

GUIDELINES FOR WORSHIP SHARING

We come knowing that we will gather in stillness – to listen, to be still, to share.

We speak from our own experiences and feelings. Experience, like taste, is real and complete; it is not a subject of discussion, but a window into another life.

We speak for ourselves out of the silence. We do not answer, debate, disagree, or try to solve someone else's problem.

We speak once on each round; we may pass or delay our turn.

We listen compassionately, striving to understand the feelings of the person speaking, whose experience and reaction may be very similar or very different from ours.

We take time in the stillness between speakers to hold what we have heard in the Light.

We notice the time to be sure everyone has time to share. The convener will remind us if we lose track of time while speaking or when it is time to close.

The queries are to remind us of some common experiences. It is usually better to pick one to labor with rather than to try to speak to all the queries provided. If we are moved by the Spirit to speak on something else close to our hearts, we should follow the Spirit.

We remember that everything said is confidential.

When the sharing seems complete and everyone has had the opportunity to speak once, we may have time to add to our own earlier contribution, some second thoughts or non-judgmental discussion.