

## Legacy Writing

### **Mary Resnick**

Are you beginning to think about the meaning and significance of your life? Perhaps you are thinking about the untold family stories that, with the press of busy lives, have not been shared with the children in your family. Do you believe that only important people have stories to tell? I have come to understand that no matter how "ordinary" a life or family may seem, each family has a saga that should be known and understood by all of its members. To write the stories that you heard from your grandmother so that all in your family have new understanding about their roots is an amazing gift. Even if you have chosen not to have children there is still a need to share these stories. The important thing to know is that your story is the individualization of our country's history. Ken Burns, who recently created a documentary for PBS has been very emphatic about including the stories of individuals who participated in that part of our history. Individual experiences make history come alive.

My life is a case in point in considering how an ordinary journey takes many twists and turns. I would never have guessed where I would be at my current age if I had thought about it as a child. Moving from being the oldest of a large Midwestern small town family to living in Seattle area, from a working class family to a life of education and travel throughout the world has never ceased to amaze me. My early career was in public Health Nursing and later in Psychiatric Nursing with Children. This is a far cry from my current interests and passions. There is nothing linear about my life...and I am still surprised and delighted with the learning and experiences that still come my way.

After raising three children, belonging to several writing groups, and taking some writing classes, I find myself in a very new place. I am considering the life lessons that have come my way and am trying to share my stories so that my loved ones will understand my choices, my values and my history. I have been writing family stories, observations, poetry, memoirs for about fifteen years. This has been a significant process in helping me understand and evaluate my life. I have asked myself why I was sent here and what I have learned and have yet to learn. Writing has also helped me to understand and appreciate the life story of my parents and those in my family who have come before me.

This has been a strong emotional and spiritual journey for me. I wish the same for you. So come and I will help you begin your process to enrich the remainder of your life and give roots and values to your family and the children of your community. This is a special kind of immortality!