

## Boundary Markers

**Extend and receive welcome.** We all do our best in hospitable places; throughout this time, we will support each other's learning, growth and change by giving and receiving the gift of hospitality.

**Be as fully present as possible.** Be here with your doubts, fears and failings as well as your convictions, joys and successes, your listening as well as your speaking.

**Listen deeply.** Our ability to help one another grow is determined more by how well we listen to one another than by how much or well we speak.

**Let silence be a friend.** Silence can be a rare gift in our lives, and yet, some of our best learning can happen when we quiet ourselves long enough to listen deeply to ourselves and to the Spirit within.

**When the going gets rough, turn to wonder.** If you feel judgmental or defensive, ask yourself, "I wonder what brought her to this belief?" "I wonder what he's feeling right now?" "I wonder what my reaction teaches me about myself?" Set aside judgment so as to learn more about yourself and others.

**Speak for self.** Not everyone has the same gifts or limits, the same beliefs or opinions, the same experience or calling. All any of us can do is speak with integrity from the heart of who we are as individuals. So, instead of using "we" statements, employ "I" statements.

**Honor each other's vulnerability.** To share lives with one another requires a certain degree of trust and self-disclosure. Let us hold one another in prayer and what is shared in confidence.

**Attend to joy.** Remember the Chesterton quote, "Angels can fly because they take themselves so lightly; Satan fell from force of gravity."

**Hold this work with care.**

- Adapted from the Center for Courage & Renewal