



Christophany Group Covenants

The following covenants are derived from the UN Unitive Cluster Norms, the Forum for Theological Exploration (FTE) "Covenants of Presence," and the Omega Café Christophany Group Guidelines.

We are Rooted in Love

We affirm our deep connection with each other that manifests in loving speech, honoring differences, expressing compassion, and creating a culture that values diversity as a path to co-creating unity.

We commit to getting to know one another and investing in positive relationship building.

We demonstrate trust in our other Christophany Group members and our group as a unitive whole, as we acknowledge that the wisdom of the group is often greater than the sum of its individual parts.

We are fully present, extending and presuming welcome. **We** set aside the usual distractions of things undone from yesterday and things to do tomorrow. We welcome others into this space and presume we are welcome as well.

We bring positive, fun, and joyful energy to our gatherings, we name and celebrate our successes, and we treat any difficulties that may arise as opportunities for learning.

We Engage in Active Listening and Authentic Expression

We listen to each other actively and generously. We listen intently to the feelings beneath the words and create a safe space for everyone to speak and share. As Quaker Douglas Steere writes, "To listen another's soul into life, into a condition of disclosure and discovery may be almost the greatest gift we can offer to another."

We speak our truth and author our own story. We learn to tell it to others so they might understand us, be inspired by us, and discover what calls us to be who we are; to do what we do or to love what we love.

We welcome each other to share ideas and encourage and express ourselves openly and honestly, but each of us will determine the extent we wish to disclose our thoughts and feelings.

We make room at the table for all voices. We do not engage in crosstalk or argumentation. We do not interrupt others.

We do not seek to fix others. We are not here to set someone else straight, right a wrong, or provide therapy.

We suspend judgment. By creating a space between judgments and reactions, we can listen to another person, and to ourselves, more fully.

We turn to wonder. If we find ourselves becoming judgmental or cynical, we try turning to wonder: “I wonder why she shared that story or made those choices?” “I wonder what my reaction teaches me?” “I wonder what he’s feeling right now?”

We honor confidentiality. Any personal comments that are shared are held in confidence, and not to be shared without the explicit permission of the speaker.

We respect the silence and allow a “pregnant pause” between speakers.

We Demonstrate Respect for All

We come as equals. We don’t have the same gifts, limits or experiences, but no person’s gifts, limits or experiences are more or less important than another’s.

We model openness, honesty, discernment, tolerance, and support of others in all that we do.

We take our Christophany Group commitment seriously, come to meetings on time and prepared to fully participate.

We fully commit to the value of diversity and to bringing our unique ideas, perspectives, cultures, and experiences as assets to the group.

We Believe in Possibilities.

We believe that it is possible for us to emerge from our time together refreshed, surprised, and less burdened than when we came. We believe that this time can provide renewal, refreshment, and possibilities; that seeds planted here will bloom in time to come. We believe in the transformative power of love.