

## **GUIDELINES FOR SAN DIEGO SPIRITUALITY GROUP**

**PURPOSE:** To Support Spiritual Seekers' Journey of Discovery so We All May Contribute to Humanity's Spiritual Development and Foster Harmonious Happiness Among All Beings.

**INTENTIONS:**

~ To facilitate the unfolding of each person's spiritual understanding in a non-judgmental atmosphere of trust and acceptance

~ To come together as friends freely sharing our concepts, thoughts and experiences and listening to each other's ideas with compassion and respect.

**LOCATION:** Meetings may be held in individual homes or public places.

**OFFICERS:** Elected by majority vote; term 1 year; limit to 2 consecutive terms.

**PRESIDENT:** Present Group Business including sharing information on upcoming meetings & topics and asking for volunteers to lead future discussions. When possible topics will be self-chosen & not assigned.

**VICE PRESIDENTS:** Assist and back-up President.

**DIRECTOR OF COMMUNICATIONS:** Keep minutes & provide adequate notification of meetings by email.

**COORDINATOR/FACILITATOR:** Vice-President, other Officer or someone specially appointed, responsible for meetings & topics.

~ Open with brief reading, prayer (for specific person or problem upon request) and/or period of silence.

~ Introduce leader of discussion giving their personal background & interests (unless someone else knows them personally or is responsible for them being invited). Emphasize sharing of knowledge & experience rather than preaching.

~ Focus on Spirituality & not a specific religion.

~ Encourage participants to share their ideas, thoughts, feelings & experiences.

~ Respect individuals' rights to express their points of view without having to defend them.

~ Tactfully intervene if conversation becomes monopolized & offer an opportunity to speak to those who have been quiet.

~ When possible, egos & personalities should be subservient to the Higher Soul Self (especially Coordinator's).

~ Provide an atmosphere of non-judgment, trust, tolerance, harmony, heartfelt acceptance, compassion and LOVE.

~ **CLOSING:** Summary, Closing Prayer, Affirmation, Meditation, Mantra or Positive Thought.