

# Suggested Guidelines for Our Zoom-based ACOL Sharing Gathering

6 June 2018

[www.spibr.org/Zoom\\_group\\_suggested\\_guidelines.pdf](http://www.spibr.org/Zoom_group_suggested_guidelines.pdf) or [www.spibr.org/Zoom\\_group\\_suggested\\_guidelines.docx](http://www.spibr.org/Zoom_group_suggested_guidelines.docx)  
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The general flow of our time together (i.e., our 'agenda'):

During the first 1 hour and 15 minutes (first 75 minutes):

- Business topics for the group (as briefly as possible). How can our gatherings improve?
- Share miracle moments. Share situations where ACOL has animated your life or vice versa.
- A starting meditation or a meditative reading from ACOL.
- Study and discuss ACOL ideas. This is expected to be the bulk of our time together (about an hour).

Then 15 minutes, after the 75 minutes 'chunk' of time (i.e., up until the bottom of the hour):

- Open dialogue.
- Ask questions; listen for perspectives to be shared, or not ...

Newcomers to (a) Zoom or (b) our ACOL gathering (i.e., this group):

- Join early (join 10-15 min prior), in order to: (a) install Zoom (a small applet), (b) learn the nuances of how Zoom is used in our ACOL gathering, and (c) learn how our group tends to operate.

Participants:

- Everyone is encouraged to join early and stay after: ask questions, make suggestions, connect ...
- It is helpful if you read and reflect upon what the group will be discussing, prior to our time together.
- Be in love. Listening is an act of love; the person sharing feels your love when you listen. We maintain a safe space for open, deep sharing. Let love emerge.
- We are interested in entering dialogue in order to let the unknown become known, to be informed as we inform. Notice how ideas take on a life of their own within our group. Let collective spirit emerge.
- Be observant. Feel the spirit; be sensitive to the spirit in the group. What is going on within the collective? How does the group feel? Let the spirit in the group guide us.
- We are interested in fostering high trust. Individuals should feel free to share deeply, as they feel appropriate and as prompted by spirit.
- Seek for balance; it is nice if those who want to share have the time to do so. Is the dialogue reasonably balanced? Be succinct in sharing. Be mindful of time and group size.
- This is an ACOL sharing group:
  - It is *not* a self-help group, an encounter group, nor is it a debate club. It can be 'argued' that this is not necessarily a "spiritual group", although we do encourage Self to emerge.
  - Before sharing, ask yourself, "How does this relate to my experience with the ideas in ACOL?"
  - Sharing personal *experiences* and *feelings* are more appropriate than sharing thoughts.
  - Bringing up a difficult or challenging topic is fine, so long as it sheds light on an ACOL idea.
  - There is no one correct interpretation of an ACOL idea.
- We record the audio portion of each gathering and keep it available for 30 days thereafter.

Facilitator (a.k.a., the 'tator'):

- Prior to our time together, the 'tator' will figure out where there are logical breaks in the ACOL text (i.e., 'chunk up' the text). In general, we will read that entire chunk of text before discussing it.
- We are open to having the tator role rotate amongst participants. For the health of the group, the 'tator' role needs to rotate, to whomever is willing.
- Facilitate the emergence of spirit in the collective.
- The facilitator is not the teacher, nor is she/he in charge.