

WOMEN'S FEDERATION FOR WORLD PEACE, USA

October 2016

PRESIDENT'S CORNER

Dear Ladies, Friends, and Families,
 Are you by any chance stressed? Do you feel bogged down with health issues, feel powerless to effect change, or feel trapped physically and emotionally?
 In this October issue, you will find many pointers and insights about staying healthy, such as what brought a Cuban woman who lives in New Jersey to be 102 years young! You'll also discover tidbits of wisdom as to what you can do to recreate your own health and feel more empowered!
 And did you know that the digestive system reacts based on how you think before you eat, or how you think before you even prepare the food? So health begins in the mind and in our emotions, as Mr. Bochenikov taught in our WFWP health seminar in the Washington, DC, chapter. Therefore, everyone needs emotional healing, and a "miracle of heart and soul," which can occur in many ways, such as through a Bridge of Peace crossing, or through experiencing art, music, and beauty that uplifts our spirit.
 Since this month is also Cancer Awareness Month, we are featuring the stirring story of Dr. Sandra Lowen, a cancer survivor -- how after several battles with cancer she has been cancer free for 15 years!
 There can't be lasting peace without a healthy mind and healthy body. As someone mentioned at a recent International Peace Day celebration, "Peace Day is every day!" In the same vein, a "health day" is also every day! And healing is available to make that happen.
 And did you also know that you can laugh yourself to better health through "laughter Yoga"? You can check it out at our upcoming 24th National Assembly, November 11-13, in Fairfield New Jersey! Yet, there is more than one reason to attend. I would submit at least 7, to uplift, empower and inspire you and for you to be an inspiration to others. (See "Why attend") Hope to see you there!
 Enjoy this beautiful month of October, and here's to your health and well-being and to the health and well-being of your family!
 Warmly,
 Angelika

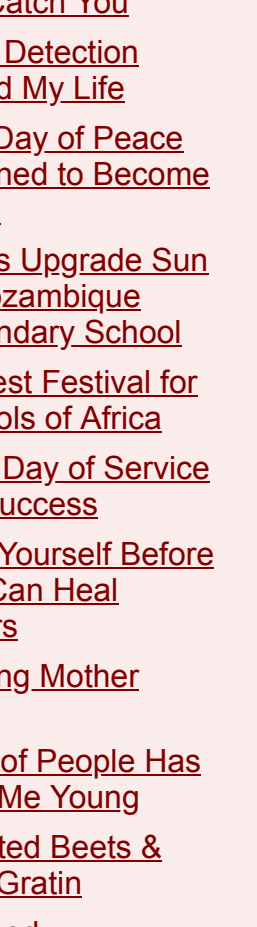


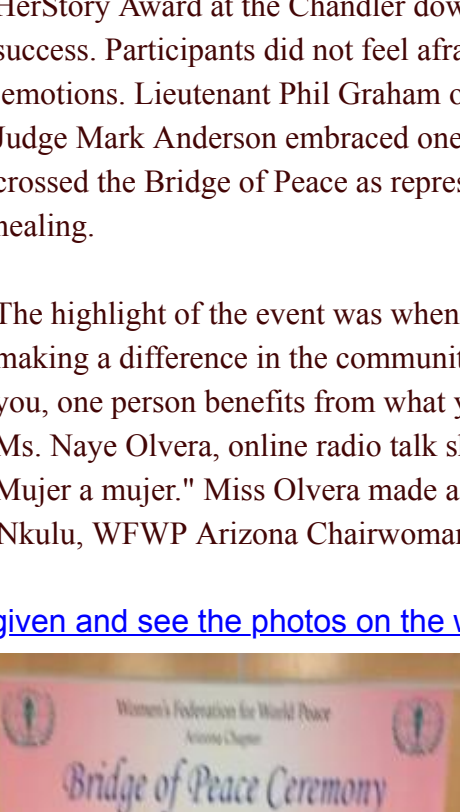
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WFWP USA National Assembly Coming: Register Online Now!

Why Attend?

