

## WFWP Cascade Chapter's heavenly beach retreat on the beautiful Pacific coast

RoseAnn Kennett  
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*Editor's note: Summer is a great time to recharge and enjoy fun experiences with friends and family before returning to our busy everyday lives. The local WFWP chapter in Cascades, Oregon used a weekend in July for some precious bonding time in a relaxed environment and to plan their next local activities together.*

From July 5 to 7, 2019, eight members of the WFWP Cascade Chapter (Laila Al-Amin, Kelly Coryell, Linda Nishikawa, Amanda Lee, Stephanie Herremans, Beatrice Yoshioka, Christine Edwards and RoseAnn Kennett) gathered for a fun heavenly beach retreat on the beautiful Pacific coast. The WFWP Cascade Co-Chair RoseAnn Kennett had recently moved to Newport, Oregon and hosted our annual retreat in a cozy home right across from the nearby Agate Beach. It was a time for connection, contemplation, relaxation and re-energizing.

Activities included walks on the beach and a visit to the Yaquina Bay Lighthouse and learning the history of this area. Evenings were spent at the beach as well, with a nighttime fire and singing

and dancing in the moonlight.

We shared meals and interesting conversations, and we even learned how to make spring rolls with peanut sauce (super yummy!).

Our discussions included planning for the International Day of Peace on September 21, hearing about the Las Vegas GWPN and Peace Starts With Me Unity Festival and we chose a couple to be awarded on National Parent's Day.

There was also time for spiritually-guided relaxation. Kelly Coryell led us in a type of Qi Gong called Chalell and Dr. Linda Nishikawa led us on several Spirit Walks\* on the beach.

*\*A spirit walk is done in silence. Focus awareness of your ancestors and the Creator (Heavenly Parent, Allah, God, Great Spirit) and all the gifts and blessings they have been given to you through your parents. As you walk, become aware of creation around you and feel a sense of belonging and inner peace with all its gifts on your path. It is your spirit walk focused on your ancestors, gratitude and peace.*

On these walks, following the above directions, we experienced profound connections with certain ancestors, God and the creation. I have lived and walked this beach daily for four months now and never saw a starfish. Beatrice Yoshioka found eight starfish on this beach. We lovingly carried them back to the ocean as they cannot live more than two days out of water. Perhaps this was a message to find those people that need the breath of Heavenly Love and bring them to that life source. Linda saw a bald eagle, which is nested in one of the trees on Agate Beach. She found an eagle feather which she gifted me. Perhaps this was a message to soar above the world, closer to the spirit, yet staying grounded on the earth and caring for Mother Earth.

Linda's testimony:

*We studied the stars. It was amazing to learn about the stars on the Skyview iPhone app. The beautiful stars were wonderful, as was the sunset, which was such a unique pink -- pink for girls, women, WFWP and Mother Moon.*