

St. Jerome Croatian Church
FRANCISCAN FATHERS: Fr. Joe/Fr. Tomislav

Six simple steps for turning conflicts into blessings

Believe it or not, conflict doesn't have to be negative. It can actually lead to increased understanding and better relationships. The key is in how we deal with it.

Try these six steps for a positive way to resolve conflicts.

Step 1: Cool off. A cool head is required to resolve conflict. Say a quick prayer, take a short walk, splash cold water on your face - whatever it takes to reduce your emotion. Then come back ready to talk about the problem.

Step 2: Tell your side using "I" messages. Use the words, "I feel ..." This is a tool for expressing feelings without assigning blame. "You" messages put others on the defensive.

Step 3: Have each person restate what the other said. Called "reflective listening," this ensures we hear the opposing point of view. It also helps us

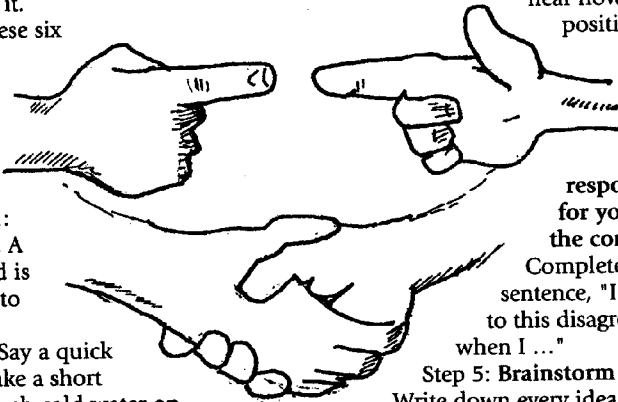
hear how our position sounds to someone else.

Step 4: Take responsibility for your role in the conflict.

Complete the sentence, "I contributed to this disagreement when I ..."

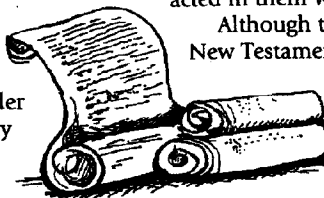
Step 5: Brainstorm solutions. Write down every idea you both have - even the goofy ones. Come up with as many as you can. Then decide which ones are workable for both sides. Choose one of them and agree to implement it.

Step 6: Forgive. A handshake, hug, or a kind word brings closure and demonstrates forgiveness.



Why Do Catholics Do That?

The Church teaches that God is the author of sacred Scripture written down by men under the inspiration of the Holy Spirit. These men used their own faculties and abilities to write whatever God wanted written, but he



Why do Catholics believe the Bible is the Word of God?

acted in them while they did. Although the originals of the New Testament have been lost, more than 4,000 Greek manuscripts have survived. Even though all were copied by hand, less than one percent of their divine content doesn't agree when compared.

One Minute Meditations

The Challenge of Peace

The U.S. Conference of Catholic Bishops (USCCB) asks us to join in the bishops' pledge for peace. "As a tangible sign of our need and desire to do penance we, for the cause of peace, commit ourselves to fast and abstinence on each Friday of the year." (The Challenge of Peace, #298, USCCB)

Make anger work

It isn't healthy to pretend you're not angry when you are. Instead of giving in to your anger though, work on a solution to the problem. "In your anger do not sin" (Psalm 4:4).

Stay open to advice

On a visit to his son-in-law, Jethro noticed that Moses mediated every dispute that arose between the Israelites. The workload was too much so Jethro suggested Moses try delegating. Moses did, and the community grew as a result.

Sometimes it just takes a friend with perspective to see solutions to our most pressing problems.

