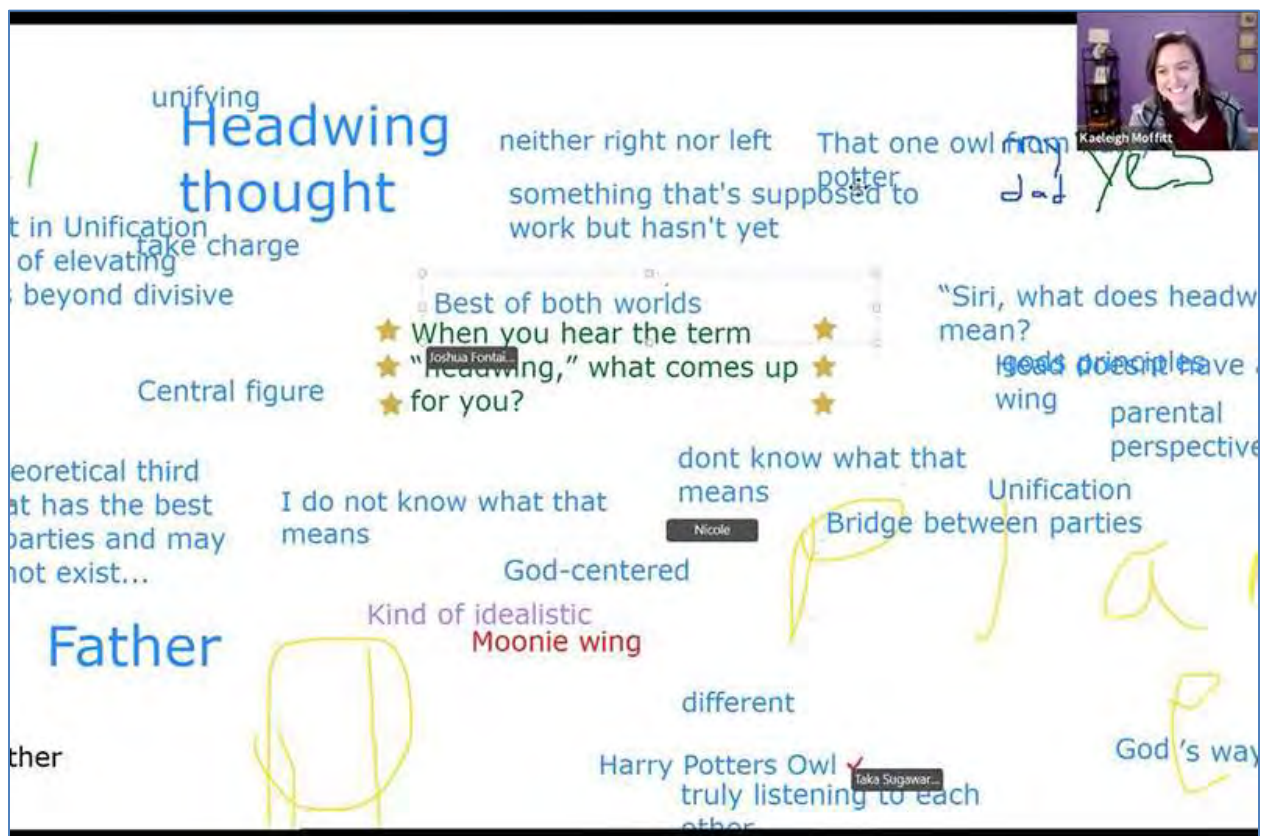


FFWPU Youth and Young Adult Ministry's Faith and Focus Virtual Retreat

Kaeleigh Moffitt
February 6, 2021



A recent virtual retreat, called '[Faith and Focus](#),' brought together 150 young adult Unificationists from across the U.S. to explore ways to relate to their faith practically and powerfully during a year fraught with many challenges.

"There is much to be said about how our faith and relationship with God can serve in not only a practical way but also a powerful way during this current COVID-19 pandemic," said Kaeleigh Moffitt, national director of Youth and Young Adult Ministry ([YAYAM](#)), which hosted the event. "People are facing difficulties in being alone; dealing with mental health; feeling the amplified political divide; and experiencing strains on relationships, jobs, and their spiritual practice."

The half-day retreat, held February 6 on Zoom, was just the respite needed and opportunity to recharge the group, whose ages ranged from 18 to 35. In a recent [report](#), experts weighed in on the social effects of the Covid crisis, calling it a "mental health pandemic."



"This retreat was a connection for young people from around the country to dive into practical applications of their faith, and dig deeper through discussion and learning from some of the best speakers," said Moffitt.

Session topics included: Bringing your Faith into Practice; Mental and Spiritual Health During a Pandemic; The Head Wing Approach to Our Political Divide; and Bringing your Faith into Focus. Presentations by relationship coach Debby Gullery and Dr. Robert Beebe offered participants the chance to reflect, and share freely among each other in small group discussions and deeper topic exploration.

"There are so many people being mentally and emotionally affected during this time and these were relevant topics for the retreat," said Rika, a 22-year-old participant from Hawaii. "But we also have the ability to create a healthy mindset and environment for us to thrive mentally and spiritually."



The retreat also highlighted ways in which participants do not have to sacrifice a deeper faith in order to be successful in other areas of their lives.

"We want people to use their faith to fuel success, nourishment, and healing," said Moffitt.

"I feel that it was important for me to hear authentic stories about overcoming challenges and to discuss these issues with my peers," said Jisun, a 22-year-old participant from New York. "This retreat encouraged me to start thinking of new projects in my community, which offered me more hope in that sense."

Organizers said all the positive feedback from the retreat inspired them to host another Faith and Focus event, scheduled for March 6.



SATURDAY, FEBRUARY 6TH

A young adult retreat exploring ways to relate to your

Unificationist faith practically and powerfully

3-5 PM & 7-9 PM Eastern Standard Time

Free with a \$10 Suggested Donation

REGISTER NOW!

*You will receive an email with the Zoom link. We can't wait to
see you!*

Session 1: Bringing your Faith into Practice

3:00 PM - 5:00 PM EST

*Opening Group Session, 2 Faith-in-Practice sessions from
professionals, and Discussions*

Faith in Practice Session 1: Mental & Spiritual Health

During a Pandemic by Debby Gullery

Faith in Practice Session 2: The Head Wing Approach to

Our Political Divide by Dr. Robert Beebe

Session 2: Bringing your Faith into Focus

7:00 PM - 9:00 PM EST

"Finding God when the world seems so wrong"

*Small group connection, Deeper topic exploration, and
Testimonies from peers*

This retreat is open to all young adults who would like to connect with others from around the country, dive into practical applications of your faith, and dig deeper through discussion and learning from some of the best speakers. Especially during this current pandemic of COVID-19, where we are facing difficulties in being alone, dealing with our mental health, feeling the amplified political divide, and experiencing strains on our relationships, job, and spiritual practice... there is much to be said about how our faith and relationship with God can serve in not only a practical way but a powerful way. "Faith & Focus" will aim to highlight ways in which you don't have to sacrifice a deeper faith in order to be successful in other areas of your life, but rather use it to fuel success, nourishment, and healing.

REGISTER NOW!

