

South East Asian Theological Schools, Inc.

SEATS

Schools of Ministry

Discipling Leaders ¹ Building Nations

SOM-03-02 Building Kingdom Values

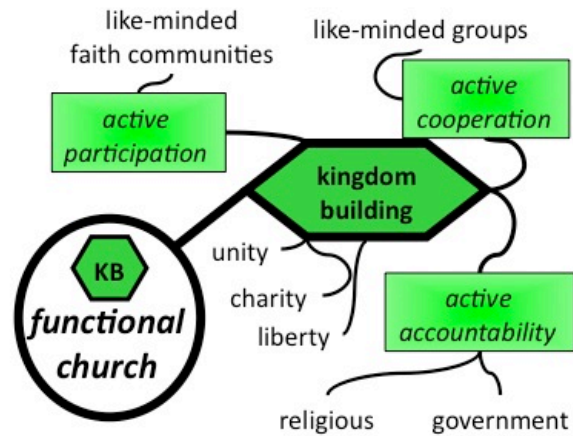
This course will examine the biblical concept of Community and Kingdom Building. It will also discuss practical ways to build and develop community within a group such as a church or cell-group.

Frodo and the others who made up the "fellowship of the ring" certainly shared many adventures together, but their partnership involved far more than simple companionship. Because of what they went through together, they came to know each other better and on a deeper level. They formed incredibly strong bonds of friendship; and they sacrificed much for one another, often enduring hardship and, in some instances, even death. - AllAboutGod.com

“There is a yearning in the heart for peace. Because of the wounds, the rejections, we have received in past relationships, we are frightened by the risks. In our fear we discount the dream of authentic community as merely visionary. But there are rules by which people can come back together, by which the old wounds are healed.”

– *Foundation for Community Encouragement*

“In and through community lies the salvation of the world”¹



“Currently the church is not only not a Body of Christ, it is not a body, a community. It must be a community before it can serve as the Body of Christ.”²

Christian fellowship is critical! Being in the company of people who think like you do is very important to your growth & survival as a Christian. If you live in a church-wealthy community, you are likely to find that companionship. Most churches offer some kind of small group experience that you can become a part of. If you can't find satisfying fellowship at your church, it's possible God wants to move you somewhere else.

Definition of Community

A group of 2 or more people who, regardless of the diversity of their backgrounds, have been able to accept and transcend their differences, enabling them to communicate openly and effectively, and to work together towards common goals, while having a sense of unusual safety with one another. – *Foundation for Community Encouragement*

A group of individuals who have learned how to communicate honestly with each other, whose relationships go deeper than their masks of composure, and who have developed some

¹ M. Scott Peck, *The Different Drum: Community Making and Peace* (New York, NY: Simon & Schuster, Inc., 1987), 17.

² M. Scott Peck, *The Different Drum: Community Making and Peace* (New York, NY: Simon & Schuster, Inc., 1987), 300.

significant commitment to "rejoice together, mourn together," and to "delight in each other, make others' conditions their own."³

The idea of "community" has increasingly been expanded to include not just the place where one lives, but the web of relationships into which one is embedded. Work, school, voluntary associations, computer networks - all are communities, even though the members live quite far apart. – Alan Atkisson

What kind of Community is the Church supposed to be?

Key words

- ✿ GREEK
 - ✿ KOINON- koinwn-
 - ✿ METECHO metecw
- ✿ HEBREW
 - ✿ CHBR rbx

Key words – Tagalog

<i>Pagsasama-sama</i>	<i>Pagkakaisa</i>
<i>Makipag-isa</i>	<i>Makihati sa kanyang mga hirap</i>
<i>Pakikibahagi</i>	<i>Pagkakabit-kabitin</i>
<i>Magsama</i>	<i>Kasosyo</i>
<i>Pagkakataong makatulong</i>	<i>Pagtangi-tangiin</i>
<i>Maging bukas ang palad</i>	<i>Papanig</i>
<i>Pakikipag-isa</i>	<i>Nagkakaisa</i>
<i>Mga kamanggagawa</i>	<i>Ang mga kasama</i>

1) Fellowship with Christ & with Believers.

