

# For the Participants

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St. Francis de Sales  
Holland, Michigan

## Purpose

To continue the energy and momentum of the New Life retreat by sharing and listening to one another's story and to strengthen your relationship with Christ and His Church by reflecting on the Sunday readings.

## Expectations

### Participants

1. Attend as many gatherings as possible if not all. Please notify your group facilitator if you cannot attend a gathering
2. Arrive on time
3. Come prepared to reflect on the questions

### Gatherings

1. Last no longer than one hour and a half
2. Start and end on time
3. Start and end with prayer
4. Everyone is to have the opportunity to share

## Ground Rules

### 1. CONFIDENTIALITY:

What is shared in the group stays in the group. We hold things shared in the group confidential unless given permission to share these things with people outside the group.

### 2. TRANSPARENCY:

It's difficult to love someone as God called us to do without really knowing the person in a deep and meaningful way. You are encouraged to share from your heart—to let down your walls so that others can really know you—not just your struggles and fears, but also your victories and hopes.

### 3. NO CROSS-TALK:

Be considerate of others as they are sharing by not engaging in side conversations.

### 4. DON'T FIX:

Try to hear what people are sharing without trying to fix them.

### 5. LISTEN:

Let's value one another during the discussions by really listening to what is being shared. Don't be thinking about what you're going to say next or how you're going to respond. Really listen.

### 6. USE "I" STATEMENTS:

It's easy to talk about the issues of others, but for our purposes, we want you to put yourself on the table. Try to use "I" statements rather than "them", "the church", "us", "we", etc.

### 7. BE SELF-AWARE:

Be self-aware of how you are personally effecting the environment—words, actions, and non-verbal communication.

### 8. PERSONAL APPLICATION: It's important that we all use this time to consider where Christ is present in your life and how you are being called to live as a disciple.