

# ZOOM GUIDELINES

## Mental Health Ministers

### *Building Community Through Prayer and Support*

- **This is a place of sacred sharing. We ask for your absolute, unmixed attention.**
- Please be in a room in your house that is quiet and free of distractions.
- Having yourself on mute when you aren't talking is a good idea, but please keep the video on. Seeing each other is important.
- Please fight the temptation to surreptitiously check your phone, wander away from your computer or even to eat during the group. All of these things can signal to the person who is sharing that you aren't really listening.
- Likewise, please ask family members to respect your privacy and not come into the room where you are.
- In participating in this group, you are promising **complete confidentiality** both during the meeting and afterward.
- The goals of the group are twofold:
  - i. To listen to others deeply and without judgment.
  - ii. When it's your turn to share, to do so honestly and authentically.
- Refrain from giving advice.
- The facilitators will respect your time, starting and ending on time. Please show the same respect by being punctual to each group and staying until the group is over.
- We aim to provide a safe, loving space in which we gain strength from sharing our experiences. Together, we can learn how to care for the emotional, mental, and spiritual needs of all whom we encounter.