

### May 2021 - Vol 1

### President's Corner: A Mother's Warm Touch

Dear friends,

As we celebrated Mother's Day last weekend, I could not help but feel that next to God's love, which surrounds us at all times, there is the profound, unconditional love and care that comes from mothers. Mothers hold the key to easing pain and healing wounds of the heart, like none other. Would you not agree?

As our Founder Dr. Hak Ha Jan Moon writes in her Mother of Peace memoir: "When a child complains of a stomach ache, his mother lays him on her lap and rubs his tummy without a single word. Her hands may be gnarled and rough, but in a few moments the child feels better..."

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#### India: Donate for Covid Relief

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Dear friends,

It is with a heavy heart that we think and pray for our brothers and sisters in India. If you are not already aware of the crisis in India, here are a few facts:

Since the start of the pandemic, there have been 19.6 million COVID cases in India.

India is currently the center of the pandemic with as many as 350,000 new cases and almost 3,000 deaths are reported everyday (the number can be up to a10 times higher).

Hospitals are out of resources (oxygen and empty beds) and parks are being turned into cremation grounds as morgues are overwhelmed.

Less than 2% of the population is fully vaccinated...

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### Learning to Lead with Heart

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Chicago's local WFWP chapter hosted a hybrid <u>Leadership of the Heart</u> <u>Seminar</u> on Saturday March 27th from 9:30 am to 3:30 pm. Participants joined both in person and online in a series of three sessions on the topic of being a peace leader in all areas of life. A total of 30 people joined, with 16 online, and 14 who gathered at the local Chicago Family Church. Both women and men were present to learn about how women lead with their unique qualities given to them by God.

The first session on "Discover the Leader within" spoke on what leading with the heart looks like: living a life of serving others, creating a balance between masculinity and femininity, and seeking to transform ourselves starting with finding and listening to our Divine Calling...

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## Plastic Waste: Our Hearts MUST Change When Thinking of Convenience

In a world of quick and easy convenience, single-use plastics are so prevalent that trying to avoid them seems hopeless. However, making a difference starts with individual, even miniscule, changes. Our hearts and minds must change when we think about our behaviors toward plastics and reducing our waste pollution.

According to National Geographic, plastic production has "increased exponentially, from 2.3 million tons in 1950 to 448 million tons by 2015. Production is expected to double by 2050." By 2050, there will be more plastic than fish in our oceans. UN Secretary General Antonio Guterres has called people's attitudes toward the planet "our war on nature" and the pressing reality that we must "nurture [earth] back to health..."

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## A More Feminine Approach to Peacemaking: IAFLP Session on Peace in the Pacific Rim

The International Association of First Ladies for Peace (IAFLP) presented the fifth virtual session of the International Leadership Conference (ILC) across the North, Central, and South Americas and the Caribbean, on April 29, 2021, at 10 AM EDT. Prominent panelists, including current and former First and Second Ladies, addressed the theme "Women Leaders' Perspectives on Peace in the Pacific Rim." The program was attended by 248 participants live...

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## <u>Congratulations to Mrs. Carolyn Handschin: Elected</u> <u>as President of the NGO Committee on the Status of</u> <u>Women at the UN in Geneva</u>

It is my and our great pleasure to congratulate one of our very own international WFWP leaders, Mrs. Carolyn Handschin, on having been elected to this very prominent position at the UN in Geneva! We honor your great work and investment over many years at the UN, representing our Women's Federation for World Peace in a most dignified, professional and authentic way!

Congratulations and best wishes for your work ahead!

Angelika Selle President WFWP USA

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### **Quotes about Mother**



"Mother is the name for God in the lips and hearts of little children." —William Makepeace Thackeray

"The influence of a mother in the lives of her children is beyond calculation." —James E. Faust

"It may be possible to gild pure gold, but who can make his mother more beautiful?" —Mahatma Gandhi

"There is no role in life that is more essential than that of motherhood." —Elder M. Russell Ballard

"Motherhood is the exquisite inconvenience of being another person's everything." —Unknown

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#### <u>The Mindful Path — Flower Power</u>

May provides an amazing opportunity to boost our mood and practice selfcare. May 9 is Mother's Day. May 15 is Bring Flowers To Someone Day. Celebrate spring by remembering someone special in your life including yourself!

Flower power is an actual brain response to lovely, fragrant blossoms. Brain chemicals including oxytocin, dopamine and serotonin are released when you are exposed to flowers. This positive reaction triggers emotional responses that include joy, connection, and contentment. Men and women respond favorably to a beautiful bouquet.

Research suggests that flowers actually speed healing, reduce stress and anxiety, promote productivity, encourage social interactions, and enhance happiness...

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#### **Upcoming WFWP Events: Global and Local**

Check out the calendar for exciting upcoming events.

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# WE'D LIKE TO HEAR FROM YOU! PLEASE SEND YOUR FEEDBACK, CONTRIBUTIONS & IDEAS TO: wfwp.newsletter@gmail.com



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