

# WFWP OCEANIA NEWSLETTER

Issue 2 | 2020

## The Hope for Humanity Comes from Mothers



“History is calling for reconciliation, compassion, love, service and sacrifice. Today’s problems cannot be solved by the logic of power. ... Our present problems can only be solved by the logic of love.”

Dr. Hak Jan Han Moon  
Founder, WFWP International

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WFWP is committed to:

- Serving communities – Service projects within Australia & the Pacific Islands.
- Strengthening the family – Workshops, forums, seminars and conferences.
- Bridge of Peace - Reconciling differences and healing wounds of the past.
- Global Women’s Peace Network (GWPN) – A network of women leaders and organisations dedicated to solving pressing social issues and securing an environment for human development.

# International

## IAFLP web conference

June 19<sup>th</sup> 2020 | Seoul, Korea

Link: <https://www.youtube.com/watch?v=aU1KzeHSRoc&t=21s>

IAFLP (International Association of First Ladies for Peace) web conference held on June 19, 2020 by UPF-International titled “The Leadership of Women in Times of Crisis.” The conference had 530 attendees from 77 countries.

**Dr. Thomas Walsh** (*Chair, UPF International*) gave the opening remarks. He pointed out that the International Association of First Ladies for Peace (IAFLP) is a flagship program of UPF, linked to the International Summit Council for Peace, and coordinated in partnership with the WFWP International, without whose involvement this webinar would not have been possible.

### PANELISTS



**MODERATOR: Mrs. Carolyn Handschin-Moser** (*Vice President, NGO Committee on the Status of Women, UN Geneva*) served as the moderator for the panel and introduced the panelists.



**Dr. Julia H. Moon** (*President, Women’s Federation for World Peace, International*) read a statement from First Lady Debbie Remengesau (First Lady, Palau), who could not make it to the webinar. She congratulated UPF for its steadfast leadership in the face of recent global challenges. Palau and eight other island nations have remained free of COVID-19 due to comprehensive and decisive efforts. Nevertheless, the economic consequences of the pandemic have been severe. COVID-19 is one example

of the fact that the health of the planet is inexorably influential on the health of the people of the planet. The First Lady concluded by calling for us not to lose sight of other threats to the health of the planet, such as ocean pollution and climate change.



**Dame Patience Jonathan** (*Former First Lady, Nigeria*) spoke next. Although the rates of COVID-19 have fallen in Europe, Asia, and North America, there is still concern about its potential future effect on Africa. Dame Jonathan reported on the various efforts her NGO is taking to reduce the health, social and economic impact of the crisis on the continent.



**Hon. Emilia Patricia Alfaro de Franco** (*Former First Lady and Current Senator, Paraguay*) followed Dame Jonathan. In the Triple Alliance War, Paraguay lost a huge part of its population, and most of its men, leaving women behind to rebuild the country. Paraguay, with a population of almost seven million, has avoided the worst of the COVID-19 pandemic, so far only having experienced 13 deaths. Crisis situations like the aftermath of the Triple Alliance War as well as this present situation tend to upend social order and demand labour and leadership from women. Hon. de Franco called for women the world over to rise to these demands and for men to be willing to accept their leadership.



**Hon. Nayla Moawad** (*Former First Lady, Former Minister of Social Affairs, Lebanon*) followed. Hon. Moawad was First Lady of Lebanon for only 17 days, at which time her husband was assassinated. During and after her tenure, she undertook particular efforts in the areas of human development and education. Her efforts introduced new rights for women as well as expanded education for children and an end to child labour. She called for leaders to develop empathy and to listen to all of their people.



**Mrs. Fionnuala Kenny** (*Wife of former Irish Prime Minister Enda Kenny*) was the last of the speakers. The crisis has highlighted that we are all sharing this planet, and what is in the interest of one nation is in the interest of all nations. The countries that moved quickly in the crisis have had much better results than those that were indecisive. Mrs. Kenney highlighted the new sense of global responsibility in the face of the crisis. People have adapted to the new situation, working from home, social distancing and wearing facemasks. Businesses have voluntarily shifted production to sanitizers, PPE and other necessities for the pandemic. Mrs. Kenney called for better planning and preparation for the next pandemic. She concluded that we must learn to work together in a more open and honest way.

## Global Women's Peace Network



Purpose: A network of women leaders and organisations dedicated to solving pressing social issues and securing an environment for human development. It seeks to ensure mutual prosperity and lasting peace through feminine peace leadership rooted in a culture of care, responsibility and education in family values.

