

L'Arche Values: **LISTENING**



PRACTICE

We create spaces to share life together - listening and being deeply present to each other - in households, workplaces, and other forms of gathering.

L'Arche Charter, 3.1

- Quiet your mind and limit distractions
- Attempt to be fully present
- Be patient and stay open
- Be aware of different communication styles
- Reflect before responding



TAKE ACTION



Listen to a podcast on an unfamiliar topic.

Try discussing the topic with a friend or family member.

REFLECT



“Listening is a form of spiritual hospitality by which you invite strangers to become friends, to get to know their inner selves more fully, and even to dare to be silent with you.”

Henri J.M. Nouwen