

Norms for Tuesday Worship Group*

(*now held on Mondays)

Note: Our goal is to have some stated, embraced norms so that we have a clear idea of what we're doing and not doing. This helps us be more welcoming. We see this page as an open document that we review and reassess together. Perhaps this list will be useful to other groups that are considering their own norms and process.

Intentions

1. We all have an equal say in what experience we are having together. We are here to support spiritual grounding in ourselves and in each other. And to find joy!

2. Please allow for about ten minutes of quiet before the first sharing. Typically, one person says "I'm ready for words" and waits for acknowledgement from others before starting to share. This is flexible, but that's the norm.

3. Come as often as you want. You don't have to be here every week, or for the full time. It is fine to arrive late: we say that it's better to arrive late, and grounded, than to rush to make it on time. But when you join, we ask that you bring 100% of yourself when you arrive. However you are. :)

4. We are open to worship, conversation, and evoking questions. We're also here for spontaneous faithfulness, sometimes for games, and for whatever emotions people bring into the room.

5. Use zoom however you please. It's flexible. You can be here with the audio and video off, if you'd like. You can be stretching or moving in the background, and that's fine too. Our goal is to help each other grow, and that can happen in a lot of different ways.

6. While we start at 7:30, we do not have a set end time. This helps us to attend to Spirit as it moves through us. If you'd like to leave before the group finishes, you are free to do so! You might consider writing a note in the chat as you prepare to leave.

7. Our goal is to find and support the bravery, challenge, and accountability that we need to help us grow. What we do is open to change. It is an experiment. We, too, are open to change!