

Matriarchy for Future
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Matricomunità: An initial Path towards a Matri-Community of Proximity

By Francesca Rosati Freeman

What is “Matricomunità”?

What are our guiding principles and practices?

How and when was it create?

What do we propose, and what have we achieved so far?

Challenges and lessons learned.

Local networks, how we plan to make them?

Thinking about future community initiatives.

Conclusion

Who We Are

Matricomunità is a private group reserved only for women. From time to time, we receive membership requests from men, which we decline—not out of exclusion, but to ensure that it is women who establish the guidelines and decisions. After millennia of patriarchy, we believe it is time to step forward and reclaim what was taken from us.

Matricomunità is a space for reflection, sharing experiences, researching, and deepening knowledge. We do not just want to criticize patriarchy as a social system, but to build real alternatives to male dominance.

Matricomunità places at its center the values of the Mother and the maternal—this does not mean exalting motherhood or being mothers at all costs, as one can be a mother without being a biological parent, a mother to an idea, a project, and be creative without necessarily procreating. While most groups marginalize these values, we fully embrace them.

Inspired by matriarchal societies of the past and present, egalitarian and non-violent communities, we seek to understand its spirit and, where possible, apply its values in our daily lives.

At the heart of our vision is a re-discovery of our matriarchal roots and ancestral heritage. We practice an immanent sacredness, the sacredness of our body and of Nature, and the urgent need to protect Mother Earth, of whom we see ourselves as guardians.

Our goal is to connect women — through exchange networks, collective study and reflection, and eventually shared living projects — to bring about **territorial change** inspired by values that stand in contrast to patriarchal paradigms, and to explore how these values can shape our daily lives.

Our Guiding Principles and Our Practices

In particular, we recognize the following matriarchal values:

- **Social Organization:** We value structures based on neighborhood networks, which can organically develop into “matri-clans” based on blood ties or affinity.
- **Decision-Making Process:** Through circular roles and acknowledgment of each other's experiences and skills, we seek to apply the principle of consensus decision-making, a fundamental matriarchal practice for resolving conflicts and considered a language of healing—thus preserving group harmony.

We strive to practice:

- **The Gift Economy:** We freely share our time, skills, and affection, creating relationships based on trust and mutual support.
- **Spirituality:** Inspired by matriarchal traditions, we reconnect to the rhythms of nature and its cycles through the celebration of rites of passage and seasonal rituals.

Our principles and shared vision are summarized in a Manifesto and collectively drafted guidelines, available on our private Facebook group.

Origins and Development

Matricomunità was born in November 2021, in the midst of the pandemic, at a time when the need to create a discussion group and networks that would allow us to change our lifestyle was becoming increasingly urgent. Frustrated by isolation and often unjustified government restrictions, I sought contacts on Facebook and immediately found a broad response from women who shared my feelings and did not hesitate to call our group "Matricomunità." The group grew rapidly and now counts over 500 members.

Key questions we asked ourselves

To make Matricomunità a lived reality, we asked ourselves from the start:

- Are we ready to live outside the patriarchal system?
- How can we build a real Matricomunità despite our vast geographical distribution (which includes almost all Italian regions and foreign countries such as France, Luxembourg, Brazil, Portugal, Iceland, Costa Rica, Argentina, Australia)?
- How can matriarchal values concretely shape daily life?
- How can we provide real support one another, especially during challenging times like the last pandemia?

How We Began

We asked each member to fill out an introductory profile reflecting on their personal connection to our collective vision. Realizing this could limit the participation of very busy women, we soon simplified and then made the process optional.

Coordination takes place through a “mother circle” via Zoom or WhatsApp.

Women do not participate in the same way. The participation varies: the women in the mother circle are very active and ensure a regular presence, and within the circle we practice consensus decision-making to better organize ourselves and make necessary decisions in harmony. Other women take part in our meetings occasionally, some post in our FB group, others read but remain silent. Anyone able to commit regularly are welcome. Responsibility and awareness shape how we work.

Local Networks (what we are trying to do?)

When we felt that we had reached enough registered women, we individually contacted each member to collect location data so that we could form regional networks and allow the women living next door to meet in person. Local networks are essential for us, because they encourage the application of the maternal values of matriarchal societies by sharing skills, resources, art, culture, medicinal herbs and celebrations in a spirit of joy and mutual support.

Creating networks at local level means fostering real and not just virtual connections and thus integrating matriarchal values into everyday life.

We started virtually, but the objective remains that of regular meetings in presence thus laying the foundations for solid territorial networks rooted in matriarchal and sustainable values.