GWPN inaugural assembly: the founders of WFWPI, Dr. Hak Ja Han Moon and her husband Rev. Dr. Sun Myung Moon called for a new era of women's leadership in peace building. The assembly highlighted the need for a body of NGO leaders, whose collective wisdom and judgment can complement the deliberations of the United Nations; which as a body of government representatives is overwhelmingly male. GWPN is a project of WFWP international.



# ISCP Asia Pacific ‘Virtual Summit’

July 9<sup>th</sup> 2020 | Thailand, Asia Pacific



## UNIVERSAL PEACE FEDERATION



They yearn for peace. Repeatedly, 13 world leaders said we must work together as a global community to recover from the Covid-19 pandemic and its devastating effects that have spilled over into the economic, political, religious, educational, and cultural arenas. Solving the current global crisis demands that we overcome differences and collaborate together.

Eight current and former Heads of State and Government along with five First Ladies, from a total of 10 nations, spoke at the first International Summit Council for Peace (ISCP) webinar in the Asia Pacific region. Held July 9, 2020, these dignitaries were keynote speakers during the 2-hour “Virtual Summit” which was translated from English into six languages: Thai, Indonesian, Cambodian, Russian, Mongolian and Chinese.



This Summit had +938k viewers via Zoom (9001 registered participants), Facebook, YouTube, replays and satellite television from 106 nations. The theme was, “Rebuilding and Renewing our Nations in the Post-Covid 19 World: Interdependence, Mutual Prosperity and Universal Values.”

The Summit Council was established on February 8, 2019 at the World Summit 2019 in Seoul, Korea. ISCP is an international network of current and former heads of state and government, who explore solutions and offer recommendations to address the world’s critical problems. The ISCP is a project of the Universal Peace Federation (UPF) which, as an NGO, has consultative status with the Economic and Social Council of the United Nations.

During the Virtual Summit, leaders appreciated the work of UPF guided by its co-founder Dr. Hak Ja Han Moon who has survived her late husband’s passing in 2012. Summit speakers acknowledged that UPF has provided a beacon of hope in this divided, struggling world.

### Summary of Keynote Addresses



**Dr. Yun Young-ho** is the Director General of the Family Federation for World Peace and Unification, a global organization with headquarters in Seoul, Korea. On behalf of the founder of ISCP, Dr. Yun personally conveyed the gratitude and respect of Mother Moon to the distinguished speakers and delegates of the Asia Pacific Summit. She encouraged them to use their experiences and resources to discuss issues related to economic development, education, agriculture development, healthcare, and especially the promotion of marriage and family values, as a way of addressing the current critical challenges.



**Dr. Thomas G. Walsh**, the Chairman of UPF, focused on interdependence, mutual prosperity and universal values saying that these ideals are essential for us to be a global community. They are also part of every culture and religious tradition. He encouraged the distinguished panelists to use these values as guideposts letting them strike our hearts, minds and imaginations as we move forward to rebuild a better world.



**Dr. Chung Sik Yong**, UPF Asia Pacific Group Chairman, highlighted UPF’s five Principles of Peace and the history of the three Asia Pacific Summits held over the past two years: Nepal, Cambodia and Palau. He then tuned to the Summit theme, saying the lack of universal values was “more dangerous than the coronavirus.” The virus spread so quickly and caused so much death and destruction because nations saw each other as foes rather than friends.



**H.E. Mahinda Rajapaksa**, Prime Minister of the Democratic Socialist Republic of Sri Lanka, noted that Covid 19 has stretched global public health systems beyond their limits and caused unprecedented economic, social and humanitarian damage. The Sri Lankan Prime Minister reiterated that the virus, which knows no borders, has reminded us how interconnected and interrelated our world is. Nevertheless, he said, we must see this pandemic as a common foe and work in a concerted, unified effort to overcome it together.



**H.E. Anote Tong**, was President of the Republic of Kiribati from 2006 – 2016. He recognized that the virus originated in China but pointed out the biggest impact in his island nation was in the travel and tourist industries. He warned of a much bigger problem, climate change, saying we must learn quickly now how to face global problems together. Wondering aloud, he questioned how nations can continue accumulating wealth that they believe will give them power and superiority but, in the process, would lead to our own destruction.



**H.E. Kessai Hesa Note**, President of Republic of Marshall Islands (2000 – 2008), began by reviewing the catastrophic history of his island nation where the United States tested 68 nuclear weapons in 12 years. As a result, his people have been referred to as “nuclear nomads.” He called the Paris Climate Agreement a good start. However, he reiterated that the Covid 19 pandemic should be a wakeup call for every nation of the world. To solve global problems, nations should set aside geopolitical differences and find common ground.



