



# *Women's Federation for World Peace, USA*

An NGO in General Consultative Status with the Economic and Social Council of the United Nations

## Women's Federation for World Peace, USA E-Newsletter

Becoming Women of Peace

July/August 2006

Dear WFWP,

Welcome to the July/August 2006 issue of WFWP, USA's E-Newsletter! I hope you enjoy the articles we have for you in this issue.

In this issue, we cover a celebration of national Parents' Day in Portland, Oregon; the First Annual Mother-Daughter Bridge of Peace Ceremony held in Denver, Colorado; a very special women's retreat organized by the New York Regional Chapter; and a marriage seminar presented by Debby Gullery on Long Island, in New York.

Our wish is that the E-News can be a tool to connect women across the nation in support of strengthening the family, sponsoring international service projects, and promoting peace and reconciliation activities. Enjoy!

Jennifer Ang, Editor

### *Portland Oregon WFWP Co-Sponsors National Parents' Day in Style*

By Stephanie Herremans, WFWP, Oregon Regional Chairwoman and by Steve Sechrist

On Sunday July 23rd, National Parents' Day, as proclaimed by President George W. Bush, was celebrated around the country. The Portland Chapter of Women's Federation for World Peace co-sponsored two special events to mark the occasion.

The Portland Chapter of WFWP and the Portland Parents' Day Council (a project of the American Family Coalition of Oregon) recognized two exemplary couples at the Revival Tabernacle Church in the Portland suburban community of Vancouver, Washington.



[Read on...](#)



By Catherine Ichinohe, Regional Chairwoman, Colorado Regional Chapter, WFWP, USA

On June 17th, the Colorado Regional Chapter of Women's Federation for World Peace, USA organized an event to honor mothers and daughters. It took place at "la Maison Francaise", a French language school located in the downtown area of Denver, Colorado. The room was beautifully decorated by Beebe Mesch, a member of the local

WFWP chapter, with rows of tables covered with pretty pink tablecloths and beautiful silk flowers...

[Read on...](#)

### *Connecting Women of Peace: Reflections on a WFWP Weekend Retreat*

By Jan Goldstoff, a retreat participant and Debby Gullery, Regional Chairwoman, WFWP, New York Regional Chapter

The Mariandale Retreat Center is such a special place, with acres of rolling hills overlooking the Hudson River, and a tranquil spirit everywhere. I knew in my heart that this WFWP weekend retreat was going to be powerful and memorable!

It was so quiet I could almost hear the grass move in the wind. I don't remember being in a place that had such wonderful silence -- I did not miss my computer, multi-tasking, reading and writing thousands of emails, listening to the 24-hour news channel, or reading all the papers I do each day. Everything seemed very far away and I was in the moment.



[Read on...](#)

### *Relationship Skills Seminar presented by Debby Gullery*



Reported by Donna Howell, WFWP NY Metro Chair

Relationships are the essence of a happy life, yet all relationships are subject to conflicts now and again. Few of us, however, have training in conflict resolution and relationship enrichment.

Fortunately for the WFWP members in the New York Region, our regional chairperson, Debby Gullery, is a certified marriage educator who has been trained in several conflict resolution techniques and marriage enrichment programs. [Read on...](#)



**Relationship Skills Seminar presented by Debby Gullery**  
Long Island, NY

*Reported by Donna Howell, WFWP NY Metro Chair*

Relationships are the essence of a happy life, yet all relationships are subject to conflicts now and again. Few of us, however, have training in conflict resolution and relationship enrichment.

Fortunately for the WFWP members in the New York Region, our regional chairperson, Debby Gullery, is a certified marriage educator who has been trained in several conflict resolution techniques and marriage enrichment programs.

This year the NY Metro Chapter of WFWP invited Ms. Gullery to present an afternoon workshop on building lasting relationships. On May 7, 2006, the workshop, *Six Keys to a Great Relationship*, was held at the Unitarian Universalist Church in Stony Brook, Long Island. About half the participants were Unitarian Church members, curious about an event held in their classrooms.

During her presentation, Gullery outlined six rules of relationships that can be used, not just between spouses, but also between parents and children.

The rules are:

**Time Out:** When conflict is escalating, call a time out, but don't forget to have "Time In" later to talk about the issue using the "Speaker-Listener" technique.

Speaker-Listener Technique: When having difficulty communicating, use this technique to really “hear” what the other is saying. The rules for this technique are to speak for oneself, keep statements brief and stop to let the listener paraphrase. Only when the listener can accurately paraphrase the problem, can the conversation proceed.

