

Prep-2021 January

What does stay grounded mean?

To “stay grounded” means that you have the ability to stay calm and connect to the core of who you are in the face of uncertainty. It means that you aren’t controlled by the chaos externally but rather by your values, purpose and the vision you have predetermined for your life.

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Quotes to ponder

There are ultimately only two possible adjustments to life: one is to suit our lives to principles; the other is to suit principles to our lives. If we do not live as we think, we soon begin to think as we live.

- Fulton J. Sheen, American Catholic bishop

Nature is at work. Character and destiny are her handiwork. She gives us love and hate, jealousy and reverence. All that is ours is the power to choose which impulse we shall follow.

- David Seabury, American psychologist

Questions to consider

In your life, are there essential truths or principles you hold as inviolable?

Do you hold exceptions for your convictions? In other words, are there issues on which your position is: “It depends.” How do you “justify” those exceptions? What part might self-interest play in your determination? Does it matter – or when does it matter – to be consistent in your views?

Are there times in your life when you feel that you are not “living your values”? For example, are there instances in which you tend to “look the other way” in the face of oppression or injustice, or times when you allow yourself to benefit from your privileged status?

Share about a time when it was challenging for you to follow principles or values that are important to you.

Have you ever done anything that is against your moral code? Why? What were the circumstances? What happened?

How did your family and the important adults in your life help you learn right from wrong?

Which of these **UU principles** do you hold especially close to your heart?

We, the member congregations of the Unitarian Universalist Association, covenant to affirm and promote

- *The inherent worth and dignity of every person;*
- *Justice, equity and compassion in human relations;*
- *Acceptance of one another and encouragement to spiritual growth in our congregations;*
- *A free and responsible search for truth and meaning;*
- *The right of conscience and the use of the democratic process within our congregations and in society at large;*
- *The goal of world community with peace, liberty, and justice for all;*
- *Respect for the interdependent web of all existence of which we are a part.*

Considering our first UU principle:

What inspires and enables us to affirm the “inherent worth and dignity” of every person?
When is it difficult to hold to this attitude of respect? How can we do a better job of understanding and applying this principle in our own lives and in our congregation?