

In our Covenant Group, we covenant:

- To speak from personal experience
- To assume diversity within the group
- To listen closely and actively to each member of the group
- To listen to others in order to let the words “wash over.”
- To honor each speaker by not interrupting, commenting, or giving feedback unless asked for.
- To allow silence between speakers.
- To silence cell phones.
- To honor confidentiality.
- To share the time we have in an equitable way; to be mindful of how much time each person takes
- To have Kleenex available and within reach. (Tears are ok!)
- To be on time and attend each meeting. To notify the facilitator if not able to attend.
- To remember the purpose of Covenant Groups: to make deep and meaningful connections with strangers, to engage in a group spiritual practice, to practice radical hospitality, and to end in 5 months, so that new groups might be born.