By Angelika Seile
 "The Hope of Humanity Comes from Mothers".
 These are the words of our Founder, Dr. Hak Ja Han Moon. Her vision and belief is that peace cannot be accomplished from the outside, but must begin on the inside. Especially from the quiet voice that speaks to all human beings to be good and to do good. At this time of global and local crisis, WFWP International President Dr. Moon is calling on all women and mothers (and also all men and fathers), to listen to that quiet inner voice and to act on it, to work together beyond differences of race, nationality, or religion for the sake of the higher common good of all of humanity. The time is ripe for a different paradigm of leadership, now more than ever, and that is what we will be talking about and exploring in this year's 24th Anniversary National Assembly.



But more specifically, why attend? What's in it for me?
[Go to the website to read the seven reasons that personally inspire me.](#)

REGISTER FOR THE ASSEMBLY BELOW

REGISTER NOW

ARIZONA

Leaders of the Heart Honored

Ms. Veronica Tashiro
 On October 8, the WFWP Arizona Chapter held a Bridge of Peace ceremony and honored ten outstanding women through the

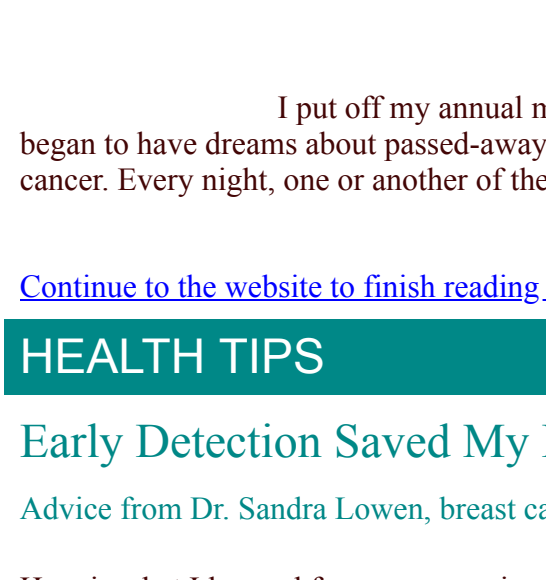


Photo: Art-57

HerStory Award at the Chandler downtown library. The event was a huge success. Participants did not feel afraid to express their emotions. Lieutenant Phil Graham of the Chandler Police Department and Judge Mark Anderson embraced one another on the bridge. Four other pairs crossed the Bridge of Peace as representative pairs for repentance and healing.

The highlight of the event was when awards were handed out to women making a difference in the community. "I think even if one person thanks you, one person benefits from what you are doing, you are doing great," said Ms. Naye Olvera, online radio talk show host for Entre Mujeres Radio. "De Mujer a mujer." Miss Olvera made a WFWP introductory video for the Bridge of Peace Ceremony and invited Rhia Nkulu, WFWP Arizona Chairwoman, to talk about WFWP on their station.

[Click here to find out what awards were given and see the photos on the website.](#)

OCTOBER IS BREAST CANCER AWARENESS MONTH

Catch It Early or It Will Catch You

By Dr. Sandra Lowen, PhD, is a licensed clinical psychotherapist, author and longtime member of WFWP

October is Breast Cancer Awareness Month, and I just celebrated my fifteenth birthday! Those of you that know me will be surprised, since obviously I have been around for a great deal longer than five or even fifty years. But I am speaking of my fifteen years of being cancer-free following that dreaded diagnosis that we all fear: breast cancer.

The diagnosis did not come totally out of the blue, although I did not have the usual predisposition for developing it. Therefore, when I found a tiny lump in my left breast in mid-2001, I tried to point it out to my doctor, a very shy gentleman who preferred cases of influenza or broken bones to having to palpate a lady's breast lumps more than superficially. He diagnosed polycystic breasts, and suggested that I cut back on coffee.

But this did not feel like a cyst, which through the skin feels like a tiny but slightly tender balloon. This felt like a grain of rice. Over a few months it began to feel more like a hard split pea. I would probably have checked on it had it been painful, but it didn't hurt.

