

2023 Mid-Hudson Valley WFWP Retreat Fosters Sisterhood and Connection

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The primary goal of the 2023 MidHudson Valley WFWP retreat was to deepen the sisterhood among its 10 participants and provide mutual support from October 29 to October 30, 2023. A member of WFWP graciously offered her house for the overnight retreat.

The retreat commenced with a Sunday evening opening prayer, followed by a potluck dinner and discussions where participants shared thoughts and experiences. The next morning featured a prayer vigil and a reading session of Mother's memoir. Reflections were shared, followed by meditation and Reiki led by Reiki master Waltraud.

Connections were strengthened through sincere discussions on overcoming challenges, parenting, and the development of WFWP.

Former WFWP USA President, Alexa Ward, provided deep insights into her experiences with the founders of WFWP.

The retreat fostered love, healing, and bonding among participants.

The reiki circle offered a relaxing and healing experience.



Feedback and Participant Reactions:

Participants expressed appreciation for the strengthened bonds and meaningful experiences.

Gratitude is extended to all participating sisters, Barbara for offering her beautiful house, and Alexa for her heartfelt sharing.