2) Fellowship through Lord's Supper.

3) Fellowship with the Life of Christ. We share in the various events of the life of Jesus.

- a) His life
 - i) Ro 6:8 – If we have died with Christ, we believe that we will also **live with him**.
 - ii) 2Co 7:3 – I'm not saying this to condemn you. I've already told you that you are in our hearts so that we **will live** and die **together**.
- b) His suffering
 - i) Ro 8:17 – If we are his children, we are also God's heirs. If we **share in Christ's suffering** in order to share his glory, we are heirs together with him.
- c) His crucifixion
 - i) Ro 6:6 – We know that the person we used to be was **crucified with him** to put an end to sin in our bodies. Because of this we are no longer slaves to sin.
 - ii) Ga 2:19 – When I tried to obey the law's standards, those laws killed me. As a result, I live in a relationship with God. I have been **crucified with Christ**.

³ M. Scott Peck, *The Different Drum: Community Making and Peace* (New York, NY: Simon & Schuster, Inc., 1987).

- d) His death
 - i) 2Co 7:3 – I'm not saying this to condemn you. I've already told you that you are in our hearts so that we will live and **die together**.
- e) His burial
 - i) Ro 6:4 – When we were **baptized into his death**, we were placed into the tomb with him. As Christ was brought back from death to life by the glorious power of the Father, so we, too, should live a new kind of life.
 - ii) Col 2:12 – This happened when you were **placed in the tomb with Christ** through baptism. In baptism you were also brought back to life with Christ through faith in the power of God, who brought him back to life.
- f) His resurrection
 - i) Col 2:12 – This happened when you were placed in the tomb with Christ through baptism. In baptism you were also **brought back to life with Christ** through faith in the power of God, who brought him back to life.
 - ii) Col 3:1 – Since you were **brought back to life with Christ**, focus on the things that are above--where Christ holds the highest position.
 - iii) Ep 2:6 – God has **brought us back to life together with Christ Jesus** and has given us a position in heaven with him.
- g) His new life
 - i) Col 2:13 – You were once dead because of your failures and your uncircumcised corrupt nature. But God **made you alive with Christ** when he forgave all our failures.
 - ii) Ep 2:5 – We were dead because of our failures, but he **made us alive together with Christ**. (It is God's kindness that saved you.)
- h) His inheritance, suffering, & glory
 - i) Ro 8:17 – If we are his children, we are **also God's heirs**. If we **share in Christ's suffering** in order to **share his glory**, we are heirs together with him.
- i) His reign
 - i) 2Ti 2:12 – If we endure, **we will rule with him**. If we disown him, he will disown us.

4) Fellowship with Christians. We also, of course, share in the community of Christ-followers spread throughout the world.

- a) Philemon 17 – If you think of me as your partner, welcome him as you would welcome me.
- b) 2Co 8:23 – If any questions are raised, remember that Titus is my partner and coworker to help you. The other men are representatives of the churches and bring glory to Christ.
- c) Ro 15:27 – These Macedonians and Greeks have shared the spiritual wealth of the Christians in Jerusalem. So they are obligated to use their earthly wealth to help them.
- d) Ro 15:26 – Because the believers in Macedonia and Greece owe a debt to the Christians in Jerusalem, they have decided to take up a collection for the poor among the Christians in Jerusalem.
- e) Ro 12:13 – Share what you have with God's people who are in need. Be hospitable.

5) Fellowship with God. Christians also share a special relationship with God, as evidenced by the following verses.

