



Getting the Most from Your Faithwalking Retreat Experience

The purpose of this document is (1) to provide the general ground rules of the retreat, and (2) to offer some guidelines for being an effective small group participant. Please read it carefully.

General ground rules

The facilitation team for this weekend is committed to you getting everything that is possible from the experience. We have learned in doing these retreats that there are some things you can do that will increase the likelihood of getting everything that the weekend offers, and we've captured that learning in a set of ground rules. These general ground rules will guide us as we work together during this retreat. They include:

1. Turn off your cell phone except during meal times or in the evening after the sessions are over.
2. Be in your chair and ready to begin at the designated start time of each session.
3. Engage every time of solitude the entire time. Start immediately when we say "Go," and stay until the last minute of the designated time.
4. Participate fully in your small group. *Say what is so for you* with as much authenticity and clarity as you can.
5. Share what you are "getting" in the large group. This will significantly increase your learning as well as the learning of the group.

Additionally, we have learned that there are some things that you can do to make the small group a safe place for you and each participant in your group.

- Give each person in the group his/her portion of the allotted time to share;
- Refrain from giving advice or from telling another person how to solve the problem he/she is currently facing;
- Walk to the edge of your comfort zone in your sharing and to take at least one step further into your discomfort;
- Allow each person to tell his/her own story (meaning, I will not interrupt another person while he/she is sharing, and I will not repeat another person's story outside of this group).

Thanks for taking time to read this. We are looking forward to a great weekend together. Please let us know if you have any questions or concerns.

Blessings,

Angela Raley, for the Faithwalking Team