

## WFWP New Jersey, USA's Taking Care of Mom Tea with Intention

Katarina Connery  
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Mother's Day is always a wonderful time to acknowledge and be grateful for the motherly love which has shaped our lives, whether that is from our own moms, a grandmother, aunt, mother-in-law, or a mother-like figure. There is nothing like that nurturing and tender care to help us grow in mind and heart or soothe away worries and anxiety. Dr. Hak Ja Han Moon has said, "By nurturing the fruits of love and investing in her children's upbringing, a woman connects and extends the traditions and lineage of her family. For this reason, although her external efforts are important, the role of the mother in cultivating character and raising her children to have healthy, wholesome natures is the highest function of motherhood. In fulfilling this role, mothers truly represent the heart of God."



Even though Mother's Day is once a year, it's always appropriate to think about what we learned from our mothers and how we can return the love received. Thus, a week after Mother's Day, on May 20, the WFWP chapter in New Jersey held a Tea with Intention program under the theme of "Taking Care of Mom." Inspired by the initiative of WFWP Arizona in which women gather to share a cup of tea and meaningful conversations, we put together a delicious spread of tea, scones, fruit, sandwiches, and brownies. Despite the heavy spring rain, we had 15 people join in, including many who were new to WFWP.



After enjoying relaxing conversations and coloring for adults, WFWP Vice President Katarina Connery gave a brief talk about motherhood. Everyone was invited to share something they learned from their mother or a mother figure which brought out tales of learning confidence, looking on the bright side, courage, and more. Katarina shared quotes from several different religions about the value of mothers. She also shared research on how motherhood is an opportunity to learn deep spiritual values and in many ways becoming a mother is a time of many spiritual transitions, for example, expanding a woman's sense of identity and self to include her child. So, she is seeing the world through two sets of eyes: her own and her child's.



The day concluded with an informative and interactive talk by Rachel Ishak, Community Outreach Specialist with Brain Injury Alliance. She shared many interesting and insightful tips about how to protect oneself and others from brain injury, which can be more common than we think and can be easily preventable with a few safety precautions. It was very useful for those who are mothers of young children hoping to teach them safety and awareness of their surroundings or for those with elderly mothers who may also be more prone to injury.

Overall, it was a relaxing and enjoyable way to spend a Saturday afternoon: making new friendships, learning something new with great company, and over a delicious cup of tea.