

Covenant of Numinous Circle

This worship circle begins each evening with an opening reading and chalice lighting. Then the group reads the following words to remind them of their covenant with each other:

During check-in we create a safe and sacred space in which we speak from the heart. We share deeply of our spiritual and personal life journeys, confident that others in the group will listen supportively, with compassionate attention and silence, and trusting that our stories will be kept safe within the circle. We ask that during your check-in you be mindful of the time you take, but that you take the time you need. We begin check-in with a shared moment of silence and then ask whomever feels moved to speak first to begin.

Sample Covenant Statements of a Chalice Circle

We engage in deep listening.

We will not interrupt or engage in cross talk.

We agree to refrain from making judgments about, criticizing, and disrespecting each other.

We favor complete confidentiality for what happens and is said in the Chalice Circle; but we can share our own statements and journey with friends and relations: “If you didn’t say it, don’t say it” seems like a good guideline.

We will resolve conflicts and issues, directly with the person or persons involved. We will not engage in triangulation – complaining to a third person behind the second person’s back.

We agree to begin and end on time.

Sample Covenant of Chalice Circles #2