

FFWPU UK: International Sisters Workshop - Soul Identity

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How do you create a supportive community of young women who are ready to take on the world? You invite them to a weekend getaway where they can bond, learn and grow together!

Based on the success of the sisters' workshop in May, we hosted a slightly longer 3-day workshop for the younger age group: 14 international sisters aged 20-24 from Hungary, Germany, Ireland and the UK.

The purpose was the same: to come together as adult BCs to recharge, reconnect and gain clarity for our spiritual growth. The program prioritised meaningful conversations, relevant content and creating a space to internally reflect on where we are at in life and what is being called of us. We had varied content, testimonies and reflection activities, including some using nature and metaphors as a stimulus for personal reflections and sharings. We also enjoyed an afternoon in Constable countryside (Dedham, Suffolk) with a picnic, a walk along the river having pair sharings and a boat ride. As well as the sharings, the highlights of the weekend were the beautiful singing sessions we could experience together again and the very invigorating game of 7 versus 7 football!

Overall, it was more than a recharge for many of us. A lot of emotions were expressed and released, perspectives shifted, loads unburdened and lightened. We gained encouragement and understanding from each other, as well as deeper insight into our personal situations and where our internal journeys are currently at. And we received clarity and direction as to how to move forward, reconnecting to our soul identity and calling as children and women of God.

Personal testimonies:

"This weekend was a perfect unity of truth, goodness and beauty. A tiny taste of Cheon-Il-Guk. I am leaving inspired by the leadership and the care and with having made clear steps forward on my journey."

"The whole time I was here, I felt God was speaking through my sisters. Through the conversations, sessions and reflections, I feel like so many new doors in me have been opened up and I now have the keys. I am leaving with a clearer and fresher perspective and am so curious to explore these new rooms."

"This weekend was a beautiful painting that I received, and I am in the painting too. I realized that I have progressed and that I need to accept that I am allowed to feel internally grown. I leave with a need to meet myself again as I am now."

"I am leaving this weekend so re-centered. I could calm down and also confront some difficult topics. I could reconnect to community and feel much more grounded. I am leaving with concrete goals. I feel excited for the future again and I have more faith I can handle it. "

"I am shocked that we could feel so close so quickly. I am leaving with a new resolve to lead my life with more purpose and meaning. And with determination that changes are possible."

"When I arrived, I was tired, stressed and discouraged. I thought I was supposed to live a suffering life in order to be righteous. I am leaving with a changed attitude towards my growth in every area of my life. I do not want an easy or a hard life, but a creative, active and adventurous life. I am leaving with a new and fresh perspective on my core values and am fascinated and inspired by the new parts of me I have discovered. I have the feeling that the life I am meant to live is broader and wider than I thought."

"I am leaving refreshed and hopeful. The program was so rich and varied, offering both comfort and guidance. It was important for me to meet the people here and have the many beautiful conversations I did. I have been reminded of how much I care about 2nd Gen and this spiritual community and also how much others care. I am proud to be a part of this effort."

"I arrived feeling heavy and unlike myself. I was guarded and burnt out from life and circumstances. After this weekend, I feel like I had a spiritual shower. I leave feeling more steady, fresh and clear about my life and goals. I am ready to pick up my load and shoulder my responsibilities again."

Report by Patrick and Yebuny H. This article was originally feature in the North Thames News Newsletter.