



President's Corner: Connecting with the Divine Within

Dear Friends,

Happy Holiday Season!

"How can I be assured God is alive, watching over me, especially when told our Creator is to us like a Father is to His children?" Ms. Cheryl Landon poses the question in her article ["The Bethlehem Star, Celestial Miracle"](#) (see below).

Indeed, as we find ourselves in uncertain even critical times as to where we are going, this question may very well come up at some dinner table discussion, uttered by one of the children, or among friends who wonder where the world is heading at this time.

I believe this is a relevant and timely question to ask, because if God is truly alive, then there is hope...

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THE BETHLEHEM STAR- A Celestial Miracle

Editor's Note: A reflective piece by contributing author Cheryl Landon about the possible scientific origins of the Bethlehem Star and the comfort and meaning it brings to her.

Today I wonder how we can feel **absolutely** secure when parts of our lives, or lives of other loved ones are falling apart? Unexpected losses, challenges and setbacks strike fiercely. How to combat attacks leaving feelings of being overwhelmed, panic, anxiety, and fear-based thoughts?

During these harsh life lessons, many of us put on a strong persona while inside we are barely coping, just trying to survive, trying to understand. How to seek reliable advice? Perhaps a safe, secure solid foundation we can trust that has our best interests. After all, we are all doing the best we can. Perhaps, if we could see a celestial sign affirming: **"Yes, I am here!"**

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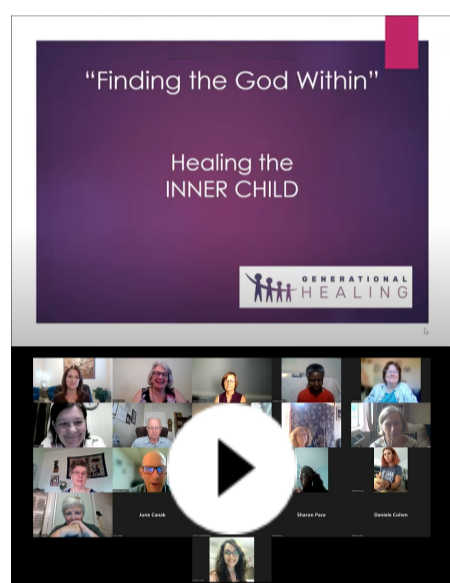


The Honduran Dream: Character Education Workshop in Tela, Honduras

November 8 through November 14, WFWP partnered with Youth Service Club of North Jersey and Universal Peace Federation (UPF) to hold a three-day Character Education workshop in Tela, Honduras, which graduated and certified 73 teachers in the UPF *Discovering the Real Me* curriculum taught by Alan Saunders, one of the original writers and contributors to the teaching series.

This program, titled "Honduran Dream," is focused on helping the city to prepare its citizenry from childhood to adulthood to understand and take the necessary steps to become a serving city—a successful tourist city in order to bolster its economy. Besides providing the teacher training, the workshop encouraged the participants to create a national vision...

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"The God Within"—Self Care isn't Selfish

That anger is not me. It is not my higher self...It is a part of me. It is most likely a wounded part of me...By taking some deep breaths to separate from that emotion...I can ask that angry part of me: "Why are you so angry...tell me about it?" -Kendra Stein

The Self-Care Isn't Selfish webinar continued on Saturday, September 10, 2022 with Kendra Stein as the guest speaker. Kendra, a family coach educated through [Generational Healing](#) spoke powerfully and honestly about her journey of "Finding the God Within"

Beginning with the explanation of the difference between self-care and self-love...

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Education. Service. Reconciliation. There are so many ways to bring hope to local and international communities, to keep the Culture of Heart growing and thriving! And with 30 years of experience, WFWP is the organization you can trust to bring leadership education and hope-giving service to those most in need. Let us lose no time in making the next 30 years more hopeful, more peaceful, and filled with more good works than any time before!

Can we count on your support this season of giving?

[Yes, I want to support WFWP](#)



First Latino "Cornerstone for Peace" workshop in Spanish Language

The Women's Federation for World Peace (WFWP) initiated a Latino Chapter on November 19, 2022!

It took over a year to manifest, starting with the vision of extending WFWP to Latino community women. This vision gained momentum when WFWP member, Monica Vallejo, caught the excitement and translated the following WFWP curriculums into Spanish: [Leadership of the Heart](#), [The Cornerstone for Happiness](#) and [The Cornerstone for Peace](#).

Nancy Makowski, chairwoman of the online Latino Community in the Washington DC/ Maryland area, presented in Spanish the newly translated [Cornerstone for Peace](#) curriculum, a transformational seminar from WFWP USA especially designed to help married couples find a new vision for marriage and family and start a journey to strengthen or restore true love in their own lives and relationships...

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The Mindful Path – The Gift of Winter 2022

TIPS TO STAY HEALTHY AND WELL

Editor's Note: This article was originally published by [My Prime Time News](#) on November 27, 2022 and shared with permission.

"Take a walk outside. It will serve you far more than pacing around in your mind." – *Rasheed Ogunlaru*

Colorado may be the best place to enjoy the year-round beauty of endless blue skies and sunny days. We often enjoy the favorable conditions to get out and get some fresh air even in the winter months. According to Nature Scared, people who are 65 years old and older can benefit from the restorative qualities of being outdoors. Nature supports mental clarity and well-being along with better health outcomes. In older adults, studies show that physical activity in green spaces can be linked to better moods, decreased chance of depression, reduced stress levels, increased mobility, and improved cognitive function. The following tips can aid in making outdoor adventures sensible and safe...

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Upcoming WFWP Events: Global and Local

Check out the calendar for exciting upcoming events.

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