New UUFSCC adult faith development opportunity

Reclaiming Your Power in Frightening Times:
Spiritual Practices to Help You Find Your Strength and Defend What You Care about Most
Led by Rev. Laura Horton-Ludwig

Wednesday, March 12, 4:00 -5:30 p.m.

Description:
Many of us are deeply concerned about what's been happening with our federal government. It's shocking and horrific. And too often, you may be feeling rattled, exhausted, angry, overwhelmed, and scared. You may wish you felt clearer about what to do in this moment. We need spiritual resources to speak to the urgent spiritual needs that this political crisis has triggered.

So if you're in need of spiritual support, encouragement, and motivation right now, and you are seeking to connect with others who care about what's happening and want to make a positive difference, please join other UUFSCC members and friends on Wednesday, March 12, 4:00 -5:30 p.m. for this new Zoom-based workshop: *Reclaiming Your Power in Frightening Times: Spiritual Practices to Help You Find Your Strength and Defend What You Care about Most*.

In this experiential workshop, you'll be invited to reconnect with your inner strength and power through three spiritual practices:

- A guided meditation to gain insight into the sources of your strength in these times.
- A body wisdom exercise to help integrate what you receive in the meditation.
- Reflection questions to help you create your personal action plan so you can defend what matters most to you.

Please register in advance by emailing adultre@uufscc.org. If you can't make it in real time, the workshop will be recorded. To protect everyone's privacy, the recording will only be available to UUFSCC members and friends. And we'll be pausing the recording upon request for anyone who wants to share something they'd rather not have on the recording.