

WFWP USA: Awaken Retreat in Dallas-Fort Worth Inspires Reflection, Healing, and Empowerment

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On September 6, the **Dallas-Fort Worth** chapter of the Women's Federation for World Peace (WFWP) hosted the **Awaken Retreat** - a one-day program designed to uplift, empower, and connect women. This retreat was part of a growing movement nationwide, inspired by the first national weekend [Awaken Retreat](#) held in October 2024 in Pennsylvania. While the national program brought together women from across the country, these local one-day versions were created to make the retreat more accessible, especially for those unable to travel but eager to experience the transformative content.



Throughout the day, participants engaged in meaningful discussions, creative activities, and opportunities for self-reflection. For many, it was a rare chance to pause from daily responsibilities and reconnect with their inner selves. One participant reflected, *"Since my family usually comes first, it was a time when I could enjoy myself and relax. The environment was beautifully set up, and the snacks were comforting. I'm grateful to everyone who prepared every detail."*

The retreat encouraged women to embrace their value, share their stories, and grow in self-awareness. As one woman put it, *"Before I thought I don't like 'women's' kind of activities, but realized it's actually great to embrace my female side through the creative activities and sharing with women."* Another shared, *"I've never really thought about one of the greatest lessons of womanhood in my life... but after reflecting and discussing with someone, I realized how much I've grown as a woman. And this was empowering."*

Several participants experienced profound emotional breakthroughs. One shared, *"I realized I am still carrying some stress and pain in my heart that I thought I was over. It was nice to process that in words and reflection. It was also good for me to put into words the negative story I have been telling myself so I*

can notice it more when I am thinking that way." Others found inspiration in the broader vision of WFWP, recognizing the importance of women's empowerment as a foundation for working in harmony with men. *"I knew the part about WFWP empowering women and knowing our value as women, but I never thought about the part of embracing men and working together. But before we can embrace men and work together well, we as women need to know our value first."*



Creative activities, such as art projects, became another avenue for discovery and healing. One woman described, *"After a long time, I was able to do some art and have meaningful interactions with the sisters... I was reminded of the joy of making things by hand."* Another reflected, *"Woman is like ocean... I felt I actually have more power or deeper depth of embracing others as a woman like ocean. And I can fit in anywhere like water."*

Beyond individual growth, the retreat highlighted the beauty of women connecting together. One participant shared, *"Women love to share. We find joy and fulfillment in expressing our thoughts, or creating something and sharing it with others. Having people who accept and appreciate what we share means so much to us. That is why today's discussions and activities felt truly meaningful."*



The spiritual dimension of the retreat also touched participants deeply, as they reflected on God's motherly heart and the example of WFWP Founder, Mother Han. *"I was able to understand a little more about God's motherly heart,"* one woman shared. Another added, *"After hearing about Mother Han and President Katarina's experiences with pregnancy, I was amazed by the resolve and sacrifices of Mother Han...despite such difficulties."*

As the day came to a close, participants set intentions to carry what they had learned into their daily lives.

These commitments showed the long-lasting impact of the retreat:



- *"I will hang out more with my girl friends and talk with my mother."*
- *"Reminding myself on a daily basis where my value comes from as a woman and to embrace men and develop ourselves in partnership with them."*
- *"I felt that I would like to build our family by having more conversations with [my husband], sharing many things together, and getting to know each other better."*
- *"I want to actively listen to others and make a conscious effort to give praise."*
- *"By experiencing God's love myself, I can convey that love to others, so I strive to live in a way that reflects it."*
- *"Whatever I do, I will not give up. I will stay positive, do my best, and entrust the results."*



These reflections revealed the profound way the retreat touched participants' hearts - encouraging them to build stronger families, deepen self-worth, and bring more compassion into their communities.

The Dallas-Fort Worth Awaken Retreat became a powerful reminder that when women gather to share, reflect, and encourage one another, transformation is possible. The program continues to spread nationwide, carrying forward a vision of empowerment rooted in compassion, creativity, and God's love.