FIFOW Conflict Care Model

1) Facts
Facts are the undisputable realities of a situation. Facts are not the interpretations or conclusions one might draw from the facts. For example, a fact might be “we decided last month that we would only spend $300 in our budget but now we have spent $500. We overspent by $200”.

2) Imaginings
Imaginings are the thoughts, opinions, or beliefs that come as a result of the facts. These are the meanings we derive from the facts. Distinguishing between facts and imaginings can be quite difficult. For example, an imagining might be “I imagine that it’s frustrating to have this budget.” Or “I imagine that it wasn’t your intent to overspend the budget.” An imagining might also be assigning motive to the facts. For example, “I imagine that you might have overspent the budget because you knew what my answer would be.”

3) Feelings
Feelings are emotions and can take a number of forms. The five primary emotions are mad, glad, sad, fear, and shame. Simply state your feelings. For example, “I feel mad and sad.”

4) Own
A vital piece of being heard by another and pursuing restoration is taking ownership of anything you have done to add to the issues. Don’t take ownership for what you can’t. This is not the manipulative attempt to own something so that the other person must own something as well. Maybe ask, “How have I contributed to the problem?” or “Where am I guilty of the same?”.

5) Wants
State your desired outcome. Resist saying, "I want you to stop ignoring the budget!" Instead say "I’d love to see how we can communicate better and be in alignment with our budget". Recognize that the person may or may not give you what you want. That’s OK. This process is not about getting what you want but taking steps to be clear and forge a path forward in the relationship.

See page 2 for bulletin announcements.
What’s happening with the Lighthouse family...

Because relationship with one another is at the core of being a disciple of Christ, we invite you to find community and experience spiritual transformation through LCC’s groups, classes, events, and service opportunities.

The LCC office is closed on Monday: Have a happy and safe 4th of July everybody!

Recommend a Qualified Candidate for the LT: We have four positions on our Leadership Team coming open in February 2023. We are looking for recommendations from our church family as to who might be interested in and qualified to serve in this capacity. Check out www.lighthousehome.org/recommend for all the details.

Women’s Bible Studies and Intentional Growth Groups: Summer is here and Backyard Bible Studies are back! We are also forming Intentional Growth Groups. All ladies are invited to participate. Get details and links to sign up at www.lighthousehome.org/women.

Pickleball: Come learn to play pickleball at one of our Sunday afternoon classes (July 17 – August 7). Classes are free! Check it out at www.lighthousehome.org/pickleball.

CityServe - Share the Kindness: July is "CityServe: Share the Kindness" month here at LCC. During July, we will purposely reach out to be the hands and feet of Jesus to our neighbors and surrounding community. If you have a project that needs volunteers to sign up to help, please submit your project using the form on our website before June 30. Volunteer registrations for submitted projects are now open. For more details, including a link to submit your project and a list of serving opportunities, visit www.lighthousehome.org/cityserve.

Weekly bulletin & fill-in sermon notes • See www.lighthousehome.org/bulletin
Ways to give • Visit www.lighthousehome.org/give
Share your prayer requests with us at www.lighthousehome.org/prayer
Newer to Lighthouse? Text HELLO to 253-201-2024 and we will be in contact with you!
View our monthly financial highlights: www.lighthousehome.org/finances