

## SPIRITUAL REFLECTIONS—FEBRUARY 2016

### Take Time to Listen



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Tammy's mission is to promote spiritual awareness in patients, families and staff, thereby facilitating healing in the presence of illness and the absence of cure from birth to end of life.

For assistance, further information or to schedule an appointment, please call:

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**I** bolted out of bed. Checked the weather. Temperature was -8, no wind! Perfect, I was out the door. It was a morning when I needed to have a long talk with God about a topic for reflection. After all it was only 24 hours before the deadline and I was getting nervous. I was eager for it to be revealed.

I began my walk with my usual prayer then quickly broke into conversation, my lips moving as rapidly as the thoughts came into my head. I mumbled up the hill and down the hill. I continued down the straight a way talking faster as the ideas rolled around in my head.

Certainly one of these thoughts had to be the topic. I just needed for God to put them into some sort of order so they would make sense.

About 20 minutes into my walk I noticed my goggles were starting to steam up. They weren't just steaming up fast they were frosting over obstructing my view! Here is what happened next, I stopped talking and focused on the thought I might stumble on something under foot then I realized that my constant talking was contributing to my obstructed view. Ah ha! How

many times do we ask God for help and then proceed to tell him exactly how we would like things to turn out or when we want things to happen.

The message, "listen". I smiled to myself. Indeed how was I going to hear what the Lord was saying if I was doing all the talking! I closed my lips and allowed myself to be led using my obstructed view as a reminder that God was present and there to help me in every aspect of my life if I only allowed him to speak from time to time! Rich conversations require both talking and listening especially when you are looking for input. It was really quite comical when I thought about it.

In conversation we are not always good listeners. Often we are quick to jump in and finish sentences or thoughts. We think we have answers for an individual's struggles or problems. When silence enters the conversation we become even more nervous often saying things we wish we would not have said. We miss out on some very important messages. The same is true about our conversations with God.

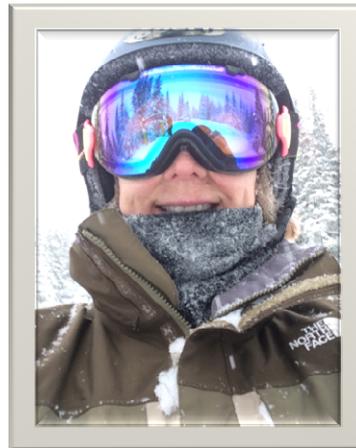
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Sometimes our lives get so cluttered with thoughts, with questions, with stuff, with obligations that we forget to set aside quiet time to really listen. For days I had been wondering what I was suppose to write about. On that frigid morning as I felt the strong urge to walk outside regardless of the temperature I was actually being called to a place of silence where God could speak. There would be no distractions. Gently he nudged my attention by demonstrating how my constant mumbling was not only fogging my vision, but it was making me more uncertain about whether God was even present.

I am a hands-on learner and I guess that is why I often find myself in situations where tangible experiences drive home ideas I need to learn. I continued my

walk with my goggles frosted over listening to what God had to say trusting that God would protect me. I remained quiet, too. My lips did not move. Interestingly, before I reached home as this topic took shape some of the frost began to clear up. Many things in life clear up when we take time to listen.

May God's Peace Be With You,  
*Tammy Koenecke, RN, BSN, MASL*  
Spiritual Care Coordinator, RAMC



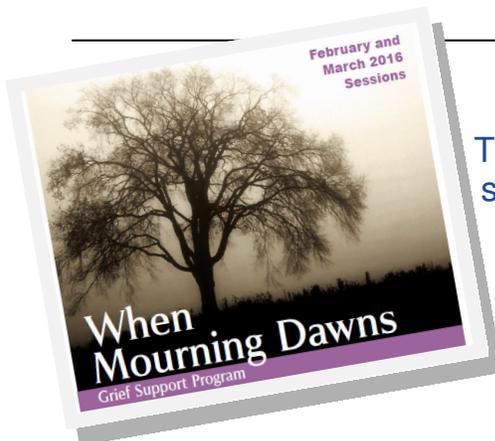
## Questions to ponder:

How do I listen to others?

How do I listen to God?

When is the best time of the day to spend listening?

What will I gain if I listen more and talk less?



### ***Walking together through grief and loss.***

This FREE grief support program allows you to identify the seasons of your grief and assists you in your grief walk.

This 5 session video-based program will meet at RAMC. The current session is:

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**Tuesdays, 6:30-8:00PM March 22, 29, April 5, 12, 19**

All sessions are in Reedsburg Area Medical Center's Conference Room

**This program is FREE and open to all types of loss.**

Please contact Tammy Koenecke, RN, BSN, MASL, Spiritual Care Coordinator for more information or to sign up for the class.

Pre-registration is not required. **768-6249**