

A Covenant
For the practices
of
Havruta
and
Listening Conversation

Respect for the Experience of Others. We agree to allow others to express their own experiences, ideas and feelings without commenting, advising, rescuing or trying to correct. We agree to reflect upon the experiences and ideas of others and ourselves with reverence, openness and an eagerness to learn.

Speaking and Listening. We do not interrupt others or cut them off while they are talking. We take time to allow for healthy silences and trust the group process that allows time for each person to speak. We listen with open minds, not with judgements.

Creating a Safe Space. We do not shame, blame, embarrass, criticize, or judge others or ourselves when we share our ideas, feelings and experiences. Instead we recognize that the authentic words spoken by each of us, gathered in the Spirit, are treasures that enrich our community and fill it with new possibilities.

Confidentiality. We do not share outside the group what has been shared by the members of the group.

Spirit of Participation. We agree to enter into these practices with an open and teachable spirit, ready to take risks, to be boldly vulnerable, generous in our listening, and committed to faithful attendance and participation.