Problem-Solving: When working on a problem, separate problem-discussion from problem-solving. The problem must be understood and discussed before it can be solved.

Not a good time: Don’t bring up important issues when one person is too preoccupied to deal with it. One should feel free to say, “This is not a good time.” However, that person must take responsibility to set up a later time to discuss the issue.

Regular Couple Meeting: Couples should have a regular couple meeting which is not a “date night.” This should be a consistent, short meeting – no more than 30 minutes – to pursue issues in a constructive manner.

Fun, Friendship, Sensuality and Spirituality: Make some protected time for the great things of your relationship.

By following these simple rules, Gullery said that any relationship can improve and blossom. Participants were grateful for these insights and excited to try these techniques at home. The positive feedback has encouraged the NY Metro chapter to sponsor more extensive marriage education workshops in 2007.

###

## Connecting Women of Peace: Reflections on a WFWP Weekend Retreat

*By Jan Goldstoff, a retreat participant  
and Debby Gullery, Regional Chairwoman, WFWP, New York Regional Chapter*

*The New York Regional Chapter of WFWP just put on their first annual Women's Retreat in Westchester County. This had been a dream of the NY Regional Chairwoman, Debby Gullery, for several years, and it was very exciting to see it unfold! The theme of the retreat was "Connecting Women of Peace" so the presentations discussed ways that women can inspire and create peace on all levels. Below are reflections from a retreat participant, Jan Goldstoff, with a few comments added by Ms. Gullery.*



The Mariandale Retreat Center is such a special place, with acres of rolling hills overlooking the Hudson River, and a tranquil spirit everywhere. I knew in my heart that this WFWP weekend retreat was going to be powerful and memorable!

It was so quiet I could almost hear the grass move in the wind. I don't remember being in a place that had such wonderful silence -- I did not miss my computer, multi-tasking, reading and writing thousands of emails, listening to the 24-hour news channel, or reading all the papers I do each day. Everything seemed very far away and I was in the moment. I was in paradise, in nature, with deer roaming and squirrels scurrying and birds soaring all around. It was all perfect.

On Saturday, I found myself listening to many awesome women -- women who were mothers, grandmothers and students, from every walk of life and nationality, who were profoundly impacting their communities and contributing to WFWP; who shared from their heart and soul and whose insights, wisdom and wit were

unbelievably inspiring.

Donna Howell, who leads the New York Metro Chapter of WFWP, was the master of ceremonies, and her energizing voice and cheerfulness was captivating. What a great addition she was to this conference! She described WFWP as being all about peace-building in ourselves and in the world. I knew then I was in the right place. She said that she hoped that God would speak to our hearts and give each of us what we needed to grow and be empowered.

The morning began as we gathered to hear from Betsy Jones, speaking on “Steps Towards Peace Within”. What a powerful speaker Betsy is! She spoke about how we have to achieve balance between being in community with others and being alone. She talked about suffering being like a raft...we must get off it! Like being on a canoe on a lake, we cannot go against the current; we must learn to flow with it. And if we find ourselves unable to go in the direction we wanted, we need to learn how to stop fighting it and to be flexible.

We did an exercise with the person next to us, where we sat back to back and shared our concerns. I met a young woman from Taiwan who had 3 kids and who shared her concerns with me. It was a very special sharing and I am sure most women in the room felt the same wonderful experience – the letting down of one’s barriers... communicating from the heart and soul...finding commonalities...and “peace within through tears”.

We loved Betsy Jones. She touched our hearts. It was a powerful way to begin the retreat experience.

Kathy Winings was up next and spoke on The Powerful Ministry of Women. Another awesome speaker! Kathy talked about culture and its impact on us. We realized that culture creates worldviews in very subtle but substantial ways, and leaves us feeling disconnected and overwhelmed. But then she reminded us how well-prepared women are to build bridges and change culture, because of our ability to create loving and stable relationships and environments. These skills give us serious responsibility to put forward a different worldview...one of hope and possibility.

Lynn Walsh was the next speaker, and she spoke about creating peace in the family. She said that the goal of parents should be to help our kids become good parents and good spouses. Using PowerPoint presentations and video clips to illustrate her points, her talk was both informative and practical. There was a lot of dialogue between her and the audience, and everyone felt hopeful that they could improve their

communicating and discipline techniques.

Between presentations, there were opportunities to gather in groups, discuss the ideas we had heard, and get to know one another better. Our conversations continued through into the organized breakout sessions, which included a communications class with Lynn Walsh and visits with our gifted Reiki and massage therapists – Gillian Corcoran and Kanae Holt respectively!



