

## Connecting Our Roots (COR) West held in the redwoods of Ben Lomond, CA

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The Connecting Our Roots (COR) program held their first West Coast retreat from August 31 to September 2 where 37 young Unificationist professionals from varied career backgrounds gathered together in the redwoods of Ben Lomond, near Santa Cruz, CA. COR is a grassroots program that was founded in 2015 to create an experience to meet the needs of those in the Unification community under the age of 40.



The program was originally created in the Northeast and has run for several years establishing the foundation to be replicated in other communities throughout the nation. This workshop marked the first retreat that was adapted by a team on the West Coast to form "COR West." Attendees came from the Bay Area and Los Angeles regions in California, as well as Reno, Nevada and some from as far as Pennsylvania.



The retreat was facilitated by three main speakers who each addressed how to fulfill the three blessings in the busy life of a young professional. For this workshop, the three blessings were adapted into:

Identity – how to develop one's spiritual life in the business of career, family and day-to-day routines

Connections – how to grow in relationships with family, friends and co-workers

Legacy – how to add value to and leave a legacy in this world

Participants were led in a series of self-reflective exercises and discussions designed to help each person reflect on how to develop the three blessings in the areas of faith, community and career. Everyone discussed challenges and practices and shared their visions for the future and connect with one another on a deeper level.

To learn more about the COR program, visit their [website here](#). Or their [Facebook page here](#).

COR is a self-funded organization that relies on donations to provide high-quality retreats for participants. Visit their [donation page here](#).