I put off my annual mammogram, because I wanted to attend a retreat in South Korea. But there I began to have dreams about passed-away friends; not just any passed-away friends, but those that had lost battles with cancer. Every night, one or another of them showed up at my bedside, saying, "You should go to a doctor about that."

[Continue to the website to finish reading Dr. Lowen's story.](#)



HEALTH TIPS

Early Detection Saved My Life

Advice from Dr. Sandra Lowen, breast cancer survivor

Here is what I learned from my experience surviving breast cancer:

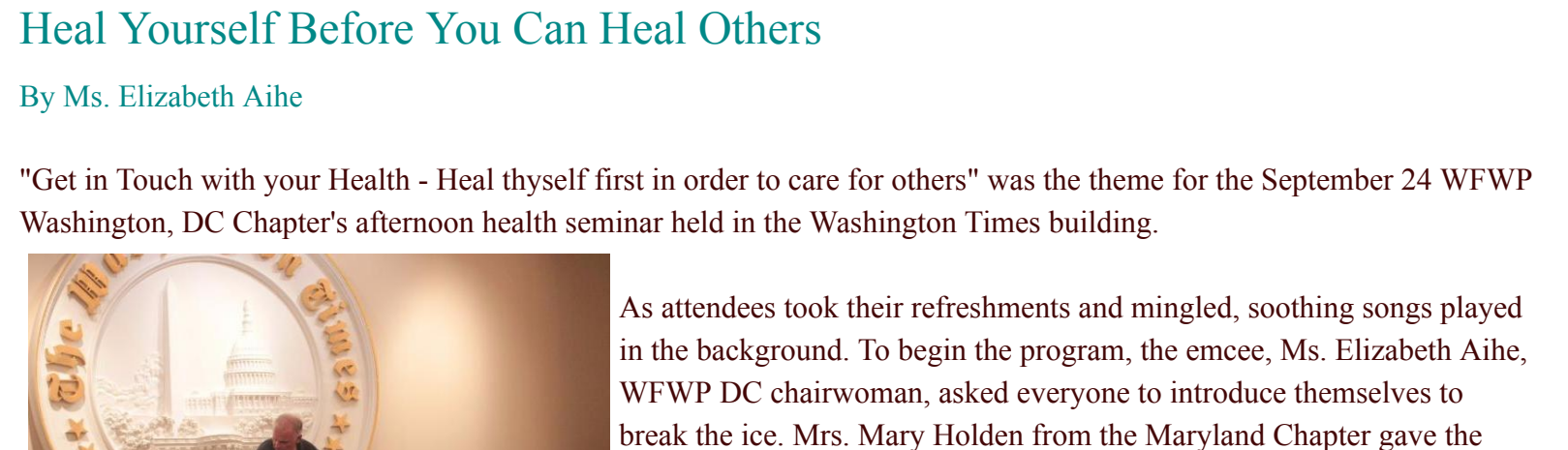
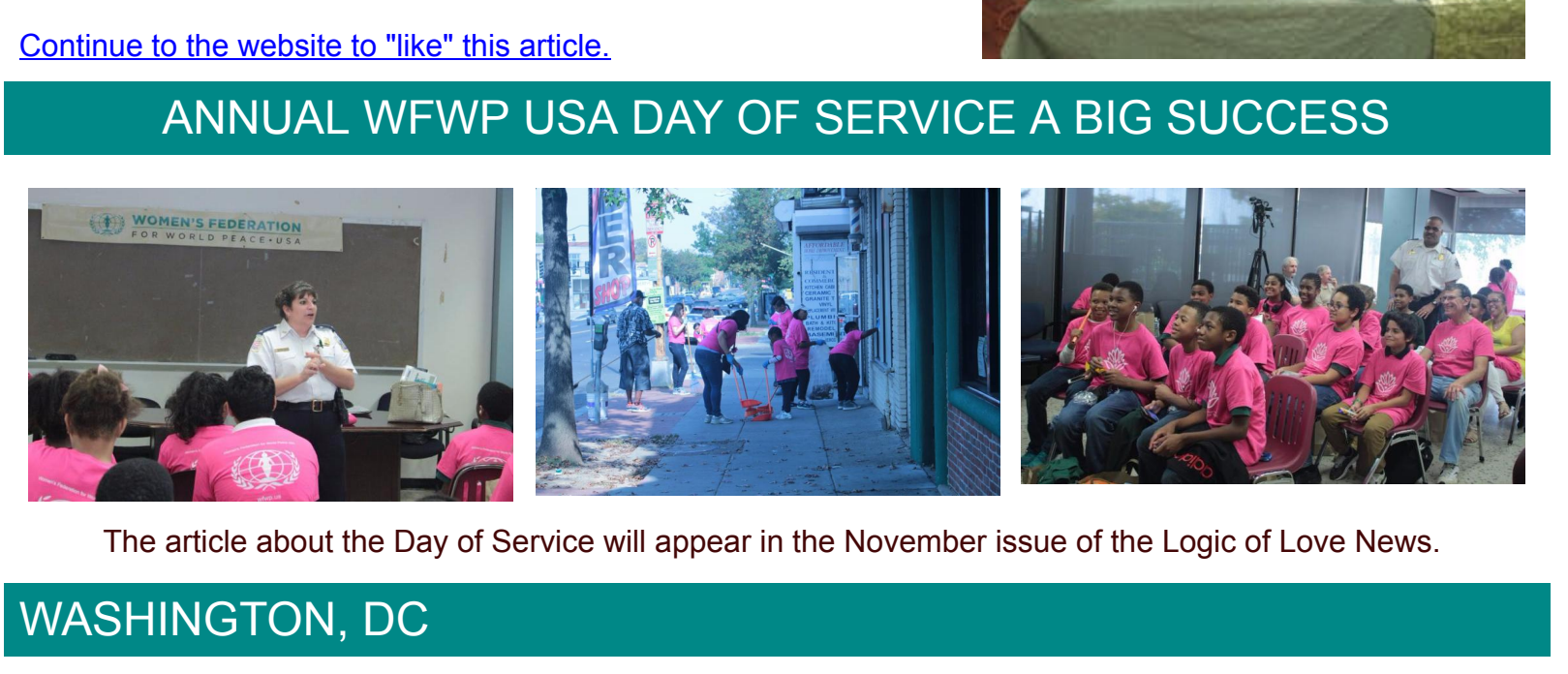


