

AEIOU-Y system of companionship

Approach

If there are enough people serving, take the first step and approach a Companion. Walk across the floor to a Companion or sit at one of the tables. If you are nervous to, ask an experienced Team Member to introduce you to someone. Even come at 8am any week when it's not your week to serve to work on these relationships.

Eye contact

Eye contact is a good start, but also display other relaxed and positive body language such as a smile or an outstretched hand.

Inquire

Be curious about the person. Ask simple and non-threatening questions like, "How was your week?" or "Why do you like coming here?" If the person seems agitated, rude or non-committal – don't take it personally, be polite and just say "Have a good day, see you later". But if they seem open, you can ask deeper questions like, "What do you like to do with your time?" or "What are you good at doing?"

Open

Be open yourself. Even by saying, "Hello, my name is" is a good and open way to start. If you ask a question, be prepared to give your own answer.

Unfold

Let the conversation follow its natural course. Listen carefully to the other person. You will have to set aside your own agendas and preconceptions. This will give you the opportunity to learn about someone and about yourself. Listen, and respond appropriately and spontaneously.

Occasional "Y".

As with English, there are a few small 'vowelless' words that require Y. So too with conversation. There are times when you can ask the "Y" question like, "Why not come to Brekkie Church?"

We advise that you do not exchange contact details, but this is your own decision. Also, it is the policy at Bread of Life that Team Members under 18 can only sit at a table with another Team Member over 18.

Finally, ending well and follow up is very important. For example you might say, "I have enjoyed talking with you because... However, I have to go now. I look forward to seeing you next time." Unless your memory is exceptional, we recommend you go to a discrete place and write the name of the person you talked with and one or two things you could pray for them. Then when you meet them again, you can approach them and when you say, "Hello again! How is going?" – watch that person smile!