

ALKI UNITED CHURCH OF CHRIST COMMUNICATION COVENANT



We understand that conflict is normal and inevitable whenever two or more are gathered together. Guided by the words of Jesus in Matthew 18:15-17 about how to address conflict directly and constructively, we promise to be open, honest and loving in our communication with each other. We believe that for a covenant to be real it means that if a promise is broken we seek understanding and recommitment. We want to know what went wrong. What is troubling us? How do we begin again? For we also believe that whenever two or more are gathered together, Christ is present, so healing and forgiveness are always possible.

To support our healthy Christian community, as a member of Alki UCC I promise to:

- **Value** others and explore our differences, allowing each of us the opportunity to express our opinions and concerns to each other.
- **Listen** carefully, with respect, more to understand than to debate, while seeking clarification of others' perceptions or ideas, rather than basing my responses on my assumptions, which may or may not be accurate.
- **Speak** only for myself, not for others, taking responsibility and being accountable for my own feelings, views, and behavior.
- **Share** honestly and directly with others, be they church members, the pastor, or staff, using "I" statements, rather than "you" statements, when questions or disagreements arise. For example, "I feel _____ when you _____. I need _____".
- **Address** issues directly: If someone comes to me with a problem about someone else, I will stay out of the middle and encourage direct communication between the two of them. I refuse to participate in gossip or anonymous communications.
- **Keep** confidences sacred, and not share them with others.
- **Say** exactly what I want and need, honestly, kindly and with integrity.
- **Seek** clarification or an explanation when a question, situation or is unclear or not fully understood.
- **Sign** anything I submit to anyone else in writing. Anonymous communication is damaging to everyone in the congregation because issues expressed cannot be resolved and hurt feelings cannot be healed.
- **Ask** for help from others in our community in facilitating communication for more effective conversation and resolution.

Adopted June 5, 2016