



## ANB Retreat Covenant

### Neighborly Love

1. I will maintain anonymity and confidentiality. What is shared in the group will stay in the group.
2. I will be present for meetings at the pre-determined time.
3. My sharing will focus on my own thoughts and feelings, not those of others (spouse, children, other family members, or friends).
4. I will not engage in dialogue (cross talk) during the meeting that excludes others from participating.
5. I will be supportive, respectful and nonjudgmental of other group participants. I will not interrupt while another participant is speaking and I will not try to fix others.

### Technology

6. I will turn off other notification related to my computer or smartphone that would cause distractions during the meeting. I will keep background noise to a minimum by muting my microphone when someone else is speaking.
7. I will position my camera properly and avoid excessive distractive activities (multi-tasking). I will insure my attire is appropriate for the setting.

### Facilitator Guidelines

1. If a group member is disruptive to the group, they may be asked to leave the group.
2. Prepared to be present for the next 6 weekly meetings. To learn effectively through the group process, be prepared to read two chapters each week and complete the accompanying journaling assignments.
3. This group is Christ-centered and Biblically-based. Offensive language and arguments against scriptural principles have no place.
4. Group prayer time should be limited to specific prayer requests. Limit the amount of detail and be specific.

***Breaking Curses...Building Communities...One brick at a time...***

**Therefore, if anyone is in Christ, he is a new creation; old things have passed away; behold, all things have become new. (II Corinthians 5:17)**

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