



Holy Manners

First and foremost, we acknowledge that we come together as brothers and sisters in Christ

When we remember that Christ is in our midst, it is easier to behave in ways we know He would ask of us—being compassionate, open, and supportive.

Confidentiality

What's said in the group stays in the group unless there is full agreement and permission to share a piece of information.

Respect: disagree without being disagreeable

Acknowledge the other person's point of view. Confirm that you heard correctly before responding. Avoid sarcasm and hurtful comments and tones of voice.

Truly listen: sometimes the hardest thing to do is simply listen...

...to a person without already thinking of what you are going to say back before they finish. Rather than get into a "discussion," simply receive the person's sharing and give only a response of affirmation and understanding.

Be more committed to relationship than "winning" or being "right"

It is hard to have true dialogue with people whose whole goal is to prove their point or win their agenda. It is best to be able to just listen and be respectful. Stay open in your sharing.

Sabotage and manipulation are not acceptable under any circumstances

When destructive behavior is discovered, it must be named to the person (*keeping in mind the above guidelines*) and agreement reached to cease such behavior.

Be committed to really "show up" and bring your full self to the process

When we are busy or stressed, it is easy to physically show up, but mentally or emotionally be elsewhere. Make the commitment to not only physically be there, but to be fully present to each other while you are here.

Affirm your brothers and sisters!

When someone shares something that comes right from the depth of their soul and you can tell this is not easy for them to do, thank them! When someone shares something you have been thinking or feeling yourself but have been unable to articulate, thank them! A little affirmation goes a long way in reminding us that we are fellow travelers on this journey.

From the Bible Study, "And So We Rise" by H. Benjamin Bohren, Sandhya R. Jha, and Paula Bishop Pocięcha