



I believe that having a strong commitment to my faith tradition is what empowers me to actively listen and learn about other faith traditions with genuine curiosity, wonder and awe. I do not feel the need to balance my own commitment, rather, these interfaith and ecumenical moments often enhance and deepen my own understanding of how I relate to being a Christian, who happens to be a United Methodist.

~Janita

Balancing commitment to your own faith with respect for others starts with recognizing that all faiths are part of humanity's collective spiritual journey. Bahá'u'lláh, the Prophet-Founder of the Bahá'í Faith, taught that the diversity of religious traditions should be seen as different chapters in one spiritual book, each contributing to humanity's collective progress. Practically, this means living your beliefs authentically while approaching others with genuine curiosity and kindness and focusing on shared values—like love, justice, and service—rather than differences. Recognizing that all religions come from the same Divine Source allows individuals to commit deeply to their own faith while respecting others.

~Katrina

It is helpful to take a long, slow, deep breath. Listen. Listen to words and feelings of your neighbor. Listen to your inner thoughts. Strive to reserve judgment. Strive to create safe space for all. Invite conversation, resisting the human tendency to debate. Let curiosity and conversation guide the path to some form of friendship.

~Doug