

Circle of Hope Boundaries

- **Give and receive welcome:** Support each other's learning by giving and receiving hospitality.
- **Be present as fully as possible:** Be here with your doubts, fears, failings, joys, and successes.
- **What is offered in the circle is by invitation, not demand:** Do what your soul calls you to and know that you do it with full support. Your soul knows your needs better than we do.
- **Speak your truth in ways that respect other people's truth.** Views of reality differ. Speak from your center to the center of the circle, using "I" statements, trusting that others will do their own sifting.
- **No fixing, saving, advising, or correcting:** This is the hardest guideline, but it is vital to welcome others' souls and make room for the Holy Spirit.
- **Learn to respond to others with honest, open questions.** You are not here to counsel or correct others. A link to download a guide to help you understand open questions is provided.
- **Be quick to listen and slow to speak:** If you feel judgmental or defensive, stop and ask yourself "I wonder questions." I wonder what brought them to this belief, what they're feeling right now, and what my reaction teaches me about myself.
- **Trust and learn from the silence:** Treat silence as a group member. After someone has spoken, breathe and take time to reflect without immediately filling the space with words.
- **Observe deep confidentiality:** People feel safe only when they know whatever they say will remain with the people to whom they say it—whether within the group or outside the group.
- **Know that it is possible:** Believe that whatever you need when you arrive will be helped by the Holy Spirit to grow in the days ahead.

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Each lesson PDF file contains an image of the Circle of Hope Boundaries to help everyone remember and adhere to these boundaries.

