



The United Methodist Church

"May the God of hope fill you with
all joy and peace as you trust in him,
so that you may overflow with hope
by the power of the Holy Spirit."

ROMANS 15:13

PRACTICE RESPECTFUL COMMUNICATION by:

- taking responsibility for what I say and feel without blaming others
- allowing for the voicing of opinions; being open to different perspectives
- using empathic listening skills (understanding the other's point of view)
- speaking about issues being discussed, disagreeing without being disagreeable
- being curious; asking questions and trying to understand the other individual without judgement
- being inclusive of all lived experiences without judgement

BE THE SERVANT by:

- praying, in silence or aloud, before decisions
- supporting the final decisions made by the elected delegates
- finding opportunities to build relationships with people who think differently than myself
- reading and studying materials provided to me prior to and throughout the conference
- participating in small group experiences, as they may occur (i.e., meal times)
- doing no harm