

Insights From Joe Bayly 2

Joe Bayly (1920-1986) felt that traditions were very valuable in cementing family relationships.

After hearing Joe speak about his and his wife Mary Lou's family traditions, Win and I decided to try some in our own family, while our children were young.

One was "First Flower of Spring Cake": Whoever in our family brought home the first spring wildflower (notable event after long Iowa winters) got to choose a cake for Win to bake. We ate many a chocolate cake with purple icing!

Another tradition Joe mentioned was a New Year's Day Morning Cookout (noting that they lived in Chicago!). So we adopted a similar tradition, going to a local park in Iowa and inviting friends to join us. The first time, the temperature was 2 deg F and the pancake oil drips froze on the bottle!

Family traditions strengthen relationships, and even today people laughingly remind us of joining our breakfast cook outs on New Year's morning.



Coffee/tea thought: Whatever family or group I'm in, are there traditions we could adopt that would strengthen our relationships?

John

祖贝里的领悟2

祖贝里 (1920-1986) 发现用传统能很好地巩固家庭关系。

听到祖贝里提到他自己和他妻子家的传统时，Win和我决定在孩子还小的时候设立一些。

其中一个“春天第一朵花蛋糕”：无论是谁，只要第一个把春天的野花带回家（注意是艾奥瓦的冬天过后）可以选一个蛋糕让Win烤。我们吃了很多有紫色糖霜的巧克力蛋糕。

祖贝里提到的另一个传统是新年清早野炊（注意他们在芝加哥！）。所以我们也采取了类似的传统，去艾奥瓦当地的一个公园并且邀请朋友同去。第一次去的时候只有华氏2度，烤松饼的油滴都冻在了瓶口！

家庭传统加强了关系，直到今天都有人笑着提起和我们一起新年在外面做早餐的事。

随想：无论是家里还是小组里面，可不可以设立一些传统来加强彼此的关系？

史建恩