



Fairness  
Secularism  
Respect  
Compassion  
Human Rights  
Reason  
Humanism  
Equality  
Democracy Outreach  
Dignity Ethics

*We are a welcoming community  
of Humanists, atheists, and agnostics.*



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# About SOFREE

## Who We Are

Founded in 1992 in southern Ontario, we are a multicultural and multiethnic secular fellowship of people who value human worth and dignity, who are motivated by ethics and compassion to help others, who are inspired by literature, music, and art, and who strive for peace and social justice.

## What We Do

We promote ethics and reason, advocate for secular laws and policies to ensure that everyone is treated fairly and with respect, and provide outreach to our members and the Humanist community by way of fellowship activities, cultural events, and resources related to Humanist philosophy, literature, art, and music.

## Our Vision

The advancement of human well-being by living by Humanist principles and supporting secular laws. We envision a Canada free from religious nuances and discrimination in our principles and governance.

## Our Mission

To provide emotional support and outreach services to people transitioning to a Humanist way of life.

To advance knowledge and education by hosting interactive events, providing resources, and supporting efforts to advance Humanist philosophy, literature, music, and art.

To provide an active social community for our members.

To provide a referral service to licensed Humanist Officiants for people planning weddings, child welcoming celebrations, naming ceremonies, memorials, or other services for other significant life events.

# Our Principles

## **Be ethical.**

Humanists value the inherent moral rewards of honesty, empathy, love, caring for others, and the social benefits of a supportive community, rather than faith. We are good because we want to be good—not because we are told to be good, or for the expectation of any reward, or out of fear of any punishment.

## **Treat others with dignity and respect.**

Humanists support everyone's right to fair and equal consideration under the law. We recognize the Canadian Charter of Rights and Freedoms as a touchstone for human rights and civil freedoms.

## **Practise social responsibility.**

Humanists believe that by working together, and by sharing knowledge and resources, we can improve our ability to understand, nurture, and protect the wondrous and fragile world we live in.

## **Think rationally.**

Engaging in critical thinking allows people to objectively evaluate and discuss ideas to determine the most appropriate course of action. This allows us to set higher standards for improving the human condition and strengthens personal integrity.

## **Advocate for democracy and secular public policies.**

Democracy gives every person the right and freedom to be heard. Secularism ensures that everyone is treated equally and fairly under the law, regardless of personal belief or philosophy. Having secular policies in place ensures that legislative objectivity is upheld in terms of decisions on public health, education, and the economy.

# What is Humanism?

Humanism is a dynamic way of living that affirms our ability and responsibility to lead meaningful and ethical lives, aspiring to the greater good.

The earliest record of Humanist philosophy originated in ancient Greece. This philosophy turned to human beings rather than gods to solve human problems. Humanists assert that human beings can set higher standards of personal integrity and social responsibility by guiding their lives by rational, ethical, fair and compassionate means, rather than by invoking imaginary or mystical sanctions.

Humanists understand that purpose and morality are inherently part of the human condition, and that it is this kinship we share that holds the key to creating a more loving, peaceful, understanding, and compassionate global community.

