is best at making a celebration special? Why?
5. What is your all-time favorite family celebration? Why?
6. How are birthdays celebrated in your family?
7. How are religious holidays celebrated in your family?
8. How is the last Thursday in November celebrated in your family?
9. How is New Year's Eve celebrated in your family?
10. What national holidays does your family celebrate? What are those celebrations like?
11. If your family celebrates any holidays that originate in other countries, what are those

celebrations like?

12. Does your family celebrate events in sports—e.g., your team winning the Super Bowl?
13. How does your family celebrate the memories of loved ones who are no longer alive?
14. What foods do you associate with any family celebrations?
15. How does your family celebrate any life milestones that family members have reached?
16. Who in your family is known for finding every excuse to have a celebration?
17. Does your family celebrate any fictional holidays—e.g., Festivus?
18. In general, what is the importance of family celebrations to you?