- a) 1Jo 1:3,6 – This is the life we have seen and heard. We are reporting about it to you also so that you, too, can have a relationship with us. Our relationship is with the Father and with

his Son Jesus Christ.... If we say, "We have a relationship with God" and yet live in the dark, we're lying. We aren't being truthful.

b) 1Jo 1:3,7 – This is the life we have seen and heard. We are reporting about it to you also so that you, too, can have a relationship with us. Our relationship is with the Father and with his Son Jesus Christ.... But if we live in the light in the same way that God is in the light, we have a relationship with each other. And the blood of his Son Jesus cleanses us from every sin.

c) 1Jo 3:24 – Those who obey Christ's commandments live in God, and God lives in them. We know that he lives in us because he has given us the Spirit.

d) 1Jo 4:13 – We know that we live in him and he lives in us because he has given us his Spirit.

e) 1Jo 3:2 – Dear friends, now we are God's children. What we will be isn't completely clear yet. We do know that when Christ appears we will be like him because we will see him as he is.

κοινωνία [KOINONIA]

1. W/ One Another (1Jo 1:3)

- ☀ This is the life we have seen and heard. We are reporting about it to you also so that you, too, can have a relationship with us.
- ☀ *Yaong aming nakita at narinig ay siya rin naming ibinabalita sa inyo, upang kayo naman ay magkaroon ng pakikisama sa amin*

2. W/ Jesus

- ☀ God faithfully keeps his promises. He called you to be partners with his Son Jesus Christ our Lord. – 1Co 1:9
- ☀ *Ang Dios ay tapat, na sa pamamagitan niya ay tinawag kayo sa pakikisama ng kaniyang anak na si Jesucristo na Panginoon natin. – 1Co 1:9*
- ☀ Our relationship is with the Father and with his Son Jesus Christ. – 1Jo 1:3
- ☀ *at tayo ay may pakikisama sa Ama, at sa kaniyang Anak na si Jesucristo – 1Jo 1:3*

3. W/ The Father

- ☀ Our relationship is with the Father and with his Son Jesus Christ. – 1Jo 1:3
- ☀ *at tayo ay may pakikisama sa Ama, at sa kaniyang Anak na si Jesucristo – 1Jo 1:3*

4. W/ The Holy Spirit

- ☀ May the fellowship of the Holy Spirit be with all. – 2Co 13:14
- ☀ *Ang biyaya ng Panginoong Jesucristo, at ang pagibig ng Dios, at ang pakikipisan ng Espiritu Santo ay sumainyoawang lahat.*

5. Share Common belief

- ☀ The disciples were devoted to the teachings of the apostles, to fellowship, to the breaking of bread, and to prayer. – Ac 2:42
- ☀ *At sila'y nagsipanatiling matibay sa turo ng mga apostol at sa pagsasamasama, sa pagpuputolputol ng tinapay at sa mga pananalangin.*

6. Share Need

They made an appeal to us, begging us to let them participate in the ministry of God's kindness to his holy people in Jerusalem. They did more than we had expected. 1st, they gave themselves to the Lord & to us, since this was God's will. This led us to urge Titus to finish his work of God's kindness among you in the same way as he had already started it. Indeed, the more your

faith, your ability to speak, your knowledge, your dedication, and your love for us increase, the more we want you to participate in this work of God's kindness. –2Co 8:1-15

Alam ko ito sapagkat mahigpit nilang ipinakiusap sa amin na sila'y bigyan ng pagkakataong makatulong sa mga kapatiran na taga-Jerusalem. At higit sa inaasahan namin, inilaan nila ang kanilang sarili, una sa Panginoon, at pagkatapos, sa amin, ayon sa kalooban ng Diyos. Kaya't pinakiusapan namin si Tito, dahil siya ang nagsimula ng gawaing ito, na kayo'y tulungan niya hanggang sa malubos ang pagkakawanggawa ninyong ito. Subalit habang kayo'y sumasagana sa pananampalataya, sa pagpapahayag, sa kaalaman, sa kasipagan, at sa inyong pag-ibig sa amin, a sikapin din ninyong manguna sa pagkakawanggawa.