**H.E. Tserendash Oyunbaatar**, former Deputy Prime Minister of Mongolia, put out an emergency call, an “SOS around the world.” World leaders needed to take decisive steps in terms of global economics, politics and peacekeeping policies. If all nations reduced military spending by 5-10 percent, it could pay for the global economic recovery. Finally, he appealed to the United Nations to convene an extraordinary session of the Security Council and said that the ISCP and other international organizations should be invited.



**H.E. Parmanand Jha** was Vice-President of the Federal Democratic Republic of Nepal (2008 – 2015); he is the current Co-Chair of ISCP Asia Pacific and Chair of this “Virtual Summit.” He observed that the coronavirus has tested the human spirit and the recovery must lead to a more equitable and resilient world, which he called, “our home.” The Hon. Vice-President has attended several national, regional and international conferences sponsored by UPF and was especially appreciative of the emphasis on marriage and family, as hallmarks of Father and Mother Moon’s legacy of peace.



**H.E. Madhav Kumar Nepal** was Prime Minister of the Federal Democratic Republic of Nepal from 2009 – 2011. He applauded UPF’s initiative to convene this Summit and emphasized that “no country alone is safe until the whole world will be safe.” The pandemic is a great teacher and lessons learned include that despite geographical boundaries, the world is closely connected. We need to nurture initiatives based on mutual collaboration, interdependence and harmony in order to achieve mutual prosperity for everyone.



**H.E. Danny Philip**, Prime Minister (2010 – 2011) from the Solomon Islands, began his address with a friendly, “Hello World.” He told the audience that Covid 19 has not reached their islands but they are preparing for it. He hoped for a world without war, a world of shared resources, peace and harmony. In the end he dreamed that due to this crisis world leaders would develop a “global consciousness” so that peace and goodwill, rather than fear and conflict, could be spread throughout the world.





**H.E. Ati George Sokomanu** was the founding President (1984 – 1989) of the Republic of Vanuatu. This global crisis, he noticed (as birds chirped in the background), showed us how vulnerable, interconnected and interdependent we all are. He emphasized this by saying we are all in this together, because what affects one nation impacts everyone else. We must work together, he repeated. At the end of his remarks, he thanked UPF and its founders, Father and Mother Moon, and called for all of us to have the spirit of one family under God.

A refreshing intermission of cultural delights awaited the on-line audience. First, was the **Universal Peace Dove Dance** from the Asian Cultural Council of Cambodia. This was followed with a vocal solo by **Ms. Gerphil Geraldine Flores** from the Philippines entitled, “I Believe.”



**Mdm. Rachael Marape** is the First Lady of the Independent State of Papua New Guinea. However diverse we might be, she began, we are global citizens having a common goal of peace and unity. She continued by saying that strong women leaders are needed to take responsibility to inspire and lead their people to a better future. This was the role of First Ladies. At the conclusion she emphasized the importance, more than ever, of the need to foster strong stable families for the sake of national unity, global solidarity and to reinforce spiritual values to help get through this global pandemic.



**Mdm. Shiranthi Rajapaksa**, the wife of the Honorable Prime Minister of the Democratic Socialist Republic of Sri Lanka, pointed out that women have been hardest hit during the pandemic. This is because they are frontrunners in caring for their families during quarantine, serve as healthcare providers and take leadership roles in society. Therefore, women must also be the backbone of recovery efforts. Recognizing Mother Moon’s role in leadership, the First Lady of Sri Lanka closed her address saying that empowering women meant empowering families, communities and the nations.



**Mdm. Diann Mendiola Tudela Torres** is the First Lady of the Commonwealth of the Northern Mariana Islands. The global crisis has reminded us that we all have a desire to live in a free, just and peaceful world. We all seek education for our children, health care for our families, public safety and social well-being. The key to bringing back our nations is economic recovery and jobs. She finished by thanking UPF for playing such a critical global role in creating a network of peace builders.



**Mdm. Adi Koila Mara Nailatikau** was the First Lady of the Republic of Fiji from 2009 – 2015. Quoting the Bible, she reminded us of the importance of faith and hope, especially during uncertain times. Going back to “indigenous knowledge” meant reviving the spiritual harmony of our ancestors, renewing an interconnectedness with the environment, welcoming a resurgence of family ties, and acknowledging the needs of the greater community. She closed her message reminding us that we are one human family on one planet earth.





