

COVENANT OF RIGHT RELATIONS

Introduction

Unitarian Universalists are united not by belief but by covenant: the sacred promises we make about how we treat one another and our world. Recognizing that conflict is normal and healthy, we embrace right relations not as a set of rules but as a spiritual practice that connects us to our own and others' inherent worth and dignity and to the interdependent web of all existence. When our affections become strained, we seek to restore one another and our community to wholeness.

This covenant affirms our values and aspirations. Because we are imperfect beings, we will live this covenant imperfectly even as we seek its guidance. As each of us is responsible for upholding the covenant in congregational life, we will ask for assistance as needed from each other and our ministers.

We will lift up this covenant in our meetings, programs, communications, and worship. We will revisit it at least every five years, amending it as appropriate. It is a living document that will change and grow, even as we ourselves change and grow.

This covenant is used by Arlington Street Church with the permission of First Church Cambridge.

Covenant of Right Relations

In the spirit of right relations, we covenant to:

Acknowledge and celebrate our differences.

Listen compassionately, speak respectfully, and take responsibility for our actions and feelings.

Speak from personal experience, use “I” statements, and avoid judgment, generalizations, and offering unsolicited advice.

Deal directly with others to resolve conflict.

Strive to stay in relationship through conflict.

Fulfill our commitments, complete our tasks, admit our mistakes, praise each other’s successes, and say “thank you.”

Ask for help when needed and give help as able.

Assume the good intentions of others.