



President's Corner: Planting Seeds that Last Forever

I've always loved these little flowers pictured here. They are called blue grape hyacinths, and whenever I spot them I can't help but smile. Last year, I got permission from our neighbors to pick a handful of those flowers from their yard and proceeded to sprinkle the seeds all over different spaces in my yard. I actually forgot, I had done this last year until just this morning when I noticed these cute little flowers sprouting all over my yard during my morning walk.

I often pray during my daily walks, and today I felt the metaphor of these little flowers was a message for us all. **Planting seeds in life means we are investing in a future that will take time.** We may not see the flowers blossom until next year or much later in life, but we still plant them with hope for the future. The key is to take time in this season of our life, although we may be incredibly busy, to think about and plan for the future.

The beauty of this type of seed planting in our life is that just one season of investment can last forever.

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Integrating Trauma into Purpose: HerStory New Jersey

As many of our readers know, March is Women's History Month in the United States. This is a time when we give special attention to the amazing accomplishments and contributions of women, stories which have largely gone unrecognized in history narratives which are limited in scope. **There are also many stories of women leading and serving in New Jersey communities, often quietly and behind the scenes.**

On March 25 at the Peterstown Community Center in Elizabeth, New Jersey, 88 people gathered to hear and honor the stories of five amazing women leaders as HerStory Awardees and one women's organization as receiving an Outstanding Service Award. **The HerStory Award was created in order to recognize women not only for their external accomplishments, but also for the stories of pain, heartache, and challenges which are behind the accolades.** Each of the awardees shared their deep stories, lessons learned, and wisdom gained from their lives and quest to make the world a better place. It was a deeply moving and uplifting experience. Please enjoy a few highlights from each of their remarks.

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"Women as Peace Leaders" —Interview with Dr. Angelika Selle by Donna Paige Riley

In honor of Women's History Month, Dr. Angelika Selle was invited once again to "What Is Etiquette Anyway the Talk Show," on the [Donna Paige Riley podcast](#), where Dr. Selle shared her thoughts, wisdom, and insights on women as peace leaders and peacemakers. As Women's History Month honors women and their valuable accomplishments and contributions to humanity, Dr. Selle especially highlighted the outstanding daily contributions of women as peace leaders and harmonizers, and convincingly discussed why, at this hour in history, women's peacemaking qualities are needed more than at any other time.



Ms. Donna provided insightful feedback and questions to keep this animated, rich, and deep conversation going. Dr. Selle also addressed some of the still prevalent obstacles women face. However, in a very simple yet persuasive manner, and based on her own experience as a peace leader, Dr. Selle mapped out concrete approaches by which women can still succeed, using their innate God-given gifts intentionally and consistently in a different way, without confrontation or imitating men.

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This year, your membership will support

1. Launching Membership 2.0 online platform to provide access to education and resources, like **Leadership of the Heart** and **Bridge of Peace**, for all members
2. Developing exciting and impactful **online content** to reach 1,000,000 people, strengthening women's identities as daughters, sisters, mothers, and wives
3. Partnering with 200 women leaders and influencers through the **Global Women Peace Ambassadors** program, pioneering a new way to lead



Unlocking Your Powerful State: Self-Care Isn't Selfish Webinar

For our [March Self-Care Isn't Selfish zoom webinar](#), Liisa Freystaetter led the presentation on the "Emotional Guidance System" based on her training with David Bayer as a Certified Mindset Facilitator. We had a total of 25 participants. She began by telling us how this system has helped her to create clarity and self-guide herself. Anyone can use the Emotional Guidance System to self-coach ourselves. Liisa stated that there are only two states of being which we go in and out of through the day.

Powerful State: includes emotions that feel good like joy, creativity, excitement, compassion and peace.

Primal State: includes emotions such as stress, anxiety, being overwhelmed, impatience, anger and jealousy—ones that don't feel good.

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Bingo Fundraiser to Help the Survivors of the Turkey Earthquake

WFWP Girls organized a bingo fundraiser on March 5, 2023, to support the earthquake victims in Turkey. The Elizabeth Family Church in Elizabeth, New Jersey, hosted the event.

A montage of the destruction and devastation that occurred on February 6 began the program. The purpose of the video was to educate the bingo players (the donors) on the crisis they were helping to alleviate with their generosity.

The bingo game then started, this was spearheaded by the WFWP Girls, some of whom were in charge of the registration desk and bingo card sales.

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The Mindful Path – Health and Vitality

Editor's Note: This article was originally published by [My Prime Time News](#) on March 3, 2023 and shared with permission.

True health is not just the absence of illness, but the presence of vitality.

April is National Minority Health Month which highlights the importance of improving the health of racial and ethnic minority communities. The theme for National Minority Health Month 2023 is Better Health Through Better Understanding. When patients are provided with culturally and linguistically appropriate information, they are empowered to create healthier outcomes for themselves and their communities.

This year's theme focuses on improving health literacy and health outcomes. Health literacy is about people being able to find, understand, and use health information.

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