

Circles of Trust

Circles of Trust

Overview

The Circle of Trust model, developed by Parker Palmer, is foundational to UU Wellspring group practice. The core rule: "No fixing, no saving, no advising, no setting each other straight."

The Practice

From *Hidden Wholeness* by Parker Palmer (p. 116):

"So what do we do in a circle of trust? We speak our own truth; we listen receptively to the truth of others; we ask each other honest, open questions instead of giving counsel; and we offer each other the healing and empowering gifts of silence and laughter. This way of being together is so countercultural that it requires clear explanation, steady practice, and gentle but firm enforcement by a facilitator who can keep us from reverting to business as usual. But once we have experienced it, we want to take this way of being into other relationships, from friendship and the family to the workplace and civic life."

Videos

These are shared with participants in Welcome Letter 2:

- [Chapter 4: Circles of Trust](#) (4.5 min) - Parker Palmer from *Hidden Wholeness*
- [Chapter 5: Establishing the Conditions of Circles of Trust](#) (5.5 min)
- [Circles of Trust in UU Wellspring](#) (6.5 min)

Journal Prompt

What are the hallmarks of a circle of trust? According to Parker Palmer, what is the soul, and what can we do that might inhibit or welcome the soul? What are the obstacles to living an undivided life?

Further Reading

Hidden Wholeness by Parker Palmer (Chapters 4 and 5 especially). Not required but helpful. Often available in libraries.

See Also

- [Welcome Letter 2 - More Information](#)
 - [Required and Optional Books](#)
-

Revision #2

Created 2026-03-27 22:15:57 CET by Rev. Sean Neil-Barron

Updated 2026-03-27 22:16:23 CET by Rev. Sean Neil-Barron