

OUR COVENANT AGREEMENT

I AGREE:

THAT ONE PERSON SPEAKS AT A TIME

TO TAKE CARE OF MYSELF (Attending each session is not mandatory, but I will be missed)

WHAT IS SAID IN THE LARGE AND SMALL GROUP I WILL KEEP IN STRICT CONFIDENCE

THAT I WILL NOT GIVE ADVICE UNLESS ASKED

THAT SHARING IS OPTIONAL

THAT I WILL SPEAK FOR MYSELF AND NOT FOR OR ABOUT OTHERS

THAT I WILL RESPECT THE OPINIONS AND FEELINGS OF OTHERS

THIS IS MY RETREAT, WHAT I SEE OR HEAR IS FOR ME.