

moral perspectives

Rabbi Irwin Groner

Help people feel free to voice their opinions, and help people feel secure

If you are someone who has the job of influencing others — whether you are a boss, a teacher, a parent, or someone who lives and works with other people, then you must have asked yourself a question, "How can I do this job effectively?"

Perhaps you have experimented and tried several approaches. But have you tried listening?

I am continually impressed by the profound effect it has upon my relationship with the person who speaks to me. We cease to be two individuals living in private worlds which do not overlap.

By listening, we are able to move into a common frame of communication as I grasp what the other person is saying — not just his work, but the meaning and feeling behind his words.

AS A RESULT of understanding the other person, I find myself appreciating him more as an individual and as someone of value. I see him differently than I did before.

I find myself asking him questions to clarify things I am not sure about, and in the process, helping him clarify some of his own thoughts and concerns.

The other person seems to grow in security about what he is saying and he is no longer struggling to convince me. He has no need to, he knows I am trying to understand him. In return, he seems to be much more desirous of hearing my views and more receptive to ideas I seek to convey to him.

I have found that in the long run, I have much greater influence on people when I spend more time listening and asking questions than telling and providing answers.

STUDENTS OF communication have provided some basic rules for effective listening. Hold your fire. Don't judge until your comprehension is complete. Listen especially to people with whom you disagree. The biggest mistake we can make is tuning out people who make us angry. If we kill the messenger, we won't get the bad news, and we won't learn anything either.

A person is more receptive to the acceptance of new and different ideas, attitudes and modes of response when he has had ample opportunity to express his own feelings about the issue at hand and when his feelings are accepted as reasonable and valid for him.

Two essential steps must happen before we can get other people to change their ways. We must help people feel free to voice their opinions, and we need to help people feel secure enough so that they are willing to try something different.

When people don't listen, the costs are enormous in wasted time, frustrated relationships and emotional pain.

If you have the responsibility of influencing and guiding people, why don't you try listening? I am confident you will be successful. Perhaps the greatest value is that you, too, will undergo change in this process.

gerontology

A. Jolayne Farrell

If high blood pressure is not controlled, serious complications can result

Dear Jo: When I had my blood pressure taken on my physical exam, it was 140 over 86. Exactly what do these two figures mean?

Sam G. If you think of the heart as a pump that pushes the blood through the arteries, then the first number recorded is when the pump contracts and is in the phase called systole. So your systolic pressure is 140. The second number represents the reading taken during the relaxation phase of the heart. This is the phase called diastole when the pressure from the heart is at its lowest. Your diastolic pressure, then, is 86.

The lower number is your basic blood pressure without the added push of the heart's contraction.

Dear Jo: I have just been told by my doctor that I have high blood pressure. My father had high blood pressure and so does my brother. I would like to know if this condition is inherited and if it is more common in men than women. Also, since I didn't have high blood pressure before, does it increase as we age?

John B. I'm sure that you are aware of the fact that if high blood pressure (hypertension) is not controlled, serious complications such as heart disease, stroke and kidney failure can result. Hypertension does seem to run in families. Therefore it is advisable for those who have a family history of this condition to be checked regularly. Specialists in the field of hypertension

have varying opinions on the subject of whether it is more common in men than in women. There is no definite answer to this at present.

Blood pressure levels often, but not always, increase as we age. A higher systolic reading is one of the most common findings. It is thought to be directly related to the loss of elasticity of the blood vessels. The diastolic pressure remains relatively normal in the healthy aging adult.

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The Oakland County Volunteer Bureau has weekly listings of volunteer opportunities. Further information about these and other volunteer needs at over 200 agencies may be obtained by calling the bureau at 642-7272. Any non-profit organization needing volunteer assistance may call the bureau.

COURT AIDES — Pre-sentence investigators are needed to work with the 48th District Court in Birmingham. Volunteers would choose two-hour assignments on Tuesday or Wednesday evening.

OFFICE AIDE — Oakland County React Inc. needs volunteers for office duties. Volunteer are needed Monday through Friday from 9 a.m. to 5 p.m.

MAINTENANCE ASSISTANCE — The Institute for Advanced Pastoral Studies needs volunteers to help with general building maintenance. Volunteers are needed on a flexible basis.

volunteers

College adds grad program

Madonna College in Livonia now is accredited for a master of science degree program in administration with specialties in business and nursing. Graduate classes will begin with the fall term. The program will consist of 36 semester hours, including six core courses, four or five courses in business administration or nursing and one or two electives. Students are expected to complete the program in a maximum of seven years, although a two-year cycle of courses is recommended. Those interested in more information in the graduate level courses can call the college at 591-5049.

