



BOSTON-HARTFORD DISTRICT
Rev. Jocelyn Hart Lovelace, Presiding Elder

COVENANT OF CARE

We, the members of the Boston-Hartford District of the New England Annual Conference of the First Episcopal District of the African Methodist Episcopal Church covenant with God and one another to promote health and wellbeing in all of our churches, organizations and ministries by instituting life-sustaining practices in each of the following areas:

I. SELF-CARE

God created human beings, mind, body, and soul, and commanded us to care for all of creation, which includes ourselves. We commit to taking practical steps to promote our individual mental, emotional, physical and spiritual wellbeing.

II. SABBATH REST

From the beginning of creation, God established a regular rhythm of work and rest. We commit to scheduling a regular rhythm of work and rest.

III. SOCIAL RELATIONSHIPS

Friendships and familial relationships are important social connections that contribute to overall health and must be prioritized. We commit to spending regular quality time with friends, family and loved ones.

IV. WORKLOAD

Overwork and overcommitment leads to burnout and poor-quality ministry. We commit to establishing a workload that is sustainable long-term and makes room for excellence and the full exercise of one's gifts.

V. MEETINGS AND EVENTS

Healthy daily rhythms of sleep and wakefulness, rest and work, reflection and activity are integral to self-care. We commit to scheduling meetings and events that honor our need for relaxation and sleep at the end of the day:

VI. CORRESPONDENCE

Smartphones and other technological advances contribute to a culture with expectations of unlimited availability. We commit to establishing boundaries regarding correspondence that promote health and wellbeing.

VII. COVENANT CARE PARTNER(S):

No person is an island unto him/herself. God created us as relational beings and we need support from trusted individuals to walk with us in our journey of self-care. We commit to identifying a specific person or group with whom we will meet regularly to support our self-care efforts.