

Resilience through Soul Care

An Online Spirituality Retreat



Saturday, May 9
10am-2pm

*We will gather for
worship, spiritual
nurture, and shared
reflection.*

Workshop Options

Choose 1 morning and
1 afternoon workshop

11:00am

**Morning workshop with
Darcey Praying in Color**

**Morning workshop with
Douglas** Creating sacred space
at home

**Morning workshop with Jo-
Ann** Memoir: My life during
CoVid nineteen. (My six-word
story of lockdown)

12:45pm

**Afternoon workshop with
Darcey**

Walking in nature or exploring
the finger labyrinth

**Afternoon workshop with
Douglas**

Energy Audit– learning to man-
age what is most important

**Afternoon workshop with Jo-
Ann** “Surprises are the new nor-
mal, resilience is the new skill”

Hosted jointly by

Unitarian
Universalist
Congregations of

Binghamton &
Cortland, and

Athens &
Sheshequin

The Day's Schedule

10:00 gather in
10:15 worship
11:00 Morning workshops
12:00 noon lunch – on your own
12:30 regather (socialize a little)
12:45 Afternoon workshops
1:45 closing worship
2:00 wrap up and depart

Participants may want to bring:

- Journal and pen,
- A sacred or special object (for the opening worship)
- Finger labyrinth if you will participate in that workshop (printable labyrinth will be sent out with Zoom links)

**This retreat is FREE to attend,
but registration is required.**

Please RSVP to Reverend Douglas Taylor at
dtaylor@uubinghamton.org with your workshop choices so we
can reserve your spot and give you the retreat sign-in infor-