

The Importance of Boundaries in a Universal Church

R & R Monastery – A Reflection on Peace, Freedom, and Compassion

Introduction

At R & R Monastery, we believe in a vision of peace, freedom, compassion, love, forgiveness, and respect. Our doors are open to all, regardless of faith tradition, background, or personal journey. We see ourselves as part of a universal church—interfaith in spirit—where humanity’s deepest longing for connection with the divine and with one another can be nourished. But in order for this vision to thrive, we must talk about something that is often overlooked: boundaries.

Boundaries Create Safety

A monastery, at its heart, is a sanctuary—a place where people can rest, heal, and find renewal. Yet even the most open sanctuary must have edges that define its sacred space. Boundaries are not walls meant to keep people out; rather, they are gentle markers that ensure safety within. Without boundaries, harmful behaviors can go unchecked. In a spiritual setting, this can cause deep wounds that are harder to heal than physical ones. By setting clear expectations for respect, kindness, and accountability, we protect the heart of our community. Boundaries allow people to exhale, knowing they are in a place where they will not be judged, manipulated, or disrespected.

Boundaries Nurture Freedom

At first, rules or limits may sound like the opposite of freedom. But true freedom does not come from the absence of structure—it comes from knowing that the space around us is trustworthy. Think of a child playing in a safe garden. Because there is a fence, the child can run freely without fear of danger. Boundaries in the church serve the same purpose: they give each of us the freedom to worship, meditate, and grow spiritually without distraction or harm. When we define what is acceptable and what is not, we create an environment where everyone’s dignity is honored. This kind of freedom allows us to open our hearts more fully to God, to one another, and to the

work of peace in the world.

Boundaries Teach Compassion and Forgiveness

Setting boundaries does not mean we reject or condemn people. Quite the opposite—it means we value people enough to be honest. If someone crosses a line, we gently guide them back toward love and respect. This process requires compassion: we must see the humanity in one another, even when mistakes are made. It also requires forgiveness: none of us are perfect, and boundaries are there not to shame, but to heal. A community without boundaries may confuse permissiveness with compassion, but true compassion always seeks the good of the other—even when that means saying 'no.'

Boundaries Keep Our Mission Clear

Our mission at R & R Monastery is not to become everything to everyone. Our mission is to embody peace, freedom, compassion, love, forgiveness, and respect. Boundaries help us stay faithful to that calling. When we are clear about who we are and what we stand for, we prevent our community from being pulled in directions that dilute or distort our purpose. Boundaries remind us of our identity and keep us rooted in the values that make this place sacred.

A Personal Word to Our Community

To all who gather here—whether in prayer, meditation, or fellowship—know that the boundaries of R & R Monastery are not barriers, but blessings. They are our way of saying: your soul matters, your safety matters, your growth matters. We want this monastery to be a home where people of every faith, culture, and path can encounter the divine without fear. By respecting the boundaries we set together, we are actively creating the kind of world we all long for—one marked by peace, freedom, compassion, love, forgiveness, and respect. Let us walk this path side by side, not as strangers, but as companions who know how to honor one another's dignity.