

Women's

Federation for World Peace UK

NEWSLETTER

Summer 2021





Women's Federation for World Peace UK

The WOMEN'S FEDERATION FOR WORLD PEACE welcomes women from all ethnic and faith backgrounds, women who are concerned about world peace and wish to build a better future for our children

WFWP International is a non-profit, non-governmental, international organisation in General Consultative Status of ECOSOC and in association with UN Department of Public Information.

The WFWP UK is part of a network of National WFWP Chapters in over 120 nations that are dedicated to empower women with *"the knowledge, the tools and the support needed to create peace at home, peace in our communities, our nations and throughout the world"*.

OUR VISION: Women working together to realize one global family rooted in a culture of sustainable peace.

OUR MISSION: Empowering women, as peacebuilders and leaders in the family to transform the community, nation and world.

OUR AIMS: Education & Leadership - Peace & Reconciliation - Humanitarian Service

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A Message

From Mitty Tohma, President of Women's Federation for World Peace UK



Warmest greetings

to all our readers, friends, and members.

We are pleased to present the summer edition of our bi-annual WFWP Newsletter and hope that you will enjoy reading it and be inspired.

I would like to highlight a couple of new programmes we have introduced to our range of activities.

Firstly, the Bromley chapter formed and took responsibility for an amazing heartfelt nationwide project, '**Artists for Peace**', a national children's art competition. Children from around the country responded and used their creative skills to express their personal understanding on the meaning of Peace. They used the medium of paint and colour to show what they imagine peace could look like.

We felt so much hope through their contributions, particularly during the difficult period of Covid Restrictions. The annual International UN Day of Peace was the original inspiration for the theme. (see page 9 for more information)

The idea evolved to engage families and their children; it therefore became an intergenerational project to reach into the communities. We were all inspired by the cooperation and working together of parents and children.

Thank you to all the WFWP coordinators who supported this project. Special recognition to Ala Zubovskis, Tanya Chandler, Chris Bennett who were the backbone and driving force behind seeing the project through. A special recognition to our sponsors Karen Grant, Anne Hughes and the Central London and Bromley Communities.

Secondly, we decided to adopt the **Leadership of the Heart** (LoH) educational programme, that was developed by WFWP USA. It was timely for us to launch this programme in the UK. (see page 6 and 7 for a short report of the LOH seminar)

We believed that the course material of this programme provided an incredibly positive and meaningful approach to the question of leadership in general, but also for women personally, in the family and the community. We learnt that by leading with heart-centered focus we can go beyond political and religious beliefs, ethnic diversity, and economic challenges.

It gave us enormous confidence to know that we can all work together and become good leaders wherever we are placed. We determined to develop our leadership skills and help take care of each other to move our families and communities forward.

We feel greatly encouraged by these two new initiatives.

We are inspired by, and celebrate ordinary people doing extraordinary acts of kindness and showing what it means to live for the sake of others.

We wish our readers well and a meaningful summer ahead.



Peace and Reconciliation On the Korean Peninsula



19th Women's Federation Europe - Conference

On the 4th June 2021, WFWP Europe opened the 19th WFWP European Annual Conference in partnership with WFWP Korea, the South Korean Ministry of Interior and Safety, Border Meetings and Women's United Nations Research Network.

The online webinar was on the theme of:

**“Co-creating Spaces for Peace and Reconciliation on the Korean Peninsula
What Steps are Women taking toward Sustainable Peace?”**

You can read the report of the conference at this link:

wfwp.org.uk/images/19thWomenFederationEuropeConferenceJune4th2021.pdf

Or listen to the full conference on YouTube:

www.youtube.com/watch?v=uvN_ynmTUU8



LEADERSHIP OF THE HEART: PART 1 DISCOVER THE LEADER WITHIN

THE LEADERSHIP OF THE HEART (LOH) is a 3-part seminar newly launched by the Women's Federation for World Peace UK on 11th-12th June 2021. This is an educational and interactive programme created by WFWP USA, designed with the aim to bring out the powerful leader that is within each person, offering tools to make peace a reality within each person's lives, families, communities, nations and the world. WFWP believes that *'Peace starts with me'* how can I make positive change in this world? The answer lies within myself, in my family and my neighbourhood. The programme was spread over two evenings with 40 women from all parts of the UK and some from USA, Sweden and Africa.

