

Covenant: Hopes & Guidelines for Our Small Group



Hopes:

- Discover our own faith stories and the people, places, events, and experiences that have shaped our faith. Continue to find ways to sustain and renew our inward journey of faith.
- Be equipped to walk alongside others and listen to their stories as a caring and supportive presence and as part of our outward journey of faith.
- Practice and experience being a community for one another.

Guidelines: To create a sacred space for conversation we strive to follow these practices:

Listen actively with open hearts:

- Respect one another and complexity of life today
- Try not to interrupt one another (sometimes difficult on Zoom)
- Hold back from problem-solving or giving advice
- Use clarifying not interrogating questions/statements
- Use care and respect when talking about people who are not present.

Practice confidentiality:

- What is spoken is not to be shared without explicit permission.
- Do not share with partners/spouses or friends/family.
- Hold back from asking about something spoken in the group when around others.
- Create a confidential Zoom setting in a private room or with earbuds/headphones.

Create a great experience for others:

- Encourage one another and watch for the unique gifts/perspectives each person brings.
- Watch the amount of "air time" so everyone who wishes to speak has a chance.
- Start and end on time. Participate whenever possible (we will miss your insights, if you are not present).
- Prepare by printing the faith study or arranging to view it on a separate device or ask for printed copies from Denise Floe (dfloe@incarnationmn.org).

Engage in your own inward/outward journey:

- Practice intentional self-compassion and self-care in this unprecedented time.
- Ask for support from a trusted friend or professional listener (counselor, spiritual director, pastor, medical professional...) as it is helpful for you in this time.
- To care for one another and support the group, the leader may talk generally with pastoral or small group ministry staff about the group.

Additions from the group:

Contact information for the group leader: