



# COMMIT 2 COMMUNITY

InSide Out Group

*Facilitator*

*Guide*

*June 2009*

*Written by Nan E. C. Moore*

# COMMIT 2 COMMUNITY

## Why Do We Have InSide Out Groups?

1. This is a non-judgmental environment for substance non-user/user/addict where participants are expected to strictly follow the confidentiality agreement read at every session.
2. InSide Out Groups acknowledge and embrace people wherever they are in their spirit and in life whether they are non-users, occasional users, daily users or struggling from possible addictions.
3. We all need a safe space for open and honest dialog about our non-use, occasional use, daily use or struggles with addictions, so that we can promote healing.
4. By talking openly and intentionally we can better understand others and ourselves.
5. InSide Out Groups are a place where people can talk about drugs and alcohol from wherever they are without pushing toward any one goal.
6. InSide Out Groups are an opportunity to get to know people in a deeper way.
7. By asking questions such as: “How does the use of substances affect my life?” We can explore how drugs, alcohol and tobacco use affect us as individuals and our community.
8. InSide Out Groups are a time to talk with people about situations that are unique to our shared experience; share about what we have in common; and how some situations can affect our community
9. Everyone is affected by alcohol and drug use and addiction—their own, or that of others. Substance use and misuse is embedded in our youth, family, community and societal cultures, as well as in our personal lives.
10. We will not open this emotional and challenging discussion around drug and alcohol non-use/use/misuse without providing support for all participants around these issues.
11. We need to focus on how our actions (or lack thereof) contribute to a safe or unsafe community.
12. InSide Out Groups are for people who want to discuss their non-use, or use of substances in an environment that encourages open and honest dialog through which people can come to a greater understanding of themselves and those they are in community with.
13. Through dialog we gain understanding knowing we belong, we are welcome, and we have something to contribute
14. InSide Out Groups offer us a place to share about what sustains us spiritually, whether it be The Community, The Divine, The Mystery, Higher Power, Goddess, or God of many names.

***This resource was developed by participants at the March 2005 Alcohol and Drug Summit concentrating on non-use/use/daily use/addiction of substances by youth and young adults. Participants of the Alcohol and Drug Summit named this ministry “Commit 2 Community.”***

***REVISED GA 2008 by Zarinah Ali, Kat Manker-Seale, Rev. Helen Zedowecki, and DRE/Nan Moore***

## 7 COMMIT 2 COMMUNITY PRACTICES

(RED, ORANGE, YELLOW, GREEN, BLUE, INDIGO, VIOLET – RAINBOW AND COLORS OF CHAKRAS IN THE BODY and 7 PRINCIPLE PROMISES)

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.

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## InSide Out Group Format (45 minutes)

**NOTE:** *leave an empty chair/space as a symbol that our circle is always open yet never broken*

1. Review Group Agreements and Confidentiality
2. Opening Words (*Light the Chalice*)
3. Commit 2 Community Topic/discussion questions
4. Journaling/drawing/art/creative
5. Closing reading or song (*original readings and music the best!!!*)

## Group Agreements/Covenant

**Purpose:** *To make a safe space , make a promise to each other*

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 and time for digestion
5. In listening we do not give advice to one another
6. Allow each other to say what is needed without interrupting
7. Respect a person's humanity – meet people where they are at
8. Be in faithful dialogue, listen
9. Right to pass

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## Confidentiality Agreement

*(read every session)*

**InSide Out** group discussions are confidential. The *ONLY* time that confidentiality is broken is when:

1. The person is a danger to her/him/per self, or
2. The person is a danger to others, or
3. The 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.

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## Seven UNITARIAN UNIVERSALIST PRINCIPLES

*Definition of Affirm and Promote: Encourage, Support, Care*

We Affirm and Promote:

1. The inherent worth and dignity of every person
2. Justice, equity and compassion in human relations;
3. Acceptance of one another and encouragement to spiritual growth;
4. A free and responsible search for truth and meaning;
5. The right of conscience and the use of the democratic process;
6. The goal of world peace, liberty and justice for all;
7. Respect for the interdependent web of all existence of which we are a part.

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## *InSide Out Group Reading Suggestions.*

*Compiled from participants of Continental Leadership Development Conference  
Training of Trainers 2001*

Youth empowerment is....

The struggle for voice of the youth to be recognized

Youth empowerment is....

Youth being trusted and knowing it

Youth empowerment is....

When adults and youth work together it is a necessary balance

Youth empowerment is....

About supporting others in finding their own power

Youth empowerment is....

providing youth a chance to participate in the discussions that impact their experiences.

Youth empowerment is....

Supporting, encouraging and supplying youth with the tools, resources and opportunities

Youth empowerment is....

When youth empowerment is respected, so many positive things can be accomplished and so much can be learned

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**QUOTE (by Ralph Waldo Emerson)** A little consideration of what takes place around us every day would show us that a higher law than that of our will, regulates events; that our painful experiences are not necessary. A believing love will relieve us of a vast load of care?

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**QUOTE:** (Written by Thich Naht Hahn.) Let us be aware of the source of being, common to us all and to all living things. Evoking the presence of the Great Compassion, let us fill our hearts with our own compassion-towards ourselves and towards other living beings.

**QUOTE:** (Written by Alice Morse Earle) Yesterday is history.....Tomorrow is a mystery Today is a gift.....That is why we call it the present. (in part from *Time Waits for No Man*)

**QUOTE:** (Written by Jennette Rankin) You take people as far as they will go, not as far as you would like them to go?

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**READING:** (2,000 year old Chinese poem)

Go to the people  
Learn from them  
Love them  
    Start with what they know  
    Build on what they have  
    But of the best leaders  
    When their task is accomplished  
    their work is done  
    The people will remark:  
        We have done it ourselves.

**READING:** (by Reinhold Niebuhr ) God, Grant me the serenity to accept the things that I cannot change, Courage to change the things that I can, and wisdom to know the difference.

**\*Include any readings from *Singing the Living Tradition*\***