

Guidelines for Spiritual Discussion

(adapted from FCNL's guidelines for worship-sharing)

As you take part in this discussion, please observe these guidelines:

1. We speak from our own experience, honestly and genuinely, sharing prayerfully from our heart and whole self. We remember and honor the differences between sharing and informing.
2. We aim to each speak only once, at least until everyone has had the opportunity to speak.
3. We speak as we are moved, not in any predetermined order. Whether one speaks out of silence or remains in silent meditation rests with the individual.
4. We take ourselves off mute on Zoom to speak, then re-mute ourselves when we are done.
5. When one is finished speaking, we allow a period of silence for reflection before anyone else speaks.
6. We are mindful of the time so as not to take more than our share of it.
7. Everything shared is held in confidence and not to be repeated, except by or with the permission of the person having said it.