

Guidelines for Engagement

1. Listen with care and curiosity when others are speaking
2. Follow the discussion attentively
3. Avoid judgement and listen with an open mind and heart
4. Trust each other and the process
5. Say ouch if someone says something that hurts
6. Say oops and genuinely apologize for the ways that your intention didn't match your impact
7. Avoid discrediting the experiences of others
8. Lean into discomfort
9. Honor confidentiality; what is said in the room should stay in the room.
10. Allow a moment of silence between responses
11. Speak from your own experience; use 'I' statements
12. If you find yourself speaking more than others, step back and make space, if you find yourself speaking less than others, step up and share
13. Remember dialogue is not debate; you're not trying to win a point
14. Participate to the fullest of your ability. Community growth depends on the inclusion of every individual voice.

General Disclaimer:

The meetings of Tapestry are organized by citizen volunteers who are exploring ways in which we can increase compassion, connection and understanding in our communities and in our world. We are not experts on the subject matter that we discuss. While we may be leading these conversations, we would like for all of you to know that we also struggle to remain connected and find peace in this moment of great inner and outer societal transformation.

Therefore, we welcome suggestions and encourage you reach out to us with any questions or concerns that you may have.