

The 4th Annual Connecting Our Roots (COR) Invigorate Retreat in Warwick, NY

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From April 27-29, 2018, 38 young Unificationist professionals with a diverse range of careers, gathered in the hills of Warwick, NY for the fourth annual Connecting Our Roots (COR) "Invigorate" retreat. COR is a grassroots program that was founded in 2015 to create an experience to meet the needs of those in the Unificationist community under the age of 40. Attendees came from all over the northeast region – New York, New Jersey, Pennsylvania, Connecticut – and from as far as Illinois, Ohio, and California.



"A chance for me to be with my friends of faith and get perspective on what's happening in my life. A totally worthwhile weekend."

"An opportunity to reflect on your own faith journey as well as to connect to other young professionals."

"As a whole, giving me a chance to break away from daily life and concentrate on internal self. Being with others of our faith who are open and supportive."

The intention for the weekend was to provide an opportunity to "invigorate" our lives through:

- Acknowledging the impact of my past life experiences
- Owning the present by cultivating my unique purpose through healthy spiritual practices
- Defining what I want to contribute to the future of our community



The weekend's main facilitator, Naokimi Ushiroda of Wiser Coaching led the participants in a series of self-reflective exercises and discussions designed to help each participant reflect on their past, present, and future in areas of faith, career, and community. Participants discussed both challenges and best practices and had a chance to share their visions for the future and connect with one another on a deeper level.



"A very relaxing weekend where I could also take the time to reflect on where I'm at from a perspective that I don't usually look at it from."

"The COR Retreat was a time for me to uniquely focus on my goals and explore what is important to me at this time and what I can do about it. It's a quiet place to reflect on what you need away from your daily routine and connect to inspiring peers." – Sungmi Orr

The weekend also included moving testimonies, interactive activities, sports, and a time to relax and reflect. Components such as the Saturday evening program were a highlight for many.

This year, for the first time and with the support of many generous donors, COR was able to provide on-site childcare for young families. Many young parents, such as Miilhan Stephens, expressed gratitude for the opportunity to "be completely present with [Sayaka] (his wife) for maybe the first time since having kids."



Participants also enjoyed the energy and contribution that families brought to the COR retreat; *"I loved having the young families here with us. I am so glad they were able to join us because their families serve as an inspiration for us all."* – Christina Lange

A huge thank you to all the generous donors who contributed to making this a memorable weekend for all who attended!

We hope to see you next Spring!

Our Vision

An authentic community that inspires God!

Our Mission

Create retreats for Unificationist young professionals to gain spiritual nourishment and experience authentic connection in order to comfort God.

Find out More or Donate!

If you would like to learn more about COR or receive updates, please check out our website here or follow our Facebook page [here](#).

We are a self-funded organization, and rely on donations from individuals like you to help us provide high-quality retreats to our participants. If you would like to support us financially, please check out our donation page: www.ourCOR.com/donate