
Newsletter

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Hello to all in the bonds of love and fellowship wrought by our dear Saviour. This newsletter will focus on communication - what it is and why it is so important.

COMMUNICATION



Broadly speaking, communication is made up of two major parts, the giving and receiving of messages. Communication can be verbal or non-verbal, active or passive. Let's focus on **active listening** to begin with. Active listening is a skill that we need to develop. It consists of many parts which can include letting go of judgment and one's own prejudices. It means we use our eyes and ears to detect other non-verbal messages such as the tone, posture, facial expression or gestures from the message giver. Sometimes it may mean listening closely for what is not being said. Active listening means keeping eye contact with the other person as they continue to speak. If listening to the distress or grief of the other it may also mean **waiting patiently** through their tears or silences until they have gathered their thoughts again. Sometimes we may not be comfortable with what the other is saying however active listening accepts them as a person even though we may not condone what is being said. **Most importantly**, active listening does not mean trying to find a solution to the other's issue, unless asked for.

Active listening also means being to **respond** to the other in a manner which makes them comfortable. **It can include** asking open ended questions which require more than a 'yes or no' answer. By asking questions you help to gain information which can also demonstrate interest and validation to the other. Summarising what you believe the other's

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emotional state is can also be helpful. Statements such as 'That sounds like you were very hurt' or 'how frustrating that must have been for you' demonstrates that you are listening to the sub-text, not just the verbal message. Active listening also means **giving encouragement** to the other, so nodding, minimal encouragers (uh huh, yep etc) helps them to know you are following what they are saying.

Scripture has something to say about listening.

James 1:19 exhorts that 'everyone should be quick to listen and slow to speak' and Proverbs 18:13 condemns the person who does not listen.

To **communicate with the other** it is helpful to be warm, friendly and open. Think through the message you would like to impart and be as concise and clear as you can. Always be respectful and if possible, **demonstrate empathy** towards the other. Try not to use harsh or judgmental words, indeed James 3:1-12 instructs us to tame the tongue – it can be a most destructive implement. Proverbs 13:3 also instructs us to not speak rashly, but to **consider what we are to say**, before saying it. Indeed, Proverbs is full of wisdom around good communication.

ON THE WEBSITE

Middle age – Two articles this month. In one of them, a sister has written of her experiences of living her life and reflecting. She speaks of her habit of communicating – conversing – with God, especially when the struggles came.

<https://www.adelphicare.org/documents/042-Mothers-Perspective.pdf>

Newly married - A young married couple write on the joys of learning to live together, as well as the unexpected efforts that they need to make. They encourage us all to include our Heavenly Father through the ebb and flow of unity.

<https://www.adelphicare.org/documents/043-Newly-Married.pdf>

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