

QUUF Right Relations Covenant – Proposed for Adoption

The covenant below is our promise of how we want to BE together. Based on QUUF's Covenant Statement, it expands upon how we agree to use compassion, curiosity, reverence and respect while seeking our truths.

We, the members of Quimper Unitarian Universalist Fellowship covenant to:

Compassion

- Practice kindness and ask for kindness.
- Speak from the heart.
- Communicate directly with the person(s) involved and avoid talking about people who are not present.
- Consider what is the most loving thing we can do or say right now.
- Forgive ourselves and others when we make mistakes. Apologize and work on repair.
- Begin again in love.

Curiosity

- Strive to understand the other person's point of view.
- Admit that we are not always right; practice humility.
- Let go of being in control of the situation.
- Agree to disagree respectfully. Divergent opinions strengthen our community.
- Reflect upon how our own projections, past issues, wounds and tendencies color our stance.
- Ask if the time is right before offering feedback.

Reverence

- Honor our Shared Values Centered in Love, and the sacred space we have created.
- Appreciate and lift up the actions of others.
- Balance personal needs with the good of the whole.

Respect

- Listen deeply so that others feel heard.
- Avoid judging, blaming, shaming, or trying to fix others.
- Discern the difference between gossip and healthy communication.
- Respect confidentiality and personal boundaries.
- Trust that conflicts can be worked through rather than avoided.

- Respect each individual's unique learning style, social ability, life experience, gender identity, socio-economic status, emotional wellbeing, race, age, personality, sexual orientation, theology, and politics.