Christian Fellowship

by Kevin Cauley – Berryville Church of Christ, Berryville Arkansas

1 Corinthians 1:9-10

God faithfully keeps his promises. He called you to be partners with his Son Jesus Christ our Lord. Brothers and sisters, I encourage all of you in the name of our Lord Jesus Christ to agree with each other and not to split into opposing groups. I want you to be united in your understanding and opinions.

Tapat ang Diyos na tumawag sa inyo upang makipag-isa sa kanyang Anak na si Jesu-Cristo na ating Panginoon. Mga kapatid, ako'y nakikiusap sa inyo, sa pangalan ng ating Panginoong Jesu-Cristo, magkaisa kayo at huwag magkabaha-bahagi maging sa isipan at maging sa layunin. v11Sapagkat

- ✿ 1) The Christian is called unto the fellowship of Jesus.
- ✿ 2) Division destroys true Christian fellowship because fellowship involves the opposite of division. Fellowship (like unity) involves . . .
 - ✿ a. Speaking the same thing.
 - ✿ b. Being perfectly joined together.
 - ✿ c. Having the same mind.
 - ✿ d. Having the same judgment.

Unity & Fellowship

Unity & fellowship are very closely related.

1. Unity refers to the ideal.
2. Fellowship refers to the practical.

I. Basis

With whom can we have fellowship?

1. God & Humans

This is the life we have seen & heard. We are reporting about it to you also so that you, too, can have a relationship with us. Our relationship is with the Father & with his Son Jesus Christ . . . If we say, "We have a relationship with God" & yet live in the dark, we're lying. We aren't being

truthful. But if we live in the light in the same way that God is in the light, we have a relationship with each other. – 1Jo 1:3-7

1. Diyos & Tao

Ipinapahayag nga namin sa inyo ang aming nakita't narinig upang makasama kayo sa aming pakikiisa sa Ama at sa kanyang Anak na si Jesu-Cristo. ... ang Diyos ay ilaw at walang anumang kadiliman sa kanya. Kung sinasabi nating tayo'y may pakikiisa sa kanya ngunit namumuhay naman tayo sa kadiliman, nagsisinungaling tayo at hindi namumuhay ayon sa katotohanan. Ngunit kung namumuhay tayo ayon sa liwanag, gaya ng pananatili niya sa liwanag, tayo'y nagkakaisa ...

2. Vertical Fellowship

1. Living in the light insures our fellowship w/ God.
 - ☀ God is light, and there isn't any darkness in him. If we say, "We have a relationship with God" and yet live in the dark, we're lying. We aren't being truthful. – 1Jo 1:5-6
 - ☀ *...ang Diyos ay ilaw at walang anumang kadiliman sa kanya. v6Kung sinasabi nating tayo'y may pakikiisa sa kanya ngunit namumuhay naman tayo sa kadiliman, nagsisinungaling tayo at hindi namumuhay ayon sa katotohanan.*
2. God is light, & if we walk in the light, we walk with God..
3. When we partake of the Lord's Supper, we have fellowship w/ Christ's body & blood
 - ☀ When we bless the cup of blessing aren't we sharing the blood of Christ? When we break the bread aren't we sharing the body of Christ? – 1Co 10:16
 - ☀ *Hindi ba't ang pag-inom natin sa kopa ng pagpapala na ating ipinagpapasalamat ay pakikibahagi sa dugo ni Cristo? At ang pagkain natin ng tinapay na ating pinipira-piraso ay pakikibahagi naman sa kanyang katawan?*
4. He wants the fellowship of the Holy Spirit to be upon all Christians
 - ☀ "The grace of the Lord Jesus Christ, and the love of God, and the communion of the Holy Ghost, be with you all. Amen." – 2Co 13:14.
 - ☀ *Nawa'y sumainyong lahat ang pagpapala ng Panginoong Jesu-Cristo, at ang pag-ibig ng Diyos, at ang pakikisama ng Espiritu Santo.*

