

FFWPU UK: Sow and Grow Weekend All-Sisters Weekend Gathering in Colchester

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At the end of last month, between April 22-24, an all-sisters weekend gathering took place in Colchester. It was part of our efforts to provide care through mentoring and education for young adults in the UK and to supplement the annual "Companions of Faith" workshop. This particular event was for sisters aged 19-23 with the theme, "Sow and Grow".



The focus was on nurturing our relationships, especially amongst elder and younger sisters. And on creating a focused internal environment for honest sharings about where we are each at in our spiritual growth, and some internal content from staff to stimulate thought on what new seeds could be good to sow in our lives. As well as the sharings and content, we enjoyed some beautiful worship sessions, meals altogether and a walk along the river.

As staff, we were moved by the honesty and openness that was built up very quickly and the desire amongst everyone to support each other. At

the check-in on the first evening, many of us shared how we were arriving feeling overwhelmed, exhausted, drained and stressed about our life. But just 1 and ½ days later at the closing sharing, some of the words used to express how we were leaving were "motivated", "hopeful", "healed", and "excited to grow". It was a reminder for all of us about how necessary occasions like these are, for our spirits to experience an intense burst of care and community.

Thank you to all who came and invested.

The Sow and Grow staff team