



בְּרִית

Brit for TriBEs

Accountability: I will show up at our agreed upon times: (weekly, bi-weekly, tri-weekly, monthly). I will let the TriBE Leader know the (good) reason I will be absent. I will also be punctual and respect everyone's time.

Presence: When we are together, I will be present and mindful. I will listen and share. Life (and our mobile devices) offers many distractions, but I will stay present and engaged.

Confidentiality and Privacy: I will maintain complete confidentiality. What I hear and say stays here and remains private. Refrain from gossip (*Lashon Hara*).

Vulnerability: I will stretch myself to be as open and honest as possible with my perspectives and experiences in order to create a safe environment that might encourage others to take risks as well.

Respect: I will remember that all of us are here for a common purpose and I will respect and acknowledge everyone in my group.

No Fixing, Advising, Saving or Setting Straight: I will give each person the gift of true attention without trying to “solve their problem.”

Listening: I understand that some of us are talkers, while some of us are quieter. I will be aware not to dominate discussions and to balance how much I am talking with how much I am listening.

Curiosity: Judaism is a religion of exploration; of big questions more than answers. I will get the most out of my group by being open to our discussions and the people around me.

Shared Ownership: This is our TriBE. This is our community to create. While we have guidelines and suggestions, it is our responsibility to shape and form. We will get out of it what we put into it.