

WFWP USA: Awaken Retreat - A Sacred Gathering of Generations and the Divine Feminine

Katarina Connery
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On May 3rd, the Westchester chapter of the Women's Federation for World Peace (WFWP) hosted a transformative "Awaken Retreat" in Tarrytown, NY. Bringing together 35 women ranging in age from 17 to over 70, the intergenerational event created a nurturing space for reflection, creativity, and spiritual empowerment through the lens of the Divine Feminine.

Facilitated by WFWP Vice President Katarina Connery, the day featured three dynamic sessions. The retreat opened with "Awakening the Divine Feminine: Revealing the Fullness of Our Creator", offering interfaith insights and exploring Mother Moon's philosophy of a Heavenly Parent who embodies both masculine and feminine love. Participants reflected on this nurturing nature through poetry, writing personal verses to themselves inspired by Heavenly Mother.



The second session, "Embodying True Womanhood: The Power of Awakened Women," focused on the emerging "Final Wave of Feminism," which emphasizes harmony between men and women through the rediscovery of women's inherent value. Women shared lessons from their personal journeys and honored one another with heartfelt "HerStory Awards," building bonds through mutual recognition and affirmation.

Between sessions, participants enjoyed creative breakout workshops - meditative sacred dance, rock painting, and flower arranging. These expressive activities offered joyful, restorative moments and were cited as a highlight of the day.

In the final session, "Channeling the Heart of Heavenly Mother," the group reflected on the strength, depth, and nurturing touch modeled by Heavenly Mother and Mother Moon. Women were invited to rewrite negative self-talk with compassionate affirmations, guided by the prompt: "If Heavenly Mother were guiding your life, she would tell you to...?"



Participants left deeply moved and inspired. Words like "rejuvenating," "affirming," "love and embrace," and "mind-opening" echoed throughout. One woman shared, "I feel more released, healed, and peaceful... Be more gentle and kind to myself... Just be! Without perfectionism and judgment." Another reflected, "I am amazing, and that is okay."

From breakthroughs about self-worth and feminine divinity to insights on motherhood, spiritual identity, and purpose, the Awaken Retreat left a lasting imprint. As one attendee summed it up: "No matter what happens... my journey is still my own. My value does not hinge on others' perceptions. I will stay strong in my value - because I know my power."



Here are a few more reflections which show the impact of this kind of program:

"I liked the idea of the essence of Mother Moon's nature - do not try to escape the storm but stay true to understanding of who you are. That our value does not come from other people, and their approval or disapproval, but directly from God."

"I am so grateful that the womb analogy was mentioned. I experienced it so deeply when I gave birth, but often women are very shy to talk about it. It's truly the central point of Heavenly Parent's creation. We have the great privilege to experience God's creative power in ourselves."

"My 'aha' moment was when we were discussing the final wave of feminism. I really liked the definition that was used to describe this final wave that includes a harmonious relationship with men and women as women start to understand and live in their true value as heavenly women dictated by our Heavenly Mother."

This retreat continues a growing wave of WFWP events nationwide, each cultivating space for women to awaken, connect, and lead with heart.



Awaken Retreat

 Women's Federation
for World Peace USA

Saturday, May 3, 9 AM- 4 PM

Location: 723 S Broadway
Tarrytown, NY 10591

- **Awaken Your Divine Feminine**
- **Explore the Power of True Womanhood in Your Life**
- **Enjoy Creative Mini Workshops**
- **Discover the Love of Heavenly Mother**
- **Reclaim Our Story**

\$20 for WFWP Members
\$30 for Non-Members

www.wfwp.us/events/westchesterawaken

Breakfast and Lunch Included!