DAY 1:

Mrs. Mitty Tohma, President of WFWP UK, warmly welcomed everyone and kickstarted with a pair-share question: *"If you had a magic wand and you could change one thing in the world today, what would that be?"*

After an introductory video to WFWP's national and international programmes, **Mrs. Angelika Selle**, founder of the LOH programme and President of WFWP USA and Vice-President of WFWP International North America, described the background and motivation behind the LOH curriculum. She explained that the content of the curriculum had very much to do with connecting with our Creator first and foremost, and on that basis connecting to our real value as women and dealing with our fears and shadows, which manifest outwardly.

"It always comes down to relationships, right? How can we create harmony where we are?"

Mrs. Tohma asked the participants to take a few minutes to set their intentions, to keep a pact of confidentiality and make a promise to go on this sacred journey together, encouraging them to write down 3 things they want to gain from the 2-day experience.

Our first presenter, **Mrs. Tanya Chandler**, WFWP UK Bromley volunteer shared the Introduction of the LOH programme. She emphasized key aspects of leadership, but also delved into what a leader of the heart means, highlighting feminine leadership qualities. She explained that the balance of feminine and masculine leadership qualities is essential in peace leaders.

After a break and a refreshing breathing exercise, **Ms. Sherifa Carr**, a British Ordained Minister and Activist explored the **Session 1 on Spirituality**. Mrs Carr brought our attention the importance of connecting to the Divine, discovering our gifts and even our purpose, and understanding our journey from this source, uniting our passion to a higher purpose.

Participants afterwards shared in breakout rooms their personal experiences. Some women shared deep accounts of their own encounters with spirituality, their passion and divine calling.

Mrs. Tohma encouraged everyone to keep a journal about the day's experiences and thanked everyone for attending Day 1.

SELF-WORTH

DAY 2

Mrs. Patricia Earle, WFWP Birmingham Branch Coordinator, moderated day two. She recapped the first day's programme, emphasizing the importance of our relationships and living a life of love and kindness. Everyone enjoyed another icebreaker session, where they were asked to share *"What's one thing you learned from yesterday?"*

The first speaker, **Ms. Sharon Kabbubi**, Co-Chair of the Young Women's Speech Contest UK programme since 2018 shared **Session 2: Self Worth/Self Value**, bringing home the importance of knowing who we are, what our value is, and how to heal low self-worth. Amongst other activities, she guided us to visualise how important we are and to positively affirm our true or higher selves. She probed the audience to share their own thoughts about value and worth, stimulating interaction.

After the break we resumed to a beautiful Tai Chi video where we all got up and practiced our budding Tai Chi skills.

Our final speaker for the day, **Ms. Ena Softic** is a member of the WFWP YWSC alumni network. Ms. Softic presented **Session 3: Emotional Maturity**, taking the participants on a journey of exploring the emotional blocks hindering development. She shared ways of gaining essential tools to build our faith and trust to help overcome a big factor that many face, FEAR.



Mrs. Earle reminded everyone to journal about their experiences, and to look back on their intentions set at the beginning to see if they've changed in any way in their thoughts, concepts, habits, etc. The participants were encouraged to become a member, follow us on Facebook and go to the www.wfwp.org.uk to view upcoming events.

Mrs. Earle thanked all the participants, wonderful presenters, LOH education team and the tech team. She thanked everyone for their donations which will fund our educational and service projects with 10% going to the Jordan Refugee Relief Project. She expressed her final wishes and hopes that after these two days the participants feel more empowered, knowing that they are already leaders of the heart and that they can make a positive difference exactly where they are.

Emotional Maturity

CHANGING MY PERSPECTIVE



Women, Faith and Family

UN International Day of Families

On Thursday 13th May, WFWP UK hosted a webinar “**Women, Faith and Families**” to commemorate the UN Intl Day of Families, with 6 dynamic lady speakers representing various faith traditions.