- Self-examine once a month and skip mammograms. True, we are not comfortable, but, as my radiologist says, "We squeeze because we care."
- If you find something that concerns you, have it checked. It is better to be viewed as a little paranoid than to miss something important.
- Question a diagnosis, if your instinct or intuition tells you to. Doctors are not infallible.
- Get over the fear that you'll find something wrong if you check. You wouldn't have that attitude toward your child or your car.
- Don't rely on "Divine Providence" or apparent good health to keep you healthy. It is your responsibility to take care of your health; Providence has other worries.
- Just because there is no family history of cancer, don't assume you cannot be the first. Turns out that my father, who died of a stroke, had the beginnings of bone cancer on autopsy, and a paternal uncle, who died of a heart attack, had undiagnosed stomach cancer.
- Men get breast cancer too, and it is just as deadly as in women. They should also self-examine.

• While mammograms are suggested for women over 40, much younger women can develop breast cancer as well, and should self-examine.

[Continue to the website for more important practical advice!](#)

OREGON



One Day of Peace Destined to Become Many

By RoseAnn Kennett and Stephanie Herremans
 "Peace cannot be kept by force; it can only be achieved by understanding." - Albert Einstein

"It is not enough to teach children how to read, write, and count. Education has to cultivate mutual respect for others and the world in which we live, and help people grow more just, inclusive, and peaceful societies." - UN Secretary General Ban Ki-moon on the 100-day countdown message to the International Day of Peace.



Photo: Art-57

For six years, the Oregon Chapter of WFWP has actively observed the United Nations International Day of Peace on September 21st. The International Day of Peace was established by the United Nations in 1981 and declared a permanent holiday in 2002. This year's observance was held on Sunday, September 25 at the Portland Family Fellowship, in West Linn, Oregon, and featured a Bridge of Peace Ceremony.

