

President's Corner: "A Woman is like a Bowl!"

I came across a passage from Mother Moon the other day that has been circulating in my heart.



"Women have the capacity to embrace all people. A woman, especially a mother, is like a bowl with the capacity to embrace men, women, children and the whole. Nobody can change that."

It's not always easy to describe the unique qualities of women that are desperately needed in our society. There's a sense that we need women, but we can't always put a finger on why we need women. Through the feminist movement we've seen great strides in the equal status of women as members of society, but we have yet to harness the true power of women...

I think this quote from Mother Moon has an answer for us to consider. Some may react to such a notion with the feeling that this "power" seems like such a weak gift, especially when compared to what we admire about our male counterparts. I'll admit that even I have a knee-jerk reaction to concepts like this. However, when I stop to really contemplate, quiet my mind and ask my heart, I realize that in the grand scheme of life...

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June 2023 Virtual HerStory Award: Becoming "Heroes for One Person at a Time"

On June 24, 2023, WFWP USA held a virtual National [HerStory Award](#) ceremony emceed by Mrs. Katarina Connery, Vice President, WFWP USA. The HerStory awardees represented various backgrounds but the common denominator among them was that through overcoming life's insurmountable challenges, they were able to bring incredible value to the lives of countless others.

Each awardee was introduced briefly with her bio as well as a personal sharing from the WFWP leader who recommended her. President Moffitt virtually presented the award and each of the awardee was able to share her story with the participants.

Continue reading for their stories and lessons shared upon receiving the HerStory Award or [click on this link to watch the video...](#)

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A New Paradigm for Peace Leadership

Is there a path to lasting peace? And if so, where would we find it? Having strived to be a peace leader for several decades (peace leader is a visionary, who envisions new possibilities and inspires individuals and peoples toward peace), I came to the conclusion it takes a certain "new" kind of leadership we don't see very much represented in today's world. Some years ago, I asked a variety of people: What do you think should be the most important characteristics of a peace leader?

To my surprise, most people cited three qualities: **moral standards, authenticity and transparency.**

There is another characteristic or component related to those three, which I believe is the foundation for peace leaders to grow the above qualities: Connecting to the Creator, the higher inner self or the divine within. Why? Because we hold ourselves accountable not only to human opinion, but to deeper truths and realities that lie within.

That truth, that all human beings are divine in nature and are spiritual in essence which is the deepest common denominator that connects us. Therefore to work from that space has the potential to override man made barriers and divides...

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BECOMING AGELESS: Webinar held by WFWP USA DC Chapter

Ms. Debra Poneman, founder and CEO of [Yes to Success Seminars](#), spoke at a very insightful webinar entitled "Becoming Ageless: Natural Modalities to

The main speaker of the evening, Ms. Debra Poneman, who has 40 years of experience in helping others lead happy and successful lives.

After sharing about the benefits of meditation, she led the participants through a simple breathing exercise known as "straw breaths" which can quickly and effectively lower stress response in the body. Other practical advice she offered included eliminating white refined sugar from our diets, going to bed at 10 pm in order to maximize the human growth hormone, and protecting our eyes and skin from exposure to blue light....

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Self Defense Tips for Women

WFWP Colorado hosted a women's self defense class at the library in Grand Junction on June 28, 2023.

Our teacher, Mr. McKenna was awarded his black belt in 1982. Chuck Norris was one of the judges on the board that granted his black belt.

Mr. McKenna feels it is his calling to keep women safe, and his classes are always free.

These are a few things we learned:

1. Always be aware of your surroundings and who is around you when you are in a public setting, indoors or outdoors.
2. Don't walk spaced out on your cell phone. You are an easy prey for evil people.
3. Intuition is women's greatest strength. Pay attention to it and leave any situation that makes you uncomfortable.
4. Women do not have weak points. We are capable of defending ourselves if we are smart, aware and prepared.
5. Don't walk alone at night, and in the daytime, don't walk in isolated areas alone....

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The Mindful Path – Emotional Baggage

Editor's Note: This article was originally published by [My Prime Time News](#) on July 1, 2023 and shared with permission.

An older monk and a junior monk were traveling together. They came to a river with a strong current. As the monks were preparing to cross the river, they saw a young and beautiful woman also attempting to cross. The young woman asked if they could help her cross to the other side. The two monks glanced at one another because they had taken vows not to touch a woman. Then, without a word, the older monk picked up the woman, carried her across the river, placed her gently on the other side, and carried on his journey.

The younger monk couldn't believe what had just happened. After rejoining his companion, he was speechless, and an hour passed without a word between them....

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Upcoming WFWP Events: Global and Local

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