

Retreat, Reflect, Renew

Group Sharing Pledge

Sharing is an important part of a *Retreat, Reflect, Renew* retreat. Please join us in our mission to create a safe and loving sharing environment by making the following pledge.

- I pledge to keep the discussion confidential.
- I pledge to listen without judgment, interruption, or giving advice.
- I pledge to keep my comments brief and allow time for everyone to share.
- I pledge to keep my political views to myself with an awareness that each person comes to her conclusions based on her own sacred life story.

Listening is much more than allowing another to talk while waiting for a chance to respond. Listening is paying full attention to others and welcoming them into our very beings. The beauty of listening is that those who are listened to start feeling accepted, start taking their words more seriously and discovering their own true selves. Listening is a form of spiritual hospitality by which you invite strangers to become friends, to get to know their inner selves more fully, and even to dare to be silent with you.

- Henri Nouwen