During free time, the outdoor pool beckoned to many, as did the wooded trails, the bookstore, the dining hall, and the arts and crafts room, where a peace banner was spontaneously created over the course of the day by everyone!

Later on, Debby Gullery gave a presentation entitled “The Power of One in a Relationship of Two”. She wanted everyone to feel that they *can* make substantial improvements and changes in their important relationships. She explained that there are very practical ways to change the dynamics of relationships, especially in our marriages. She emphasized being intentional and reminded us that relationships are circular, meaning that a tiny change in one person’s actions can lead to a big change in the dynamic of a relationship.

Debby also gave a PowerPoint presentation about the many activities of the national and international chapters of WFWP. Many of our participants were encountering WFWP for the first time, so this gave them a broader understanding of WFWP.

Following Debby’s talk, Hannah Alexander shared about her moving experience going on a Goodwill Trip to China with WFWP last year. Hannah is a young, dynamic woman who has the ability to totally engage and captivate an audience. She

is half British and half Chinese, so the trip had great significance for her. She talked about having a vision of seeing her grandfather saying to her, “I’ve been waiting for you for so long”. And as a result of her experiences in China, she now sees herself as a bridge between the East and the West.

In preparation for our labyrinth walk on Sunday, Gillian Corcoran explained the power and magic of the labyrinth as a tool for healing and connecting to our authentic selves. Her explanation got everyone excited and intrigued to walk the labyrinth!

In the final presentation of the day, Nora Spurgin talked about celebrating and honoring friendships. She said we need to be courageous and grateful and remember that the joy of life comes from relationships. To that end, she counseled us to let go and become vulnerable with each other – to laugh and cry together.

On a personal note, she shared how she discovered that she received great joy by giving and encouraged us to give and give freely. I find myself thinking about this every day since the workshop!

Before we ended the evening, we gathered in our groups for some creative time. Every group wrote and performed songs or skits and we laughed ourselves silly! Several individuals performed as well, and Jan Goldstoff had the whole group singing along to an incredible song of peace she had written.



The conference concluded on Sunday morning with a communal walking of the labyrinth. Gillian Corcoran guided us through a beautiful experience that started out alone and developed into encounters and hugs along the way. Following the



labyrinth walk, we danced and sang a song of friendship together. Imagine all of us on a beautiful summer morning, hands clasped and hearts soaring! What a wonderful way to end our experience!



Afterwards, we gathered for reflections and a celebration breakfast, sharing emails, bringing out guitars and drums and singing some more. It was hard to leave the peaceful surroundings and each other, but we are pretty sure there will be another retreat next year! Meanwhile, each of us returned home filled with new-found hope, skills and confidence to become peacemakers in our own circles of influence!

###

**Portland Oregon WFWP Co-Sponsors National Parents' Day in Style**  
*By Stephanie Herremans, WFWP, Oregon Regional Chairwoman  
and by Steve Sechrist*



On Sunday July 23<sup>rd</sup>, National Parents' Day, as proclaimed by President George W. Bush, was celebrated around the country. The Portland Chapter of Women's Federation for World Peace co-sponsored two special events to mark the occasion.

The Portland Chapter of WFWP and the Portland Parents' Day Council (a project of the American Family Coalition of Oregon) recognized two exemplary couples at the Revival Tabernacle Church in the Portland suburban community of Vancouver, Washington.



The Vancouver Revival Tabernacle Church has been an active supporter of the work of WFWP and other like-minded organizations for the past ten years. Bishop Ronny and wife Mattie Hill were recognized for their significant contribution in service to

others and as exemplary parental role models in the community. They were given the Excellence in Parenting award during their church's Sunday service, in front of the full congregation. They received the award to a standing ovation from the congregants. Steve and Rachel Hestimark of Portland, Oregon, were also recognized at the service and received the award.

