

# Guidelines and Expectations for Chalice Circle Participants

1. The success of Chalice Circles depends on everyone's full participation. *If you know you cannot attend most meetings, you should not participate in Chalice Circles this time.*
2. If you know you cannot attend a meeting, let somebody else know so other participants won't worry about you.
3. Be respectful of other people's time. Arrive on time for your Chalice Circle.
4. There is no general rule of confidentiality for Chalice Circles. Instead you are encouraged to always speak respectfully about other participants outside the group and avoid gossiping. Before sharing information outside the group, a good general rule of thumbs is to ask yourself how you would feel if this information was shared about you. If you need to discuss something confidentially, contact Reverend Helen or a lay minister.
5. Chalice Circles are not therapy groups, so if you are experiencing a significant crisis or life transition, you should contact Reverend Helen or a lay minister. However, it is entirely appropriate for Chalice Circle members to offer help or care to one another outside the Chalice Circle when needed.
6. Avoid interrupting other participants during "Check In" or during the discussion of a topic or question. Avoid also the urge to fill the silences. Some people need time to find the words within themselves to say what they want to say.
7. Avoid giving advice unless it's specifically asked for. Remember that most people just want to be listened to when experiencing a difficult situation.
8. Avoid "recreational argumentation" - - an activity all too common in many Unitarian Universalist congregations. Chalice Circles are meant to be an opportunity to share life experiences more than intellectual positions.
9. Feel free to invite family members, friends, neighbors, or co-workers to come to your Chalice Circle.
10. All Chalice Circle participant, whether church members or not, are expected to abide by the congregation's "Covenant of Right Relations." Copies of this document are online at [www.saltwaterchurch.org](http://www.saltwaterchurch.org) .
11. Reverend Helen, or a member of the Chalice Circle Team, may visit a Chalice Circle at any time.
12. Chalice Circle participants are free to add additional mutually agreed upon guidelines and expectations to this list for your particular Chalice Circle.