**Hon. Mrs. Sujata Koirala** served as Deputy Prime Minister (2009 – 2011) of the Federal Democratic Republic of Nepal; she is also the Vice-Chairperson of the Women’s Wing of ICAPP. She started by thanking UPF for its humanitarian work worldwide. Women, she said, have played crucial roles in families and societies and are too often neglected. This crisis should be a reminder, she emphasized, that our world is vulnerable and fragile. She concluded by saying that only by being united with a shared love and compassion, regardless of gender, age, class, race or religion, can we rebuild our world.



**Dr. Robert S. Kittel** is the Asia Pacific Coordinator for the International Media Association for Peace, and International Chairman for Youth and Students for Peace. He gave Closing Remarks acknowledging the sincere gratitude that UPF has for each of the distinguished panelists as well as the international guests.



**Hon. Ek Nath Dhakal**, Minister for Peace and Reconstruction, Government of Nepal (2015-2016); the Asia Pacific Chairman for UPF and the International Association of Parliamentarians for Peace, served as the Moderator for this ISCP Virtual Summit.

## WFWP Mission and Vision



WFWP Chapters adhere to the principle that women working together, taking initiative, and empowering one another across traditional lines of race, culture and religion to create healthy families are resolving the complex problems of our societies and world.

Vision: Women working together to realise one global family rooted in a culture of sustainable peace.

Mission: Empowering women as peace builders and leaders in the family to transform the community, nation and world. Through education, advocacy, partnership, reconciliation and humanitarian service, WFWP International aims to create an environment of peace and wellbeing for future generations and people of all races, cultures and religious creeds.

# Australia

## Mindful - Meditation Webinar Series

May-June 2020 | Victoria, Australia

### OVERVIEW

As a result of restrictions being placed on holding public events due to COVID – 19, WFWP Victoria decided to host a series of four webinars on Mindfulness and Meditation to replace the annual Meditation Retreat.

The webinars featured two keynote presenters whose backgrounds are presented below -

Venerable Bodhicitta is a 'Global Friend' through the Global Women's Peace Network (a project of WFWPI) while her organisation, Nisala Arana is a Global Partner with WFWP Australia. Venerable Bhikkhuni Bodhicitta is a Sri Lankan Theravada Buddhist Nun based in Melbourne and Sri Lanka. She has a Bio-Medical Science degree from Monash University; is a spiritual director of the International Centre for Inner Peace and Happiness INC (Nisala Arana); and a Buddhist Chaplain at RMIT University, Melbourne. She has conducted many meditation retreats, lectures, Dhamma talks, and discussions in Australia, Malaysia, Sri Lanka, Singapore, Japan, India, Canada, and USA; and is a renowned meditation teacher with over 35 years' experience.

Dr. John Bellavance has a PhD in Values Education from Monash University, focusing on moral psychology and the use of technology. John is an Information Technology educator, writer and public speaker and has worked in the non-profit sector for over 35 years. He is National Vice-President of the Universal Peace Federation (UPF), President of UPF Victoria and the Victorian Peace Council.

The following notes are key points presented during each webinar.

### Webinar 1: Keys to live a Balanced Life (Boosting the immune system)



Venerable Bodhicitta explained that the stress that causes one's immune system to suffer is often a result of a selfish lifestyle where one's focus is based only on self. She provided a range of strategies to assist in the recovery of a compromised immune system. These included a number of relaxation techniques and a diet that comprised mainly of alkaline foods which are found in plant based foods. She also recommended taking Vitamin C and zinc supplements as well as abstaining from drugs and alcohol as these are acidic items

and contribute to stress in the body.

Besides focusing on physical intakes, she suggested that by keeping the mind pure and not taking on the emotions being demonstrated by others, one can keep one's body relaxed. Another factor which would be helpful too is becoming aware of the amount of sleep one gets. This is important as many people sleep much more than their body really needs.

## Webinar 2: Secrets to live a Stress Free Life (Understanding the mind)



Stress is both physical and spiritual miscomfort. Physical miscomfort is when one's muscles tense and one's breathing is compromised. Spiritual miscomfort is when one experiences emotional swings and feels a strong sense of despair, sadness, loneliness or jealousy and these disturbances cause much suffering often triggering the limbic system into action.

