

February 2020 Parish Pastoral Support Services Newsletter

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Nonverbal Communication

Let's continue our discussions on nonverbal communication.

Does posture count?

The simple answer is yes. Slouching can imply that you have a bad attitude, you do not care or you are lazy. Standing tall can say that you are a leader, you can be counted on or that you are of good character. Standing tall shows you have confidence.

Are hand gestures relevant?

There are some general rules with hand gestures. When seated a little hand movement is good, but too much could be distracting. When standing, you can gesture more. Keep your gestures close to the body and to a minimum. In general, avoid pointing and don't tap a table with your index finger, as it is a demanding gesture.

What are hidden messages?

- a. *Mirroring*: This is when you can to reflect the style most accepted by the person you are speaking to. Changing the rate and style of the conversation and movements to meet the needs of those you are speaking to.
- b. *Emotion*: Entering a conversation with a strong emotion such as anger or love, will influence your words and how they are received by the listener. Be sure to have our emotions under control and be aware of how emotions can prejudice what your say and hear; either positively or negatively.



Upcoming Events

**Pastoral Ministry Workshop
Ministering to the Lonely, Ill
and Shut-ins.**

Saturday, Feb. 22, 2020

11 to 2 p.m.

Christ the King Parish

580-5th St. East

Shaunavon, SK.

**To Register contact the
Christ the King office at**

ctkp@sasktel.net



- c. *History*: Consider your history and the history of the person(s) you are having the conversation with. Consider the culture of those involved. Deal with your own expectations and assumptions. Establish expectations and be honest. If the conversation is about a problem, address the problem.

How close should you be to a person?

- a. *Public zone*: Approximately 12 feet. This is the space you are from most people walking down the street.
- b. *Social zone*: Approximately 4 to 12 feet. This is close enough to talk to someone without shouting but far enough to feel safe and comfortable.
- c. *Personal zone*: Approximately 1 to 4 feet. This allows people to focus on the person in front of them. This can vary from person to person. Be aware of signs of discomfort.
- d. *Intimate zone*: Approximately 0 to 1 foot. This is reserved for people we have a lot of trust in.

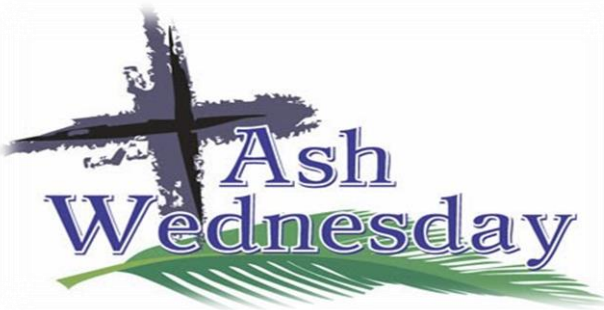
Thought for the Month

Matthew's Gospel tells us that the greatest commandment is to love God "with all our heart, with all your soul, and with all your mind."

In other words, we are called to love God with our whole person. You, God, gave us everything we have with which to love you.

May we return it to you as worship by loving our neighbours as ourselves. We see you, our God, reflected in the images of creation, especially in the people around us. We worship you, creator, and pledge our love.

God of love, we thank you for hearing our prayer. Amen.

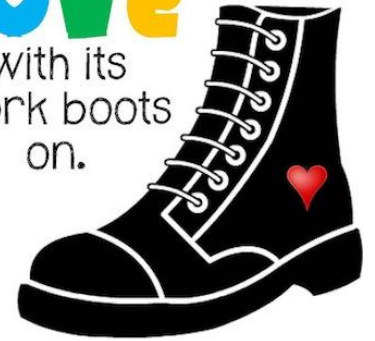


Kindness

is just

Love

with its
work boots
on.



In the Community

Ash Wednesday

Wednesday, Feb. 26

Check with your parish for mass times.

The Archdiocese Webpage

Interested in what is happening in the Archdiocese of Regina.

Check out the webpage at

www.archregina.sk.ca