All were warmly welcomed by **Mrs Tina Coombs**, a long serving member of WFWP, activist, mother, grandmother, and moderator for today’s event. Tina reiterated the words of the co-founders of WFWP, Rev Sun Myung Moon and Dr Hak ja Han Moon, that the family is a sacred institution.

The first speaker, **Mrs Mayura Patel**, a community leader in Croydon, member of the Hindu Education Board UK and Hindu Mandir’s Exec. Committee UK, began her presentation with an “ohm”, demonstrating that all faiths connect with the one God. Families exist to nourish, love and care. Women’s role is to be the embodiment of these values.

Next was **Mrs Shammi Rahmann**, an RE Consultant, MK Community Foundation vice president, founder of Youth SACRE MK and Head of Humanities at Denbigh School. Coming from a background where education was not valued, she applauds the amazing

example of heroic women, as well as passionate teachers who inspired her. Shammi is unstoppable, having great enthusiasm and passion for education, especially for women.

Mrs Diana Neslen, a Jewish lady from South Africa, a retired social worker and activist for the Palestinian cause, gave a most informative talk on how women and family are integrated into Jewish Faith. Culture and tradition are of paramount importance and homes are the bastion of Jewish life. Women hold responsibility to pass faith to the next generation.

Fourthly **Pastor Yetunde Adeshile** ChPP, MBA, MAPM, spoke about family life as a Christian. Yetunde is Founder and CEO of The Next Chosen Generation CIC, Vice Chairperson of Basildon Side by Side, Director of RJ Emmanuel Ltd and former Chair of Phenomenal African Woman UK. Pastor Yetunde gave a fascinating explanation of what womanhood means based on the acronym for the word, and that it is women who are responsible to embed faith in the family.

Mrs Balvir Dhillon, is a retired Vice Principal, from Punjab, India, educated in UK. whose vision that education opens all doors is the focus of her passion for empowering and enabling communities. Through her Sikh faith she sees all communities as one “global family”. She loves challenging norms to improve processes and create opportunities for deprived communities.

Mrs Christelle Ngama, a Unificationist, originally from DRC and now living in UK. studied law and owns an independent health and wellness business, also being the WFWP-Bolton Project Manager. As a woman of faith raising a young family, she wishes her children to know they are loved and valued. When suddenly experiencing dark thoughts, stemming from severe anxiety, which she attributes to her childhood in war-torn Congo, she decided to sign up for Therapy - “Women must heal themselves to avoid the burden being passed to their children.”

Three young women responders - **Shreen Mahmood**, a radio and tv presenter, **Sherifa Carr**, an ordained minister, and **Ala Zubovskis**, a children’s author - were then invited to offer feedback.

A final word of thanks was offered to all participants by Mrs Coombs.

Written by Anne Kobayashi, Central London WFWP Coordinator

Artists for Peace 2021

After the successful launch of The Artists For Peace in 2020, the project will roll on for the second year in 2021 with the theme:

"The Environment and Our Future".

The main purpose of this project is to foster the hope of peace, wellbeing, and confidence among the nation's youth through cultivating their talents in the field of visual arts as a medium for self-expression and self-healing.

This year's theme is focusing on finding creative ways to protect the environment. We want to encourage children and their families to reflect on responsible and sustainable consumption of resources, to raise awareness of the effective use of the energy and low waste living in daily life and how the 5 simple steps - **Refuse, Reduce, Reuse, Repurpose, Recycle** – can benefit and improve responsible and sustainable lifestyle.



ARTISTS FOR PEACE
THE ENVIRONMENT AND OUR FUTURE
UK NATIONAL ART CONTEST
AGES 5-16 YEARS – SUBMIT ARTWORK BY 31ST DECEMBER 2021
ART MEDIUM: PAINT
POST A SCANNED COPY OF YOUR ARTWORK TO:
FACEBOOK.COM/2020ARTFORPEACE
FOR ADDITIONAL INFORMATION: ARTPEACEPROJECT@WFWP.ORG.UK

1ST PRIZE £100
2ND PRIZE £70
3RD PRIZE £40

RECYCLE
REDUCE
REFUSE
REUSE
REPURPOSE

Organised by Women's Federation For World Peace WFWP UK

Inviting children to take part in the UK national Art Contest.