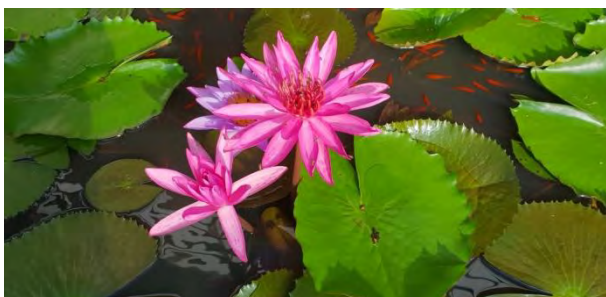
The limbic system is the part of the brain involved in behavioural and emotional responses, especially those related to survival and preservation of self. During emotional disturbances, the amygdala, which is part of this system, activates the hormone adrenaline which causes the body to become tense and the heart beat to escalate gearing the body for "flight or fight". Termed the amygdala hijack, a better understanding of this can be viewed at <https://www.youtube.com/watch?v=fDD5wvFMH6U>

Often these responses can be triggered by one's own thoughts particularly when one is focused on one's self. Thoughts are powerful and can stimulate responses that cause stress or a sense of calm. In order to avoid negative responses, one can focus on training the mind to conceive thoughts that are not destructive and focus on the situation rather than the person. By generating positive and wholesome thoughts in one's mind, one can begin to control the amount of stress one experiences. Learning how to let go of one's negative feelings when faced by an uncomfortable experience and learning how to replace these feelings with positive and rational thoughts will be a worthwhile experience she observed and will help to reduce stress.

To learn more about brain functions, follow the link to Professor Richard Davidson. <https://www.richardj davidson.com/> Prof. Davidson is Professor of Psychology and Psychiatry at the University of Wisconsin–Madison where he has been a faculty member since 1984 and is the Founder of the Centre for Healthy Minds.

She recommended learning how to meditate as meditation techniques help us to think rationally by:

1. Becoming more self-aware
2. Expanding our thinking to wishing people well – 'may you be well and happy, secure and safe'.
3. Practicing breathing exercises using the following method – breath in for 6 seconds, hold for 6 seconds, breath out for 6 seconds, hold for 6 seconds. Repeat for an allotted time.



## Webinar 3: The Magic of Breath (Breath is life)

Venerable Bodhicitta highlighted the importance of one's breath. Although so important to one's life, she said that it is often taken for granted. She explained the importance of the role breath has to play in keeping the body healthy. Not only does breathing assist the body in its functioning, it affects one's mood as well. To stay peaceful, relaxed and happy, one can learn breathing exercises which will directly influence this state. The benefits of these exercises will far outweigh the efforts.

The Wim Hoff breathing method was then practised with the participants at the webinar. This method has been researched widely and has been shown to have many health benefits. To watch the breathing exercise video go to <https://www.youtube.com/watch?v=tybOi4hjZFQ>. The tutorial can be found at <https://www.youtube.com/watch?v=nzCaZQgAs9I>

By participating in Wim Hof's Breathing exercises, Venerable suggested that one can become an observer rather than becoming engaged in thinking of other things. By letting go of the past and the future, one can live in the present moment. The more one is able to focus on the now, one can purify the mind and enhance the sense of peace and calm one feels. Both the body and the mind are then in harmony and one begins to appreciate the gift of the breath.

## Webinar 4: Wisdom gained from Universal Shared Values

During this final webinar in the series, we had two presenters speak about the topic. Here are summaries of what they had to say.

### Venerable Bodhicchita



Venerable Bodhicitta's advice was to inculcate the values of love and compassion in one's heart in order to reach a state of peacefulness. This, she observed is the teaching advocated by Buddha and is definitely worth following if we want to rid ourselves of stress. Buddha warned against living a self-centred and selfish life. Those who do so, he believed experience stress. The more selfish one's behaviour is, the more stress they will experience. The moment selfish behaviour is replaced by unselfishness, one's physiology changes and the rate of breathing and the heart rate are diminished and in turn, reduce one's level of stress.

Buddha, she explained, provided practical guidelines that can be easily incorporated into one's daily life and when put into practice can help an individual gain enlightenment. To be selfless, one has to learn not to take on the feelings demonstrated by another. If someone else gets angry, the best advice is not to take on that anger. Rather than taking on this gift of anger, one needs to resist this emotion and stay calm. Nobody gains anything from getting angry. In fact, when one expresses anger, others lose trust in them. Anger is a blind emotion caused by selfish thinking and generated by the 'flight' or 'fight' response activated by the amygdala leading to irrational behaviours. To avoid this, one needs to train themselves to use their rational brain or the 'frontal cortex'. This will help one to behave rationally and calmly. By remaining patient rather than responding irrationally, one can let go of anger and find peace of mind.

