

WFWP Bridgeport, Connecticut, USA: Rooted in Radiance, 1-Day Awaken Retreat

Mika Deshotel
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The first 1-day Awaken Women's Retreat in Connecticut was held in Bridgeport on Saturday, May 2nd. Twenty women spent the day together in Bridgeport International Academy's Spurgin Hall - a familiar community event space. The gathering included women of varying generations, with a couple of mother - daughter pairs attending together. HerTribe Education Director, Dr. Mika Deshotel, was the main presenter, speaking on topics related to inherent divine feminine qualities of Heavenly Mother, finding confidence in our respective seasons and cycles as women, and journeying toward true womanhood together as sisters. Each session included an opportunity for reflection, pair and table sharings, and a chance to offer thoughts and experiences amongst the entire group.



In addition to the presentations, participants were encouraged to go deeper in exploring the divine feminine qualities they embody. Following a presentation on four female "faces" or archetypes, the women were given the chance to choose from an assortment of beautifully printed worksheets further exploring the inner Lover and Mother archetypes. These worksheets ranged from letter writing prompts and journaling, to simple and fun activities exploring one's likes and dislikes.

Following a tasty catered Italian lunch, the afternoon offered women a chance to get crafty, making flower rings out of pipecleaners, diamond painting bookmarks, and walking along the Long Island Sound at nearby Seaside Park. The Retreat offered an infusion of activities for creative self- expression, including drawing, writing, making paper crowns, and even song. By the end, the women concluded their program, adorned with rings and crowns and waving multi-colored scarves, to the song "We Shall be

Known" by MaMuse. These were symbolic gestures to help every woman feel that they had been initiated into a sacred sisterhood, seeking to become fully embodied and integrated as true women.

Beyond the content presented, one of the most valuable aspects of the Retreat was for women to be given precious time to share and discuss their experiences at tables and as a larger group. Many women commented on feeling greatly cared for and loved during the experience, rating session topics as meaningful or deeply meaningful for 100% of participants. It was an important first step in bringing women together within the Bridgeport community, and a hopeful start to the creation of a local HerTribe in Bridgeport.



"Women need to support each other. We can learn from each other. Every woman has been through different experiences and those experiences have made her into the person she is now. We need to be open and accepting." - Colleen Boyd

"It was insightful breaking and sharing within groups, getting to hear opinions/thoughts/perspectives from other women. There is a kind of comfort that comes from knowing that some of our experiences as women are shared. It was a refreshing retreat."

"I was able to step away from my daily routine and take some time to reflect on myself." - Setsue Clarke

"I am grateful for the opportunity to learn how my daughters are growing and thinking as women. It reminded me how grateful I am to have been born as a woman." - Yukimi Okon

