

# Ground Rules for Life Groups

Suggested ground rules:

Begin and end on time.

Attend the meetings.

Call when you can't come, or when you will be late.

Appoint a timekeeper so that we don't get stuck or drift.

Don't interrupt or carry on separate conversations.

Participate in the discussions.

What is said inside the group stays inside the group.

Bring up issues or dissatisfactions right away.

Leave the group well, by coming to group one last time.

Have a comfortable environment.

Keep the food simple.

Agree what to do about childcare.