

## **Covenant: Hopes & Guidelines for Our Small Group**

### **Hopes:**

- Discover and live out our identity and calling as God's beloved children
- Share God's love with others in person-to-person interactions and relationships
- Extend God's love and care to others as part of a wider community
- Pray for one another and to practice being a community for one another

**Guidelines:** To create a safe, sacred space for conversation we will strive to follow these practices:

### *Listen actively with open hearts:*

- Respect one another and complexity of life today
- Use clarifying not interrogating questions/statements
- Hold back from problem-solving or giving advice
- Try not to interrupt one another (sometimes difficult on Zoom)
- 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.

### *Engage in your own inward/outward journey:*

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

### *Additions from the group:*

### *Contact information for the group leader:*

### *Version:*