

## Group Agreements and Intentions

Adapted by Use for by St. Placid Oblates by Pamela Sampel

(Note: these group agreements are adapted from work by Gemma Stone of Calgary, BC; Sandi Faviell Amorim of New Westminster, BC; Christna Baldwin & Ann Linnea of PeerSpirit in Freeland, WA; and Pamela Sampel of Port Townsend, WA)

### 1. This is a community of love.

Grounded in the Light of the Gospel and our Benedictine way of life, we clearly state that this is a safe place for each of us because we treat each other with respect and love at all times.

### 2. This is a community of safety.

Nothing that is shared personally in our monthly gatherings will leave our group without permission of the person sharing. We leave shame, blame, judgment, comparison and competition outside of our meeting place. We practice:

**Attentive Listening:** focusing clearly and compassionately on what is said by someone else. We listen with respect, interest, compassion and sensitivity.

**Intentional Speaking:** contributing stories and information that have heart and meaning or relevance to the situation at hand.

**Attending to the Well-Being of the Group:** by considering the impact of our words and actions before, during, and after we speak.

### 3. This is a place of community.

We are all invited and encouraged to share wisdom, insight, questions, uncertainty, writings, art, scripture, and reflections.

### 4. This is a community of growth and learning.

We are all on our own spiritual journeys. We are all here to learn and grow. All wisdom and questions are welcomed. We all grow at our own pace.

### 5. This is a community of belonging and respect.

We each belong to our desires, our lives, our community and to God. We are each responsible for how we interact and what we receive out of our time together. We do not use racial or ethnic epithets, slang, or profanity to refer to each other, other peoples or other groups. We speak to each other, and about others, with honor, courtesy and respect at all times.

### 6. This is a place of sovereignty.

We are here to support and encourage each other. We do not try to fix, control, save, mend, or rescue each other. We allow vulnerability in by being present with it.

7. This is a community of honoring.

When we meet, we create this space where all of us may offer our gifts and ask for what we need.

8. This is a community of compassion.

When we encounter resistance, we meet it with grace.

When someone is in process, we provide patience and presence.

9. This is a community of gratitude.

We give thanks to God!

We are grateful we have this opportunity to gather and create community with the Sisters of St. Placid and each other. We take this opportunity seriously and gather with honor, intention and respect and give thanks to God.