Venerable Bodhicitta then shared Buddha's ten universal qualities that will help people to attain peacefulness -

- Generosity
- Charity
- Morality
- Renunciation
- Wisdom
- Perseverance
- Patience



- Truthfulness
- Determination
- Unconditional Loving Kindness

Unconditional Loving Kindness does not have any selfish attachments, she explained and comes from being sensitive about others, being understanding and seeing things from another's point of view. For instance, she commented, "Do we feel joy at someone else's success and happiness, or do we feel jealous and think why didn't I or my family member achieve this?" The latter are unwholesome thoughts and do not lead to peacefulness. One needs to remove un-wholesome thoughts and focus on developing wholesome thoughts.

Regular meditation she advised is a practice that could help considerably in gaining the qualities advocated by Buddha as meditation helps to strengthen one's mind in order to control the body.

### Dr. John Bellavance



John's advice was that in the final analysis, the standard of value that will serve the common welfare of humanity is love – an absolute moral standard. Love can be considered absolute because it is unchanging. It exists independently and is not relative to culture. Love is the core value that drives motivations, decisions and actions in the family. One could argue that this standard of love in the family has never changed in history, despite the fact that people have not always loved their families the way they should have. People of good conscience, and religious people have always placed love as the highest value. In love there is no discrimination based

on colour or nationality. Love is impartial.

## Reflection from Participants

"The deep insights and meditation practice that Venerable Bodhicitta shares are real gems that when put into practice help us connect to, and understand our mind. When we are aware of our thoughts we can be in the driver seat, reach our goals, and not be driven in circles by them.

Introverted reflection is a key element if I want to create peace within myself. I love the breathing techniques and the harmony of Being and Doing; being present to love each moment. During the sessions, I felt great joy to 'dig deep' together with others into such important aspects of life. I hope we can share more and more with everyone. Thank you everyone for this wonderful webinar." *Daniella G*

"The webinars have been very interesting and helpful. Practising breathing exercises are easy and can be done anywhere, but they require patience. I feel more willpower is strengthening within me, which is extremely good for my mental and physical health." *Jacinta D.*

"I've been practicing yoga and meditation as part of my mental, physical and spiritual health for 15 years. Venerable's explanations were the first time I heard meditation being a practice to become unselfish. This put everything into perspective for me. For me, her explanations clarified the meaning of mind and body unity and 'living for the sake of others'. I am deeply grateful." *Cheryl R.*

“Venerable Bodhicitta explored aspects of people’s lives to enable us to better reflect and make a difference for ourselves, and for the community in which we live. The educational webinars were most valuable in this time of high stress and concern in the world, and was a wonderful opportunity to learn and consider over four weekly teachings.” *Jan S.*

## Boxing Day! July 2020 | Victoria, Australia

Melbourne’s chilly weather did nothing to hinder the spirit of five volunteers of WFWP Victoria from gathering together to pack boxes filled with various resources bound for Papua New Guinea. Altogether, they packed 65 boxes with sewing machines and other sewing materials for use by the women in the WFWP sponsored Sewing Centres in PNG. Along with these items were also a number of boxes filled with kits for the “Days for Girls” project.



All the materials packed were generously provided by members of the Victorian community. Besides 17 boxes filled with rolls of fabric, there were 22 sewing machines which all had to be carefully packed to ensure they were able to endure the long journey to their destination in PNG.

The Women’s Sewing Centres are an initiative of WFWP where Island women are provided with an opportunity to gain valuable skills that will eventually allow them to become financially independent. The centres offer women training in the use of the sewing machines along with other skills to encourage them to become self-confident in providing their families with economic support.



While packing the boxes, all five volunteers tried to visualise the wonderful creations these resources would assist their Island friends to craft and the ultimate joy of these women when they became more skilled and independent.



Regular attendance at school or work for young girls is often hampered by the lack of access to readily available menstrual products. Days for Girls Australia is an initiative which prepares kits containing reusable menstrual products. Women from the Wandin Chapter of Days for Girls, Australia very kindly donated 27 boxes of these kits which they themselves sewed.

This group is a Global Partner of WFP Victoria through the Global Women's Peace Network (GWPN). Besides the kits, the group also provided health booklets to help educate the island girls about menstrual health. This partnership is helping us to provide another platform for empowering women and girls especially in remote regions.



