

Rules for Sharing

During this meeting, we do not cross-talk. This means that we do not dialogue with each other, ask one another questions, or directly respond to what others say. We focus instead on our own thoughts, feelings, struggles, and victories. This creates a safe environment for all of us to share.

We do this for two primary reasons: First, some of us have been told what we're supposed to think and

feel. Some were told that our thoughts and feelings are wrong. Our meeting is intended for people to commune with God and others so that they discover what they truly think and feel, ultimately leading them to take all of their thoughts and emotions to Jesus and the work of the Holy Spirit.

Secondly, some of us have become accustomed to caretaking others, and in doing so, have avoided taking responsibility for our own lives. In this meeting we keep the focus on

the work that Jesus needs to do in each one of us individually. Most of us find that letting Jesus do His work in us equips us to better help others in the appropriate ways and times.

Many of us find it helps to share with others after the meeting. After the meeting, if other members are willing, we can exchange specific ideas and thoughts more freely.

We ask that you limit your share to 3 minutes and refrain from sharing a second time until everyone has had a chance to share. _____ is our

timer for today's meeting and will say the words "gentle time" when your 3 minutes are up. Please wrap up your sharing when you hear these words.

No one here is required to talk, nor will anyone be asked to talk. If you'd like, you may participate in silence.

We also ask that everyone refrain from using offensive or sexually-explicit language.