



UUA Summer Seminary Discussion Guide Grappling with the First Principle

By Kadyn Frawley, Ella Boyer and Jennica Davis-Hockett

Spiritual Preparation for Facilitators

This deep discussion focuses on the complexities discoverable in an apparently simple statement, our First Principle: “the inherent worth and dignity of every person.” Take some time to review [Rev. Dr. Rebecca Ann Parker's reflection on the First Principle](#), watch the two Summer Seminary sermon videos and reflect on how you would respond to the discussion questions. Additionally, reflect on how you would respond to someone struggling to see their own inherent worth and dignity? How would you respond to someone struggling to see the inherent worth and dignity of a person who has done hurtful things?

Chalice Lighting

The Light for Everyone who Comes into this World

By Elizabeth M Strong [Worship Web](#)

Reverently I offer this symbol of our hope and high intent.

Reverently I bequeath this flame to you.

This is the light that is lit for everyone who comes into the world.

Bear this light to others, one by one.

Let the flame go from life to life till all is lit with its warmth.

Tell that the light means wisdom

Tell that the light means kindness

Tell that the light means understanding

Tell that the light means tolerance

Tell that the light means sacrifice

Tell that the light is a vision of a fairer world.

Tell that this is the light that is lit for everyone who comes into the world.

Check in Question

Name, pronouns if you wish and what is your favorite principle and why?

Videos

[Summer Seminary 2015: Lou Whiting](#) (they/them/theirs) & [Summer Seminary 2015: Haley Norman](#) (she/her/hers)

 **UUA Summer Seminary Discussion Guide**
Grappling with the First Principle

Discussion Questions

1. When has it been hard to follow through with recognizing the inherent worth and dignity of everyone?
2. When have you been imperfect?
3. When have you made a hard choice by following a principle?
4. What is the relationship between the first principle and self-care? How does following the Principles relate to how you treat yourself?
5. How does forgiveness relate to the First Principle?
6. What does the First Principle look like in daily practice, what does it look like with people you don't know personally?

Song

[How Could Anyone Ever Tell You](#) (#1053 in Singing the Journey)

Closing

The Hand in Yours

By Erika A. Hewitt [Worship Web](#)

Invite the congregation to join hands.

The hand in yours belongs to a person
whose heart is sometimes tender,
whose skin is sometimes thin,
whose eyes sometimes fill with tears,
and whose laughter is a beautiful sound.

The hand that you hold belongs to a person who is seeking wholeness,
and trusts that you're doing the same.

As you leave this sanctuary,
may your hearts remain open
may your voices stay strong
and may your hands remained outstretched.