

Journey Circle Covenant – Feb 2023

Before our meetings, we agree to:

- Make meetings a priority, including being on time
- Contact the facilitator/s ahead of time if we are unable to attend
- Engage the packet ahead of time; reading the material, reflecting on the questions and doing one of the spiritual exercises

During our meetings, we agree to:

- Practice deep listening, offering each other time to share without interruption. (“Hold still & offer space”)
- Honor the rule of “no fixing, no saving, no advising, no setting each other straight!” during times of discussion and cross-talk. (“Hold advice at bay and offer presence”)
- Monitor the length and frequency of our own participation so all members have opportunities to speak. We will use the “timeout” sign to indicate this.
- Speak for ourselves and offer reactions rooted in gratitude and connected to our own experience (“Hold out and hold up”)
- Make time to say good bye when a member decides to leave the group.
- Periodically revisit, adapt, and re-affirm this covenant as a group, especially when new members join the group.

After our meetings, we agree to:

- Follow up with members who miss a meeting without notice to make sure they are okay.
- Respect the privacy of group members by keeping personal sharing confidential.
- Keep each other in our prayers and thoughts, reaching out to each other in tangible ways to ensure that we are a caring community for one another
- Keep a lookout for other church members who might benefit from and fit with a group, recognizing that inviting is the job of us all and a way to express our gratitude for the gifts the group has given us. We will connect potential new members with our group facilitator so they discuss how to request membership in a Journey Circle or Chalice Group.

As facilitators, we (Linda & Jan) agree to:

- Start and end meetings on time
- Make sure all voices are heard
- Remind the group about our covenant, process, and practices
- Help the group be a circle of caring and concern
- Recruit another group member to facilitate if one of us cannot attend
- Send emails to members in a timely manner
- Ensure that the group periodically revisits and re-affirms this covenant
- Include the group in decisions about new members joining
- Welcome new members with intentionality by personally meeting with them to go over the New Participant Packet to make sure they are comfortable with and agree to our process and practices
- Ensure we make time for the group to say good bye to members who leave.