

## UUF Core Values

- **Covenant:** The heart of our UU faith is a commitment to travel together and to value our common journey, to show up for one another in spirit and body. We are held together by covenant – a sacred promise of meaningful relationship - rather than by creed or other external authority. We practice openness and deep listening, even when that listening is uncomfortable, and we are committed to working together towards our vision and mission.
- **Transformation:** Transformation is a fundamental change in perspective which informs our actions and decisions. Transformation often comes about from the many transitions we have made, or been forced to make, in our lives, and it provides a new life view, with rewards and consequences.  
We believe that personal transformation can change the world, and we engage people in volunteer service, personal risk taking, and social justice opportunities that can be expanding and transformative.
- **Curiosity and Openness:** As Rev. Paige Getty wrote, “As a faith tradition, Unitarian Universalism makes sacred the right and responsibility to engage in this free and responsible quest as an act of religious devotion. Institutionally, we have left open the questions of what truth and meaning are, acknowledging that mindful people will, in every age, discover new insights.” We challenge dogmatism. We stretch outside our comfort zone. We engage with others who think differently and we cultivate curiosity.
- **Universal Inclusiveness:** We believe that lasting truth is found in all religions, and that dignity and worth are innate to all people regardless of sex, color, race, or class. We challenge ourselves not only to open our doors but also open our thinking to different ways of interacting - as Sally Patton wrote - to “make room for someone whose way of being with us is going to be very different.”
- **Justice and Action:** We ground our faith in action. We seek to improve the human condition and take guidance from those most affected by the ills of our time, such as climate change, colonization, and institutionalized racism. From grassroots community organizing to interfaith state, national, and corporate advocacy; in protest marches, prayer vigils, and press conferences; in homeless shelters and in prisons, Unitarian Universalists put our faith into action.
- **Love and Compassion:** We affirm unconditional, universal love as a foundation and grounding for our actions in the world. We believe that we are all part of this circle of love, and interdependent with all life. We care for each other in times of need and hold up our vision of beloved community through the power of love.