



2025 PSWSA Assembly Workshop Descriptions

- 1) **“UU Faith Moving Forward”** Q & A with keynote speaker Rev Meg Riley. Bring your questions and ideas!
- 2) **“Renewal in the Mountains”** by the UU Mens Fellowship Leaders Mike Dorfi and Les Vivian. Does your congregation have a chapter of the UUMF? How could that enhance the spiritual outreach in this world where men are sometimes struggling to find their place.
- 3) **“Helping Congregants Counter Hate While Keeping Love at the Center”** by Kathleen Moscato, Director of Programs and Family Ministry at Palomar UU Fellowship. As Unitarian Universalists we are called to put love at the center, but how can we do that when we encounter hate? In this workshop, learn tactics and methods to share with the families and individuals in your congregations that can help address and counter harmful interactions, and empower us to continue spreading our powerful message of love.
- 4) **“Build Homes – Not Walls”** by Rev. Betty Stapleford, Douglas Pillsbury, Jan Meslin. Learn firsthand from those who have gone on this meaningful trip the last 2 years. 1) Build a home for 1 1/2 days with the family who will live there and 2) Witness binational Friendship Park and Border Church.
- 5) **“Embodied Healing Practices to Sustain Us in our Justice Work”** by Rev. Kristen Kuriga, Assistant Minister and Valeria Aguilar, Social Justice Coordinator, First UU San Diego. To live into our justice commitments, we need to tend to our bodies, minds, and spirits. Experience simple embodied practices that help calm the nervous system, release stress, and foster well-being and resilience. Through awareness, deep breathing, and gentle movement, we will connect deeply with our bodies and invite in healing.
- 6) **“Current Immigration Laws, Policies and Enforcement”** by Katia Hansen, President and CEO UURISE – Unitarian Universalist Refugee and Immigrant Services and Education, Inc. The topic will be how congregations can respond to the new reality.