

WELCOME TO THE HARBOUR



What We Are:

- **A safe place**
- **A place of refuge**
- **A place of belonging**
- **A place to care for others and be cared for**
- **A place where respect is given to each member**
- **A place where confidentiality is highly regarded**
- **A place for healthy challenges and healthy risks**
- **A place to learn, grow and become strong again**
- **A place where you can take off your mask**
- **A possible turning point in your life**

What We Are Not:

- **A quick fix**
- **A place for secrets**
- **A place for therapy**
- **A place for selfish control**
- **A place to look for dating relationships**
- **A place to rescue or be rescued by others**
- **A place to judge others**
- **A place for perfection**

Small Group Values and Guidelines:

We recognize that God is at the very center of healing.

- Pray for God's presence, guidance and direction.

We believe that confidentiality is important and gossip should not occur.

- Only first names need to be used if you prefer anonymity.
- Whatever is shared within the group stays in the group to ensure an atmosphere of comfort, safety and openness.
- Refrain from talking about others not participating in the group.

We encourage personal and positive sharing.

- Keep your sharing focused on personal aspects of your life related to individual experience, pain, hardship, strength, or hope.
- Assume responsibility for your own feelings, thoughts and actions.
- Encourage comfort and support by sharing from one's own experience.

We want discussion to be relevant and respectful.

- Try focus your sharing on the current topic of the week being discussed.
- Allow equal time to share (this is part of learning appropriate boundaries).
- Take turns talking and don't interrupt others.
- Refrain from engaging in 'cross conversations' with others in the group. "Cross Talk" interferes with group cohesion and is disrespectful to the one sharing.
- Please keep personal expression respectful without offensive language.

We are here to support one another without criticizing, defending or fixing.

- Accept what others say without expressing judgment, realizing what they share is true for them.
- Lovingly hold others accountable for their behavior only if they ask you to do so.
- Recognize that we are all accountable to Christ, and it is not our place to fix other

We respect physical and emotional boundaries.

- Ask permission to express concern with a hug or touch. Some people can be uncomfortable with physical contact. (respect for boundaries).
- This is not a place for picking up a date or becoming emotionally enmeshed with one another.

These Values are a high priority in order to have an effective experience at The Harbour. Your group facilitator will up hold these guidelines, and we ask you to cooperate to the full extend. Thank you.

Living Day by Day:

- 1. It is a victory, not a failure, to admit that I cannot control my problems, for then I can turn to God and begin to find serenity.**
- 2. It is constructive to take an honest look at myself, face my true feelings, and communicate honestly.**
- 3. It is an act of courage, not shame, to admit any wrong I've done and ask forgiveness to God, myself, and others.**
- 4. It is healthy to accept and love myself, and to let others love me, because like everyone else, I am worthy and deserving of love and a good life.**
- 5. It is okay to trust myself and others. I can be responsible for myself, as others can be for themselves.**
- 6. It is possible for me to be happy, since happiness depends on my myself and my attitude, not on things or other people.**
- 7. It is possible for me to recover, if I believe I can and I'm willing to take the necessary action for change, diligently working the steps and principles.**
- 8. It is better to set realistic goals for change; I can accomplish them one step at a time and one day at a time. I can't do it all, nor do it all perfectly, but I can do something. If I fail, it's okay – there's no failure except in not trying.**
- 9. It is alright to set limits to keep myself sane and serene. It's okay to let things go that cannot be changed or do not matter.**
- 10. It is necessary to take time to stay in touch with myself and God through prayer and meditation.**

Serenity Prayer

God, grant me the serenity
to accept the things I cannot change,
the courage to change the things I can,
and the wisdom to know the difference.

Living one day at a time,
Enjoying one moment at a time;
accepting hardship as a pathway to peace,
taking, as Jesus did, this sinful world as it is,
Not as I would have it;
trusting that You will make all things right
if I surrender to your will;
so that I may be reasonably happy in this life
and supremely happy with You forever in the next.

AMEN