

**WFWP USA: Women Are Rising - Will You Help Support Their Journey?**

Katarina Connery  
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**Awaken Retreat — “Rooted in Radiance”**

This fall, fifty-five women from across the country gathered in the quiet beauty of the Refreshing Mountain Retreat Center for our second annual Awaken: Rooted in Radiance Retreat. From young adults in their twenties to seasoned sisters in their seventies, women came seeking rest, clarity, and renewal—and they found something even more profound.



*Morning practices invited women to reconnect with body, mind, and spirit.*

**A Space for Healing and Self-Discovery**

Over three days, participants explored their divine value, embraced the “season” of life they’re in, and reconnected with the “heavenly diamond” placed within their hearts by our Creator. Presentations by Dr. Katarina Connery, Kaeleigh Moffitt, and Dr. Mika Deshotel blended academic insight with heartfelt testimony, creating an atmosphere of openness and deep reflection.

One participant shared:

***“I came expecting another workshop that would teach me what to fix. Instead, I was reminded that God already lives within me. I am enough. Loved. Whole.”***



*Creative and movement-based workshops helped women reconnect with joy, intuition, and inner confidence.*

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## Workshops That Awaken the Heart

Afternoon workshops allowed women to explore their inner world in meaningful and creative ways—from sacred dance and drum circles, to inner child work, expressive writing, and “Embracing Your Age” circles for older women.

Another participant reflected:

***“We become stronger when we walk together—crying, laughing, dancing. Sisterhood is holy ground.”***

## The Heroine’s Journey

Each evening, participants walked through the stages of the Heroine’s Journey—leaving behind limiting beliefs, reflecting in the soulful “in-between space,” and emerging renewed with a sense of purpose and confidence. The crowns created on the first night became symbols of resilience and inner radiance.



*A symbolic moment of honoring the gems found along each woman's life path.*

## Why This Retreat Matters

By Sunday morning, women left transformed—lighter in spirit, stronger in their identity, and deeply connected to one another. For young mothers, the free childcare allowed them to attend sessions with peace of mind. For new participants, the retreat confirmed what they had heard: Awaken Retreat is life-changing.

For returning sisters, it felt like coming home.

More feedback from participants:

***“I embraced the part of myself I forgot existed.”***

***“I found sisters of the heart.”***

***“This retreat reminded me that I am more than enough.”***

## Support Women's Healing and Leadership

As we prepare for Awaken Retreat 2026—and plan to expand to the West Coast in 2026—we ask for your support.

Your gift today makes it possible for WFWP USA to:

- Provide transformative retreats like this, locally and nationally
- Offer childcare so mothers can fully participate
- Create spaces where women discover confidence, clarity, and their divine identity
- Offer scholarships to those with financial need

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**Thank you for helping nurture the hearts of women nationwide. When a woman awakens, generations are healed.**

### **Our Contact Information**

Women's Federation for World Peace USA  
481 8th Avenue, Suite 608  
New York, NY 10001  
[www.wfwp.us](http://www.wfwp.us)