

Our Commitment to Each Other

The goal of this is to have a safe place to talk about our lives honestly and directly and how, with God's help, we are seeking to heal or grow. We want to communicate to each group member high respect, warmth, and empathy.

To do so we make the following commitment to each other:

1. **Anything** said in this group is considered confidential and will not be discussed outside the group unless specific permission is given to do so.
2. We will **provide time** for each person to talk if she feels comfortable to do so.
3. We will **listen** attentively to each other, avoiding cross talk.
4. We will talk about **ourselves** and our own situations, avoiding conversations about other churches, other people and/or our political agendas.
5. We will **avoid** giving **advice** and seek not to over spiritualize our sharing.
6. We will make every attempt to avoid profanity in our conversations and group interactions.
7. A time for prayer will be offered by the group facilitators.