

## Safe Space at Burke UMC

A "safe space" is an intentional sphere of conversation in which each person acknowledges the human worth of others sharing the space and aims to do no harm through their words or actions. At Burke United Methodist Church, our goal is to create a space free of fear, harassment, judgement, and shame. We acknowledge the sensitivity of the subjects discussed in a safe space and make a collective effort to respect each other's life experiences with these topics. We also acknowledge and uphold the value of confidentiality in group settings. A safe space is created by each participant knowing the power of their words—a power that can do both healing and harm.

### **BUMC Safe Space Covenant:**

In this Space

we gather as people and children of God  
who respect each other and hold each other in love.

In this Space

hate, harassment, and judgement have no place  
and we commit to thinking before we speak.

In this Space

We acknowledge our own prejudices and insecurities  
and commit to self-reflection in light of these things

In this Space

We renounce the sins of racism, sexism, homophobia, and bigotry  
while realizing we have all played a role in these powers.

In this Space,

we will give and receive welcome,  
give all voices space to speak confidentially,  
be as fully present as possible,  
speak our truth in ways that respect other people's truth,  
not attempt to fix, save, advise, or correct others,  
let any defensiveness cause us to listen to ourselves and others more deeply,  
pay close attention to our own reactions and responses,  
trust silence and learn from it,  
observe deep confidentiality,  
and remember that the words we use have impact.

In this Space

We will work together to spread Christ's love  
through encouraging and listening to one another.

Together, we create Safe Space.

