We are rewarded for drive, decisiveness, productivity, and long work hours. This year in particular, in the social justice arena, burnout is rampant. When we add in other layers of anxiety and grief, there is yet more exhaustion and despair with which activists must contend.

What might it look like for you to step back and take time to cultivate depth in your inner life, to step off the treadmill and take time away for personal reflection, in order to develop more resilience? What might it look like for your leadership to arise from a core of contemplative grounding and compassion?

This will be an experiential workshop, in which your own experiences will serve as the basis for reflection and discernment. Stories of resilient activists and principles of resilient activism will complement personal reflection.

Margaret Benefiel is the Executive Director of the Shalem Institute for Spiritual Formation.

To register go to: https://www.maineucc.org/ministries/mesom/

Scholarships available — email Rev. Dr. Ron Baard at rbaard@maineucc.org