

Network of Spiritual Progressives (NSP)  
~ Alameda Chapter ~

**GROUP COVENANT**

As a member of a support group of the Alameda Chapter of the NSP,  
I agree to:

- ❖ **Attend each meeting** or let the facilitator know if I am unable to attend.
- ❖ Honor the time of others by **being punctual**.
- ❖ **Listen** attentively, respectfully and empathetically to the comments and stories of all members of the group:
  - remaining silent while others check in and check out and share their ideas and feelings;
  - focusing on the speaker without giving any verbal feedback or response; and
  - listening to feelings and non-verbal cues as well as words.
- ❖ **Speak openly and honestly from my heart**.
- ❖ **Use “I” statements** to describe my perspectives, expressing my own feelings and ideas rather than critiquing what others have shared.
- ❖ Be aware of how much time I am using and seek to **share time fairly**:
  - allowing time for each person in the group to speak their thoughts and feelings on the issue before any person speaks again; and
  - accepting cues from the time keeper as to when I need to end my comments so that others may speak.
- ❖ Keep **confidential** the personal comments of other group members unless I ask and receive their permission to repeat them.