

# MidAmerica Regional Professional Day!

Friday, April 29

5-8 pm central / 6-9 pm eastern

Worship featuring Rev. Mariela Pérez-Simons  
and music with Lea Morris



**Program with CB Beal**

**Refill Your Glass:**

**Settle, Reflect, Bear Witness, Breathe.**



This will be a workshop reminiscent of a mini-retreat. We will share a reflective time of witness and sharing, curiosity about our own thoughts and feelings and wondering about what they might mean. We will offer one another the gift of bearing witness without offering solutions, and ourselves the gift of free-flowing reflection. Both will be low on judgement and high on kindness. We will remember kindness into our bodies and witness into our relationships. We will share as we choose and witness what others share with us, wholly present in our holy bodies.

Please wear clothing that is most comfortable for you, attend from a comfortable, quiet place where you will not be interrupted (as is possible). Bring your favorite journal or writing implement, and a solid object like a rock which might feel grounding.

**Registration is required to gain access to the Zoom information to join the online gathering!**

**All UU religious professionals are welcome.**

**<https://uua.wufoo.com/forms/ra2022-professional-day>**

**No cost to attend.**

**Questions? Contact Rev. Alice Diebel, [diebelalice@gmail.com](mailto:diebelalice@gmail.com)**