

## **Guiding Principles for Discernment**

These principles help us listen to one another—and to God's movement among us—with openness, care, and courage.

### **1. Prepare to Listen**

*Center yourself with openness and intention.*

- Be present to our current reality
- Breathe and self-regulate
- Bring hope and acceptance

### **2. Lead with Compassion**

*Approach others with grace and empathy.*

- Practice kindness and compassion
- Assume good intent—we're all trying
- Offer unconditional regard and tenderness

### **3. Listen with Care**

*Engage others with respect and curiosity.*

- Listen attentively and value each voice
- Welcome diverse thoughts and experiences
- Stay curious and build trust

### **4. Create Brave Space**

*Deepen connection through vulnerability and joy.*

- Take risks in sharing
- Embrace vulnerability
- Delight in getting to know one another better

### **5. Communicate with Integrity**

*Speak in ways that reflect our values and strengthen our life together.*

- Speak with respect, honesty, and transparency
- Communicate clearly and frequently
- Encourage two-way dialogue and active listening
- Use language that builds up rather than tears down
- Resist harmful or hurtful gossip