- **Three age categories:** (5-7, 8-12, 13-16) and open to anybody currently resident in the UK.
- **The art medium is paint** (watercolour or acrylic acceptable).
- **Three prizes per age group:** £100 for 1st prize, £70 for 2nd prize and £40 for 3rd prize. All children will receive cheerful congratulatory certificates.
- **Submission date from the 21st September until 31st December 2021.**
- 21st September being International Peace Day
- **The children's art work needs be posted and scanned to:** FACEBOOK.COM/2020ARTFORPEACE page.
- **The evaluation criteria** are 30% for creativity, 30% for interpretation of the theme, 20% for the overall impression of the artwork and 20% for the Facebook likes.
- **The results will be announced in February 2022**, and the awards will be presented in the Special Award Ceremony that will be held online or in WFWP UK headquarter.
- **The online exhibition** will follow on WFWP UK website and social media platforms.

For additional information please contact: artpeaceproject@wfwp.org.uk

"Women transforming our World. Let's listen to our Stories!"



On March 19th for International Women's Day,
140 women met online to listen to the life stories and excellent public work
of six women of different faith traditions.

'We must give
confidence and
encouragement to
one another,
transforming
others lives,
as well as
our own'

After warmly welcoming everyone, **Patricia Earle** from WFWP Birmingham invited **Mrs Mitty Tohma**, President of WFWP UK, to share opening remarks and briefly outline the aims, values and projects of the organisation. She emphasised the need for women, particularly young women, to take responsibility and work in partnership with men, for the betterment of society.

Dr Harriet Crabtree, Executive Director of the Interfaith Network UK, spoke of a world where people of different faiths now live side-by-side, and can learn many things from one another. "We must give confidence and encouragement to one another, transforming others lives, as well as our own.

Dr Lakshmi Vyas, President of the Hindu Forum of Europe, spoke about life in India, inheriting values from her upbringing in a Hindu family, and being grateful to be born as a woman. She studied noise pollution, and pioneered a way to influence legislation which could improve the environment for all members of society.

Dr Sadia Ahmed, Chair of the Women's Group in the UK Islamic Mission, studied hard to become a doctor, as well as becoming involved in faith groups and a considerable amount of charitable work. She spoke of women's need for mental and emotional support, the spiritual upliftment of young people, and her recent work to allay people's fears about vaccination for Covid-19.

***‘Make me a channel of your Peace
Where there is Hatred, let me bring your Love
Where there is Despair in life, let me bring Hope
and where there's Sadness ever Joy’***

Mrs Anthea McIntyre, a Member of the European Parliament from 2011 until 2020, described attending an all-girls school, belonging to the Women's Foundation in her Church, and being the first female consultant in a very male-dominated ship building company! She supports women of all ages by giving talks in schools, universities and various companies. She is a co-Founder of West Midlands Together, which works to tackle Hate Crime in society.

Mrs Joyce Fletcher, wife of Bishop Neville Fletcher in the Church of God of Prophecy, has worked to promote women's leadership for 30 years in the West Midlands, including in the area of mental health. She strongly emphasised the power of 'Connectivity' and togetherness, using the example of people of faith coming together to tackle the current Pandemic, including in the NHS. Getting people who are isolated to connect with others can make all the difference.

Finally, **Mrs Shabina Kauser**, a family support worker and activist, described the challenges posed by the sexualisation of young people, on television and via the internet, and her work with young people, especially girls, to protect them from the dangers posed, to equip them and their parents with the right information and choices, and to promote the values of self-control and personal integrity. Society has become a battleground in many respects.

Musical interludes were provided by **Pawanjit** and **Julia**, and excellent responses then came from **Luljeta** (Shpresa Programme), **Hina** (TV Presenter and Leadership Coach), **Rev Marcia** (Minister and Prison Chaplain), **Fatmira** (Teacher and Foster Parent) and **Shenaz** (Clifton Rd Mosque Interfaith Secretary), before the meeting concluded with a candle-lit song 'Make Me A Channel Of Your Peace'.

