WFWP USA: Rooted in Peace, Bound in Sisterhood - Reclaiming True Identity in Catskill, NY

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October 13, 2026



Nestled in a warm countryside Airbnb in Catskill, New York, nine women gathered from October 11 - 13, 2026, for a deeply restorative retreat titled "Deepening Sisterhood, Femininity, and Motherhood." Surrounded by cozy rustic decor and crisp autumn air, the intimate setting provided a safe sanctuary for participants to step back from daily demands, build unconditional trust, and explore their true identity as women and mothers.

The weekend kicked off with heart-opening conversations using Ungame Cards, breaking the ice both indoors on a rainy Sunday and outside in the sunshine. Moving from lighthearted memories of childhood to vulnerable reflections on personal struggles, participants built a confidential circle where every woman was genuinely seen, heard, and valued.



A core anchor of the retreat was an empowering presentation by Pastor Nadia, who invited everyone to

cultivate a new way of living centered on self-awareness and inner transformation. Her message focused on five essential feminine qualities:





Receptivity: Remaining open to receive, listen, and truly connect.
Calmness: Cultivating internal peace and emotional stability.
Emotional Openness: Safely acknowledging and expressing genuine feelings.
Softness: Embracing gentleness, compassion, and vulnerability.
Process-Orientation: Valuing the beauty of the journey over the final outcome.

Following the presentation, four reflective journaling prompts allowed participants to internalize these concepts and process their own life stories, reaffirming the core truth that we are already enough.

Rejuvenation for the body went hand-in-hand with nourishment for the soul. Between sessions, everyone lent a hand, enjoying delicious, healthy meals lovingly prepared by resident chefs Barbara S. and Charlotte K. To ground the mind and body, Yana led evening Qigong exercises focused on breath and inner energy, while Jung Hyo Batino offered restorative Hilot - a traditional Filipino practice of reiki and foot massage - on the final morning.

The retreat concluded with full hearts, refreshed spirits, and a lasting bond of sisterhood, leaving each woman with a grounded sense of inner peace and a renewed appreciation for her divine feminine path.

