

GROUP GUIDELINES

1. Come to the meetings with an open heart and mind.
2. Try to attend meetings regular basis (fourth Tuesday of each month).
3. Respect and protect what is shared at meetings with total confidentiality. What happens here, stays here.
4. Pause and notice. When someone else has shared, after listening, ponder with the Holy Spirit, allowing a bit of silence. Then, if called to do so, gently ask a question or make a comment. More specifically:
 - a. Ask questions that will clarify or help you understand what was shared. Don't ask questions out of curiosity, but rather, when the answer may help you offer a comment or reflection.
 - b. Offer whatever the Spirit has helped you to notice. Perhaps something that seemed important to the person, a question or point that they may want to reflect upon now or in the future. This is also known as "active listening."
 - c. Keep it brief. We strive to not "over share" from our own experiences; allow time and space for others to share, notice, comment or just reflect in silence.
 - d. Discern if what you will offer for discussion is for the person's or group's good - consider asking yourself about your purpose or assumptions. We seek to deepen our relationship with God versus that which is intended to satisfy our own ego or support our "position."
5. Let go and let God. The Holy Spirit is in charge. We strive not to offer advice, "fix" things or "solve" a problem. Rather, we seek to entrust all to God - knowing that God will journey with us challenging situations and sometimes journeying through pain is the path to transformation.
6. We do not seek to preach, but to share our faith, our lived experiences of God in our everyday lives. That said, praise reports, support and thanksgiving are welcome contributions.
7. We are called to support, not judge; to accept others with the unconditional love of Christ. We ask that you lift up persons and the group during and between meetings.

