

## Death Café

### Guidelines and Etiquette

1. When possible, please keep your video camera on during the meetings. These are intentionally relational gatherings.
2. Please test your audio and video prior to the meeting.
3. Please prepare to engage fully, to stay "in the room" focused and present to each speaker. Please attend to technological needs prior to the meeting so that you are not bringing the distracted energy of texting or emailing into the space. There will be no official bio-breaks so plan ahead. 😊
4. Everyone will be muted. When you'd like to speak, please raise your physical hand or use the raise hand feature in zoom. The facilitator will call on you. Unmute yourself. Remember to mute yourself again when your sharing is complete.
5. All sharing is strictly confidential. Everything said in these meetings, stays in these meetings.
6. Tax-deductible donations can be made via this link: [paypal.me/CARETLC](https://paypal.me/CARETLC)

### Creating the Vessel

1. We bring as much Presence as possible to each moment in the group. We come with a willingness to see with new eyes and hear with new ears.
2. We listen deeply as others are sharing, tuning in to the deepest meaning.
3. We allow each person to travel their own unique journey and thus accept our differences and let go of our personal positions that might create separation with another.
4. We take responsibility for our reactions, our responses, and our experiences.
5. We respect each person's sharing by refraining from giving advice, knowing that each person is in their own process and on their own unique journey.
6. We speak from our own experience, our lived and felt experience that is immediate and real, and less from our mental concepts and opinions. We listen to our hearts' knowing and our bodies' wisdom.