

# COGA NEWS



## WHAT'S IN THIS MONTH'S ISSUE

- Don't Interrupt
- Upcoming Events
- A Little Something to Laugh About



# DON'T INTERRUPT!

*Bishop Cecil Reid*

It wasn't until a few years ago, said Richard Carlson, that he realized how often he interrupted others and/or finished their sentences. Shortly thereafter, he also realized how destructive this habit was, not only to the respect and love he received from others but also for the tremendous amount of energy it takes to try to be in two heads at once!

Think about it for a moment. When you hurry someone along, interrupt someone, or finish his or her sentence, you must keep track not only of your own thoughts but of those of the person you are interrupting as well. This tendency (which, by the way, is extremely common in busy people), encourages both parties to speed up their speech and their thinking. This, in turn, makes both people nervous, irritable, and annoyed. It's downright exhausting. It's also the cause of many arguments because if there's one thing almost everyone resents, it's someone who doesn't listen to what they are saying. And how can you really listen to what someone is saying when you are speaking for that person?

One of the things that added to the frustration of the man at the pool of Bethesda, was the lack of respect from others.



Not only did he not have anyone to place him in the pool at the right time, but he used all his energy, "while he was coming, another stepped in before him" (John 5:7).

Once you begin noticing yourself interrupting others, you'll see that this insidious tendency is nothing more than an innocent habit that has become invisible to you. But this is good news because it means that all you really have to do is to begin catching yourself when you forget. Remind yourself (before a conversation begins, if possible) to be patient and wait.

Tell yourself to allow the other person to finish speaking before you take your turn.



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You'll notice, right away, how much the interactions with the people in your life will improve as a direct result of this simple act. The people you communicate with will feel much more relaxed around you when they feel heard and listened to. You'll also notice how



much more relaxed you'll feel when you stop interrupting others. Your heart and pulse rates will slow down, and you'll begin to enjoy your conversations rather than rush through them. This is an easy way to become a more relaxed

and loving person. After all, is this not the way that the Master taught us? "Therefore, all things whatsoever ye would that men should do to you, do ye even so to them: for this is the law and the Prophet" (Matt. 7:12). This is a powerful Kingdom principle that demands a lot of discipline on the part of each of us, but it must be done.

Think now of Jesus as He is confronted with a dumb man who had come for His healing touch (Matt.9:32). In Jesus' normal response to a desperate request, He would say, "What would you that I should do unto you?" Now consider the patience of Jesus as this poor affected man tried to express himself. Remember now, the man is a dumb mute. The patient is not hurried as he struggles to communicate to get the Great Physician to understand his heart's desire. Now imagine how he must have felt when Jesus patiently listened, understood, and healed him. Could it be that listening, and understanding others is a key to the miraculous? *Think about it.*



## UPCOMING EVENTS

### SEPTEMBER

- 11th > Auxiliary Appreciation Sunday

### OCTOBER

PASTOR APPRECIATION & BREAST CANCER AWARENESS MONTH

- 12th – 16th > Southern District Convention
- 21st > 1st Lady Birthday
- 24th > Cancer Awareness Sunday
- 29th > Fall Festival
- 31st > 5th Sunday CBS Auxiliary Day TBA

Find more information on [www.cogainc.org](http://www.cogainc.org)



## A LITTLE SOMETHING TO LAUGH ABOUT

- He replied, "If people aren't working, shouldn't it be called "No-Labor Day?"
- Hard work doesn't guarantee success, but it improves its chances.
- Nothing will work unless you do.

HAPPY  
LABOR  
DAY