

## **WFWP UK: *Summer Refreshing Retreat* in the serene and picturesque Cotswolds**

Mitty Tohma  
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From August 8th to 11th, the WFWP UK Summer Refreshing Retreat took place in the serene and picturesque Cotswolds. The retreat was held at Stanton Guild House, a remarkable establishment built by the peace activist Mary Osborn. Mary Osborn drew inspiration from a meeting with Gandhi during his visit to East London. Sixteen women from various UK chapters, including the wonderful host Mrs. Karen Grant and UK National President Mrs. Mitty Tohma, attended the event. Over the course of three days, we were treated to a series of educational and inspirational talks. In addition, an art workshop was organized for us to engage in creative expression. The retreat's cook graciously served us delicious meals throughout our stay. We also had the opportunity to immerse ourselves in the scenic beauty of the surroundings. Each day commenced with inspirational readings and invigorating yoga sessions, benefiting us all.

The first day commenced with a presentation on Financial Management and Development by Mrs. Joanna de Souza, the WFWP accountant. She shared numerous ideas and suggestions that could be implemented to enhance efficiency. Following that, Karen reflected on an online business course that she and Joanna had attended simultaneously, providing us with valuable advice. Next, we had the privilege of hearing from Joy Ikuimein, a young woman entrepreneur specialising in Online Business. Joy offered us valuable insights into establishing online businesses and introduced us to her website, where she sells exquisite handmade Italian silk scarves.

In the afternoon, Mrs. Patricia Earle took the stage. She shared her experiences of conducting highly successful interfaith outreach and activities in Birmingham, for which she was honored with a Coronation Award recognizing her dedication and commitment.

Mrs. Oksana Torok served as our inspiring Moderator for the day, guiding the discussions and ensuring a fruitful and engaging experience for all attendees.

The third day of the retreat began with a captivating talk by Karen, our gracious host, who shared her personal journey of discovering the power of art. With heartfelt sincerity, she expressed how art has profoundly impacted her life on multiple levels emotionally, spiritually, and creatively. Her words resonated deeply with all of us, reaffirming the significance of artistic expression as a means of self discovery, healing, and inspiration.



Following Karen's talk, we were introduced to Matt and Tilly Taylor, a gifted musical couple who, alongside Karen, lead Praise and Painting sessions. Their presence brought an additional layer of beauty and harmony to the retreat. As participants, we were encouraged to let go of self-doubt and fear, and to embrace the joy of painting from our hearts. Guided by Karen's gentle guidance and the melodic backdrop of Matt and Tilly's music, we delved into the process of creating art. In this safe and nurturing space, we allowed our creativity to flow freely, unburdened by judgment or expectation. Each stroke of the brush became an expression of our innermost thoughts and emotions, resulting in a vibrant display of diverse artistic expressions.

With hearts full of gratitude, we bid farewell to the picturesque Cotswolds, carrying with us the cherished memories and inspiration from the WFWP UK Summer Refreshing Retreat. We departed with a renewed sense of purpose, armed with valuable tools and knowledge that will empower us to make a positive difference in the world, transformative power of coming together.