

## BEING MORTAL Retreat

October 2020

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### *A few points on the etiquette of participating in the small group Zoom Circles:*

- Speak from your heart
- Listen from your heart
- Mutual respect
- Be of “lean expression”
- Give time for everyone to speak
- Confidentiality
- Allow silence
- Signal when you’re finished speaking
- No hierarchy, no experts in the circle
- Close the circle with a bow

These one-hour Zoom Circles are a chance for us to meet together “face-to-face” to share about a given theme and what’s coming up for us during the retreat. These Circles are an integral part of the retreat — we can learn so much from each other and what we’re going through in our lives.

These Zoom Circles do not have a “facilitator” — each of us must be sensitive to the points of “etiquette” listed above.

You may wish to begin with a “go-around” in which each person speaks for a few minutes on the suggested theme or question. During this period there should be no “cross-talk” — just let each person’s expression stand as it is. If there are 7 or 8 people in the group, keep each person’s time to speak to 5 minutes or less, so that everyone has a chance to speak. It’s helpful to say something like, “*That’s all I need to say,*” to signal to others that you’re finished. Whatever is shared in the Circle stays in the Circle.

After this initial “go-around,” you may wish to have a more open conversation, asking questions of each other or making comments.

It’s helpful to close the Circle with a bow, or putting your hand on your heart, to acknowledge the honesty and presence of the others in the Circle, and your gratitude.