

## UNITY SOUTHWEST REGION KEY LEADER EVENT

Friday, May 18, 2018 at Unity San Diego

Cost: \$59 – includes light lunch

**8:30 Arrive at Unity San Diego**, 3770 Altadena Ave, San Diego, CA 92105

**9:00 – 10:00 Getting Reconnected - Rev. Denese Schellink & Rev. Lori Fleming**  
Sharing with each other our greatest joys in ministry and why we do the work we do.

**10:00 – 1:00 pm Main Presenter - Rev. Sonya Milton**

### **“Boundaries, Ethics, and All that Stuff!”**

This workshop would meet our Ethics and Boundaries requirement for our new CEU policy that will be announced at June Conference which will begin 2019.



Rev. Sonya Milton, ordained in 1991, has served as Senior Minister in Unity churches in East Tennessee, Napa, and San Francisco. Sonya is currently retired but continues to serve Unity Worldwide Ministries as a Certified Transition Consultant, guest speaker, workshop/retreat facilitator, and all around beneficial presence. Her passion and joy lays in assisting people in “coming to themselves” in real, authentic, and profound ways.

#### **“Boundaries, Ethics, and all that Stuff” Workshop**

Healthy boundaries are essential to good self-care, functional relationships, constructive boards, effective management, compassionate communication, and ethical/integral behavior. And if/when we’re lacking or slacking in our boundaries, it can show up as conflict, drama, crisis, betrayal, chaos, and ethical challenges. This workshop is designed to help us both identify what constitutes “clear and healthy boundaries,” as well as explore the potential pitfalls and preventive remedies including our clear understanding of and adherence to our Code of Ethics.

*This workshop meets the new UWM requirements for Ministers/Spiritual Leaders to take at least one hour of Ethics and Boundaries Training each year.*

**LUNCH BREAK: 1:00 – 1:30**

**Light Lunch included**

**1:30 – 3:00 Intro to Q Process with Rev. Denese Schellink**

Rev. Denese will be introducing the process from The Q Effect and offer a short practice of looking at our most Noble Selves, and getting clarity about who we have come here to be, and to notice when we are acting from that consciousness and when we fall off into our unconscious selves (aka “the shadow”).

Participants of this practice experience more liberation from emotional and mental suffering. She will describe why it is important to cultivate emotional and spiritual maturity in ministry and in ourselves as leaders. The Q Process is a vital and essential element found in the Mission Centric model of ministry as taught by Dr. Rev. Gary Simmons.



**3:00 – 4:30 Tools for Authentic Living with Rev. Lori Fleming**



Rev. Lori will present some cutting-edge ideas about how our brains work and why when we get stressed, anxious or overwhelmed we tend to act out and regret our actions later.

Participants will become clear about why mental and spiritual healing are important, and learn valuable tools to help drop the drama before it happens, and live a more authentic life.

**For more information or registration  
call Rev. Denese Schellink at (805) 708-7345 or email  
Deneseds@gmail.com**