

Logic of Love News

December 2021 - Vol 2



FOR GREATER HOPE
IN 2022

President's Corner: For Greater Hope in 2022!

I hope this last edition for the year of the Logic of Love newsletter finds you well and healthy. Looking back over this eventful year 2021—in spite of Covid challenges and social distancing—WFWP USA produced many successes and new developments in 2021. All was possible thanks to generous donors like you! For that we are extremely grateful!

Especially exciting have been our national and regional online Global Women's Peace Network (GWP) educational and inspirational forums, educating women (and men) on topics such as "Catalyst for Positive Change: Art and Culture," "Women in Politics," "Health and Healing," "What You Did Not Know About the Family," and more...

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Venus Brightstar: "When we say thank you to Mother Earth, that's how we heal"

November is Native American Heritage Month, a time to honor and celebrate the rich culture, history and significant contributions of Indigenous peoples in North America.

In Native American tradition, the corn, beans and squash are known as "The Three Sisters" because they are planted in the same mound and rely on each other just as sisters do — the tall corn stalk provides support for the bean vine, the beans provide nitrogen for the soil and the squash, which grows close to the ground, offers shade and helps the soil retain moisture. For many generations, this system ensured life-sustaining crops as well as a healthy soil. It is just one example of how we as human beings can live in harmony with Mother Earth, and Native Americans have much to teach us in that regard...

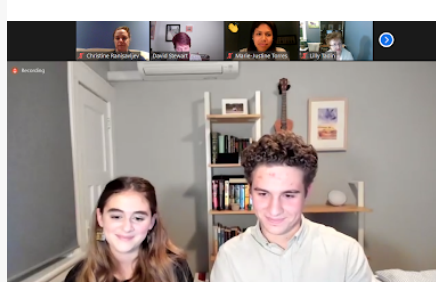
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With the many challenges we face today, women can offer many unique angles to bring solutions. Women naturally think and operate from their hearts, which is critical for building a more hopeful future for our families and communities. WFWP USA provides tools to empower women leaders with skills and supportive community, so they can collaboratively foster peace.

Please help support this mission for Greater Hope in 2022!

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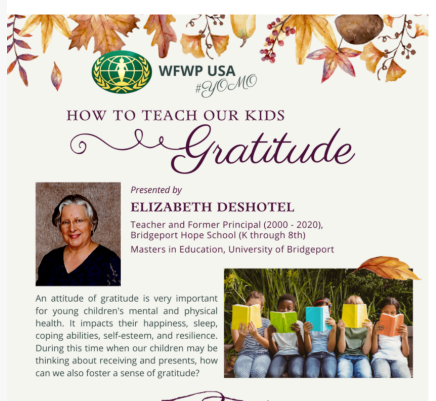


Youth Discovering Spirituality in Everyday Life

The youth are our future spiritual leaders. However it is not always easy for parents to pass down their own faith traditions to their children. On November 29, 2021, three youths presented on how they found spirituality within their own respective faiths with the support of their family and community.

The event opened with a song by Jaeden Vaifanua called *That's what family means to me*. Lilly introduced the speakers by commenting on the challenges that youth today face during the Covid-19 Pandemic. "The more difficult the situation the more they need to realize the purpose for their creation." She remarked that it is in handling the doubts of youth during difficult times that we can nurture their faith...

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How to Teach Our Children Gratitude: Reflection on Young Mothers (YOMO) Program

Mrs. Elizabeth Deshotel's presentation focused on how an attitude of gratitude and the daily practice of being grateful transforms one's mental outlook and health. One of the clips she showed emphasized three steps for cultivating a gratitude lifestyle: emote, extend, exercise.

We learned that the repetitive action of gratitude has a transformative impact on our brain, can change memory, and can even free us from emotional pain. We learned that scientific research shows that people practicing daily gratitude makes us happier, helps us to achieve our goals, and even improves our health. Being grateful increases joy in us and feeling joyful automatically creates joy in others...

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Strings of the Heart - Blankets of Love

In 2021 Women's Federation for World Peace adopted a wonderful project, "Strings of the Heart" to give handmade blankets to people who have suffered a loss or who need comfort or inspiration. They are "blankets of love."

I first heard of *Strings of the Heart* upon visiting Mrs. Irmgard Baynes in her home. She showed me several blankets she was putting the finishing touches on for someone who needed comfort and support. I was so moved and wanted to be part of this activity. I quickly bought some yarn and crochet needles and started crocheting six inch squares...

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Why Volunteering is Worth Your Time

Most of us have a generally positive view of volunteering. However, that rarely translates into actual volunteering work — as noble as it seems, volunteering can also get stressful, and is sometimes seen as a drain on already limited energy.

It's time to change that mindset, however. Volunteering can be a deeply rewarding experience, and provides a ton of benefits to both volunteer and recipient. Here's a brief overview of a few of those benefits.

Many people may feel like volunteering is impossible due to age, budget, or time limitations. That's not strictly true, however. There are [several ways to give back](#), and even the smallest bit counts. There's no charity work too small, and there's always space for willing volunteers...

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Fire Prevention during the Holiday Season and Always

Participants heard advice from Mr. T.J. Higgins, Fire Captain of Jersey City, NJ about keeping one's house safe during the holiday season.

First of all, invest in at least two fire extinguishers and learn how to use them. Keep one in the kitchen and one by your clothes drier.

Secondly, do not overload the electric outlets. Many fires start from too many plugs in one socket.

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Hazelnut cake (Haselnusskuchen)

President Selle would like to give all the readers a treat by sharing one of her favorite recipes from her home country of Germany. On the left are the ingredients in English and on the right are the ingredients in German.

9 oz Hazelnuts, ground	250 g Haselnüsse, gemahlen
7 oz Sugar	200 g Zucker
2 tsp Vanilla sugar	2 TL Vanillezucker
3 drops Almond extract	3 Tropfen Bittermandelaroma
9 oz Flour	250 g Mehl
4 tsp Baking powder	4 TL, gestr. Backpulver
8 oz Milk, or a bit more	½ Liter Milch, evtl. auch etwas mehr
1 tbs Rum extract	1 EL Rum
3 oz powder sugar or glaze	100 g Kuchenglasur

[Click to see the full recipe](#)



Upcoming WFWP Events: Global and Local

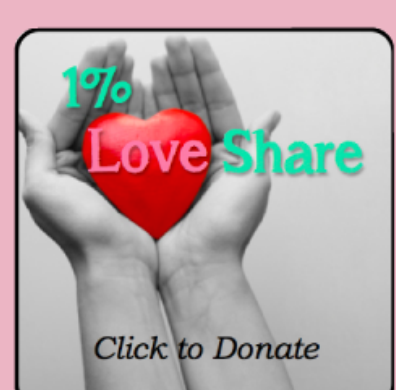
Check out the calendar for exciting upcoming events.

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WE'D LIKE TO HEAR FROM YOU!

PLEASE SEND YOUR FEEDBACK, CONTRIBUTIONS & IDEAS TO:

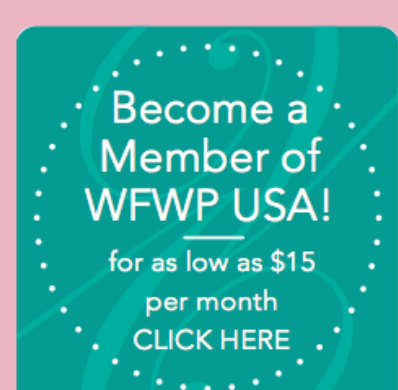
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