The guest speaker was Dr. Richard Lazere, who has been teaching Psychology at Portland Community College for 15 years and is an active member of Veterans for Peace, Physicians for Social Responsibility, and the Wholistic Peace Institute. His message was that we should make every day a peace day, not just once a year. We should stand up for peace and let our voices be heard. He quoted several very influential people to make his point, including the Dalai Lama and Dr. Martin Luther King. He stressed that we should make choices that involve a perspective of peace, and train ourselves to be a good example of what we advocate.

His powerful message prepared everyone's hearts for the Bridge of Peace Ceremony...

[Click here to continue reading](#)

SCHOOLS OF AFRICA: MOZAMBIQUE

Funds Upgrade Sun of Mozambique Secondary School

By Ms. Irmgard Baynes
 Perhaps you are wondering how Schools of Africa funds are used? When WFWP USA receives the funds that are raised for the WFWP Schools in Africa, the money is pooled together. As managers of the Schools of Africa Project, WFWP Japan then advises

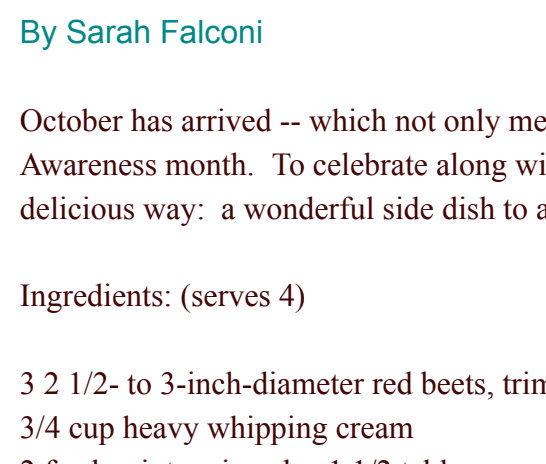
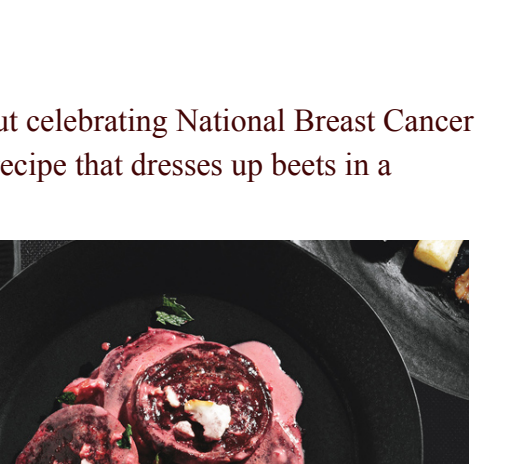


Photo: Art-57

where the funds are needed most. WFWP USA recently received a very warm thank you letter and photos from Mrs Akiko Hazan letting us know how the recent grant was used in Mozambique.

The Sun of Mozambique Secondary School was founded in March of 1995 and, as of 2013, had 8,159 graduates. The Sun of Mozambique School has earned their reputation as a school with high quality education at a low price, which provides low income students with needed educational opportunities. The Ministry of Education of Mozambique named this school the highest ranking private school in October 2008 in terms of its stable management and excellent educational results throughout the years.

The school library holds over 6,000 books, textbooks, and reference books to support the students through their education. This year's grant money of \$3,000 from WFWP USA was used for replacement parts for the copy machine, for a desktop computer and peripheral equipment; for floor tiling of the school canteen; and to buy and lay block pavement in the schoolyard.



Thank you all for your heart work to raise funds for the Schools of Africa. Let's continue in this worthwhile endeavor!

