

## WFWP USA: Awaken One-Day Retreat in Tempe, AZ

Katarina Connery  
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A one-day Awaken Retreat took place in Tempe, AZ on Saturday, January 24, 2026. The event marked a beautiful way to ring in the new year, as 30 women joined together for a day of reflection and renewal. The Awaken theme, "Rooted in Radiance," included content from the national weekend retreat [www.wfwp.us/awaken](http://www.wfwp.us/awaken), encouraging women to connect with God as a Heavenly Mother, their own divine feminine attributes and how it reflects their respective season in life, along with the silent strengths of true women. Presentations were given by WFWP USA leadership, including WFWP President, Dr. Katarina Connery, and HerTribe Education Director, Dr. Mika Deshotel.



In the afternoon, participants engaged in a creative activity, making collages reflective of their gifts, along with their dreams, for the new year. Afterwards, they engaged in a service project led by Kay Wright, founder of the non-profit, "[Women 4 Women Tempe](http://www.women4women.org)," packing feminine hygiene products for over 300 women in need. The creative activity, coupled with the service project, offered a nice blend of inward and outward energy, reinforcing the collective beauty and giving nature of women.

The tremendous success of the Tempe event was a reflection of a number of factors, including the encouragement and organization of WFWP volunteer, Romina Toska. Romina attended the national weekend retreat at the end of last year and was personally transformed by it. Her vision was to bring the same transformative experience to the women of Arizona, whom she loved deeply. In addition to Romina's inspiration and leadership, many seen and unseen hands also contributed to the smooth flow of the program, in the days leading up to it as well as on the day of.

The Awaken program took place one day before the Celebration of Life Memorial Service for Lucia Anderson, affectionately known to many as "Grandma Lucia." Lucia was a pillar in the Tempe Family Federation community, a longtime supporter of Women's Federation, and an advocate for generational

healing and family reconciliation. The Awaken Retreat was a chance to pay homage to incredible women like Grandma Lucia, as we all strive to become more true and authentic women on our collective journey through womanhood.



Here is a snapshot of participant experiences in their own words:

*I am worthy and I don't have to be categorized into a box of who I am as a woman. I am complex and that's alright but I am beginning to understand my place as a woman in this world and my purpose of what and why I serve. (Millennial)*



*What was impactful for me was older women sharing their own experiences in life and what they gained from it. And as someone who's 17, almost graduating high school and just starting out in life, I'm in awe of what these incredible women have achieved in life. It makes me want to do so much more in life and be like the women I talk to and appreciate their advice. (GenZ)*



*I found the first session extremely impactful. As a Muslim, I translated the session into my own religion and I was really impacted by the reminder that Allah (God) is always there and that Allah has so much love for each of us. It made me realize that I am never alone and that I am always loved and watched over no matter where I am or what I have done. (GenZ)*

*I loved meeting women from different ages and backgrounds. We have so much to give to the world and our community. I often say "I should do this and I should do that." No one ever tells you that you are enough. Thank you for telling me that I am*

*enough. (Millennial)*