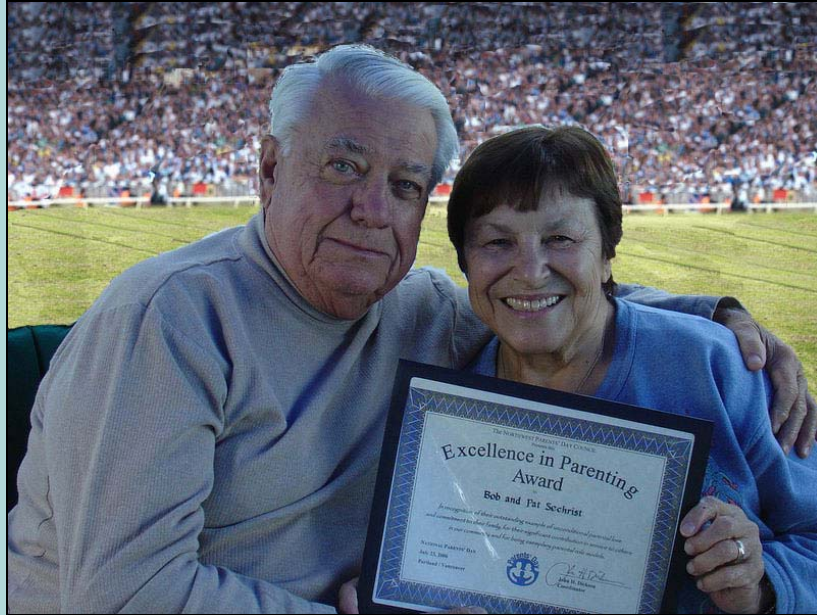
In an interesting twist of fate, the two couples (the Hill's and the Hestimark's) discovered that they are distant relatives by marriage. Perhaps this proves that good parenting really does run in the family.



Happily, Rachel Hestimark's parents, Rev. Lee and Mrs. Amanda Fleming were on hand to witness the ceremony where their daughter received the Excellence in Parenting award, so there were plenty of proud parents to go around that morning.

Presiding over the ceremony and presenting the award at the church was Portland Parents' Day Committee member, Stephanie Herremans, and a long time friend of the Hill's, Yuriko Hicks.

Herremans said at the event, "The good family is the core of a good society in the world, with God as our collective parent." And the President of the United States agrees. In his proclamation recognizing National Parents' Day, he said, "By instilling in children the difference between right and wrong, parents guide their children toward developing into successful adults and responsible citizens who lead lives of purpose. In addition, the commitment of parents to the welfare of young people strengthens families and communities throughout our great country." (see below for full text)



The day was capped with a Parents' Day barbecue at the home of Dan and Yuriko Hicks. Despite the record heat in Portland, the event was a happy meeting of many families and honored guests, including Bishop Hill and his wife and Rev. Dr. Kim and Mrs. Kim, who were also presented with an award of recognition. Mr. and Mrs. Robert Sechrist were also recipients of the award at a later date.

The evening was completed with entertainment from the talented Mr. Dan Hicks who played many songs on his electric guitar, Rev. Hill who played the electric keyboard and other guests who sang the Star Spangle Banner et al.

###

the

*White House*  
President George W. Bush

## Parents' Day 2006

A Proclamation by the President of the United States of America

As a child's first teachers, mentors, and role models, parents shape the character of those who will help to build the future of our Nation. On Parents' Day, we pay tribute to the hard work and sacrifice of the millions of devoted parents who provide guidance, support, and unconditional love to their children.

Mothers and fathers help kindle imaginations, inspire a love of learning, nurture the formation of young minds, and give children the courage and the drive to realize their dreams. By instilling in children the difference between right and wrong, parents guide their children toward developing into successful adults and responsible citizens who lead lives of purpose. In addition, the commitment of parents to the welfare of young people strengthens families and communities throughout our great country.

My Administration supports grants and programs to promote healthy marriages and responsible fatherhood. The No Child Left Behind Act is helping us ensure that every child has the opportunity to learn, and recognizes that parental involvement is a vital part of the success of schools across America. Federal, State, and local programs, and faith-based and community groups provide additional resources to help parents as they work to raise children of conviction and character.

On this special day, we express our deep gratitude to parents for their dedication to a bright and hopeful future for their children. We also pray for parents in the military who stand up for America, and we resolve that their sacrifice will always be honored by a grateful Nation.

NOW, THEREFORE, I, GEORGE W. BUSH, President of the United States of America, by virtue of the authority vested in me by the Constitution and laws of the United States and consistent with Public Law 103-362, as amended, do hereby proclaim Sunday, July 23, 2006, as Parents' Day. I call upon citizens, private organizations, and governmental bodies at all levels to engage in activities and educational efforts that recognize, support, and honor parents, and I encourage American sons and daughters to convey their love, respect, and appreciation to their parents.

IN WITNESS WHEREOF, I have hereunto set my hand this twelfth day of July, in the year of our Lord two thousand six, and of the Independence of the United States of America the two hundred and thirty-first.

GEORGE W. BUSH