

Soul Care Retreat Agreements

1. Absolute confidentiality. We ask that anything shared in our time together will not be shared outside the group.
2. Personal responsibility for your own experience. We trust that you will ask for what you need.
3. We want everyone to feel safe, accepted and not judged so we ask that you refrain from discussing controversial issues that would divide or hurt another person in the group. There are many other places to discuss these things; this is just not one of those places.
4. The focus of our group spiritual direction time is listening carefully to the needs of our own souls and to the needs of others. The goal is to help each participant become more aware of God in their lives. We ask that you listen intently to the person sharing and do not interrupt or talk when someone else is sharing.
5. We are here to see each other as souls, with no other labels attached. We do not discriminate on the basis of race, creed, color, ethnicity, national origin, religion, sex, sexual orientation, gender expression, age, height, weight, physical or mental ability, veteran status, military obligations, and marital status.
6. We are mindful about how many others are in this group, and we ask that you are respectful of their time and attention. We ask that you leave others enough time to share. We agree to not give advice or try to solve other people's problems.
7. We agree to help others draw closer to God and to validate people's questions and experience.
8. We acknowledge that everyone in the group has different opinions, experiences and backgrounds. We ask that you respect other people's opinions even if you don't agree with them.

Signature / Date
