

SAMPLE COVENANT



**JourneyPartnerInc.org**  
**Journey Group Symphony Orchestra Covenant**

This covenant covers either 12 or 6 months,  
based on the information you complete below.

**Name: "E.V.E.R.Y." Journey Group Symphony Orchestra** \_\_\_\_\_

**Members:** Eve, Vashti, Esther, Ruth, Yolanda

**Promise**

We, the members of this orchestra, commit ourselves to the following practices, standards, and principles. We ask the Lord's help in keeping them. We ask the Lord's help to confront our sister if she breaks them; we ask God for a receiving heart if we are confronted. We will ask for grace and forgiveness from God and our sisters if we break them. We invite our sisters to hold us accountable for the sake of this community and all that God will do through it.

**Begin date:** January 2, 2020

**Location:** Video Conferencing

**Re-Covenant date:** January 14, 2021

**Annual Re-Covenant Steps**

Revisit and Renew Covenant - Complete Annual Feedback Form - Share Life Stories Again

**Annual Anniversary Celebration:** Peaceful Waters Retreat Center

**Session Time:** 6:30 – 8:30pm

**Session Schedule:** Every three weeks, per agreed dates, Thursday nights

**Conductor:** Eve, 412-214-1111, eve1@somewhere.com

**Culture of Transformation**

Principles

- We acknowledge the tension of our faith journey between God's part of transforming us and our part of intentionally engaging in spiritual practices.
- We acknowledge our identity as children of God.
- We confess that we are currently accepted in the Beloved, even as we long to be more like Jesus.
- We commit to the practices of unity and equity, releasing competition and sharing group tasks.
- We commit to humility, hospitality, and fidelity.



- We commit to confidentiality. We seek to create a safe place where all that we share is kept strictly within the group, including from our husbands. We commit to asking permission to share something, if we feel the Holy Spirit leading us to do so.

### Actions:

- We commit to speaking the truth in love and gentleness if our sister somehow hurts our feelings or we disagree; we commit to understanding and reconciliation through grace and forgiveness. We commit to being honest if the orchestra ever feels out of tune to us.
- We commit to authentic emotional expression of all we're feeling and to cool system practices and thinking. We understand we can use the instrument language at any time.
- We commit to silence as part of our practice. We understand it is not "dead air" that must be filled-up with words. We may ask for silence any time we need it.
- We commit to sharing openly and receiving lovingly. We seek to allow space for the Holy Spirit to work and lead each other individually, to allow the spiritual invitations of others to be valid, and to support them in exploring Jesus' invitations.
- We commit to ARK (Ask open-ended or clarifying questions. Reflect before speaking. Keep advice unless directly requested – refrain from "fixing" people.)
- We commit to creating space for everyone to be heard and known by giving each other the gift of presence, actively listening to receive and understand (rather than thinking of what to say in response) and allowing all to participate by giving others the time to think and process statements (rather than dominating the conversation ourselves).
- We commit to keeping our phones on vibrate and looking at/answering them only when absolutely necessary.

### **Structure**

- We understand our group is closed. We will not bring visitors without discussing it with this entire Journey Group symphony orchestra.
- We commit to consistency in our attendance and to extending grace when someone is occasionally absent.
- We commit to completing each sonata movement at each gathering.
- At the re-covenanting celebration, we commit to the following:
  - either disband, renew, or modify our current covenant
  - complete and submit our annual JPI feedback forms
  - tell our life-stories; review and share our embodied role description and plan if we have one.

### **Sonata Movements: Scripture, Prayer, Sharing**

- We commit to transformational Scripture engagement, rotating the leading, and sharing our insights and reflections. We commit to keeping the length reasonable, so that the other sonata movements may be completed.
- We commit to praying in heartfelt tones for each other and our communities. We understand we may ask for prayer at any time. We commit to hospitality in differing prayer styles.
- We commit to sharing our life-story annually, to the depths we feel led by the Holy Spirit. We commit to sharing at each gathering about our life and faith journeys. We seek to create a safe space for sharing joys and struggles alike, without jealousy or judgement. We are invited to share about our faith, family, church, etc., knowing that all things are kept confidential. We receive the full range of emotional expression with compassion.



**Conductor Commitment**

I understand the orchestra is peer-led. I commit to reminding us of this covenant, to reminding members of gathering times, and to organize Scripture sharing rotations. I commit to being responsible for the time and pacing of our gatherings and to delegate duties as needed. If another woman is willing, I commit to preparing a co-conductor to assist and conduct in case of my absence. I commit to seeking help from JPI staff when needed. I commit to the following principles of servant leadership:

- Embody God’s word of love through a non-anxious, faithful presence.
- Prioritize integrity of self, accountability with others, and prayer.
- Model and encourage others in Christocentric soul and self-care.

**Fill-in any Individualized Covenant Additions**

At the re-covenanting celebration, we seek to attend our annual face-to-face gathering at the Peaceful Waters Retreat Center. Ruth has volunteered to book rooms for January 14<sup>th</sup> and 15<sup>th</sup>. Transportation is on our own to coordinate. All meals are included, except we will go out for dinner one evening. Eve and Yolanda have agreed to put this year’s schedule together to include Sonota sessions, silent time together, and individual reflection time. Lydia will bring her guitar and lead some songs.

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