

Presbytery of San Francisco
presents:



A Workshop with

REV. RUTH T. WEST

RESILIENCY-BUILDING & SPIRITUAL PRACTICES: FOR THOSE WORKING TO DISMANTLE SYSTEMIC RACISM

The workshop will help identify the ways doing anti-racism work can impact our whole selves and our understanding of complicity, shame/guilt and belovedness. We will explore and be curious together about our continuous need for self-awareness and spiritual renewal in order to build resilience.



PRESBYTERY of
SAN FRANCISCO

When:

Saturday, November 20, 2021
9:30 am - 1:00 pm PST

Register on Zoom:

<https://bit.ly/3puiUT2>

Rev. Ruth T. West is an ordained PC(USA) Minister of the Word & Sacrament and Spiritual Director/Activist. In addition to a Masters of Divinity (MDiv), Ruth holds an MBA, Diploma in the Art of Spiritual Direction and a Certificate in Trauma & Spiritual Care. She is currently Associate Director of Advanced Pastoral Studies at San Francisco Theological Seminary (University of Redlands) and is herself at the dissertation stage of her doctoral education. Ruth is also a contributing author for the spiritual direction textbook, *Kaleidoscope: Broadening the Palette in the Art of Spiritual Direction* (chapter 2). A recent excerpt from this chapter was included in Richard Rohr's *Daily Meditation* (June 23, 2021), and can be accessed here or go to cac.org.