3. Horizontal Fellowship

1. Fellowship w/ other Christians (horizontal) depends on fellowship w/ the HS (vertical)
 - ☀ So then, as Christians, do you have any encouragement? Do you have any comfort from love? Do you have any spiritual relationships? Do you have any sympathy and compassion? Then fill me with joy by having the same attitude and the same love, living in harmony, and keeping one purpose in mind. – Php 2:1,2.
2. A glad reception of, & obedience to, the word was prerequisite to Christian fellowship.
 - ☀ Those who accepted what Peter said were baptized. That day about 3,000 people were added to the group. – Acts 2:41.

II. Benefits

What should we get out of Christian fellowship?

1. Physical & Spiritual

... kept meeting together, & they shared everything with each other. From time to time, they sold their property & other possessions & distributed the money to anyone who needed it. The believers had a single purpose & went to the temple every day. They were joyful & humble as they ate at each other's homes & shared their food. At the same time, they praised God & had the good will of all the people. Every day the Lord saved people, & they were added to the group. – Acts 2:44-47.

2. Physical – Sharing

We want you to know how God showed his kindness to the churches in ...Macedonia. ... their overflowing joy, along with their extreme poverty, has made them even more generous. ... by their own free will they have given all they could, even more than they could afford. They made an appeal to us, begging us to let them participate in the ministry of God's kindness to his holy people in Jerusalem. They did more than we had expected. First, they gave themselves to the Lord & to us, since this was God's will. – 2Co 8:1-5.

Because the believers in Macedonia and Greece owe a debt to the Christians in Jerusalem, they have decided to take up a collection for the poor among the Christians in Jerusalem. – Romans 15:26.

3. Spiritual-Support/Edification

2. We understand each other because we have a similar, precious faith

- ✿ From Simon Peter, a servant and apostle of Jesus Christ. To those who have obtained a faith that is as valuable as ours, a faith based on the approval that comes from our God and Savior, Jesus Christ. – 2Pe 1:1.

3. Paul speaks of the spiritual support that the apostles gave him and Barnabas

- ✿ James, Cephas, & John ...acknowledged that God had given me this special gift. So they shook hands with Barnabas & me, agreeing to be our partners. It was understood that we would work among the people who are not Jewish & they would work among Jewish people. – Ga 2:9.

III. Barriers

With whom can we not have fellowship?

1. W/ Immoral Christians

In my letter to you I told you *not to associate with people who continue to commit sexual sins*. I didn't tell you that you could not have any contact with unbelievers who commit sexual sins, are greedy, are dishonest, or worship false gods. If that were the case, you would have to leave this world. Now, what I meant was that you should not associate with people who call themselves brothers or sisters in the Christian faith but live in sexual sin, are greedy, worship false gods, use abusive language, get drunk, or are dishonest. Don't eat with such people. After all, do I have any business judging those who are outside the Christian faith ? Isn't it your business to judge those who are inside? God will judge those who are outside. Remove that wicked man from among you. – 1Co 5:9-13.

2. W/ Unorthodox Christians

Brothers and sisters, in the name of our Lord Jesus Christ we order you not to associate with any believer who doesn't live a disciplined life and doesn't follow the tradition you received from us. – 2Th 3:6.

3. W/ One Who Divides

Brothers and sisters, I urge you to watch out for those people who create divisions and who make others fall away from the Christian faith by teaching doctrine that is not the same as you have learned. Stay away from them. – Ro 16:17.

