

# BEACON UNITARIAN CHURCH

## Meeting Guidelines for Discussion and Being in Relationship

Recommended for all Beacon meetings

### **SHOW EACH OTHER RESPECT**

1. Honour the diversity of opinion in the group
2. Honour the differing abilities and disabilities in the group
3. Listen until the other person is finished. Give people the space to finish their own thoughts.
4. Avoid put-downs, blaming or labeling. People have the right to be wrong or to make mistakes.

### **COMMUNICATE FOR UNDERSTANDING**

1. Use “I” statements. “I think...I feel...I need.” Own your own feelings and opinions. Speak your own thoughts. Let others speak for themselves.
2. Describe the behaviour you are reacting to.
3. Check out assumptions. Ask for clarification. Do this for both ideas and feelings.
4. Bring your good will. Hear the content through your heart.

### **PARTICIPATE WITH TRUST AND COMMITMENT**

1. Ask for what you want or need.
2. If you are a talker, limit your own contributions so that you can make space for others; invite others to speak.
3. Hang in there when the going gets tough. With trust you will be able to hear each other and come to resolution.
4. Avoid negotiating with threats.

(Developed at Community Building Worship, Sat, Sept. 17, 1994)