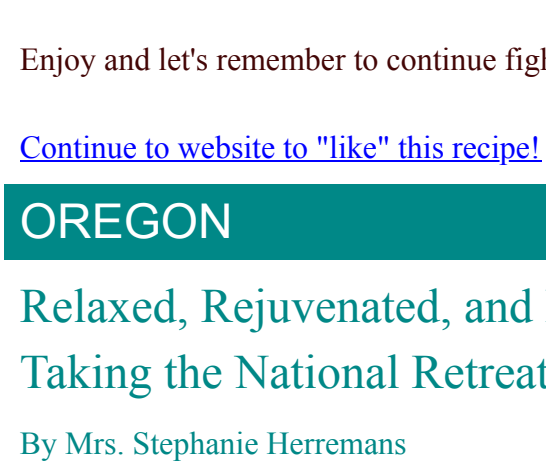


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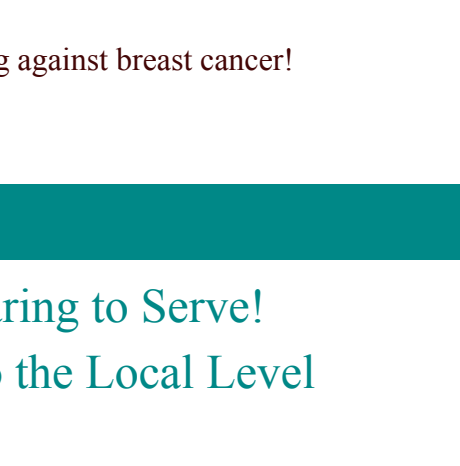


Photo: Art-57

[Click here to "like" this article on the website.](#)

MASSACHUSETTS

Harvest Festival for Schools of Africa

By Ms. Peggy Brewster
 On October 8, the Boston Chapter of WFWP had its Second Annual International Festival to raise funds for the Schools of Africa. It was a beautiful day, made more beautiful by our lovely high school and college age ladies dressed in their native dress. They escorted people into the church center that allowed us to use their facilities for the benefit.



Photo: Art-57

The building is the former mansion of Jordan Marsh, the founder of the first department store in Boston. Some people just came in to see the exquisite woodwork of the building; others came to experience the international flavors. WFWP members from Japan, the Philippines, and

Russia gave them a taste of their cultural foods. There were tables set up for Origami, Calligraphy and the Japanese tea ceremony. There were several vendors selling clothing, gifts and health products.

It was a wonderful opportunity for members and guests to share something unique, to learn about the vision and goals of WFWP and the work of WFWP in Massachusetts and around the world. Most importantly, it was a chance to support WFWP's important work to educate children in Africa.

[Continue to the website to "like" this article.](#)



Photo: Art-57

ANNUAL WFWP USA DAY OF SERVICE A BIG SUCCESS



The article about the Day of Service will appear in the November issue of the Logic of Love News.

WASHINGTON, DC

Heal Yourself Before You Can Heal Others

By Ms. Elizabeth Aihe
 "Get in Touch with your Health - Heal yourself first in order to care for others" was the theme for the September 24 WFWP Washington, DC Chapter's afternoon health seminar held in the Washington Times building.

Photo: Art-57

As attendees took their refreshments and mingled, soothing songs played in the background. To begin the program, the emcee, Ms. Elizabeth Aihe, WFWP DC chairwoman, asked everyone to introduce themselves to break the ice. Mrs. Mary Holden from the Maryland Chapter gave the invocation, followed by a video presentation to introduce WFWP's mission and work around the world.

It was a small intimate gathering of about twenty people. This allowed Mr. Viktor Bocharnikov, the presenter, to be close to the attendees during the first part of the seminar which was an interactive session on general health.

Mr. Bocharnikov, a Certified Massage Therapist with vast knowledge and experience related to health, explained how important it is to control our emotions, to exercise, to relax and eat well in order to be healthier and live longer...

[Continue to the website to find out more](#)

TEXAS

Serving Mother Earth

By Justine Cherutich
 Saturday, September 24 was National Public Lands Day, and Texans came out in full force to support the cause! Members of the Dallas, Texas Chapter of WFWP joined hundreds of other volunteers to attend our Mother Earth, cleaning and collecting garbage and recyclables to one of Irving's city parks.

