

Thank God for his mighty work among us in this pandemic situation. **The topic of the 5th English Forum** will be **“Self-Care for Mission Life: Health Care and Restoration from Exhaustion.”** In this Forum we will deal with the spiritual and mental health for our mission life during this Pandemic. It will certainly be a striking moment for your mission life. Please see below for more details:

Forum Topic: “Self-Care for Mission Life: Health Care and Restoration from Exhaustion.”

Date: Saturday, November 21st, 2020

Time: 10am (Chicago, USA), 11am (New York, USA), 5pm (Berlin, Germany), 1am (Sunday, Tokyo, Japan)

Target Attendees: English-speaking leaders and 2nd gens

Moderator: Dr. Helen Rarick (USA)

Panelists: Dr. Augustine J. Sohn (Chicago, USA), Dr. Grace S. Lee (Princeton, USA), Sh. Heather Koch (LA, USA) P. Ron Ward (Vice GD, Chicago UBF Senior Pastor)

Presented via Zoom: The Zoom invitation will be sent out to registered emails prior to the meeting. *If you want to join the 5th English Online Forum, please register here now!*

UBF Online Forum Committee

Chair: Dr. Ezra Cho (ezra5978@gmail.com)