

## UU Men's Group

### Covenant

The men's group has some similarities with a Chalice Circle. The discussion is free-flowing. The host acts as a quasi-facilitator. We value silence between speakers and anyone can pass if he chooses not to speak. We do not cross-talk. When anyone is sharing we do not interrupt. Each person's voice is respected.

The meeting begins at 7:00 p.m. and ends at 9:00 p.m. We generally meet every three weeks on Tuesdays. We begin with a check-in where each person can give a brief synopsis of what has been going on in his life and/or how he feels. However, if a person has something of personal importance, he is encouraged to take more time.

After the check-in, we discuss a topic. The topic is chosen before the meeting so everyone has time to think of what he would like to say. We try to manage the time so everyone gets an opportunity to speak if he so chooses.

The meetings are usually held in a member's home. We rotate so several members have an opportunity to host. Light refreshments are served.

We practice mutual respect and confidentiality.

We end with a standing circle of arms, when a few words might be spoken.

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