



CFM GROUP AGREEMENT *

*We are here to help and support each other!
In order for this to happen, this must be a safe and comfortable place.
The following guidelines help foster this kind of spirit among us.*

1. Confidentiality is essential. Anything said here will remain here.
2. A good listener never interrupts the person who is speaking.
3. A good listener does not try to “fix” the situation.
4. Everyone is encouraged to participate to the extent that they wish. Be aware of our limited time frame, however, and allow time for all to share. If a person has a “heavy heart” and needs extra time, we will let the Spirit guide us.
5. Respect each one’s journey of faith. Growth is different for each person. Change and transformation come in many ways!

A friend is one to whom
one may pour out the contents of one’s heart,
chaff and grain together
knowing that the gentlest of hands
will take it and sift it,
keep what is worth keeping
and with a breath of kindness
blow the rest away!

* An Arabian Proverb

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