Written by Patricia Earle, Birmingham WFWP Coordinator



Women's Peace Academy

Study Group

The Women's Peace Academy study group, a project of Central London WFWP, was started in early 2020, as a continuation of the WFWP monthly Coffee Mornings, normally held in a participant's home or in a public space. As a response to covid-19 we transferred the women's study group to being online and increased the frequency to every second week.

It is held on Friday mornings at 11am., twice monthly, via zoom. The group is organised by Mrs Anne Kobayashi, co-ordinator of Central London WFWP, with great support from Mrs Helena Stout, Secretary, and Mrs In-Shil Cotter a younger lady who is Treasurer of the group. Both Mrs Stout and Mrs Cotter often served as moderator for the event, with Mrs Mitty Tohma, President of WFWP-UK, attending and supporting.

As a result of being online, many more women joined and not only from the London area but from all parts of UK, Europe and beyond. It was a great inspiration to see women joining in from across the Globe, even from as far as Australia.

Several of the ladies have kindly served as moderator when Mrs Stout and Mrs Cotter were busy, each bringing their own unique perspective and talents to the role.

MOTHER of PEACE

And God Shall Wipe Away All Tears from Their Eyes.



Mother of Peace
Dr Hak Ja Han Moon

After an introduction by the moderator and an opening prayer, we read the words of our founder **Dr Hak ja Han Moon, from her book "Mother of Peace"**, which provides a deep and unique insight into her early life in North Korea, following her as she continues on her path to the South and as she goes on to accept the most challenging and incredible life mission, side by side with her husband Rev Moon, as a global leader and peacemaker.

In the discussion and sharing which follows many ladies have expressed their deep gratitude, inspiration and awe at the example of Mother Moon's life.

Sometimes we look at the ways in which it influences and shapes our own journey of faith and try to find ways in which we can attempt to emulate Mother Moon's beautiful and selfless example.

Many very interesting and very moving narratives have been shared.

This study group has also served to create a closeness and feeling of sisterhood between the women who take part and draw us closer in heart.

We will continue with this study morning for the foreseeable future.

A warm invitation is extended to all to join with us.

Please send your inquiries to: info@wfwp.org.uk

News from our local Branches

WFWP BIRMINGHAM / MIDLANDS

Written by Patricia Earle.

On March 19th for International Women's Day we organised a conference on **"Women transforming our world – let's listen to our stories"**

(see page 10 –11)

On May 15th, 30 of our ladies supported the national **'UN Day for the Family'** event.

In June, around 130 women recognised **'UN Refugee Week'** with an evening during which refugees from Afghanistan, Albania, Iran, Rwanda, South Sudan and Uganda shared their moving stories. They arrived in the UK with nothing, overcame all kinds of challenges, and are now in a position to help others.

During **Ramadan**, in April and May, we visited many of our close Muslim women friends to pay our respects, and bring a small gift of food with which to help break their fast. At the end of Ramadan, we sent Eid cards, and received so many thanks, and delicious food as well!

I spoke at an Ahmadiyya Muslims event on: **'Finding Peace during the Pandemic'**

We also spoke for one hour on an Asian TV channel with Hina Junejo, about: **'The Value of Marriage and Family in modern society'**.

Finally, fourteen of our ladies took part and enjoyed, the **Leadership of the Heart** training, one of the best programmes which WFWP has to offer.

(see page 6 and 7)



Pandemic As A Transition

Welcome from WFWP Scotland

Self Enhancing Exercise

Topic sharing : Pandemic – Transition period
Coping with the transition
How to cope with the lost one

Speaker: Saboohi Gill (Cognitive Behavioural Therapist)

Zoom event on Sat 27 Mar 2021
Meeting ID: 817 7058 8431

2-3.30pm GMT
Passcode: 029314

WFWP SCOTLAND

Written by Ann Breslin

Although there were restrictions due to Covid-19 pandemic; in the past 6 months, WFWP Scotland regularly carried out meetings online to encourage women to find their inner strengths and to cope with the challenges in life.