4. W/ Unbelievers

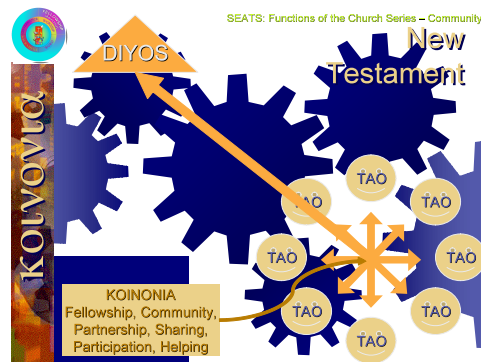
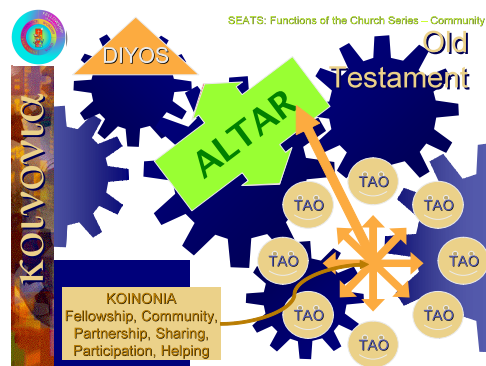
Stop forming inappropriate relationships w/ unbelievers. Can right & wrong be partners? Can light have anything in common w/ darkness? Can Christ agree w/ the devil? Can a believer share life w/ an unbeliever? Can God's temple contain false gods? Clearly, we are the temple of the living God. As God said, "I will live & walk among them. I will be their God, & they will be my people." The Lord says, "Get away from unbelievers. Separate yourselves from them. Have nothing to do w/ anything unclean. Then I will welcome you." – 2Co 6:14-18.

5. W/ Any Work of Darkness

Have nothing to do with the useless works that darkness produces. Instead, expose them for what they are. – Eph 5:11.

CONCLUSION:

Christian fellowship is the practical application of the attitudes & actions which are unique to the Christian relationship



KOINONIA – BASIS

- ✿ IN UNION WITH CHRIST (Eph. 1).
- ✿ INDUCTION INTO HIS BODY
 - ✿ For example, the body is one unit and yet has many parts. As all the parts form one body, so it is with Christ. 1 Cor. 12:12.
- ✿ SPIRITUAL UNITY WITH ONE ANOTHER (Eph. 4) – indissoluble as the Trinity.
- ✿ CALLED TO EXPERIENTIAL UNITY
 - ✿ I pray that all of these people continue to have unity in the way that you, Father, are in me and I am in you. I pray that they may be united with us so that the world will believe that you have sent me. Jn 17:21.

KOINONIA – Community

- ✿ COMMON INHERITANCE (What we share In together)
- ✿ COOPERATIVE SERVICE (What we share Out together)
- ✿ RECIPROCAL RESPONSIBILITY (What we share With one another)

John

Stott

KOINONIA – Principles

- ✿ IN MATTERS ESSENTIAL – UNITY
- ✿ IN MATTERS NON-ESSENTIAL – LIBERTY
- ✿ IN ALL OTHER MATTERS – CHARITY

Principles of Community (The Different Drum)

- ✿ Extraordinary respect
- ✿ Inclusiveness
- ✿ Power of vulnerability
- ✿ Authenticity
- ✿ Willingness to empty
- ✿ Use of silence
- ✿ Mystery.
- ✿ Inclusive. Individual differences are celebrated. Soft individualism, rather than rugged individualism, can flourish.
- ✿ Realistic and multi-dimensional. Each member is free to experience his or her own facet of reality.
- ✿ Facilitates healing once its members stop trying to heal or fix one another.
- ✿ Reflective, contemplative, and introspective..
- ✿ Members can fight gracefully.
- ✿ Group of all leaders who share equal responsibility for and commitment to maintaining its spirit.
- ✿ Highly effective work group.
- ✿ Ideal consensual decision making body.
- ✿ Wide range of gifts and talents is celebrated..

