

Care and Ethics: The Ethics of Self Care
Arlington, Virginia July 2017

Instructors: Rev. Rebekah A. Montgomery and Bea Ann Phillips

Description: This course will explore both how as religious professionals we live our shared Unitarian Universalist Principles by developing habits that lead us forward to be our best selves as ethical leaders; and the practical ethical aspects and professional considerations of being a church musician. In order to provide comprehensive consideration, pre-course assignments and reading are required for ample exploration of the topic at hand.

(Part I) 2 hours 8:30am – 10:30am

Objective: This section will engage participants in an exploration of how our understanding of UU principles intersect in our daily lives and in the choices we make through the lens of self-care and ethical decision-making. How do we embody the UU principles—or not—in our work, our relationship with others, and the choices we make that directly impact our emotional, spiritual and physical health?

10:30am – 10:45 BREAK

(Part II) 1.25 hours 10:45 – 12noon

Objective: What are the practical implications and challenges of understanding ethics as they apply to UU Musicians? This part of the course will explore what it means to maintain ethical boundaries in relationships; understanding and fulfilling employment contracts and staff expectations from an ethical perspective and learning the various ethical pitfalls of using music in worship.

Submit pre and post- course assignments via email to the instructors (rev.rebekah.ann@gmail.com, bphillips@bplanning.net) and cc the Professional Development Programs Manager (pkahn@uua.org)

Pre-Course Assignments: DUE to Instructors by July 1, 2017.

- (1) Case study: Provide an example of an ethical challenge you have faced in your role as a Music Minister within your UU Congregation and how that issue was (or was not) resolved. Include: the identified problem, the major player(s), wider context in the congregational life, spiritual significance, historical issues/trends and what was gained/suffered in the midst of the ethical challenge and its resolution (or lack thereof). To maintain confidentiality, please limit personally identifying details so case studies can be shared with the class. (2-3 pages, double spaced, Times New Roman, 12 pt)
- (2) Time management exercise: Keep a detailed log of how each hour of your day is currently spent for 3 full days. Include both personal and professional tasks,

responsibilities, travel times, mealtimes, entertainment, exercise, sleep, etc. We will reflect on this exercise during class time.

Pre-Course Readings:

1. UUMN Code of Professional Practice (proposed text submitted to UUMN Board Nov 2016 **with markup** which includes 2010 and 2016 revisions):

<http://www.uumn.org/assets/docs/MinutesandReports/uumncodeofprofessionalpractices-11%2016.pdf>

2. *Getting Clear on Boundaries and Ethics* (Alban Institute):

<https://alban.org/archive/ask-alban-getting-clear-on-boundaries-and-ethics/>

3. *A Hidden Wholeness: The Journey Toward an Undivided Life* – “The Mobius Strip”

<https://vimeo.com/138676618>

4. *Leading from the Second Chair*

<http://www.navigators.ca/SGN/pdf/LeadingSecondChair.pdf>

Post-Course Assignment: DUE to instructors by September 1, 2017

Reflection paper (9-11 pages, double spaced, Times New Roman, 12 pt) that includes:

1. Create a personal “7 Healthy Habits from our 7 Principles” covenant of ethical self-care, professional standards and spiritual engagement. For each UU Principle, reflect on how these could inform your personal and professional life as it relates to ethical decision making and what habits you choose to commit to that affirm our principles in your daily life. Draw from the readings and in class discussions to support your reflections and include citations.
2. Create an Ethical Vision Statement in your role as a Music Minister. Include a vision of your personal, congregational, and professional ethics as they relate to your role, and your working definition of ethical conduct and standards. (1 page)

Assessment:

Successful completion of the course will require the following:

- completion and submission of all assigned tasks by the given due dates
- attendance at the class course
- demonstration of thoughtful reflection and intentionality in the post-course assignments. Some re-writing for clarity or depth may be asked for by the instructors.

Instructors will submit course evaluation forms to each participant (cc pkahn@uua.org) by November 1, 2017.