

WFWP No. Cal.: A Day of Empowerment - The Awaken Retreat in the Bay Area

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On Saturday, September 14, the Northern California chapter of WFWP hosted an empowering Awaken Retreat, drawing women together for a day of rejuvenation, reflection, and sisterhood. Held at the Bay Area Family, the space was transformed into a warm, welcoming haven. The upstairs dining area featured lovely decorations, gift bags with handmade cookies and bath salts, and delicious homemade food, setting the tone for a day of meaningful connection and personal growth.



The retreat kicked off with an energizing icebreaker that got everyone involved, sparking conversations among a diverse group of attendees. The room was filled with seasoned WFWP members, young women eager to learn about the organization, and newcomers curious to explore what WFWP stands for. Kaeleigh Moffitt delivered an inspiring presentation on the vision of WFWP and Dr. Hak Ja Han Moon's Peace Philosophy, grounding the retreat in the core values of peace and unity.

One of the highlights of the morning was the HerStory session, where women sat together at roundtables and introduced themselves, sharing the accomplishments they were most proud of. Each woman then created and presented a personalized HerStory Award to a fellow participant, celebrating one another's journeys and strengths. This activity fostered deep connections and left participants feeling seen and uplifted.

The afternoon unfolded with a variety of breakout sessions, offering something for everyone. From creative workshops like flower arranging and other crafts, to self-care spaces, to empowering presentations on Women's Health, Living with Presence, and exploring the concept of Mother God, each

session allowed women to connect with themselves and others in a meaningful way.



The day culminated in a powerful water ceremony, a symbolic and emotional activity where each woman reflected on her personal insights from the retreat. As they poured water into a collective bowl, it represented their shared commitment to move forward with strength, embraced and accepted like a mother's unconditional love. The ceremony was a moving end to a day full of empowerment and reflection.

Women left the retreat feeling reawakened, rejuvenated, and ready to take on life's challenges with renewed purpose and sisterhood. The Awaken Retreat was truly a transformative experience, reminding us all of the strength that comes from unity, self-care, and the power of women supporting women.