We soon realized that the geographical spread of members made setting up extensive local groups difficult—even members of the mother circle had never met in person. Most of our meetings are online, so we decided that occasional in-person meetings are necessary: our first meeting was in Florence, bringing together women from Tuscany, Liguria, and Lazio, united in solidarity and sisterhood. While in-person gatherings are irreplaceable, virtual ones have played an essential role—bridging distances and laying the groundwork for future face-to-face communities.

What We Propose

We know that to realize our vision, we must first identify and dismantle internalized patriarchal values.

For newcomers unversed in matriarchal societies: We offer information, training, and self-learning. Several of us bring decades of research or field experience (my own includes lengthy stays with the Moso).

For active members: We invite them to become regional referents for local networks—progress decided together.

We offer Zoom support for educational meetings—and welcome proposals from anyone, provided they align with Matricomunità's worldview.

We'll begin with virtual gatherings, later moving to in-person, based on member proximity. This is just the beginning—a virtual path toward territorial networks grounded in sustainable, matriarchal values.

We propose a path of:

- **Information and Training:** On issues such as familial and social structure, consensus, integration with nature, gift economy, and eco-centric living.
- **Transformative Practice:** Our meetings prioritize horizontal exchanges and mutual inspiration. We face obstacles, explore new directions, and develop “matriarchal self-awareness,” respecting the needs and desires of each person through the maternal lens.

Before creating a program, we always ask all members to make proposals or add or modify those of the mother circle in the spirit of circularity and consensus.

Topics Covered and Achievements (November 2021–today)

Topics have included sexuality and spirituality, women's health, healing practices, eco-sustainability, and environmental protection. Some meetings have led to further study, requiring the presence of women specialists in matters such as the gift economy, overcoming rivalry among women, physical, mental, and social health of women, etc. Part of our meetings is always dedicated to discussion among participants in a kind of matriarchal self-awareness, thus giving space to everyone's experience so that we inspire each other, overcome obstacles, and modify or improve our lifestyle, explicitly expressing the need not to be “Eve against Eve” and adding to maternal values the value of “Us together.”

Challenges and Lessons Learned

Even among women who are culturally different but close in ideals, conflicts and strong emotions emerge. We know that building a true Matricomunità takes much more than training and critical thinking—active listening, circularity, or horizontality are no longer enough: trust, affection, understanding, and constant commitment are needed. Harmony depends on everyone's flexibility and active participation, and the willingness to learn from mistakes.

Practical Community Initiatives for the Future

When local networks will be created, we foresee the following practical joint initiatives:

- **Connection with the Earth:** Community gardens, seed exchanges, medicinal herbs, healing in nature, experimenting with natural remedies, time in the countryside
- **Transmission of Skills:** Learning and teaching practical abilities (cooking, carpentry, repairs, food preservation, crafts, sewing, hygiene products)
- **Mutual Support:** Emotional and material help within the community
- **Living Without Money:** Walks, movement, dance, singing, writing, crafts, gardening
- **Simplifying Life:** Intentionally creating space and time to live more fully
- **Anti-consumerism:** Preference for durable, ethical, local goods; valuing meaningful gifts over monetary value
- **Sustainable Practices:** Organic waste management and other eco-friendly solutions.

In conclusion

We are preparing for neighborhood matri-communities—where proximity and sharing matter more than cohabitation. Many cannot easily move, but finding other women nearby who share these values allows for the creation of local support networks and brings us closer to our goals.

Without preparation and ongoing support, sisterhood risks weakening, and patriarchal habits can resurface. Fortunately, virtual meetings continue to attract new participants and keep our vision alive.

Initially, we considered provincial representatives among the most active women, but for now, we are waiting for the number of members living in the same area to grow. For example, there is strong interest in Veneto but distances remain an obstacle. We hope that more women will get involved locally and create the neighborhood networks we hope for.

Through these structures and spaces for matriarchal awareness, we believe we can leave patriarchal values behind—first in small daily actions, then through changes in neighborhoods and villages, spreading widely.

We remain confident for the future because the group continues to grow steadily.

We know this will be a gradual process, it will take as long as it takes, but we have planted the seeds for lasting transformation.

Our work is inspired by thinkers such as Heide Goettner-Abendroth, Genevieve Vaughan, Marija Gimbutas, and many others, and by my own experience in matriarchal communities—as I have been doing for at least 20 years. I hope that soon we will not only dream, but truly live in real matri-communities.

You do not build a territorial Matricomunità overnight. Patience, dedication, and ongoing work are needed—but our dream and the Goddess within each of us guide us, and together, we will get there.