

Caring Network Bulletin June 2002



How to Listen Actively

Job touches on just how helpful a good listener is: "Listen carefully to my words; let this be the consolation you give me." Job 21:2

The following are some tips on being an Active Listener:

- ⇒ Repeat back what the person has said—include a restatement of what the facts of the situation are and the emotions attached to them. EG. "You feel (emotion) because (facts of the situation)".
- ⇒ Refrain from telling the person what to do. If you're reflecting back to the person, perhaps you will be less inclined to give advice.
- ⇒
- ⇒ have less opportunity to do this.

Are Calls to the Care-Line Private?

When you call the Care-Line, are your calls private? Is your name shared with the Committee or with other Care-Line volunteers? This is a natural concern for anyone calling our Care-Line. The short answer is that calls **ARE** private. The call is confidential and we con-

sider this to be most important. Your name and any identifying circumstances will be protected. Sometimes a Care-Line volunteer will ask, in the most general terms, what the experience of other members is with that particular difficulty. This would be discussed in such a way that one could not know, or guess, the identity of the caller.

We consider your privacy essential. Committee members do not know who calls, unless you tell them. Members in your ecclesia would not know. Care Line helpers do not reveal the caller's identity to anyone.

Sometimes, and only with your permission, you could be referred to another volunteer who is an expert in the matter of your concern. In this case your name or any identifying circumstances would not be shared unless you agree beforehand. There is also the rare event where we are legally required to report an illegal action, as in the case of child abuse. Even here, you would be told if this were the case. However, this is a remote possibility and we have never had such a circumstance.

Be assured, your call is confidential!



**Don't call us??
We'll call you!!**

As brethren and sisters, we have most likely all had the experience of dealing with someone within the ecclesial family who is having a personal crisis. Typically, the person having the crisis sends no bulletin to us announcing their crisis. They quietly, to the ecclesia anyway, go through the crisis and if anyone does find out, they typically avoid all gestures of contact and retreat into isolation, perhaps even outright rejecting any offers of support.

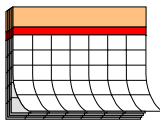
What should we do when they "don't call us"? Should we do as they say and leave them be, or should we, as the stronger members, just keep on calling?

If someone in our natural family is in trouble, do we just back off as they continue to hurt themselves and those around them? Not typically. We would try to do everything we can to keep them from making a bad mistake or from getting deeper into trouble. As a worldwide ecclesia, are we not family, and as family member, do we not

have a responsibility to do everything we can to keep in contact and be available?

Did not the widow sweep the house to find her lost coin and did not the shepherd leave his 99 sheep in search of the missing one? There is nothing here in these parables that alludes to passivity. The people involved were actively seeking out that which was lost. When we are experiencing problems we often feel lost to our family. We feel no one can understand our situation and we don't wish to experience the judging look of a brother or sister. We, as the family, need to actively seek out those who are lost, calling them, sending them a card, letting them know they are cared about and letting them know that there is support within their "family", should they decide to open up. Our Father is not willing that any should perish, but that all should have everlasting life!

Upcoming Events



Conflict Seminar

**November 2, 2002,
Lord willing
Centennial Recreation
Centre, Brampton,**
(where the Brampton ecclesia meets).

Conflict is inevitable – in

the home, in the school, at work, in the ecclesia. Conflict can be bad, but often results in good. It depends on how we handle it.

The Caring Network is offering a seminar on Conflict. The leaders will be Brother Norman Fadelle of Elgin Ill., and Brother Jeff Maney, of Rockford, Ill. Their purpose is to help us handle conflict effectively, with a Scriptural point of view.

This is an advance notice. Reserve the day on your calendar!



Caring Network Resources

- ⇒ Care-Line, **1 866 823-1039 Toll Free**
- ⇒ Caring Network Website,
www.caringnetwork.



In our last bulletin we looked at a definition of stress and some of the triggers. In this issue we will look at some things we can do to manage stress.

Just remember, it takes time to become over-stressed and similarly there are no quick fixes.

Caffeine, reduce our intake, even cut it out entirely. Caffeine jumpstarts

our bodies into a stressed state.

Exercise, even a good 45 minute walk can help. Apparently, anxiety cannot coexist with physical exertion.

Pace and Prioritize, if we itemized each day's activities in a journal, we may find that urgent items are dictating our schedule. By pacing ourselves and prioritizing, we can deal with items before they become urgent.

Recognize our body's symptoms of stress, then try some muscle relaxation and try to cut back on what we are trying to accomplish. Our bodies have a variety of ways to say, "I'm Stressed". Perhaps the muscles across our chest or in our neck ache. We may find that our shoulders are constantly in line with our ears. Stress manifests itself in interesting ways.

Meditation—Christ gives us our **best example** of what to do. He meditated on God's Word and went to his Father in prayer. Even the world suggests meditation; how much more beneficial can this meditation be!!!!

Please share it with us

Please send your suggestions or submissions to: Sis. Jennifer Daniel, jenniferdaniel@telus.net, 4 Foxwood Court, Port Moody, BC V3H 4W7 604 469-2392