

Unjar Book Group Community Agreements

How will we hold space together? As a group, we acknowledge that these community agreements were put forth by our fellow community members and that these requests are what members of the community need to feel comfortable, seen, heard, supported, and held. We will continue to add to this document as needed and as needs arise so that members of the group are able to participate in the fullness of who they are, including:

- **Take space, make space:** If you are comfortable sharing and do so often, notice what it is like to make space for someone else to share. If you are more comfortable listening and do so more than offering something up to the group, notice what it is like to take space and share openly.
- **Practice active listening:** Listen to listen and try your best to remain present to who is sharing. Be mindful of any instances where you're too busy planning what you'll say to be present to what someone else is offering.
- **Confidentiality:** What we share in the space, stays here.
- **Vulnerability:** The content of the book is about trauma and pain and suffering, as we share let us be open to being vulnerable.
- **Honor your needs:** Notice where you are and where you are coming from and be sure to honor what you need.
- **Acknowledge your positionality:** We all are coming from different backgrounds, be sure to take a beat/moment to acknowledge the areas you are privileged and the areas you are oppressed/marginalized/in a target group as you prepare to share, and as you are listening too.
- **Whole Self:** We honor one another by name and pronouns.

What is the meeting schedule, and what will we focus on each month?

Please join the meeting link 5 minutes early, and be prepared to start promptly at 7:30 PM ET.

Friday, October 16, 2020 @ 7:30-8:30 PM ET

Do Not Cross This Line; Watch Your Body; Acknowledging Our Ancestors; Our Bodies, Our Country; Chapter 1; Chapter 2; Chapter 3; Chapter 4

Friday, November 6, 2020 @ 7:30-8:30 PM ET

Chapter 5; Chapter 6; Chapter 7; Chapter 8; Chapter 9; Chapter 10; Chapter 11

Friday, December 4, 2020 @ 7:30-8:30 PM ET

Chapter 12; Chapter 13; Chapter 14; Chapter 15; Chapter 16; Chapter 17; Chapter 18; Chapter 19

Friday, January 8, 2021, 7:30-8:30 PM ET

Chapter 20; Chapter 21; Chapter 22; Chapter 23; Chapter 24; Afterword; Five Opportunities for Healing and Making Room for Growth; Acknowledging My Contemporaries