

Communications

October 2017

My mother could always communicate her



feelings with her big, brown eyes! My father could just look a certain way, and I knew I didn't do the right thing.



My expressions came through pouting and sitting on the couch, refusing to talk to anyone! Remember those days, ladies?

Now that I am an adult, I still communicate through facial expressions of anger, fear, joy, sadness, surprise.



Now that I am an adult, I don't sit on the couch and sulk, but I express by: yawning, finger tapping, shoulder shrug, crossing my arms or just by ignoring.



Let's remember some important points in communicating:

- ⇒ *Be positive and upbeat with your facial expressions*
- ⇒ *Use words of compassion and encouragement*



I have a dear friend who just completed her last chemo treatment. Whenever I call to encourage her, I was the one receiving the blessing! In such adversity, she was positive, faithful in spirit. I want to be like her when I grow up!

At your next women's meeting, circle gathering or just with friends, try the following style of communication:

Listening,

- listen with your eyes as well as your ears,*
- show enthusiasm to be with them,*
- have a smile ready,*
- hugs are acceptable.*



If a lady in your gathering is missing due to illness or a personal situation, why don't you lift her up by doing the following - and more than one time!



Send a note of encouragement by e-mail or mail, phone calls are great, prayers,

drop off some cookies or mail a care package.

"Blessed are they who have the gift of making friends, for it is one of God's best gifts. It involved many things, above all, the power of going out of one's self and appreciating whatever is noble and loving in another." - Thomas Hughes

May we communicate as written in Hebrews 13:5 - *"I will never leave you nor forsake you."*
How Christ-like!