

Sacred Agreement For Everyone (SAFE)

In order to create as much of a safe space as is possible in ten weeks, we all agree to the following:

1. Confidentiality. What's said in the room, stays in the room.
2. Grace. Assume positive intentions of everyone.
3. Practice humility. Your knowledge about your tradition, other traditions, and God/The Divine is likely more limited than you know.
4. Be prepared. Be ready to discuss the chosen topic, to ask and answer questions, and speak from your own experience.
5. Avoid being "the expert." You know about your own religious/spiritual experience, but this experience should not be generalized.
6. Be thoughtful. Dialogue often breaks down because of unconscious speech. Practice mindfulness in your speech and behavior.
7. Avoid predicting outcomes. Dialogue can produce results that are often unexpected.
8. Be honest. Try to be self-reflective about your own biases and desires, which may help to keep them in check.
9. Acknowledge power. Gender, race, ethnicity, religious tradition, and age all factor in to who is asked to "the table."
10. Pay attention to how you physically respond to what others are sharing. For example, notice what physical defensiveness, disagreement, being offended, etc, feels like. Don't judge yourself for it.