That Blessing Will Stay on You Come to Church



For Church Directory Advertising Information
Please Call 644-1100 Ext. 200

THE COVENANT BAPTIST CHURCH
1800 W Maple Rd W Bloomfield Hills 48303
9:45 a.m.: CHURCH SCHOOL • 11:00 a.m.: WORSHIP SERVICE
6:30 p.m.: EVENING SERVICE
WEDNESDAY EVENING
7:00 Prayer Service
8:00 Adult Choir
Ministers: Rev. Nicholas Titus and Rev. Edward Libby

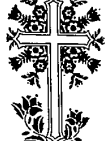
Orchard United Methodist
30420 FARMINGTON ROAD
Between 12 and 14 Mile Road
626-3620
MORNING WORSHIP
10 AM
Pre School Child Care
MINISTERS
Robert L. S. Brown
Nancy A. Woycik

NORTH CONGREGATIONAL CHURCH
26275 Northwestern Highway near Lahser
Southfield, MI PHONE: 356-1660
United for the worship of God
and service to Humanity
Rev. Mark P. Jensen, Senior Minister
Dr. Harry Langford, Dir. of Music
WORSHIP SERVICE AND
CHURCH SCHOOL: 10 AM
No Stairs Nursery
CIVIC CENTER DR.

CENTRAL WOODWARD CHRISTIAN CHURCH
(Disciples of Christ)
3555 W. Big Beaver at Adams-Troy
CHURCH SCHOOL:
9:30 A.M.
WORSHIP: 11:00 A.M.
Minister:
Robert H. Boyte
644-0512

NORTHBROOK PRESBYTERIAN CHURCH
14 Mile and Lahser Roads
WORSHIP SERVICE
10 AM
Pastors:
M. L. Dunska-Berger
Peter Moore

PRINCE OF PEACE LUTHERAN
Missouri Synod
12 Mile and Farmington Roads
Behind Crowley's
Worship 8:15 and 10:45
Sunday School & Bible Class 9:30
Pastor: Rev. T. Richard Morris
Church Phone: 593-3300



NARDIN PARK UNITED METHODIST CHURCH
29887 West Eleven Mile Road
Just West of Middlebelt
476-8860
Farmington Hills
WORSHIP SERVICE 10 AM
"WHERE HAVE ALL THE PROPHETS GONE?"
Rev. Jeffery Dinner Preaching
Dr. William A. Ritter, Pastor
Rev. Jeffery Dinner, Assoc. Min.
Mrs. Doretha Miller, Dir. C.E.
Mr. Melvin Rookus, Dir. Music

Christian Science Churches
FIRST CHURCH OF CHRIST, SCIENTIST
BIRMINGHAM
191 Chester at Willis
SUNDAY SERVICES 10:30 AM
SUNDAY SCHOOL 10:30 AM
WEDNESDAY TESTIMONY MEETING 8:00 PM
READING ROOM
355 East Maple • 644-7935
Mon.-Thurs. 9:30-5:30 P.M. Sat. 9:30-5:30 P.M. Fri. 9:30-9
FIRST CHURCH OF CHRIST, SCIENTIST
FRANKLIN MEADOWS
Maple at Inkster
SUNDAY SERVICES 10:30 AM
SUNDAY SCHOOL 10:30 AM
WEDNESDAY TESTIMONY MEETING 8:15 PM
READING ROOM
4361 Orchard Lake Rd • 851-7440
All are welcome at the above church services and Reading Rooms. Child care facilities provided Sunday & Wednesday.

Kirk in the Hills
PRESBYTERIAN
1240 W. Long Lake Rd
MINISTERS:
James F. Anderson
Robert L. Lindsey
Worship Service and Church School
9:30 am and 11:30 am

FIRST UNITED METHODIST
1589 West Maple at Pleasant
Ministers Robert P. Ward • Douglas W. Vernon
• Evans C. Bentley •
WORSHIP SERVICES
9:30 AM and 10:50 AM
Nursery Care 8:30 AM
Church School Classes
Crib-Senior High 10 AM

CHRIST CHURCH CRANBROOK
Episcopal
Lone Pine at Cranbrook
9:00 AM
Holy Eucharist
10:00 AM
Holy Eucharist and Sermon
(Morning Prayer
2nd and 4th Sundays)
Weekday Eucharists
Tuesday 10:00 AM
Wednesday 7:00 AM

Christian Science Churches
"As the shadow of a great rock in a weary land."
—Isaiah 32
This describes our Reading Rooms. Here, you may read, borrow or purchase the Bible as well as publications about Christian Science. There are also colorful story books and cassettes of interest to children. Or, you may catch up on important news in THE CHRISTIAN SCIENCE MONITOR, the international daily newspaper.



