

Spiritual Support Group for Mental Health and Wellness Guidelines

Regular meetings are held at the First Congregational Church, 1128 Pine Street, Boulder, CO in the Faith Center, 7:00 - 8:30 PM, the 2nd and the 4th Monday of the month.

Meetings are facilitated by two people. The role of the facilitators is to help sustain a group that provides a safe, supportive, sacred, and spiritual space. We may offer an invitation, question, or a comment to help that happen during the meeting and we lead the opening and closing rituals.

1. We honor each others' presence and therefore we listen carefully to one another.
2. We allow each person time and opportunity to express himself or herself before anyone speaks twice.
3. It is OK to stay silent. You can say "pass" at any time.
4. Share feelings as well as thoughts including personal insights about your spiritual experiences.
5. Our main purpose is not to resolve difficulties but rather to listen, support and comfort each other. Any wisdom that emerges belongs to the group.
6. We use "I" statements when sharing our experiences, what we have learned, and what has been helpful or not helpful in our own lives. We do not offer advice to others unless they ask.
7. We are open to the expressions of how one's faith or spirituality has been a help and/or a hindrance. This group welcomes all faith traditions or none, and welcomes everyone's understanding/experience of spirituality.
8. We agree that everyone has something of value to share with the group, if they so choose, so that no one person monopolizes the time.
9. Confidentiality is maintained in the group. We cannot share whatever a person says here anywhere else.
10. We seek to provide a safe environment in which a person can share without judgment.
11. We keep our comments in the here and now.
12. If a person needs to leave the meeting at anytime, they are free to do so.
13. We begin and end on time.