

From the desk of the Secretary.....

EFFECTIVE LISTENING

Hello Brethren and Friends of Oakland Durant Rockridge Lodge 188,

As I continue to share my personal "Conversation about Civility" journey, I thought I would expand on my thoughts regarding the core ideas of Civility.

I mentioned last month that a core idea of civility is **Respect for others**.

This month will start a series of articles on behaviors that seem to be associated with "Respect for others". For this month, the behavior I want to explore is effective listening.

For me, this is how I try to practice **effective listening**:

- Do not interrupt the person talking, let them express their thoughts.
- I focus on hearing what the person is saying, not what my response would be.
- Once they finish expressing their thoughts, I rephrase what they said in order to confirm that I correctly understood what they said.

So what do you think? Is this something you practice today? If not, would you consider it?

Until next month

Fraternally,

Lawrence Altomare
Lodge Secretary