Photo: Art-57

Photo: Art-57

So many people came, especially young people from all over the city. It was a moving scene and a testimony that people really care about our environment. We were very happy to participate; and, at the end, we shared lunch and each received a free mug and a bag of goodies. In all, it was a beautiful experience with young and old, working together to serve our Mother Earth.

[Click here to "like" the article and see many more photos](#)

NEW JERSEY -- Hackensack

Love of People Has Kept Me Young

By Ms. Cynthia Nakai and Olivia Vozza
 On October 8th Ms. Aida Paraus was 102 years young! As the dear mother of Lourdes, one of WFWP Hackensack chapter's participants and speakers on numerous occasions, the chapter decided to honor her. Originally from Cuba, she now lives in Little Ferry, New Jersey, a small town where the mayor and council take personal care of their citizens. There is a plaque in the Borough Hall for those who have reached 100 years old.

Photo: Art-57

We arranged for a meet and greet from Little Ferry Mayor's office in her home. Councilman Tom Sarfo presented Aida with a pin from the city and said her name would be on the plaque in City Hall for turning 100. She is the seventh name honored on the plaque. When asked what she attributes her longevity to, Aida shared that it is her love of people and knowing the importance of bringing people close to her, and not shutting them out; that has kept her young.

Even though she sits in a wheelchair, she always has a smile on her face to present to those around her. Aida, happy birthday to you and many more to come! You brightened up our day!

[Please visit the website and "like" this article](#)

OCTOBER RECIPE

Roasted Beets and Feta Gratin with Fresh Mint

By Sarah Falconi
 October has arrived -- which not only means getting into the spirit of Halloween -- but celebrating National Breast Cancer Awareness month. To celebrate along with the pink festivities, here is a bright pink recipe that dresses up beets in a delicious way: a wonderful side dish to add to your main course dishes.

Ingredients: (serves 4)
 3 1/2 1/2- to 3-inch-diameter red beets, trimmed, scrubbed
 3/4 cup heavy whipping cream
 2 fresh mint sprigs plus 1 1/2 tablespoons chopped fresh mint (for garnish)
 1 garlic clove, peeled, smashed
 Butter (for dish)
 1/2 cup crumbled feta cheese

Directions:
 Preheat oven to 400°F. Place beets in small baking dish. Add enough water to reach depth of 1/4 inch. Sprinkle lightly with salt and pepper. Cover tightly with foil. Bake until beets are tender, about 50 minutes. Uncover carefully (steam will be released) and cool. Peel beets; cut into 1/4-inch-thick slices. Cover and chill.
 Preheat oven to 425°F. Bring cream, mint sprigs, and garlic to boil in heavy small saucepan. Remove from heat, cover, and let steep 15 minutes.
 Meanwhile, lightly beat a 1 and 1/2 quart gratin dish or other shallow baking dish. Arrange sliced beets in even layers in the dish, sprinkling each layer lightly with salt.
 Strain cream mixture over 20 beets in the dish. Sprinkle with feta. Baked mint is bubbling at the edges and feta is browned in spots, about 20 minutes. Sprinkle with pepper and chopped mint. Let stand 5 minutes before serving.

Enjoy and let's remember to continue fighting against breast cancer!

[Continue to website to "like" this recipe!](#)

OREGON

Relaxed, Rejuvenated, and Raring to Serve!

Taking the National Retreat to the Local Level

By Mrs. Stephanie Herremans
 From the 19th to 21st of August, the WFWP Chapter in Cascade, Oregon, gathered a total of nine women together for the local women's retreat. We relaxed, were rejuvenated, and envisioned the future of the chapter during those three days at the "comfy" and loving home of the Wolfenbeger family, in Aberdeen, Washington, a three hour drive from Portland.

Our scheduled, successful, of enrichment fun, in and out, away from our everyday busy lives in the city. Each one of us held our own session: teaching, learning, and sharing both our skills and unforgettable moments. We had energy release exercises, a spa on the deck, flower arranging, knitting lessons, as well as a chance to report and plan our recent and current conferences.