WFP Victoria would like to acknowledge Doug's Mini Movers for their ongoing commitment in helping with the logistics of getting these boxes to the shipping company warehouse, to begin their journey to the WFP Port Moresby Chapter in Papua New Guinea.

# Women's Circle

## July 2020 | New Zealand



“Women everywhere are awakening to their power” is a concept that resonates with many women around the world particularly with those women who are connected with the Global Sisterhood – a movement of women united in healing and transforming our world; past and present into the original peaceful world our Creator intended at the time of its conception. These women strive to achieve this through “inner-work, gathering in Circles, healing through sisterhood, and rising into new paradigm of leadership”.

As one of their monthly activities, WFWP-NZ hosted one of these Women's Circles in collaboration with the Global Sisterhood on Saturday 25<sup>th</sup> July at the Parnell Peace Embassy. Mrs Keitha Browning facilitated this event with twelve of our members in attendance, one of them joining us through zoom.



Keitha who is a certified Global Sisterhood Facilitator led us with confidence, authenticity and neutrality – traits which the Sisterhood promote. Although many of us had never been involved in this practice before, we were made to feel comfortable as Keitha led us through a series of exercises which included deep breathing and gentle stretching exercises followed by several opportunities to share our stories and our feminine attributes in order to build a strong connection between us. These Circles, Keitha assured us were safe and sacred spaces where all were made to feel welcome

and supported, and these attributes were certainly present as participants shared stories related to the theme of the day – “Ancestral Healing: I heal the past, present and future”. One of the benefits of being able to heal the past, Keitha explained, is that the present becomes more significant while our future is enriched too.

Each participant received a notebook in which they were encouraged to record their reflections as the session progressed. This practice, suggested Keitha, could continue to be part an ongoing activity in building a resource which would be valuable in helping us to transform ourselves as we continue on our journey towards healing and building confidence.



# International Yoga Day

June 2020 | Fiji



While around the globe, people battle with the difficulties and disastrous consequences of COVID-19, we have learnt significant lessons about the importance of health and wellness and their contribution to the quality of our lives. These lessons inspired WFPW Fiji to organize a Yoga Event for our members to observe the UN International Yoga Day 2020.

The aim of this event was to help us enhance not only our physical and mental health but to provide us with an opportunity to enrich our spiritual lives and learn some stress management strategies which would help us to counteract the effects of the global pandemic. Yoga has been known to provide many benefits for one's body, mind and spirit and making it part of one's daily life would contribute to a healthy lifestyle which we hoped would be the key message of this event.



From L-R: Ilana Burness, Sharila Lazarus and Dr Krupali Tappoo



To celebrate the event, we invited Dr Krupati Rathod Tappoo and members of her team to join with us. Dr Tappoo is the founder of the Sai Prema Foundation of Fiji – an NGO which is instrumental in providing medical assistance to the underprivileged people of Fiji. Ms Ilana Burgess, a practising Yoga Teacher was the Yoga instructor for the event. Ms Burgess who has a wealth of experience in teaching holistic yoga having organized several workshops and courses was able to lead us all into feeling more open and flexible as we put her principles into practice.

To comply with the restrictions regarding social distancing, there were less than 20 participants at the event. Commencing at 7 am, Ms Burgess led us for an hour of yoga exercises after which we shared a healthy breakfast followed by a photo session.



# Helping Hands in the Highlands

## June 2020 | Kerowagi, Papua New Guinea

Friday the 5<sup>th</sup> of June was a happy day for the students of Kewamugl Lutheran High School when they were visited by WFWP PNG Chapter President Ms Betty Kaime and members of the Jiwaka WFWP Board.

These ladies had with them several Days for Girls Hygiene kits along with booklets on menstrual health which had been donated by the Wandin Chapter of Days for Girls in Australia. These kits had been presented to Ms Kaime in January when WFWP Australia President Anne Bellavance and WFWP Victoria Vice President Jan Smetak visited PNG to conduct the Pasifika Micro Credit Program in Jiwaka. As a result of the lockdown due to COVID 19, this event had to be delayed till June.



On their arrival, the WFWP guests were greeted by the head teacher Mr Surrey and led to a special meeting room where they were able to meet with the students and deliver a series of presentations and the gifts. Besides a number of students from Grades 9 and 10, there were 2 teachers and several women from the local community who attended the presentations. After providing an explanation of the role the Women's



Federation for World Peace plays in contributing to world peace through living for the sake of others, the Board Members distributed the kits and demonstrated the use of the different components in the kits.



