

COR: Working Professionals Connect, Explore, and Recharge

Kester Wilkening and Tasnah Moyer
April 24, 2016



"The weekend was an opportunity to re-examine my life and make note of the adjustments that I want to see take place. It was a space where I felt totally part of a family atmosphere that I had missed so much. It felt like coming home."

-Yoshie M., New York

From April 22-24, 39 participants and staff gathered at Refreshing Mountain for the second annual Connecting Our Roots (COR) Emerge Retreat, a rejuvenating weekend in the Poconos mountains of Pennsylvania. Attendees came from Virginia, DC, Maryland, Pennsylvania, New Jersey, New York, and Connecticut; their backgrounds included engineering, education, finance, media and marketing, non-profit, and the military.



The weekend was framed around the retreat mission statement: To create an opportunity for people to relax in nature, connect with other working professionals, and delve into and nurture connections with the community and God.

Activities included hiking, volleyball, round table discussions, insightful presentations, testimonies, and time to relax and reflect. Participants were able to discuss the challenges they're facing in their careers or lives of faith, and articulate the values that are most important to them. The schedule gave attendees a

chance to relax with their peers, share their visions for the future, and connect with one another on a deeper level. Components such as the Saturday evening program left participants “realizing how valuable community and family are” (*Hana B., Maryland*).



For many, it was an “opportunity to evaluate [their] spiritual journey over the past year, evaluate where [they are] at today, and learn how other people tackled similar experiences in their soul journeys” (*Randy P., Pennsylvania*).

Participants were encouraged to honor where each individual was at in their journey of growth and discovery, to listen and be inspired by “the participants, the variety of perspectives shared, and the level of maturity and experience that accompanied each person’s story” (*Katya B., New Jersey*).



“It was a place for me to connect with people associated with or formerly associated with the Unification movement,” said Vanessa, a participant from Maryland. “We were atheist, agnostic, Unificationists, and somewhere in between. It was refreshing to hear everyone’s perspectives and I was surprised about what I learned about myself when I opened up. I reconnected with old friends and met lots of new people.”

The retreat was independently organized and funded by Connecting Our Roots (COR), a group from New Jersey, New York, and Pennsylvania (meet the Board and the Emerge Retreat team) who strive to create experiences that can meet the needs of working professionals in their 20's and 30's of the Unificationist community. The next COR Retreat is happening in April 2017!



COR's Vision

An authentic community that inspires God!

COR's Mission

To provide a safe space where individuals and families can nurture their spiritual lives and deepen their relationship with God and each other.

Find Out More or Donate!

If you would like to learn more about COR or receive updates, please check out their website here or sign up for their newsletter here. Visit www.ourCOR.com.

COR is a self-funded organization, and rely on donations from individuals like you to help provide high quality retreats to participants. If you would like to support COR financially, please check out their donation page.



Our Vision: An authentic community that inspires God!

Our Mission: To provide a safe space where individuals and families can nurture their spiritual lives and deepen their relationship with God and each other.

More...

COR (Connecting Our Roots) came about in January of 2015 because [we](#) wanted to create an experience that could meet the needs of those in the Unificationist community under the age of 40. We feel that in the midst of our busy schedules, people are looking for opportunities to rejuvenate, have space to consider the "Why" in our lives, and connect with others in a meaningful way.



We are an independent, self-funded organization, based on Unification principles (the [teachings](#) of Rev. Sun Myung Moon and Dr. Hak Ja Han Moon). To us, an “authentic community” means a place where people respect, trust, and value each person they interact with. Our goal is to create retreats where people (both individuals and families) can build deeper relationships with each other and God, and have an amazing time out in nature. Our programs are an excellent chance to gain whatever it is you’re looking for. Click [here](#) to read about past retreats, and [here](#) to learn about our upcoming retreats!

-The [COR Board](#)

Crescentia DeGoede, Jin Kwon Kim, Tasnah Moyer, and Kester Wilkening



Meet the COR Board!



