

## TABASCO Retreat: Connect, Collaborate and Recharge

T. Moyer and K. Wilkening  
April 5, 2015



“The TABASCO Retreat was an amazing opportunity to connect, share, network, support, and inspire one another.”—E. Hack, NY

From April 3rd to 5th, 2015, thirty-six participants and staff gathered at Spruce Lake for the TABASCO Retreat, a rejuvenating weekend in the Poconos Mountains of Pennsylvania. Attendees ranged from 22 – 40 years old, and came from Virginia up to New York, Connecticut, New Hampshire, and even Nevada. Participants’ backgrounds included engineering, education, media/marketing, non-profit, and the military.



The retreat was framed around TABASCO’s mission statement: To create an opportunity for people to relax in nature, connect with other working professionals, and delve into and nurture our connections with our community and God.

“The weekend was so refreshing. All the activities were a source for inspiration and deep reflection. There was a lot to take back into my daily life.”—D. Cantrell, PA



Activities included testimonies, a world cafe, a low ropes course, time to hang out, and insightful presentations. Participants were able to discuss the challenges they’re facing in their careers or lives of faith, and articulate the values that are most important to them. The schedule gave attendees a chance to relax with their peers, share their visions for the future, and connect with one another on a deeper level. Components such as the Saturday evening program left participants with “hope for the future of our families and our movement.”— R. Martin, MD

“The Tabasco Retreat was a safe place to be myself.”—B. Uyama, NY

The retreat was independently organized and funded by a team from NJ, NY, and PA who wanted to create an experience that could meet the needs of working professionals in their 20’s and 30’s of the Unificationist community.