ADULT RELIGIOUS EXPLORATION ((ARE)**
GUIDELINES FOR STUDY SESSIONS
2010/2011

We conduct ARE study sessions according to the seven principles of Unitarian Universalism. We respect the inherent worth and dignity of each person, we strive for justice, equity and compassion in our interactions; we accept one another and encourage individual spiritual growth; and we undergo a free and responsible search for truth and meaning.

Guidelines by which we agree to abide during ARE sessions include:

1. Maintain confidentiality – don't repeat personal stories outside the group.
2. Make personal "I" statements – don't generalize or speak for others.
3. Listen fully to others; do not interrupt.
4. No one is ever required to speak, and prompting is not required in order to speak.
5. Keep contributions short so others have a chance to express themselves.
6. Do not attempt to impose your personal or religious beliefs upon another.
7. Turn off pagers and cell phones during sessions (exceptions apply).
8. Arrive on time so sessions can begin and end on time – don't impose upon other's schedules.
9. Arrive early occasionally, or stay late to help with setup/cleanup.
10. Share in bringing group snacks, refreshments.
11. Share in preparation of, and presentation of opening and closing Chalice Readings.

***Prior to joining the study sessions, ARE participants agree to the above UU Principles and Guidelines by signing below:

Print name:	Signature:	Phone:	Email address:

Agreement 2010-2011 (continued)

Print Name:	Signature:	Phone:	Email Address: