

## Unitarian Universalist Church of Loudoun

### Covenant of Loving Relations

#### *Preamble*

The word “covenant” comes from the Latin: to come together; a solemn agreement; a promise from the heart. To covenant in loving relations with one another is to engage in the spiritual and everyday practice of loving better. This document expresses our written promise to each other; however, our true covenant lives and breathes in our words and actions.

In times of growth we will use our covenant to deepen our bonds with one another; during times when we are loving well, it will inspire us to love better; and in times of conflict, we will use it to guide us. We expect this covenant to be challenging, but we also expect it to inspire us to strengthen our relationships and deepen our sense of community.

#### *Our Covenant*

- We support each other in times of joy and in times of need.
- We treat each other with kindness, respect and compassion.
- We own and speak our truth and are respectful of the truth of others.

- We acknowledge that all people's presence is a valued contribution to our community and that each person's degree of participation will vary.
- We acknowledge our mistakes and shortcomings and we seek and offer forgiveness.
- In moments of disappointment, anger or resentment, we strive to assume the very best intent of everyone involved.
- We agree that conflict is a natural part of congregational life. We step back and reflect on our feelings in times of conflict and we refrain from disparaging one another. We further commit to adhere to a conflict resolution procedure.

Approved at a Congregational Meeting on June 15th, 2015.