

Catholic in Recovery Meeting Guidelines

- 1. Please keep your sharing tied to your own experience, strength, and hope. Showing concern for another's difficulties is valuable, but claiming to have their solution or remarking about their situation on a group level can be counterproductive and prohibit further honesty. We are here to support one another, not fix each other.**
- 2. Out of respect for the group as a whole, please limit your shares to a maximum of 5 minutes. You will be alerted if you exceed that time.**
- 3. Privacy within the group is critical. Anything that is said within the meeting should stay within the meeting. Rest assured that what is mentioned here will not make its way to others in the parish, the community, or elsewhere. This is all of our responsibility.**
- 4. Show respect for other peoples' differences. While our solution is generally the same, our experiences and understandings may be quite different. Thus, even religious differences ought to be respected.**
- 5. You are invited to be as honest and open about your situation and experience as you are comfortable. The honest nature of these meetings brings us closer to Christ and each other.**

Thank you in advance for respecting these guidelines!

