



## LISTENING POSTS

### *What might your congregation do?*

#### **The Power of Story**

As humans, we have the capacity to tell our story—to name our feelings, thoughts, and memories. Sharing our unique story with another person who actively listens in a safe setting is part of the healing process. It is also how community is formed.

#### **The Gift of Listening**

Listening is a gift we give each other

#### **The Path towards Healing includes**

- Others: Someone who listens to my story and offers support
- Hope: Expectation of a positive future
- Meaning: That which gives purpose to life

#### **Baton Rouge Faith Communities: An Opportunity**

Hopefully, people who bear difficult stories feel like they can connect with a local faith community to find healing through the three-fold gift of others, hope, and meaning. *Question: How might your congregation expand your capacity to listen, blessing others with healing and hope?*

#### **Call to Action: Listening Posts**

- Take an inventory of how your congregation listens
  - to those within your congregation
  - those near (family and friends)
  - neighbors (around your house of worship as well as your home)
  - those who are different from you
- Brainstorm ways your congregation might expand its capacity to listen (within and beyond your congregation)
- Connect with another congregation during March—outside your own tradition
- Make plans for the month of March to promote your congregation as a *Listening Post*
- Share with the Interfaith Federation your plans to be a *Listening Post*
- Follow the Federation website for updates and opportunities
- Keep praying for each other and our community

#### **For More Info**

Website      ifedgbr.com  
Email        peace@ifedgbr.com  
Address      Interfaith Federation of Greater Baton Rouge  
                  3112 Convention St., Baton Rouge, LA 70806  
Phone        225-267-5600

#### ***Listen! Listen!***

Suffering upon suffering,  
fear upon fear...

Hurt upon hurt,  
anger upon anger,  
sadness upon sadness...

Harm upon harm,  
anguish upon anguish,  
despair upon despair...

*-Movement 1  
"Waging Peace" (2013)  
An original composition  
commissioned by the  
Interfaith Federation  
of Greater  
Baton Rouge*

**PLANNING to be a LISTENING POST**

How does our congregation currently listen?

To each other

To our neighborhood

To our community

Brainstorm: What are possibilities of ways to LISTEN during the month of March?

To each other

To our neighborhood

To our community

Narrow the above suggestions to the top 2-3 ideas.

1)

2)

3)

Who do you need to get their “blessing” in order to move forward?

What is your plan to publicize your listening post opportunities?