

UNITY TEMPLE UNITARIAN UNIVERSALIST CONGREGATION

Relational Health Team Charter

The mission of the Relational Health Team

From Harvard University's Center for Wellness and Health Promotion: "Relational health focuses on establishing and maintaining meaningful relationships with self, other individuals, groups, and communities and develops from our interactions and connections with others." This captures the spirit of the Relational Health Team's mission. The Relational Health Team is dedicated to helping members and friends of Unity Temple UU Congregation (UTUUC) create and maintain relationships grounded in direct, honest, and caring communication through education, prevention, conflict mediation, training, and leadership. We are committed to the safety and well-being of all our members and friends.

Responsibilities

1. Offer opportunities for UTUUC leadership and other members, friends, and visitors to learn about conflict and navigating transitions.
2. Offer opportunities for UTUUC leadership and other members, friends, and visitors to learn about healthy communication styles within a congregation.
3. Offer information and consultation that may be used to prevent or minimize unnecessary and unproductive conflict between individuals and groups in the congregation.
4. Work with minister(s) to identify potential sources of conflict within the community and provide consultation where appropriate.
5. Lead and facilitate regular reviews of UTUUC's Relational Covenant.

Formation of the Relational Health Team

1. The team will be chosen by the minister(s) and approved by the Board of Trustees
2. The team will include the ministers, representation from the Board of Trustees, at least one member with experience on the Spiritual Care Team, and at least one mental health professional from the congregation
3. There will be a term limit of three years for the lay members of the team, with the limit of one consecutive term. Former members may return after a term off the Relational Health Team
4. The Relational Health Team will have no fewer than three lay members, and no more than five

Qualifications (Criteria for lay member team membership)

1. Membership in the congregation for at least two years
2. Visibility in the community and respect of the membership
3. Demonstrated tolerance/acceptance of differences
4. Good verbal and listening skills
5. Ability and willingness to make the time commitment for training and participation
6. Reflective to the extent possible of the diversity of UTUUC
7. Background in related social service and education work is helpful but not required
8. Not a UTUUC employee or family member of a UTUUC employee

Time required

Meetings (estimated once every two months), work between meetings to arrange education and training opportunities for the congregation, and availability to consult on an as-needed basis when conflicts arise.

When ministry is performed

At Relational Health Team meetings, at education and training programs offered to the congregation, and on a consulting basis when conflicts arise.

Training

Internal training will be arranged as needed, and Relational Health Team members will be encouraged to attend outside training opportunities related to the work of the team.

Responsible to:

The Board of Trustees, with minister(s) providing functional leadership.

Adopted August 13, 2024