

Messages can be sent to unitycenterofstockton.org/contact-us OR [meetup members](#) RSVP or CHAT in order to join

Discussion Guidelines for Our ACIM Study Group

It's important that our meetings be a safe place, where everyone feels accepted, has room for contributing, and feels at ease about sharing their experiences and asking questions. We ask that each participant follow basic guidelines to facilitate our spiritual growth:

- Our focus will be on what A Course In Miracles says. There are other approaches to spiritual growth and enlightenment. There are other spiritual paths and teachings that are worthwhile. But, we are here to read and discuss A Course in Miracles. Comparison is an ego tool for diversion. This is not to imply that other spiritual studies are not valid. This is to keep us focused on what we are here to do.
- We're here to learn and, to treat one another with kindness, respect, and "complete courtesy" (T-3.VIII.6:2). Listen respectfully when someone is talking. Notice any judgements or fault-finding arising in you, remind yourself of the holiness, worth, and equality of the person speaking and do a practice. Our time together can provide a valuable opportunity for applying Course training to a specific person, situation, or event.
- You are encouraged to share your thoughts and your own experience. Share how you apply ACIM in your daily life. Avoid generalizing statements such as, "We all think..." or "We Course students..." "We" can't speak for others. Our sharing is meant to be personal. Remember to use "I" rather than "we" or "you" statements, which distance you from your own feelings and experience.
- Please avoid cross talk. Do not address your comments to another person directly or talk about what the person said, except as it relates to you and your own experience.
- Monitor yourself. Notice any tendency you may have to teach fellow participants, make suggestions, give advice, agree or disagree, or 'fix' a person. Pause, consider your response by asking yourself, "Why am I talking"?

These guidelines are intended to help us develop a safe space, a loving and caring environment. If there is anything else that will help you feel safe and included, please let me know.

Zoom "etiquette"

- Use the chat feature to share links and contact information. Chatting can take your attention away from the group and from what is being said. It can promote cross talk that distracts from our conversation.
- I encourage you to use this time together to share your experience with Course principles. Talk about how you apply them in your life. Ask questions to clarify. Share experiences with Course principles but not for "chatting" with one another.
- Please avoid pontificating. We are all equals here, no matter how long we have been following the Course. Before speaking, pause and ask yourself, "What is it for?"
- Please mute audio and stop video if your attention is required with other activity.
- Audio from participants from different parts of the world can often be delayed on Zoom. Pause before you speak in order to avoid talking over others. Attempt to avoid two of you trying to talk at the same time.
- Every attempt is made to start meetings on time. Occasionally, there are delays. Our Zoom room should be available at the time stated for those who have the meeting ID and Passcode. There's been a few participants who cannot access the Zoom room with "Waiting for the host to allow you in" or "Waiting for host to start the meeting". Please let me know if you have difficulty with these kinds of issues.

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