Stage 1: Pseudo-Community

- ✿ Don't do or say anything that might offend someone else

- ✱ If someone offends, annoys, or irritates you, act as if nothing has happened & pretend not to be bothered
- ✱ If there is disagreement, change the subject as quickly & smoothly as possible.

Stage 2: Chaos

Try to ...

- Erase all Differences
- Fix, heal, & convert others to conform
- Be Noisy, uncreative, & unconstructive
- Form Sub-groups
- Organise by saying, “Do it my way!”
- Resist Leadership

Stage 3: Emptying/Emptiness

- More reflective
- Vulnerability, openness
- Most feared, but most crucial stage
- Emptying of barriers to communication
- “I” statements
- More silence, risking, deep listening
- Many little “deaths” – letting go
- Without emptiness, no room for the spirit.

What to empty?

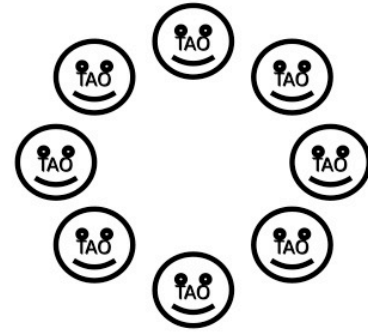
- Expectations & preconceptions
- Prejudices
- Need to fix, heal, convert, solve, give advice
- Need to control
- Ideology, theology, solutions

Stage 4: Community

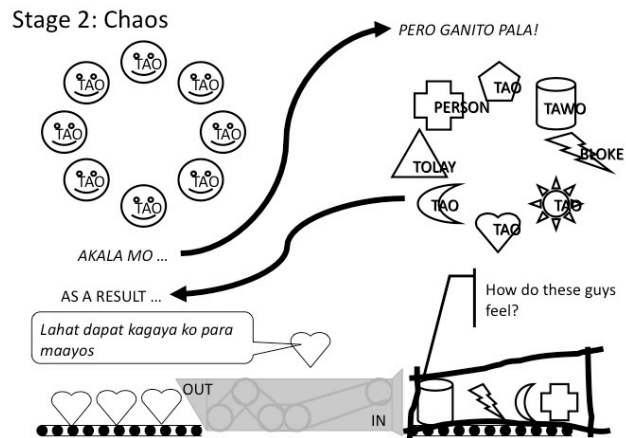
- Soft quietness
- Peace
- Acceptance
- Dynamic leadership, productivity
- Pain AND joy
- Palpable sense of spirit
- Playfulness
- Graceful “fighting”.

