



The Laramie Home

Wedding Vows

Tom

Annabel, if you will have me, I will be your husband. I will be the best husband that I can; to provide a house and a home, to be the father of your children, to be strong when strength is called for and vulnerable when you need a soft place to fall.

I will be the best partner that I can; to listen to you when you are happy, care for you when you are sick, I promise to practice honesty, wisdom and gratitude always in our life together.

I will be the best person that I can; to be generous with my time and energy, to approach difficult times with a mind of patience, respect, and love. I take responsibility for finding my own happiness and living an authentic life, as well as being by your side as you realize your trueself and its many talents and abilities. I promise to give without wanting and love without needing.

I vow to stand by your side through life and honor and support each of our hopes and dreams as we travel through the years together. I promise to remain steadfast by your side and to never forget the truth, love and kindness that you bring to this world. I will look forward to the future, where I see the possibilities as limitless.

If you will have me, I will be your husband, for the rest of my days.

Annabel

Tom, if you will have me, I will be your wife. I will be the best wife that I can; to provide a house and a home, to be the mother of your children, to be strong when strength is called for and vulnerable when you need a soft place to fall.

I will be the best partner that I can; to listen to you when you are happy, care for you when you are sick, I promise to practice honesty, wisdom and gratitude always in our life together.

I will be the best person that I can; to be generous with my time and energy, to approach difficult times with a mind of patience, respect, and love. I take responsibility for finding my own happiness and living an authentic life, as well as being by your side as you realize your trueself and its many talents and abilities. I promise to give without wanting and love without needing.

I vow to stand by your side through life and honor and support each of our hopes and dreams as we travel through the years together. I promise to remain steadfast by your side and to never forget the truth, love and kindness that you bring to this world. I will look forward to the future, where I see the possibilities as limitless.

If you will have me, I will be your wife, for the rest of my days.



Family Bill of Rights

Delphine

Basic:

- Children have the right to food, shelter, clothing, and to have their very basic needs met.
- Children have a right to be as comfortable as is reasonable to provide, which includes access to medical care, clean diapers, and a quiet and safe place to grow and learn.
- Children have a right to be recognized when they are crying, with the first assumption made that there is something wrong.

Safety, Security, and Protection:

- Children have a right to depend on the adults around them for their needs.
- Children need to be held, comforted, consoled, reassured, and protected.
- Children have a right to informed medical decisions made by parents who understand, as much as is possible about the decisions: the risks, the pros, and the cons.

Social Needs, Sense of Belonging, Love:

- Children have the right to be loved.
- Children have a right to make mistakes, and to be forgiven for such.
- Children have the right to behave in a manner consistent with being a child, which is curious, exploratory, persistent, stubborn, ambitious, capricious, and bold.
- Children have a right to learn by example, not by "do as I say, not as I do".

Esteem Needs, Self-Esteem, Recognition, Status:

- Children have a right to a recognition of their innate intellectual and emotional intelligence.
- Children have a right to express themselves in their own unique and independent way, regardless of the expectations of their parents.
- Children have a right to not be burdened with, or help solve, adult issues and problems.
- Children have the right to eschew the responsibility of making their parents "whole" or fulfilled.

Self-Actualization:

- Children have the right to pursue religion and/or spirituality independent of their parents beliefs, including the choice to pursue neither.

Mom & Dad

Basic:

- Parents have a right to make the best decisions they can to provide the basic necessities on behalf of their children.
- Parents have a right not to dangerously overextend themselves providing for their children, psychologically, healthwise, or financially.

Safety, Security, and Protection:

- Parents have the right to make reasonable decisions on behalf of their children both as to what their children's needs are as well as how to meet them, even if this involves guessing.
- Parents have the right to set the priorities of the family such that the basic needs of safety and protection are met first.
- Parents have the right to make medical decisions on behalf of their children, all the way up to the point when the child is able to make said decisions for herself.

Social Needs, Sense of Belonging, Love:

- Parents have a right to make mistakes, and to be forgiven for such.
- Parents have a right to behave in a manner consistent with being an adult, despite how unpopular this will be for the child from time to time.
- Parents have a right to learn as they go; we cannot know everything there is to know at the very beginning.

Esteem Needs, Self-Esteem, Recognition, Status:

- Parents have the right to devote time and energy to their own relationship, outside of the context of children, as this relationship is the foundation for the family
- Parents have the right to celebrate the passage of time, to acknowledge their successes, and to learn from their failures.

Self-Actualization:

- Parents have a right to pursue their own dreams and interests, outside of the context of both the marriage and the family, and to continually affirm and define their unique identities