

GROUP COVENANT

As a member of this community,

I listen to others from my heart.

Within each person is a core of goodness, of strength, and of love.
I put aside superficial feelings for other persons and their opinions.
I try to understand the heart of what others are sharing.

I listen to others with a non-judgmental attitude.

I try to hear the other's perception of reality. I may not agree with it, but I can affirm that person's right to a different point of view.

I listen to others with love.

With the grace of God, people have within themselves all they need to discover truth and life. My loving concern can assist that discovery for both of us.

I listen to others with respect for their freedom.

This group does not exist to give advice, but to encourage growth and insight. We do not have to be of one voice or of one mind.

I listen to others with shared trust.

A basic level of trust encourages conversation to extend beyond the superficial knowing that personal thoughts will be kept confidential.

I speak from my own unique experience.

I will use the pronoun "I" when I share my point of view. I will learn to trust that what I have experienced is important and worth sharing with the group.

Together we seek understanding, not agreement.

We will help one another use and act on what we have come to understand. No one can act for anyone else. But we can see creative possibilities because we have shared.

Adopted from INNERACTION