



What Are the Benefits of Covenant?

Our **UUCA Covenant of Healthy Relationships**¹ is home grown! We created it for the purpose of setting down how we *choose to live with and be with each other*. Some benefits of having a Covenant are:

- **Promises and Commitments** - Our Covenant sets forth the promises and commitments we have made to do our best to live in covenant with each other. It describes how we will work to value, honor, and respect each other.
- **A Reconciliation Tool** - Our Covenant serves as a tool to guide us in restoring right relations when conflicts and tensions arise within the community.
- **Managing Change** - Stress, frustration, and misunderstandings can run high during times of change and transition. Our Covenant provides words of wisdom to guide us through the unsteady and choppy waters that change brings.
- **UU Identity Building** - Our Covenant describes behaviors and perspectives that can shape our UU identity. It leads us toward becoming an individual and a community that *lives into* its values of peace, justice, fairness, and equity for all.
- **Spiritual Enrichment** - The tone of our Covenant is inspirational, and its words and phrases are positive and pro-active. Its language encourages us to be understanding, supportive, kind, and forgiving. By allowing the language of the Covenant to inform our words and actions, our spiritual well-being can be enriched.
- **Sticky Situations** - It is not always easy to honor and respect others. Our Covenant has many “how-to’s” for building and maintaining right relationship, such as, *“Be curious, appreciative, and informed about perspective that differ from our own.”* Check out the Covenant for more “how-to” responses when you find yourself at odds with others.
- **Recovery from Human Fallibility** - We all mess up from time-to-time. Intentionally or unintentionally, we can say or do things that are hurtful to others. Our Covenant guides us to being forgiving and loving when we mess up.
- **Become a Better Me?** – Yes. Our Covenant can help with that! Here’s how. Take a few minutes and carefully read our UUCA Covenant. Next, ask and answer the following questions: *“What actions/behaviors in the Covenant do I practice consistently?”* and *“What actions/behaviors can I get better at?”* Choose one or two actions and make a personal commitment to work on them. You are now on the path to becoming that better you!

Do you have a question or observation about the meaning and practice of Covenant at UUCA? If so, send your question or observation to the Healthy Relations Committee at:

healthyrelations@uuca.org.

¹ Click on the link below to access our **UUCA Covenant of Healthy Relationships**.

<https://uuca.org/wp-content/uploads/2020/01/Covenant-of-Healthy-Relationships-Nov-2011-1.pdf>