



President's Corner: Motherhood as the Training Ground for Peacebuilding

This month, I find myself reflecting on motherhood and am flooded with memories of my own transition into motherhood nine years ago. Since then my husband and I have joyfully welcomed three children into our family unit, and continue to grow in our parenting. Like most mothers-to-be, I spent many months preparing for motherhood, making sure we had all the supplies we needed and had done all the research required. But just like every first time mom out there, I soon realized no level of preparation could fully equip me for this new role.

Motherhood, while beautiful and profound, is an experience that thrusts you into a fully selfless state. Even during pregnancy, your body no longer serves you alone, but also the precious life form growing inside of you. When our little ones enter the world they are so helpless and needy. Despite the great efforts of the fathers and grandparents in our lives, most of the time it is the Mother alone who can meet the needs of that newborn baby. These experiences tie us to our children in ways that are impossible to describe. This is what we mean when we say our children are a part of us. **We have forged a forever bond that cannot be broken..**

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Honoring This Year's Outstanding Volunteers from North America!

Women's Federation for World Peace International recently celebrated our 31st anniversary! We have so much to be proud of and celebrate from the last 31 years, and you are an essential part of that! **Please accept my heartfelt appreciation for each of you and your contribution to help WFWP get to where it is today. Each of you deserve your own award and celebration, truly!**

We are particularly proud that four women from North America were chosen to be honored for their outstanding service over the years during the international celebration. With sincere gratitude, we would like to recognize and celebrate them for their incredible investment and achievements. Great news deserves to be shared and multiplied, so **please join me in honoring the Outstanding Volunteer Awardees from North America...**

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Connections, Confidence and Celebration
Las Vegas Hosted "Getting to Know You" Event

*Women's History Month was the perfect opportunity to celebrate and gather together in Las Vegas. We met at the beautiful Cheon-Shim Won, Haven Street Venue, on March 25, 2023. The program highlighted the long-awaited chapter launching of the **Leadership of the Heart Education** series.*

The afternoon began with an international luncheon, contributed by WFWP members. The food was so varied and delicious, spanning more than nine different cultures. The afternoon's emcee was our current WFWP Las Vegas Chairwoman, Ms. Sera Hirano. We started the program with a "welcome-back-to-in-person-events" interactive activity with artistically, crafted origami prizes. We had a few moments to get to know one another by sharing briefly at our tables how the last few years had impacted our lives and what brought us through those difficulties...

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Report from Visit to Takeo, Cambodia, April 2, 2023

Editor's Note: Since 2015, WFWP New Jersey has supported children in Cambodia, in partnership with WFWP Cambodia. Foster parents sponsor a student's yearly education, books, and more. In exchange, the foster parents receive letters and school reports from the children. Below is a letter written by Mrs. Takahashi who lives in Cambodia and works for WFWP Cambodia, and personally visits the children.

Greetings from Cambodia!
WFWP in Cambodia visits our foster children three times a year; in our most recent trip, the team stopped by the elementary school in Kribong and Takeo City in early April. There, we held events for the foster child support program and the ceremony of giving support money. Eight members of the Reach Sei Association actively participated in the event and supported us tremendously; not to mention, they have been cooperating and dedicating their support towards our cause since the beginning of the COVID-19 pandemic.

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A New Day Dawns!

WFWP Membership Drive 2023

You are the light and warmth that keeps us going towards the future

Sign up today as a Peacebuilder Member! [CLICK HERE](#)

"WFWP's vision, mission, and programs present a new paradigm of the 'feminine essence' and her absolute, unique value, for women everywhere to consider." - WFWP supporter

Friends, donors, and supporters of this special organization agree that what the world family needs is the care and love of women, its mothers, sisters, and daughters. They appreciate that Women's Federation for World Peace empowers women with education for **Leadership of the Heart** and healthy families, and a network to create positive change. WFWP PeaceBuilder members give ongoing financial support to this education and this culture-creation with their monthly and annual membership.

"Somehow my heart's impulse tells me to give in support of WFWP, be it for their general support or their overseas projects." - WFWP member

The vision of WFWP, the vision of its founders, is an inspiration and a balm to those whose hearts yearn to share with others their own blessings. **It is wonderful to be able to put into practice ideals of love, hope, sharing, and the innate sense that people you meet everyday and people across the world you have yet to meet are, in fact, your family members.**



Our Focus is Our Future

Editor's Note: This article was originally published by My Prime Time News on May 1, 2023 and shared with permission.

"All things are ready, if our mind be so." – William Shakespeare

This incredible image, by local photographer Dick Vogel, evokes a representation of attention and awareness. I appreciate the opportunity to think about five important elements of mindfulness as we allow our senses and brain to enjoy the splendor of spring – including these five poised prairie dogs!

Jon Kabat-Zinn, professor emeritus of medicine at the University of Massachusetts, is often credited for popularizing mindfulness. He defines mindfulness as "the awareness that emerges through paying attention, on purpose, in the present moment, and non-judgmentally to the unfolding of experience moment by moment." We can consider five common aspects of mindfulness as we reflect on how these concepts could be helpful to our vitality and well-being...

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Upcoming WFWP Events: Global and Local


Check out the calendar for exciting upcoming events.

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