The following topics were presented:

- **Finding who I am in the time of pandemic**
- **Building inner strength**
- **Pandemic as a transition**
- **The value of Humanitarian Aid**

Professionals, humanitarian workers and speakers from diverse groups were invited to provide skilful information and guidance related to those topics. Time for interaction was included during the meeting. Participants gained knowledge and valuable information; good feedback was received from the participants.

Four members of WFWP Scotland were supported to attend **'Leadership of the Heart'** webinar organized by WFWP UK. They were inspired by the contents.

WFWP Scotland will continue to provide inspirational meetings for society.

Email: wfwpscotland@gmail.com

WFWP CENTRAL LONDON

Written by Anne Kobayashi

Based at Lancaster Gate centre, in Central London we were holding various events there throughout the year until Lockdown happened.

Our branch supports the **Jordan Refugee project**, so we have held several fundraisers and events on its behalf.

Our team is Anne Kobayashi, branch Co-ordinator, Helena Stout, Secretary, and In-Shil Cotter who is Treasurer.

In the past year, we have continued to hold our bi-weekly **Women's Peace Academy** study morning by Zoom, we have supported **Leadership of Heart** training programmes (also via zoom), and are now currently preparing to co-host a **Young Women's Speech** Contest (in person) together with the South London chapter. It will take place on the 24th July at the Lancaster Gate peace centre.

We are most grateful for all the support we have been given by ladies in the community and we very much hope that even more women will be inspired to join in with our meetings and events and to share in the uplifting atmosphere.

Please join us.

For more information contact:

[@wfwp.org.uk](https://www.wfwp.org.uk)

akobayashi81@hotmail.com

or call 07733267949

We will be very happy to hear from you.



WFWP project to support underprivileged children and youth in Jordan

Macmillan Cancer Support



Afternoon Tea

Saturday 25th September 2021
3pm up to 5pm

2A, Haslemere Road
Thornton Heath
CR7 7BE

Speaker

Everyone facing cancer can have a
Macmillan team in their corner

Welcome to attend-Please
Reserve your ticket before coming

WFWP South London – dolores@wfwp.org.uk

WFWP SOUTH LONDON

Written by Dolores Read

Our monthly Branch meetings have been successfully attended. We are sharing and discussing about Spirituality and Personal experiences.

On Thursday 15th July, we had an online Conference / Talk on the topic: **The Existence of God** by Zohra Zaidi and **One Family under God** by Susan Crosthwaite.

We have 3 young women candidates to speak at the Young Women's Speech Contest, on Saturday 24th July.

The WFWP South London is planning a fundraising event for **Macmillan Cancer Support**, on Saturday the 25th of September at 3pm to 5pm in Thornton Heath near the library.

Email: dolores@wfwp.org.uk

For more information about WFWP UK,
events and activities

Please visit:

www.wfwp.org.uk

WFWP UK Facebook page

(please click on the website link)

Inviting Young Women

'WOMEN IN LEADERSHIP: ACHIEVING EQUALITY IN A POST COVID 19 WORLD'

2021 YOUNG WOMENS SPEECH CONTEST

16TH OCT. 2021 1.30-5PM
43 LANCASTER GATE LONDON W2 3NA



Women's Federation for World Peace
UN ECOSOC - NGO - GENERAL
CONSULTATIVE STATUS CAT 1
Mitty Tohma: 07515947608
info@wfwp.org.uk
www.wfwp.org.uk

Deadline
For application
31 August



WFWP UK is inviting young women between the age of 18 and 39 years old to share their ideas and beliefs on the topic of:

'Women in Leadership: achieving equality in a post Covid 19 world'.

There will be a monetary prize for the first 3 winners.

For more information and on how to apply please visit our website:

www.wfwp.org.uk and email: info@wfwp.org.uk (please click on links for access)



**“A wise woman wishes to be
no one’s enemy;
A wise woman refuses to be
anyone’s victim”**

Maya Angelou