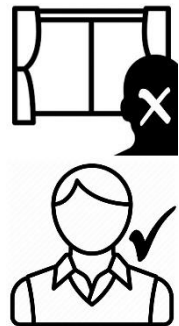


Holy Family Parish – Online Small Groups

Guidelines for setting up your video call to maximize engagement with your group:



Be fully present - make sure your group can see you!

Take care when deciding where to position yourself and your computer or device. Avoid a set up in which part of your face is cut off, or you are in shadow. Your full head & shoulders should be visible and there should be enough light coming toward you that your face is well lit. Also – if you are using a phone or tablet – please position it in one place – movement can be a major visual distraction.



Eliminate / control your background noise

Background noise can seriously interrupt your discussion. Take steps to eliminate noise, and when this isn't possible – keep yourself on MUTE apart from when you are speaking. Keep in mind – moving or making contact with the microphone on your headset or device creates loud noises that you may not hear – but your group will!



Remove distractions

Being in our own homes naturally creates a level of comfort which can be great – but don't forget that you are in a group discussion with others! Please enjoy TV, texting, your dinner and other distractions before or after the study – not during!

Guidelines for a safe and healthy group discussion:



Say whatever you like, or nothing at all - it's up to you!

Don't feel pressured to speak, if you'd rather just listen, but we'd love to hear everyone's thoughts - whatever they are!



Respect & trust confidentiality

Anything discussed in the group - stays in the group!



Be concise & brief when sharing

Speaking too long takes the opportunity away from others. **If you've been talking for more than a minute or two - it's probably time to wrap it up & let someone else speak!**



Don't try to fix, save or set other people straight

Respect everyone's personal opinions, experiences and journeys. Resist the temptation to offer quick advice - **the discussion is an exchange of thoughts and questions - not ever a debate!**



Turn to Wonder (away from judgement/defensiveness)

If you feel judgmental or defensive about someone's comment, ask yourself: I wonder what brought him/her to this belief? I wonder what he / she is feeling right now? I wonder what my reaction teaches me about myself?