

GRPS Chaplain's Spot

Reconnecting in Conflict

There is no doubt in life that we need each other. There is also no doubt that every relationship experiences conflict. When we are in conflict with each other, we often don't easily give in, perhaps due to pride, hurt, feelings of betrayal, or other factors. There is also no doubt that forgiveness is often a necessary factor in restoring relationships. We often find that difficult as well. We think that the other person is at fault, or at least greater than us.



This picture is on my office door. 'What do you see?' A friend recently told me about this picture, and how much impact it made on him. It shows 2 adults with their backs to each other, and heads and arms on their knees. Within each sculpture there is a child facing the other, wanting to reconnect to the other.

We don't always know how to breathe new life into a broken or complicated relationship. Key steps can include acknowledging to each other how important the relationship is, saying sorry and forgiving one another. I have a card, which I sometimes offer to students, 'if the friendship is more important than the fight, then I will speak up, to fix it.' Life is too short, to spend it in conflict. If you need another person to help you in that process, then approach them.

Reconnection and healing of relationships can be a time of celebration, and freedom from a heavy burden. Reaching out to others can be the first step. If it is important ... let's do all we can to bring about reconciliation. This will also bring great benefit to your children, as you role model to them how to act in conflict. Be bold.

One-liner of the week: Hope and change are hard-fought things. -Michelle Obama

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