

Logic of Love News

February 2020 - Vol. 1

President's Corner

Dear friends,

Happy New Year 2020 -- again! Yes, it is now the new year according to the Chinese (or lunar) calendar, as of January 25, 2020! It is the Year of the Metal Rat, which Chinese horoscopes say will be a period of new beginnings and prosperity. May it be so!

In that spirit of prosperous new beginnings, **WFWP USA** is excited to move forward into this brand-new time with the following motto for the year: **EMPOWER - COLLABORATE - IMPACT: Toward a Culture of Heart**

Building on the many successes of 2019, especially the five successful regional US launches of the Global Women's Peace Network (a project of WFWP International) and our new partnership with Canada, this motto is meant to be a guideline or yardstick to keep us focused on putting into action the overall vision and mission: "One Global Family Under God"...

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Honoring and celebrating a monumental contribution for peace!

Happy Birthday to beloved Dr. Hak Ja Han Moon and Happy Centenary to esteemed Rev. Dr. Sun Myung Moon, co-founders of the Women's Federation for World Peace International!

This new year 2020 in so many ways is a banner year, certainly for our co-founders and champions for global peace, who were both born on the same day, and whose milestone 77th and 100th birthdays we celebrate this year on February 6th (January 6th in the lunar calendar)...

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WFWP joins MLK "Marade" in Little Rock, Arkansas

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What do we mean by EMPOWER?

We are excited to announce our theme for this year as **Empower, Collaborate, Impact: Towards a Culture of Heart!** Each of these words were chosen to show the full circle of what it takes to build and experience a peaceful, loving world.

Throughout the next few Logic of Love editions we will be taking a deeper look at the meaning and importance of these words, and share ongoing activities you can get involved in related to this theme. Read on to find out more about the connection between empowerment and peace below...

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Sponsor a child, secure the future: WFWP Education Project in Cambodia

In the midst of a busy holiday season, an intimate group of local WFWP ladies met at the restaurant "Noches De Colombia" in South Hackensack, New Jersey, for an end-of-year gathering on December 22nd, 2019. Cynthia Nakai, chairwoman of WFWP Hackensack NJ, held the meeting to share about the Cambodian education project which WFWP NJ has supported since 2015.

This project, which has been managed by WFWP Japan for many years, supports the education of children in rural Cambodia, in a region where not many people have access to school. Cynthia shared how WFWP finds sponsors to support a particular child. For \$150 annually, they can pay for the child's tuition, books and uniform for the entire school year. An ongoing relationship is established between sponsor and child, as they exchange letters and receive pictures from the students...

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WFWP serves local community through food drive in Houston, Texas

In December 2019, WFWP Houston Representative Wendy Dayagon initiated a new service project: a canned food drive for a local women's shelter. She hopes it will become a regular activity for the recently established WFWP chapter as a means of serving and connecting to the local community.

We concluded 2019 in Houston with a big heart. With three weeks' notice, I announced that WFWP Houston was launching its first canned goods drive in an effort to serve the local community with a focus on some of the most vulnerable members of our society: homeless women and children escaping domestic abuse...

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Meet one of our Global Friends: Chase the Dream

With the launch of the Global Friends initiative in 2019 under the project Global Women's Peace Network USA, we have featured the partnered organizations on our website and have promoted their social media platforms.

One of our Global Friends is "Chase the Dream - Culture, Arts & Beauty." As the name suggests, this organization has consistently advocated to promote and preserve African culture, music, arts and tradition. They organize events, exhibitions and workshops to strengthen cultural bonds among African people living in different parts of the world and empower them to be proud of their history and origin...

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Immune-boosting recipe: Golden Milk

The onset of winter brought along with its awe-inspiring soft skies, the sneezes, headaches, breakouts, runny nose, sore throat, dizzy fever and the ache of being away from home. Ergo, Turmeric Milk was prescribed to me by a south Indian friend for the flu attack which has become a yearly ritual since I moved to the United States. I was asked to put some chopped turmeric into half a glass of milk with a bit of gur (jaggery) and a pinch of black pepper and promised the return of my breathing abilities.

There are many variations to this ancient recipe but I like this one best. Plenty of information online suggests turmeric as a healer for its anti-inflammatory and antiseptic qualities. Turmeric's use dates back to 4000 years to the Vedic Indian culture...

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How to get back in the "flow"

Most people make some kind of determination at the start of the year to make changes in their life, but it can be challenging to know where to begin and how to work towards our goals with clear direction and motivation. In this article, Tanya offers five tips to get your mind focused and back on track.

If we were all fish, there would be days when we feel like we're swimming against the current. Perhaps we're headed for the unknown and want to turn back the other way, or we're so stuck in a dull routine and wish we could go back to times when life was more exciting. Whatever the cause, resistance often blinds us to the beauty of life's flow.

How can we reconnect to the here and now, and actually appreciate it for what it is? How do we turn a rhythm that we've come to dread into something cool and refreshing? In psychological terms, "flow" is the state of being where we're fully immersed in what we're doing...

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Upcoming WFWP Events: Global and Local

Check out the calendar for exciting upcoming events.

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wfp.newsletter@gmail.com