SAINT ANDREW'S EPISCOPAL CHURCH
16360 Hubbard Road Livonia, Michigan 48154
421-8451
Wednesday 9:30 a.m. - Holy Eucharist
Saturday 5:00 p.m. - Holy Eucharist
Sunday 7:45 AM Holy Eucharist
9:00 a.m. - Christian Education for all ages
10:00 a.m. - Holy Eucharist
Sunday Morning - Nursery Care Available
The Rev. Kenneth G. Danks The Rev. R. Scott Krige
The Rev. Edward A. King

UNIVERSITY PRESBYTERIAN CHURCH
1385 S. Adams • Rochester
375-0406
Pastors: David S. Blackshear,
Richard W. Todd &
Judy Mitchell Todd
WORSHIP: 10 AM
Hymns Provided
Baritone Free Access
SUNDAY WORSHIP: 8:30 & 11 AM
SUNDAY SCHOOL AND ADULT
BIBLE CLASSES: 10 AM
CHRISTIAN SCHOOL
Grades K-8
Wayne C. Berwick, Principal
474-2488

HOPE LUTHERAN
39900 W. 12 Mile Road
Farmington Hills
SUNDAY SCHOOL 9:15 AM
WORSHIP 10:30 AM
V.H. Massenberg
Pastor

Ascension of Christ Lutheran Church
16935 W. 14 Mile Road
- Birmingham
SUNDAY WORSHIP
9:15 AM
644-0650
Morning Worship 10:30 AM

FIRST UNITED METHODIST CHURCH
33112 Grand River
Farmington 474-6573
WORSHIP 10 AM
CHURCH SCHOOL 10 AM
Nursery Provided
Minister Charles H. Beynon

WARD PRESBYTERIAN CHURCH OF LIVONIA
Farmington and Six Mile Roads 422-1150
Worship & Sunday School 9:30, 10:00 and 11:30 a.m.
HOLY COMMUNION
"Possess Your Possessions"
Dr. Bartlett L. Hess
7:00 PM
"A Mutual Admiration Society"
Rev. Douglas L. Thompson
Musical Selections by Debbie Parrott
Wednesday 7:30 PM: School of Christian Education
Activities for All Ages • Air Conditioned Sanctuary
Air-Conditioned Sanctuary
Nursery Provided at All Services
SUNDAY SERVICE BROADCAST
9:30 AM WNUZ-FM 103.5

ST. ANDREW LUTHERAN CHURCH, L.C.A.
6255 Telegraph - North of Maple
BIRMINGHAM
9:15 Sunday Church School
10:30 Sunday Worship
The Rev. C.W. Richter, Pastor
646-5207 • 646-6119

FIRST PRESBYTERIAN CHURCH OF BIRMINGHAM
1669 West Maple Road
Ministers:
F. Morgan Roberts
Charles A. Sommers
D. William Melver
Dennis F. Barger
Gerald S. Crawford
Morning Worship and Church School
10:00 A.M. Nursery Provided

Bloomfield Hills Christian Church
Roma's of Bloomfield
2101 S. Telegraph
Bloomfield Township
WORSHIP: 9:30 AM
PRAISE SERVICE: 6 PM
BIBLE STUDY:
7 PM WEDNESDAY
645-1202

FAITH COVENANT CHURCH
Pastor
Michael A. Hallen
Associate Pastor
Mary Miller-Vikander
Minister to Youth
David A. Rose
35415 W. 14 Mile Road
at Drake
661-9191
MORNING WORSHIP: 10 AM

BEVERLY HILLS UNITED METHODIST
20000 W. 13 Mile at Evergreen
646-8777
WORSHIP: 10 AM
CHURCH SCHOOL: 10 AM
(Nursery thru High School)
Minister: John W. Bray

CLARENCEVILLE UNITED METHODIST
5000 Middlebelt Livonia 474-3444
Pastor Gerald Fisher
8:45 am First Worship Service
10:00 am The Church School
11:15 am Second Worship Service
Nursery Provided at All Services

EVANGELICAL FREE
Open Evangelical
New Meeting in The
Birmingham Community House
305 S. State
9:30 am Sunday School All Ages
10:30 am Worship Service
Pastor Hal Heston
244-1151 Nursery Provided

ST. JOHN LUTHERAN FARMINGTON
ALC
23225 Old Road, Farmington
3344 W. of Farmington Rd.
3344 W. of Old Road
474-0584
WORSHIP 9:30 AM

FRANKLIN COMMUNITY CHURCH
On Franklin's Village Green
626-6606
SUMMER SCHEDULE
Worship 10 AM
Care Provided for Pre-Schoolers
Dr. Samuel F. Stott, Pastor
United Methodist in Affiliation
Excommunicated in Spirit

Brightmoor Tabernacle
26555 Franklin Rd. • Southfield MI
(616 & Telegraph - Just West of Holiday Inn)
Sunday School 9:45 am - Morning Worship 11:00 am
Celebration of Praise 6:30 PM
Wed. Adult Prayer & Praise-Youth Service 7:30 PM
"A Charismatic Church where people of many denominations worship together"
Thomas E. Trask, Pastor

BAPTIST CHURCH
American Baptist
Bates and Willis
Birmingham
Robert G. Meddison
MINISTER
CHURCH SCHOOL 9:00 AM
WORSHIP 10:00 AM
644-0550

The Congregational Church of Birmingham U.C.C.
Woodward at Cranbrook
Bloomfield Hills
Worship & Church School
10 AM
Nursery Care
The Rev. Charles O. Erickson
Carol D. Grim

Become when true belief is in your heart, a spiritual warmth follows you wherever you go