



THE **hyacinth**
FELLOWSHIP



hyacinthfellowship.org

What is the Hyacinth Fellowship?

The Hyacinth Fellowship brings together those of us who have unintentionally killed or seriously injured another person. The goal of the Hyacinth Fellowship is to provide help and support to each other on our journey to peace.

What is our process?

Healing after unintentionally killing or seriously injuring another person involves four elements. We do not move through the four elements in stages or phases; rather, we continually circle back to one or another of them. We can think of these four elements as tools, which we can carry with us on our journey to peace:

- Understanding and coping with trauma, post-traumatic stress, and moral injury
- Being responsible for our actions or inactions
- Finding compassion for others and for ourselves
- Becoming part of a community and contributing to a brighter future.

How do we meet?

Meetings for the entire Hyacinth Fellowship are on Zoom the 3rd Sunday of the month, 2:00PM to 3:30PM Pacific Time. Advance registration before meetings is required. For information, visit us at hyacinthfellowship.org or e-mail hyacinthfellowship@gmail.com.

In addition, we are now introducing **small group meetings**.

What is a Hyacinth Fellowship small group meeting?

A small group meeting consists of a group of at least two or three people with the need or the desire to meet. A group is led by a chairperson. The group or chairperson decides where the meeting takes place, in person or virtually.

Who can attend a small group meeting?

A group decides whether meetings are closed (only for people who have unintentionally killed or seriously injured another person) or open to friends, family, or the public. A group may embrace a particular identity—such as LGBTQ, religious or secular, struggling with legal issues or substance use.

What happens at a small group meeting?

The chairperson uses the following blueprint:

1. Welcome with centering prayer, secular wisdom, or poem
2. Explain any meeting ground-rules and the guidelines for group sharing.
3. Read something about Hyacinth Fellowship process, for instance the four elements or a passage from *Accidental Killing*.
4. Open the meeting. There may be a particular topic of discussion, or members may talk about anything on their minds such as sharing about their incident or healing journey.
5. Once everyone who wants to share is finished, end the meeting with a centering prayer, secular wisdom, or poem.
6. Aim for the meeting to take about 1 hour total.

Are groups run by Hyacinth Fellowship staff or leadership?

No. Small group meetings are fully the responsibility of group members themselves. For virtual meetings, a group member hosts the meeting and supplies a link. Before starting a small group meeting, a chairperson should have attended at least 2-3 Zoom meetings for the full Hyacinth Fellowship. Optional trainings for small group leaders will be organized by Hyacinth Fellowship staff.

How can I start a small group meeting?

A group starts with at least two or three people who want to have a meeting. The frequency is up to the group: weekly, monthly, yearly, ad hoc—whatever your group wants. The group decides on a chairperson. Once you have a group:

- Read this flyer and make it available
- Inform hyacinthfellowship@gmail.com
- Optionally, post meeting info and share it with others.

Hyacinth Fellowship Suggestions for Group Sharing

- 1. *Participation is Voluntary.*** We encourage you to participate, but you don't have to if you don't want to.
- 2. *We Pledge Confidentiality.*** Please commit to confidentiality, so that: Who you see here, and what is shared here, stays here.
- 3. *We Practice Safety, Compassion, and Respect.*** We each have a role in making the group an emotionally safe place to share. We treat each other with kindness and dignity. We accept cultural, linguistic, spiritual, social, and racial differences, and we promote their acceptance.
- 4. *Sharing Time is Limited.*** So that everyone has an opportunity to share, each person's sharing time may be limited. There might be more time after everyone has had the chance to share. The chairperson will hold the time boundaries.
- 5. *We Avoid Interruptions.*** Please give speakers the opportunity to be heard without interruption. The chairperson may occasionally interrupt, however, to carry out these guidelines or redirect discussion.
- 6. *Feedback/Crosstalk is Cool.*** It's fine to talk directly to another member of the group about something they shared. If you intend to talk or ask about their personal material, please ask their permission beforehand.
- 7. *We Try to Use "I" Statements.*** Fellowship is most beneficial when we speak from the "I" position, i.e., we share about our own personal experience and avoid giving advice or lecturing others.
- 8. *This is a Peer Support Group Only.*** Not professionally led, not a therapy group, not a proxy or substitute for therapy by licensed and trained professionals. We hope you find support through the Hyacinth Fellowship. We hope you do not rely upon the Hyacinth Fellowship to be your sole or primary means of support.
- 9. *Triggers Happen.*** Sharing our accident experiences with others who have gone through similar events can be very rewarding. But that sharing also has the potential to trigger a trauma reaction in others or ourselves. It is up to each of us to practice discretion, self-care, and self-protection.

Additional Materials

Accidental Killing: A Survivor's Handbook

<https://www.amazon.com/Accidental-Killing-Survivors-Chris-Yaw/dp/B0DJZL73B1>

Guidelines for group sharing in document form

https://docs.google.com/document/d/1jDCtS5s0y7v7ubD3qRpZWVT0U5yyN0J9G_yTVzjtPH8

Suggestions for prayers, secular wisdom, and poems

<https://docs.google.com/presentation/d/1a9DY3aI03DB8TqUEFhiY89RwG2SFHiUs>

Sample script for Chairperson

<https://docs.google.com/document/d/1OSFzvW0Ut6x5ZcPxLIFOBtGXGLdpLZrBuZsw7cL3tCM>

Digital copy of this flyer

https://drive.google.com/drive/folders/1-VuoJL_RhVMmFjJJnjHX3DsQOecvQPG_

Interested in starting a meeting?

Let us know at hyacinthfellowship@gmail.com

Thoughts, feedback, and questions are welcome!



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