

## **What We Practice Here**

### Small Group Strategies for Better Belonging

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#### **Live like you belong here.**

You are not too much. You are not not enough.

#### **Presume everything is invitational.**

We share not by going in any order but if and when we're good and ready.

#### **Speak for yourself.**

Give your words flesh, so to speak. The word *authenticity* in Greek means to bear the marks on your hands. It's what happens when you speak with skin in the game.

#### **Trade giving advice for turning to wonder.**

It's not that advice is wrong, only that it's often our first response when we want to be helpful. But consider that it can sometimes silence the inner wisdom of the person speaking. So, let wonder be your default response; wonder at what motivates another to speak but also wonder at what motivates your responses to what you're hearing.

#### **Give silence its turn to speak.**

You might think of silence as a member of the group. Let's try not to have a clipped conversation but one in which we can breath in the white spaces.

#### **What you need is here.**

Shed your cynicism for a little while. Trust that it's possible to get some of your needs met. Remember that growth is not a hustle and that the seeds planted here can germinate, slowly, in the days ahead.

Adapted from the Center for Courage & Renewal's Touchstones  
[www.couragerenewal.org/touchstones](http://www.couragerenewal.org/touchstones)