"Slow is smooth, smooth is fast"

By Chaplain Robert Bradshaw

We often have bosses or leaders who use quotes to get a point across or to help us in some way. I once worked for a boss who used the above quote quite often. I actually understood and liked it. His intent was to slow us down in order to get the work done quickly. Of course this seems to be a contradiction.

Think about it though. If we move slowly, without rushing, but still efficiently, the task can be accomplished fast. Often times, when things are done in a rush, they have to be redone before proper completion. It may have seemed fast, but when it is actually completed it took more time.

Of course there are times when things must be done in a hurry. We call them "short fuse" taskings and usually apologize for them in advance. I believe the biggest difference in facing a task at hand is to respond rather than react. Responses are often made when all of the information needed is gathered whereas reacting has shades of assumptions and perceptions before gathering all information. The latter often requires rework and sometimes, when we are humble enough, apologies.

This quote that we are talking about applies to more than just tasks. It is actually effective for relationships. It is hard to miss that we have twice as many ears as we have mouths. For a visual generation this should easily help us realize that we need to listen more than we speak.

Often times we get caught up in thinking of our response before the other person is through talking. Therefore, we miss some pretty important information. Slow down, be smooth, and it actually takes less time.

The bible helps us see this. Proverbs 18:13 says, "He who answers before listening – that is his folly and shame." James 1:19 encourages us by saying, "My dear brothers, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry."

So, whether we are at a task or in a relationship, take time, be in the moment and remember "slow is smooth and smooth is fast."

Head's Up Yokosuka!

Community Announcements

Compass Program Night Class – The next available class will be held March 24 – 26 starting at 5 p.m. in the Take Room at the Fleet and Family Support Center Annex. Compass is a peer-to-peer mentorship program designed to help Navy spouses adapt to military life. Visit the Web site www.gocompass.org or contact Shelle at 264-7270 for more information or to register for the class.

Phishing e-mails – Recent reports of phishing attacks trying to entice users into providing personal login information have been noted. In addition, unsolicited e-mails asking users to click an embedded link that connects their computer to a hostile domain or malicious Web sites have shown up on Department of Defense networks. Navy Systems Administrators or legitimate businesses will never send you an e-mail message asking for your personal information. If you receive an e-mail such as the kind just described, do not reply providing the requested information, open any attachments or click on any links. Delete the e-mail and contact your network administrator immediately.

Housing Multi-purpose Room Revised Policy – All military family housing residents may make reservations 60 days in advance. The function must remain in the room. Use of the common areas such as the lobby, hallways, stairwells, elevator and etc., are prohibited. Children 10 years of age and younger must be supervised by an adult at all times. All windows and doors must be kept closed to reduce the noise levels that may disturb the residents. Excessive disturbances and noise will not be tolerated at any time. Band practices or live musical entertainment is not permitted. Sponsors and their guests must use the overflow parking. Consumption of alcoholic beverages is permitted. Requestor assumes full responsibility for party alcohol beverage consumption. Smoking inside and use of barbeque is prohibited. Pets are not authorized. Contact the Housing Facilities Office at 243-9067 for more information.

American Red Cross Community Courses and Training – If you'd like to become a volunteer, register to attend one of our volunteer orientations held the first and third Wednesday of every month at 10 a.m. Call 243-7490 for more information or come and register in our office located on the 2nd floor of the Community Center.