

INTERDEPENDENCE DAY

September 12, *next day, next step*

Resolve a conflict, Heal a relationship

I had the radio on in the background as I worked. I could hear the start of a call-in program, but blocked it out - until I heard a woman saying she hadn't spoken with her sister in over 20 years.

That was a story I knew about. My sister and I could go for years at a time hunkered into painful silence. This woman was clearly in pain and hadn't the slightest idea what to do....

for the full story go to:

www.interdependenceday.net

Taking the first step in Facing Conflict is rarely easy. We can put it off until it's an elephant in the room...or worse, until it grows into a bear or whirlwind that bursts out unexpectedly. We've all been there. But avoidance and attack are choices with high costs to ourselves and our relationships.

We all depend on others. No matter how independent we feel or think we are, our food, clothes, houses, utensils, tools, cars, fuel are the product of countless others whom we never see. We cannot keep others or difference out.

The skills of conflict resolution are not a quick fix for our global difficulties. They are a **generational strategy** that, if pursued, will grow our ability to live peacefully in a world of common needs and cultural differences.

For Interdependence Day we are asking ourselves and each one of you to "change yourself, change the world" by facing a conflict in your own life and facing it with effective dialogue.

Learn more about Interdependence Day, what you can do to participate and how to face conflict with effective dialogue. Visit our website.

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The Interdependence Day mission is to challenge the direction of the world's current choices to wage war, litigate or avoid conflict by expanding our own choices. We are asking ourselves and each one of you to face a conflict in your or your organization's life and face it with effective dialogue.

We want to make 'Facing Conflict in our own lives' a state and nationwide topic of conversation and change. Conflict is a natural part of life. Differences surround us. Culturally we tend to avoid conflict as long as we can, often waiting until tension builds and erupts in destructive communication. We may not be able to rid ourselves of conflict, but we can learn how to do it better.

The first step in "doing it better" is simply agreeing to bring it out where we can look at it, talk about it. Becoming more familiar with conflict in general, prepares us to respond to others with the best of our humanity, rather than our fears.

The Interdependence Day website has created a variety of materials to help you resolve a conflict or start a dialogue on Facing Conflict: at home, work or in any other group that is important to you. *Join us...*

Resolve a conflict, heal a relationship

in your family, neighborhood, workplace, school or congregation.

Initiate a dialogue on Facing Conflict

in your family, neighborhood, workplace, school or congregation.

Use the Facing Conflict dialogue guide on the website:

www.interdependenceday.net