



President's Corner: Mother's Healing Hands

Happy Women's History Month 2022!

Our motherly hearts and earnest prayers continue to rise up before Heaven, asking the Creator for intervention for an end to the horrific war going on in its third week between Ukraine and Russia! (Please listen to the recording of <u>our recent Saturday prayer</u> call for peace and healing, and add your prayer!)

In spite of what is going on in Ukraine and other tragic hotspots around the world, WFWP is still determinedly seeking to sow hope and seeds of peace

In our 2022 WFWP International annual online assembly this month, our Senior Vice President, Dr. Sun Jin Moon, reminded the 800 women in attendance from around the world, quoting the words of our Founder, her mother, the Mother of Peace: "History is calling for reconciliation, love, service, and sacrifice. Our current problems cannot be solved by the (masculine) logic of power; they can only be solved by the (feminine) Logic of Love."...

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Continued Prayers for Ukraine and Statement on Ukraine & Russia

There are really no words to describe how anguished we feel over Russia's invasion of its neighboring nation Ukraine and the terrible losses, destruction, and pain inflicted on thousands of innocent citizens, including women and children.

We commend the Ukrainian citizens and leadership for standing strong in defending their nation and its freedom! Our hearts also feel for the Russian people living in Russia and Ukraine who are deeply disturbed and outraged at the actions of their leadership, which inevitably will have painful ramifications for their own homeland in the near

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future...



Mrs. Rhonda Williams, of VA, representing the Universal Peace Federation (UPF) together with WFWP's Southeast Regional Coordinator, Mrs. Osmarina Rush-Starr.(in blue dress) and Mrs. Michiko Yokoyama of the American Clergy Leadership Conference (ACLC) presented a painting, Mrs. Williams created, to a Ukrainian representative, for the Ambassador, at the embassy in Washington D.C.



Citizens of Washington D.C. express their heartfelt support for Ukraine in the form of flowers (the sunflower is the state flower of Ukraine) and artwork at the steps of the Ukrainian Embassy in downtown Washington D.C.



2022 WFWP International General Assembly—30th Anniversary Year—Goals and New Developments!

From March 4 to 5, Women's Federation for World Peace leaders, members, friends and guests (around 800 participants) gathered from across the world for the 2022 General Assembly.

Participants had the opportunity to hear from our International President Dr. Julia Moon and International Senior Vice President Dr. Sun Jin Moon, who both shared deeply meaningful speeches.

These powerful speeches were followed by annual reports of best practices and goals for 2022 from each of the 11 regions around the world...

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ANSWERING A CALLING FROM GOD: National HerStory Awardees Share Transformative Wisdom for Women

In anticipation of National Women's History month (March) on February ${\it 26,2022\,,WFWP\,USA\,launched\,a\,monthly\,national\,HerStory\,Award}$ ceremony series, to acknowledge five women leaders, one from each region of the United States, for their courage, compassion, and commitment to using their gifts and talents to uplift others, despite often overwhelming challenges. 75 participants gathered to hear "the

story behind their story" as to how they accomplished extraordinary things.

After a brief introduction by Mrs. Katarina Connery, who facilitated this special occasion, WFWP USA President Angelika Selle explained the deeper significance and honor of this award. Each awardee was called up one by one to receive the award, and then share three to five practical points or lessons learned as to how she overcame trials and tribulations...

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Can We Make Peace A Reality? WFWP Canada hosts **Cornerstone for Peace Webinar**

The Women's Federation for World Peace (WFWP) Canada held its Cornerstone for Peace webinar.

The event began with two questions raised by President Lilly Tadid: "Is Peace Really Possible?" and "How can we make peace a reality?"

The WFWP Canada used this seminar to educate its participants on the principles that should be put into practice in order to bring about world peace. This philosophy came from WFWP founders Reverend Sun Myung Moon and Dr. Hak Ja Han Moon who are endearingly referred to as Father and Mother Moon. The seminar was designed to help married couples to strengthen and restore true love in their relationships as this is the key to building peaceful communities, nations and the world...

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3 Impactful Ways to Calm Down Anxiety

In a world full of turbulence, calming down anxiety can be challenging. We can become trapped in a whirlwind of anxious thoughts that can lead us down a rabbit hole of no return. If you're experiencing tough emotional times like this, know that there is hope. The world, and the people in it, are here to support you. Throughout the past 2 years, people have become more and more creative when trying to ground themselves and feel happier. Here are 3 incredibly impactful ways to calm down anxiety that you're experiencing...

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...... **Energy Self-Care**

February 12, 2022 we had the privilege of having Miyuki Pollman as our guest presenter. Miyuki is a member of the WFWP Oregon and has been a regular presenter at their annual Peace and Justice Conferences. She is a certified clinical practitioner and an instructor of Eden Energy Medicine, and a practitioner of Bodytalk (balancing the energy of the body's consciousness) and Flower Essence therapy.

The past few years, Miyuki has been teaching Energy Self-Care through zoom classes, teaching routine exercises. She says, "I use these modalities to balance physical, emotional and mental energy. That helps to balance the whole body...

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Nursing Students Fundraise to make a Contribution for the Cambodia Project

In September 2021, the Nursing Student Organization (NSO) at Ramapo College of New Jersey (RCNJ) were planning their annual apparel drive for all nursing students and faculty. Every year, the club donates to a cause they support. In past years, the NSO has donated to nonprofit charities such as Young Vision Africa, the WIRES Wildlife Emergency Fund for Wildlife, and so on. For the 2021-2022 academic year, the president of the organization, Ayano Ueda, knew that she wanted to have the nursing program at RCNJ make a big impact. As someone who has been involved with helping launch the Cambodia Project initiative in New Jersey, she knew she wanted to involve the NSO to contribute to their cause...

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<u>The Mindful Path – Be Happy!</u> In a world full of turbulence, calming down anxiety can be challenging. We

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Upcoming WFWP Events: Global and Local

Check out the calendar for exciting upcoming events.

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