Photo: Art-57

In one session, two groups created vision boards and presented them, competing for the more exciting vision for our local chapter. We imagined that our chapter was recognized for peacemaking efforts by being featured on the front page of a national magazine; becoming a recipient of the Nobel Peace Prize; and other wonderful accolades. It was a very rich and entertaining exercise.

[Continue to the website to read more about the local retreat in Oregon and see more photos.](#)

UPCOMING EVENTS AROUND THE U.S.A.

WFWP USA 24th Assembly November 11-13

24TH ANNUAL ASSEMBLY | WOMEN'S FEDERATION FOR WORLD PEACE USA
COMPASSIONATE LEADERSHIP
WOMEN MAKING AN IMPACT
 As leaders of heart, let's make a sustainable impact through reconciliation, compassion, love and service.

Featuring a special Veterans Day Bridge of Peace, a Schools of Africa Benefit Gala, Marriage Blessing celebration, great music, delicious food, and more.

GLOBAL WOMEN PEACE NETWORK PANELISTS
 Aileen Kodachian, Author and Acclaimed Talk Show Host
 Dawn Hawkins, Executive Director of National Center on Sexual Exploitation
 Aneka O'Neil, Educator, Speaker, Coach, Author
 Bishop Nancy Botwin, Director and Founder, State of New York
BREAKOUT SESSIONS
 Ten Year Progress into a Sustainable Project
 Tools and Resources to Stop the Harms of Porn
 Developing a Healthy Sex Life in Marriage
 Advancing Health and Peace from Within with Laughter Yoga
 Value and Significance of the Marriage Blessing

ANNUAL ASSEMBLY
 Crowne Plaza Hotel, Fairfield, NJ
 Friday, November 11, 5:00 - 8:00 PM
 Saturday, November 12, 8:30 AM - 7:00 PM
MARRIAGE BLESSING
 Clifton Family Church, Clifton, NJ
 Sunday, November 13, 9:00 - 11:30 AM

For more information and to register, visit www.wfwpusa.com

WOMEN'S FEDERATION FOR WORLD PEACE USA
 invites you to
Marriage Blessing Celebration
 Renew your vows and uplift your marriage by committing to live for each other, your families, the world, and God. Through this beautiful interfaith celebration, become part of a worldwide community creating peace through strong, loving families.

DATE: Sunday, November 13
TIME: 9:00 - 11:30 AM
LOCATION: Clifton Family Church
 78 DeMott Avenue
 Clifton, NJ 07011

For more details, contact Patricia Pfister at (224) 520-6489 or clifford@wfwpusa.com

WFWP USA WFWU

Schools of Africa Benefit, San Leandro, CA Chicago, IL

Photo: Art-57

Special WFWP Bake Sale!
 Proceeds will assist those attending the Women's Federation for World Peace 24th Anniversary National Assembly in New Jersey on November 11-13, 2016.

1. Prepare your favorite home-baked goodies to be donated and sold through the bake sale (bring to the hostesses' center before the Sunday service).
2. Stop by the bake sale table and stock up on delicious treats for your family and friends! Also serving hot and cold apple cider and hot chocolate. Cash and checks will be accepted (make checks to WFWP).

For more details, contact Patricia Pfister at (224) 520-6489 or clifford@wfwpusa.com

INTERNSHIPS STILL AVAILABLE WITH WFWP USA

Internship Opportunities Still Available!

Are you a passionate, creative individual seeking to apply your skills toward making the world a better place? Looking for hands-on experience working in an international non-profit organization?

Photo: Art-57

WFWP USA is seeking motivated, committed interns who are interested in WFWP's work and would like to get involved in a substantial way. Interns are an integral part of our operations and your contribution will have a direct impact on what we do and how we do it. The following internship positions are currently open:

- Administrative Assistant Intern
- Graphic Design Intern
- Program Development Intern
- Public Relations Intern
- Membership Assistant Intern

For more information, including how to apply, or if you have any questions, please contact Katarina Connery at kconnery@wfwpusa.com. We would love to hear from you!

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