Community Building Stages

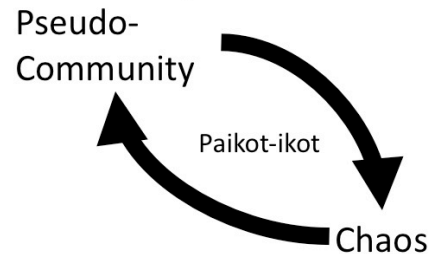
1. Pseudo-Community
2. Chaos



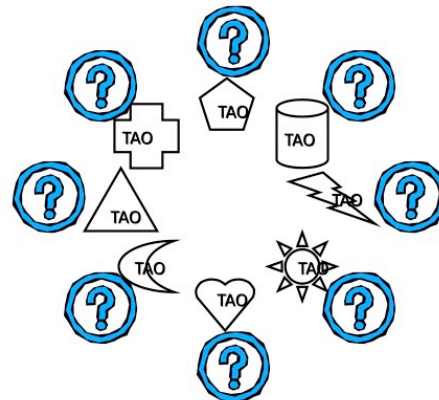
Stage 1: Pseudo-Community



Stages 1 & 2



Stage 3: Emptying/Emptiness

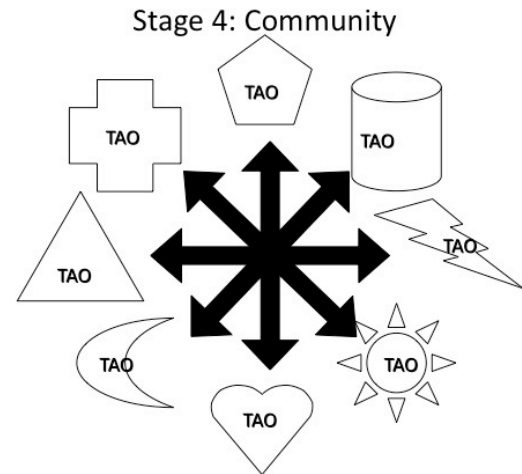


3. Emptying/Emptiness
4. Community

Community Maintenance

Tension will be experienced as communities struggle to maintain:

- Size
- Structure
- Authority
- Inclusivity
- Intensity
- Commitment
- Individuality
- Task definition
- Ritual



4 Task-Avoidance Assumptions

- Flight
- Fight
- Pairing
- Dependence

Flight

- a tendency to flee from troublesome issues & problems
- Scapegoating is a task avoidance assumption of flight
- Group attempts to flee into organization [Chaos]
- ignoring emotional pain.
- “The group has apparently not learned to listen to its members' pain.”
- “One of the things emptiness means is to shut up long enough – to be empty long enough – to digest what someone has just said. Whenever someone says something painful, the group runs away from it into noisiness.”.

Predominates during chaos.

Pairing

Alliances, conscious or unconscious, between two or more members are highly likely to interfere with the group's mature development.

- Whispering
- Romancing
- Alliance for defense

Dependency

- The most devastating to community development and the most difficult to deal with.
- A community cannot exist if the members depend upon a leader to lecture them or carry their load.
- Each one of us has no more and no less responsibility than any other for the success of our work together.

- All instructions to the contrary, groups rapidly slip into the task avoidance assumption of dependency.

Consensus is a group decision

Which some may not feel is the best decision but which they can all live with, support, & commit themselves to not undermine;

- Arrived at without voting,
- The issues are fully aired,
- All feel they have been adequately heard,
- Everyone has equal power & responsibility,
- Everyone has different degrees of influence
- Individual stubbornness or charisma are avoided,
So that all are satisfied with the process.

Consensus

- The process requires the members to be
 - emotionally present & engaged;
 - *Maging totoo* in a loving, mutually respectful manner;
 - sensitive to each other;
 - selfless, dispassionate, & capable of emptying themselves;
 - possessing an awareness of both people & time, including
 - knowing when the solution is satisfactory, and
 - that it is time to stop and not re-open the discussion until such time that the group determines a need for revision."

Suggestions for Implementing

- Proselytizing is a form of fixing and will create resistance. You cannot convert someone to a desire for community in their lives.
- Others will become aware of the effect more by how you behave toward them than by what you say. One way to avoid proselytizing is to wait until you have fully integrated your community building experience before trying to share it.

Take steps to keep community alive:

1. Reflect on the experience & listen to your inner voice;
2. Begin putting into practice what you have learned during the event;
3. Engage in community building wherever it feels appropriate.
4. Create a supportive environment for yourself.
5. Start an ongoing community group.
6. Attend another community building event to re-experience community with a different group so your understanding of the community building process will deepen..

EVALUATION

Where is your church in the 4 Stages of Community Building?

1. Pseudo-Community
2. Chaos
3. Emptying/Emptiness

4. Community

- Inclusive.
- Realistic & multi-dimensional.
- Facilitates healing.
- Reflective & introspective
- Members can fight gracefully.

Guidelines 4 Comm. Building

- The task is to experience sense of community
- Experiential – adventure into the unknown
- Facilitators are guides
- Speak personally – “I” statements avoid generalities.
- Be inclusive – avoid exclusivity
- Be emotionally present
- Participation can be verbal or non verbal
- Express dislikes in the group
- Speak when moved, don’t speak when not moved
- Commitment to “hang in”
- Respect confidentiality.