

# **The Loving Community Information Newsletter (Infoletter)**

Volume One: Better Communication Skills for Better Friendships

<b>Title</b>	<b>Release Date</b>
<b>V1.i1 Being a good friend</b> The good news in a community of friendship "Peace be within you" Getting help to be the best friend possible How does Jesus' death on the cross teach us how to love? Connecting LORD, I want to be a good friend A friend receives correction with respect and gratitude Reverent regard for the divine in each other Obstacles for making friends on a spiritual level	<b>January 1, 2014</b>
<b>V1.i2 Helping relationships</b> Do you want to be healed? A plate of self-help anyone? Paul's second letter to the Corinthians helps us in times of despair Time to heal—the greatest gift for your recovering/survivor friend What a good question! What's in body language and speech style? A problem is a river with underground streams feeding it To be or not to be—a friend	<b>February 1, 2014</b>
<b>V1.i3 Communication goes side-ways</b> The silencing act Sarcasm and other destructive feedback habits Communication blunders Defensive postures getting you down? Listening—a lost art The "why" question ferreted out The good question teaches Regrets—a sign of pride? Leaping lizards! You call <i>that</i> communication???	<b>March 1, 2014</b>

### **V1.i4 Pressures and potentials**

**April 1, 2014**

Be transformed by the renewing of your mind  
Empathy on the healing journey  
What is in an attitude?  
Potential is divine  
The letter to the early church in Colosse  
Self-edit to be a good listener  
Hidden fear leeches out  
The servant heart is humble  
To err is human, to forgive Divine

### **V1.i5 Growing pains**

**May 1, 2014**

Qu'est ce que c'est "crisis"?  
Crisis—an undoubted stressor  
Detachment—a silent killer  
Whatever the crisis, there are phases we all go through  
Trust  
Follow-up to crisis  
A new creation  
Addiction crisis  
A family scenario

### **V1.i6 Spiritual convalescence**

**June 1, 2014**

The new life is an exciting journey  
Forgetting the past  
Healthy mind, healthy body  
Foot caught in a bear trap  
Identify co-dependent thinking/behaviour  
Marks of a mature man and the abusive  
Spinning out of control  
Victims running on empty  
Healthy assertions

### **V1.i7 Communication matters**

**July 1, 2014**

Verbal challenges  
Benefit of rephrasing  
Inaccurate behaviour and perceptions  
Perception is a tricky thing  
Proverbs  
Voice tone and inflection speak louder than words  
Rephrasing headaches  
Pet-peeve—the restating technique  
Interpretive listening

### **V1.i.8 Be-attitudes**

**August 1, 2014**

Ten Commandments of human relationships  
The strength beyond human endurance  
Born to serve, love, sacrifice, submit  
Are you spiritual yet?  
Everlasting love builds confidence, assurance, hope  
Character development—the wellspring of life  
Compassion  
Sharing is a tricky but valuable thing  
Water your conversation in prayer

### **V1.i.9 Introduction to personal crisis and loss**

**September 1, 2014**

Losses  
Breaking bread together  
Loss is a part of life  
For heaven's sake, get help!  
Real healing takes place  
So, you're elderly?  
A transitional life is natural  
Grief-feelings  
Focus your thoughts

### **V1.i.10 Depression facing the end**

**October 1, 2014**

Being terminally ill is no picnic  
The moment of death  
Loss cannot be sugar-coated  
Life affirmations  
The phases of the death clock  
The philosophical discussion  
Those of us left behind  
You are not dead yet  
What's good about it?

### **V1.i.11 Forgiveness is a recovery process**

**November 1, 2014**

Forgiveness therapy  
So why are memories plaguing me?  
The forgiveness principle  
The flip-side of restitution  
Now I lay me down to sleep...  
Let go of anger at yourself  
What is your persona?  
Enabling power banishes pride  
Give it up!

## V1.i.12 Wanting more

December 1, 2014

Delving into the working of the mind  
Broaden your sense of community  
Teens develop goals  
Heart-work  
Don't sweat the small stuff *at work*  
Think slower  
The satisficing curse  
Have a more than adequate life  
Delving into the organizing of the mind