

WFWP UK Annual Women's Retreat Dedicated to empowerment, reconciliation and personal growth

Mitty Tohma
September 5, 2024



This gathering was a heartfelt meeting of women dedicated to empowerment, reconciliation and personal growing.

The retreat aimed to rejuvenate participants - mind, body, and soul.

The retreat provided a unique opportunity for like-minded women to connect. Bonds were formed, stories shared, and friendships kindled.



From September 3rd to 5th, 2024, the lovely setting of Great Hucklow, Derbyshire, served as the backdrop for the WFWP UK Annual Women and #39;s Retreat. This gathering was a heartfelt meeting of women dedicated to empowerment and reconciliation.

Participants arrived and registered at the beautiful nightingale center, followed by a warm dinner that encouraged connections through fun icebreakers and introductions.



The morning session began with a reflective reading by Joanna de Souza, WFWP Treasurer, on the important and Role of Women in Reconciliation, and setting a thoughtful tone. Gentle yoga, led by Patricia Earle, helped everyone embrace mindfulness and calm.

Guided by Oksana Torok, WFWP UK Secretary General, and supported by Eva Chan, the program included a presentation by Mitty Tohma, WFWP UK President, on the 2024 Global Themes. Participants then broke into three groups to discuss important global issues, sharing insights led by representatives: Sarah Monah on Women, Peace and Security; Rosaleen Bloomfield, on Women's Leadership through Global Women's Peace Network; and Harumi Currie together with Angela Sandiford on Climate Action and Environmental Sustainability.

After a delightful lunch, participants ventured to the charming town of Bakewell, indulging in the famous Bakewell pudding, a sweet highlight of the retreat.

Reem Abuwarda from Birmingham opened the afternoon program with an informative talk on healthy eating and lifestyle. Throughout the rest of the retreat, we continued discussing nutrition and the benefits of good food and a healthy environment for the mind, body, and soul. This focus on wellbeing helped us connect and understand that nourishment goes beyond just what we eat.



We rounded off the day with a family evening, singing, dancing and playing games, where everyone shared their hearts and enjoyment.

On September 5th, we gathered for early morning readings with Yasmin Fazal, who shared her faith and realizations. This was followed by a relaxing yoga session by Rosaleen Bloomfield. After breakfast, we enjoyed wonderful Japanese crafts led by Harumi Currie from the WFWP chapter in Scotland, where we had a great time making beautiful cards.

The retreat concluded with a lovely group photo and a nice lunch before we headed home. This experience not only strengthened our bonds but also reignited our commitment to creating a more peaceful society.

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