

UUCS Chalice Group Covenant, January 2018

We are a Chalice Group that follows a nurturing path in order to grow as individuals and as a group. So that the group can function effectively, we covenant to:

- Attend regularly
- Start and end on time
- Share leadership
- Be present mentally, physically, and emotionally
- Maintain confidentiality
- Create a safe environment
- Open our souls to one another; speak our personal truth
- Practice deep listening
- Avoid interrupting, giving advice, responding to what another has said
- Practice speech that is non-judgmental, open and heartfelt, compassionate, honest, and supportive
- Practice 30 seconds of quiet/stillness between speakers
- Be clear in communicating when we wish to pass
- Print notes before meetings
- Let the group know during check-in if we need to pay attention to our various electronic devices during a meeting
- Remind individuals when they break the covenant
- Let the group know when we have been hurt by something that was said
- Offer at least one service to the church each year
- Each semester, welcome new members as space allows
- Be there for one another in and out of the meetings
- We pledge a commitment to the Monday Chalice group, the congregation, and the greater community.