

RRT Resources

History and Meaning of Covenant in UUism

- [“What Do We Promise One Another”](#) – This 2+ minute video from the UUA describes the meaning of covenant for UU congregations and their members.
- [“What Does It Mean to Be A Community of Covenant?”](#) On page 2 Rev. Gretchen Hawley identifies hallmarks of a covenantal faith community. After reading what she has to say, consider the question, **“Which of these hallmarks are evident at UUCA?”** Share your responses with the HRC at healthyrelations@uuca.org.
- [“Reflections on Right Relationships”](#) – Rev. David Miller believes that **“...living into our covenantal relationships”** is a spiritual practice unique to UUs. In this brief article, he poses questions focused on deepening our understanding of covenantal living.
- [“The History and Contemporary Importance of Covenant to UU”](#) – A concise history of Covenant in American UUism and its contemporary meaning for UU congregations.

Communications Skills

- [“Respectful Conversations”](#) – A light-hearted look at an important issue! This 4+ minute video illustrates 6 strategies that promote positive, respectful conversations when people have differing opinions.
- [“The Power of Listening.”](#) This 15-minute Ted Talk focuses on listening as a learnable skill that contributes to problem-solving and to the building of productive, caring relationships.
- **Getting to Yes: Negotiating Agreement Without Giving In.** (2nd Edition) Authors: Roger Fisher and William Ury. A step-by-step guide for coming to mutually acceptable agreement.
Availability: Check local library and book sellers.
- **Nonviolent Communication: A Language of Life.** (2nd Edition) Author: Marshall B. Rosenberg, PhD. Focuses on resolving conflict peacefully and developing relationships based on mutual respect, compassion, and cooperation.
Availability: Check local library and book sellers.
- **We Need to Talk: How to Have A Conversation That Matters.** Author: Celeste Headlee. As an NPR radio host, Ms. Headlee has interviewed hundreds of individuals from well-known super-stars to the proverbial ‘person-in-the-street.’ Her book is filled with practical suggestions on how to have meaningful conversations with strangers, friends, family, and colleagues. Headlee is featured in a variety of

short, entertaining YouTube presentations. From your web browser, search on “YouTube Celeste Headlee” to find her presentations.
Availability: Check local library and book sellers.

Conflict Resolution Skills

- **“Resolving Conflicts”** – An animated 2+ minute video that presents 8 easy to understand and follow steps for resolving conflicts between people. Produced by the Kawartha Pine District School Board, Peterborough, Ontario, Canada.
- **“Finding Confidence in Conflict”** – In this 11+ minute TED× Talk, Kwame Christian, a Dayton, Ohio, lawyer, and negotiator discusses “compassionate curiosity” as an effective conflict resolution strategy. (Note: Click on “Skip” to bypass the ads.)
- **“Agree to Disagree Is Not an End, It’s a Beginning”**. Author: Melody Stanford Martin. As an author and conflict transformation specialist, Ms. Martin suggest embracing disagreement and focusing on relationship is the way forward when addressing disputes with others.
- **“Difficult Conversations”** – This is a recorded, interactive webinar presented by Rev. Laura Shennum and Rev. Dr. James Kubal-Komoto to member congregations in the Pacific Western Region of the UUA. Strategies for working through difficult conversations are presented and discussed. The presentation runs 55+ minutes.
- **“Return to Covenant: A Drive Time Essay”** – “No person is perfect.” So begins this 5+ minute audio essay by Rev. Karen Brammer of the UUA which focuses on steps individuals and congregations can take to prepare themselves for a return to covenant conversations.
- <https://mediatorsbeyondborders.org/what-we-do/conflict-literacy-framework/conflict-coaching/#Tool-1>
- **“Faithful Dissent”** – UU Minister Renee Ruchotzhe narrates this 2+ minute video exploring the nature of dissent in UU congregations and focuses on the benefits of well-managed disagreement, dissent, and creative conflict.
- **Taking the War Out of Your Words.** Author: Sharon Strand Ellison. Provides tools for healing conflict, enhancing self-esteem, becoming more open and spontaneous, strengthening relationships, transforming organizations, and guiding the way toward peace in our global community. On Ms. Ellison’s YouTube channel, you will find a variety of short presentations that highlight skills and practices presented in her book. From your web browser, search on “YouTube Sharon Strand Ellison” to locate her presentations.
Availability: Check your local library and book sellers.

Exploring Vulnerability

- [*“The Power of Vulnerability”*](#) –At the link below is a 20-minute Ted Talk by renowned vulnerability researcher and educator, **Brené Brown**. Dr. Brown studies human connection — our ability to empathize, belong, love. In a poignant, funny talk, she shares a deep insight from her research, one that sent her on a personal quest to know herself as well as to understand humanity.
- [*“Embracing Vulnerability – Asking for Help”*](#) – This May 2, 2021, sermon by **Rev. Taryn Strauss** encourages congregants to consider vulnerability as a resource for building connections with others by asking for help when help is needed. She explores how feeling vulnerable can lead to increased awareness of one’s needs and fears. This awareness is “the power of vulnerability” that can contribute to an increase in one’s capacity to meet needs and develop resilience when faced with adversity.
- [*“True Colors”*](#) – Delivered during Pride Month on June 27, 2021, **Bryce Thomason** speaks about his life experiences as a gay boy that left him traumatized and filled with shame and guilt. His coping mechanism was to create “masks” behind which he could hide to be accepted by his family and community. Bryce acknowledges that learning to “lean into vulnerability” was vital to his becoming his “...true and authentic self...” as a proud, gay man. Bryce urges congregants to identify and eliminate the self-destructive masks that keep us from being who we truly are.

<https://www.uua.org/safe/conflict>