CRESCENTIA DEGOEDE

Crescentia currently lives in New Jersey with her husband Leighton and one year old daughter Rose. She works as the Director of the Blessing and Family Ministry for Family Federation for World Peace and Unification USA headquarters. Enjoys cooking, dancing, singing, traveling, going for walks, and playing board games. She is passionate about improving the quality of people's marriage and family relationships, and helping people connect to God's love and joy.

JIN KWON KIM

Jin Kwon currently lives in Englewood Cliffs NJ with his wife and are expecting a child. Currently managing several real estate investment properties while also redeveloping properties in NJ and in PA. Enjoys cycling and mountain biking and rock climbing. He enjoys engaging conversations that expand his horizons and is always looking to learn



something new. His passion is to provide people opportunities to discover their passion.



TASNAH MOYER

Tasnah currently lives in Philadelphia, PA. She is passionate about creating opportunities for people to discover an authentic relationship with themselves, God, and others. Thus, she is developing her own business, a platform for retreats, seminars, and these very types of empowering spaces. She is also pursuing a happy love for wedding planning. She loves frisbee and running, and spends her free time writing and crafting.



KESTER WILKENING

Kester currently lives in Ossining, NY with his wife and their 1.5 year old son. He works at Savin Engineers as a water/wastewater engineer, and does real estate and public speaking on the side. Enjoys hiking, playing guitar, and doing yoga on his lunch breaks. In the past he has been involved in leading the [Shehaqua Family](#) programs, and is passionate about organizing workshops and giving talks to help people experience the deeper aspects of themselves.

For questions, contact us at: CORretreatsUSA@gmail.com

COR Retreats is an independent, self funded organization based on Unification principles. Connecting Our Roots (COR) is a subsidiary of Origins Partnership, a 501(c)(3) nonprofit organization and your donations are tax deductible to the extent allowed by law.

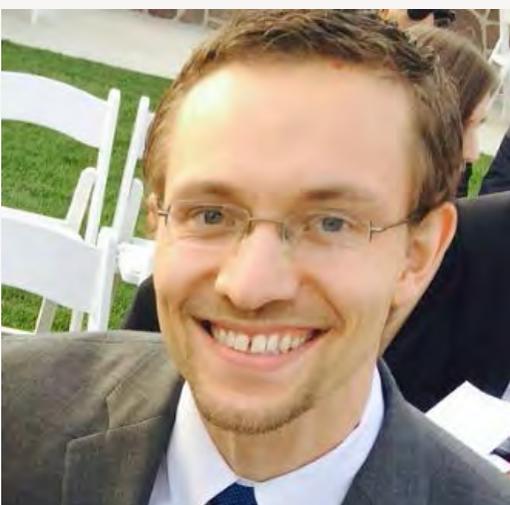


Meet the 2016 COR Emerge Retreat Team!



Co-Director: Tasnah Moyer

Tasnah currently lives in Philadelphia, PA. She is passionate about creating opportunities for people to discover an authentic relationship with themselves, God, and others. Thus, she is developing her own business, a platform for retreats, seminars, and these very types of empowering spaces. She is also pursuing a happy love for wedding planning. She loves frisbee and running, and spends her free time writing and crafting.



Co-Director: Kester Wilkening

Kester currently lives in Ossining, NY with his wife and their 1.5 year old son. He works at Savin Engineers as a water/wastewater engineer, and does real estate and public speaking on the side. Enjoys hiking, playing guitar, and doing yoga on his lunch breaks. In the past he has been involved in leading the [Shehaqua Family](#) programs, and is passionate about organizing workshops and giving talks to help people experience the deeper aspects of themselves.

General Affairs Director: Benjy Uyama

Benjy loves his apple pie and he loves his family. Professionally, he feels blessed to be doing something he loves with people he



loves and respects. Benjy enjoys spending his time alone in nature or goofing around with others. He and his wife reside in New Jersey with their son.



Registrar & Finance: Jessica Sattinger

Jessica lives in Tarrytown, NY with her husband Tom Matthews. She works for the Blessing & Family Ministry in FFWPU HQ, and contributes to many different initiatives focused on healing and empowerment. Enjoys reading sci-fi novels, cooking ethnic food, brewing strong black tea, and traveling together with her husband. She hopes to bring support and comfort everywhere she goes.

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