The students were elated to receive these gifts as this was the first time they had ever received gifts from Australia. For many of these students, having these kits will make a great difference to them as they will still be able to function with dignity and comfort when they menstruate.



After the presentation, most of the students who board at the school returned home on weekend leave where they were able to share with their parents all they had learned about the WFWP. As a result, many of the women living in the Kerowagi district have shown an interest in joining the organisation and have made contact with Cecilia Waugala, one of the teachers at the school, to enquire about the organisation.

The mothers of the students who received the gifts have expressed their gratitude to Ms Kaime and the WFWP PNG members for providing their daughters with these gifts and were moved by the efforts these women had made in travelling to this school which is located in a very remote part of the Central Highlands of PNG. They also expressed their appreciation for the support of WFWP Victoria in organising these gifts and bringing them to Papua New Guinea.





## Acknowledgment for the Donation of the Days For Girls Kits

July 14<sup>th</sup> | Kerowagi, PNG



KEWAMUGL LUTHERAN HIGH SCHOOL  
P. O. Box 192  
KUNDIAWA  
SIMBU PROVINCE



Division of Education

On behalf of the Head Teacher Mr Surrey and the teaching staff at Kewamugl Lutheran High School, I wish to acknowledge your interest in our school students and your generous donation of the Days for Girls Kits.

We are touched by the interest you have shown in the needs of our students and we are grateful to be chosen as recipients for your gifts. We thank you for providing the kits to our Grade 10 girls who were absolutely thrilled to receive these gifts. It is the very first time that

our students have ever received a gift from Australia and we wish to extend our thanks to the ladies who created the kits and the WFWP Victoria Chapter for sending these kits to us.

We take this opportunity to also acknowledge the work the WFWP PNG chapter is carrying out to empower women and share the logic of love with others. We thank you and ask that the Lord Almighty blesses you all.

Yours faithfully

Cecilia Waugla

Mrs Cecilia WAUGLA – Teacher  
WFWP member

### Comments from two teachers and two students from Kewamugl Lutheran High School



I am Cecilia Waugla currently teaching at Kewamugl Lutheran High School and a member of Women’s Federation for World Peace.

I thank the President Betty Kaime and the Board of WFWP, PNG Chapter for visiting our school and delivering special girls’ kits to our Grade 10 female students. It is the first time they have received such special gifts from Australia and they are very thankful.

The women in Kewamugl, Kerowagi District are touched by your generosity and are interested in

joining WFWP.

I am Josephine teaching English for interest in joining field to work in other am very interested in



Bonma, a Secondary/High school teacher. I have 11 years. During this time, I have never had any other organisations nor have I left my teaching departments. As WFWP works to help others, I this organisation.

As I was curious to World Peace, I visit of the WFWP This event gave me a I am interested in

learn more about the Women’s Federation for followed Cecilia Waugla when she organised the PNG Chapter to Kewamugl Lutheran High School. clearer understanding of the goals of WFWP and becoming a member of the organisation.



I am Shalom Raphael, a Grade 10B student boarder at Kewamugl Lutheran High School. I am one of the students who received the girl's kits that were delivered by WFP that visited our school.

I told my parents about WFP and the work that they do. My mother is interested and would like to join the Federation.

I am thankful for the girl's kit that I received. I like it as it is comfortable. I have used it, washed the pads, dried and packed them in the bag for the next use. I also used the bar of soap from the kit to have a bath and it made me feel fresh and it also smells nice.



I am Jesta Peter, a Grade 10A day student. I am grateful to the WFP team that visited our school and gave us the special girls' kits from Australia. It is the first time I have ever received such a gift and I am happy.

My parents are subsistence farmers and they do not have much money to buy some of the things I need like the girls' kit that I received. The little money that they give me is used for my other needs. The pads are comfortable and can be reused which helps to save money. The soap smells nice and fresh when used. My mother is interested in joining WFP and taking part in its programs.





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## Feeling inspired?



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Volunteer: Get involved with one of our Oceania Chapters. Contact us to find out how.

Donate: Make a financial contribution to our WFWP Island Projects, where 100% of your donation supports humanitarian projects. Within Oceania, WFWP is a fully volunteer based NFP charitable organisation.

Used sewing machines: Sent to our *Women's Sewing Centres* in Vanuatu, the Solomon Islands, Fiji, PNG, and Samoa, where local women start cooperatives to support their families. Please ensure that your sewing machine is in good working conditions. The Women's Centres are also in need of fabric and tools.

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