

## **'Intro to Contemplative Meditation' Community Agreement**

It's our intention to foster a community that is gentle and safe. That will take everyone in the class working together. For that reason, as a part of the class community, you agree to the following:

- We will keep all things we hear, share, and see in the group confidential - unless keeping the secret would result in or otherwise involve physical harm to yourself or someone else.
- During discussion we may ask open-ended questions for clarification about what a person has revealed of her/his thoughts, faith, or life. We can say things like, "Could God be asking or leading you to do this or that?" **We avoid giving advice** (statements such as "you should", "you will", or "you ought to") **or criticism** (statements like "you shouldn't have", "that was wrong," or "I wouldn't have done that.")
- We will be intentional with our time and honor our time by arriving at the class on time. We understand that 7:15 is the very latest that someone can enter the class. After that time, we respectfully ask that the person wait until the next class to attend.
- We honor silence as an important part of our time together. God often needs our silence in order to speak to us.
- We will hold each other's stories with compassion and prayer.
- We will both listen and share equally in the space.
- We agree to being open and honoring to how God wants to move in the group. We will follow the "Ignatian Presupposition," which says that, as much as possible, we will receive each person's words in the best possible light and address confusion, misinterpretation, or errors gently and with humility and grace.

**This is your registration for the Intro to Contemplative Meditation Course. By registering here you acknowledge this is a non-refundable payment and applies to this course alone.**