

UUCD Congregational Covenant of Healthy Relationships

The purpose of this covenant is to increase awareness of actions that each of us can take to nurture and support our beloved community. To this end, we, the Unitarian Universalists of Central Delaware, affirm the following Covenant of Healthy Relationships:

We will be mindful of how we communicate with and about others.

We intend to:

- Listen actively and seek to understand the perspectives and opinions of others
- Use “I” statements when expressing our own views, always mindful that they may not be shared by others
- Be respectful and kind in our words, tone, and body language
- Use email and other forms of electronic communication with respect, kindness, and special care
- Avoid the use of email for matters we are upset about or which might upset the recipient; instead, speak to others in person, by phone or on Zoom

We will seek a peaceful and constructive resolution process when conflicts arise.

We intend to:

- Communicate directly with the person or group involved, instead of speaking negatively about others in the wider community
- Assume that others act with good intentions
- Seek first to understand, then to be understood
- Check the accuracy of our perceptions and assumptions
- Be forgiving and loving when we or others make mistakes
- Apologize, when warranted, and seek to make amends
- Call on congregational resources when help is needed

We will celebrate the diversity within our community.

We intend to:

- Reach out to others with warmth and kindness in a spirit of welcome
- Recognize and honor the diversity of beliefs and spiritual paths within our community, including the words and ways people choose to express their spirituality
- Be open-minded, appreciative, and informed about perspectives that differ from our own

- Honor the contributions and needs of those who have been historically marginalized in the larger world and in our congregation, and seek growth in our ability to be welcoming

We will build the common good.

We intend to:

- Build mutual trust through an honest and responsible use of information
- Contribute our gifts of time, talents, and financial resources
- Encourage and support the involvement of everyone in the life of our congregation
- Express gratitude and appreciation for the contributions of others
- Maintain an attitude of openness to change
- Respect the roles and responsibilities of congregational leaders
- Respect UUCD's established policies and procedures

This Covenant of Healthy Relationships affirms the foundation of our unity at UUCD. Our commitment to one another helps to ensure that our community will be a safe and inspirational place in which we, as individuals and groups, can live out our spiritual journeys.

Revised and affirmed by the Minister, the Committee on Shared Ministry and the Board of Trustees 11-16-23