

Handout 2, Commit 2 Community and InSide Out Groups

About Commit 2 Community/InSide Out

- The model for small groups was created by youth and young adults in 2005 at a UU Drug and Alcohol Summit. The purpose was to create dialog on the effects drugs, alcohol, tobacco, and sense pleasure addictions have on one's spirit.
- In an InSide Out group, participants work to understand how use/non-use/addiction can affect individuals, small groups, and the overall community.
- InSide Out Groups are an opportunity for us to heal on the inside so we can join our faith communities with a greater understanding of personal spiritual healing.

InSide Out Group Format

- A committed group, ideally of seven or eight participants, meets regularly with a facilitator. An empty chair or place is always provided as a symbol that our circle is always open yet never broken.
- At each, 45-minute meeting:
 1. Introductions: Name, identity, why interested in InsideOut groups.
 2. Review group agreements and confidentiality agreements
 3. Opening words/chalice lighting (*e.g., the seven UU Principles*)
 4. Commit 2 Community Topic, structured around discussion questions
 5. Journaling/drawing/art
 6. Closing reading or song (*e.g., 7 Commit 2 Community Practices (see below). Original readings and music are the best!*)

Sample Group Agreement/Covenant

1. Respect space – personal, emotional, mental, physical, and spiritual
2. Share what is learned but not the identity of the person that said it
3. Speak from your own personal experiences
4. Allow equal space for sharing and listening
5. In listening we do not give advice to one another, nor interrupt one another
6. Allow time for digestion
7. Respect a person's humanity
8. Right to pass

Confidentiality Agreement

InSide Out group discussions are confidential. Confidentiality is broken only if:

1. A person is a danger to their self,
2. A person is a danger to others,
3. A person is currently in situation(s) of sexual, emotional, and/or physical abuse, including sexual contact with a consenting adult over 18, or
4. Suspicion of any of the above.

7 COMMIT 2 COMMUNITY PRACTICES*

(RED, ORANGE, YELLOW, GREEN, BLUE, INDIGO, VIOLET – RAINBOW AND COLORS OF CHAKRAS IN THE BODY)

1. **Respect.** When we **PRACTICE** valuing self, family, friends, and community we begin to know Authentic Relationships.
2. **Offer** Kindness. The **PRACTICE** of Kindness is the way we relate through the heart of Caring and Understanding.
3. **Yearning** for connection. If we **PRACTICE** paying attention to our lives, many gifts appear to us. Community can offer resolution to isolation, fear and loneliness.
4. **Growth.** We **PRACTICE** growth and insight by recognizing our challenges and acknowledging our strengths.
5. **Believe** in our voices. The **PRACTICE** of Truthfulness and a collective voice has the power to transform the individual, the community and the society.
6. **Insist** on Justice. This is our community commitment to humanity and all living things.
7. **Value Community.** If we **PRACTICE** a Commitment 2 Community we can feel the power of a spiritual presence through The Community, The Divine, The Spirit of Life, The Mystery, Higher Power, Goddess, or God of many names.

**written by Nan E. C. Moore, June 2010*