

How to Start and Lead a Lovist Circle

**A Lovist Circle provides support and encouragement
for those on the Lovist journey.**

**If you feel led to create a Circle, the following
guidance might be helpful. Love On!**

Meeting Space

THIS CAN be in a home, community building, or fellowship hall. Think about places where all people will feel safe, accepted, and free to share their insights and personal stories. Zoom meetings allow people who are in different parts of the world to come together and share their Lovist stories.

Publicity

WORD-OF-MOUTH is always valuable. Invite people you believe would be interested, and ask them to do the same. Make a flyer to post on a community bulletin board in your local library or supermarket. Social media platforms are great free avenues for promotion.

Use positive statements, such as: “Do you want to help promote love in your neighborhood, workplace or community? Come to a Lovist Circle and learn how the power of love lights the way to stronger relationships with love, community, and the world. The Lovist Circle is based on *The Lovist Handbook: A Guide for Living Love*.”

Make sure you have backup plans if more people attend than can easily fit in the room. Also, be sure you have a core group of people (4–7) that you can count on to come to the meeting, share their stories, and help you with the set-up and take-down.

Guidelines for Being Together

AT YOUR FIRST meeting, spend some time creating guidelines for being together. Ask participants to each say one thing that is important for them to feel safe and cared for when they are in a meeting, especially a meeting where they might be asked to share their own Lovist experiences. If you have a whiteboard or flip chart, ask someone to act as a scribe and write down words and phrases that participants say out loud. Review the list and ask people to form sentences that express the guidelines you are creating.

Example: These sentences were taken from a list of words and phrases: compassion, respect, value, listen, open heart, share at own comfort level, safe environment.

- We welcome, honor, and value every individual.
- We honor the presence of the energy and frequency of love.
- Each one of us has our own inner relationship with ourselves.
- We practice deep listening to each other with an open heart.
- We interact with compassion, respect, and non-judgment.
We do not try to fix, save, or correct anyone.
- We create a safe environment of confidentiality. What is shared is shared in trust, knowing that it will not leave this Circle.
- We come to share, receive, and participate at our own comfort level.