# Guidelines for our Cursillo Small Group Sharing

The main purpose of our small group is to share our Christian journeys with love and support. Some of the benefit comes from hearing others talk about their walk and learning that we often face similar issues. Some of the benefit comes from just hearing ourselves say things out loud that may be jumbling around in our head. Often, as the words leave our lips, we find clarity. We also benefit by the community of prayer, accountability, and Christian brotherhood.

The following guidelines are intended to help all of us remember the content and sharing environment we are striving to create.

**Content:** Open with our Prayer – Come Holy Sprit ….

The primary content of each person’s sharing should be his activities this week as they relate to his:

Holiness (Piety)

Formation (Study)

Evangelization (Action)

Closest Moment to Christ

There is no need to follow any particular order or structure as long as we cover the tripod and our resulting spirituality.

Close the group with a spontaneous prayer, offered by a member of the group.

**When you are sharing:**

1. Use “I” statements, sharing only your own feelings. Say “I feel sad when this happens” instead of “You know how you feel sad when that happens?” Own your statements and feelings.
2. Talk about your own journey, not other’s. While you may have evangelized a brother or aunt, try to avoid making 70% of the sharing about them and their journey. After a little bit of context, share what you did and how you felt about it.
3. Be conscious about sharing the time. Try not to dominate the conversation.
4. Try to make eye contact with everyone in the group.

**When others are sharing:**

1. Listen attentively, maintaining eye contact, and pay attention to verbal and non‑verbal communication. It is very difficult to share yourself when others do not seem interested.
2. Do not correct, judge or give advice
   1. The speaker is the only expert. Strive for understanding rather than agreement.
   2. We often have a habit of wanting to “fix it” when we should *just listen*.
   3. Try not to feel as if the speaker expects you to have an answer.
   4. Let the speaker complete his thought. Do not jump in to “help” the speaker.
   5. Do not interrupt with your own thoughts, opinions, or comments.
3. Clarify with questions if you don’t understand what is being shared.
4. If you feel called to comment or give feedback, ask permission of the sharer first.
5. Make it safe to share
   1. Be sensitive to the sharer’s feelings, even if you don’t agree with them.
   2. Respect confidentiality at all times in the group. Never share outside the group without specific permission of the sharer.
6. Be open to being moved or changed. That’s why you’re here. Where two or more are gathered in My name, there am I in their midst.

The **General Environment** should be free from distractions. Please turn off cell phones, pagers, and other devices that would interrupt or distract from the sharing.