

WFWP USA: HerTribe Thrive in June - Lead, Savor, Explore, Inspire

Katarina Connery
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Dear,

Welcome to the June edition of **HerTribe Thrive!**

As summer begins and the days stretch out before us, June invites us to lead with heart, explore boldly, and nourish what matters—whether that’s our communities, our creativity, or simply the herbs on our windowsill.

In this issue, we begin with *Leading with a Mother’s Embrace*, a heartfelt podcast from our new president, Dr. Katarina Connery, on the power of nurturing leadership. Then, bring the season into your kitchen with *Fresh from Your Windowsill: Summer Herb Garden Recipes*. Ready for a getaway? *Set Sail with Confidence* shares one writer’s first-timer experience aboard a Carnival cruise. And finally, be inspired by *Wellness for Women*, the story of a high schooler who turned her love of self-care into a nonprofit mission.

Let’s step into this season with courage, connection, and care.



WISDOM IN ACTION

HerStory Podcast Episode 10:
Leading with a Mother’s Embrace

"Women's Federation must be a place where people feel truly accepted, seen, and empowered—a mother’s true embrace." —**Dr. Katarina Connery**

In this inspiring episode of the *HerStory Podcast*, Dr. Katarina Connery, newly appointed President of Women’s Federation for World Peace USA, shares her journey of balancing leadership with family life while championing the empowerment of women.

Katarina opens up about the importance of prioritizing family, practicing radical self-compassion, and awakening women to their true value in partnership with men. She offers heartfelt insights on leading with a mother’s heart and creating a supportive, flexible environment where women can grow, feel accepted, and make a meaningful impact. Tune in for a powerful

conversation filled with wisdom on feminine leadership, emotional resilience, and building a legacy of empowerment.

Listen now!

Every conversation has the power to inspire.



MEMBER'S HUB

Fresh from Your Windowsill: Summer Herb Garden Recipes

Looking for simple, delicious ways to use fresh herbs this summer — without needing a green thumb?

We've created a special Herb Garden Recipe Guide just for you, our HerTribe Thrive community! Whether you've got a thriving garden or just picked up a cute basil pot from the grocery store, this printable is packed with beginner-friendly tips, family-approved recipes, and a little space to reflect on your summer kitchen moments.

Download your recipes today!

Check it out!



TIPS & TITLES

Set Sail with Confidence: A First-Timer's Guide to Carnival Cruises

Thinking about taking your first Carnival cruise? This first-timer's guide shares everything you need to know — from what's included to tips on picking the right ship, excursions, and dining options. Get the inside scoop from a real Bahamas birthday cruise experience and learn how to make the most of your trip. Set sail with confidence and start planning your next adventure!

Tips on how to plan a cruise!

Read now!



SPARK OF
INSPIRATION

Wellness for Women: My Story of Starting a Nonprofit in High School

Women's empowerment can take many forms—and for Arah, it began with a makeup bag. What started as a personal morning ritual of applying makeup for confidence and calm became the inspiration behind *Wellness for Women*, a nonprofit she co-founded in high school.

Moved by the lack of access to beauty products among homeless women and the impact of appearance in professional settings, she and her friends launched a self-care drive, collecting over 1,200 items worth nearly \$14,000. Despite challenges, the experience taught her the power of initiative, empathy, and service.

An Empowering Perspective: A daily act of self-care can spark a movement!

Read now!

Our Contact Information

Women's Federation for World
Peace USA

481 8th Avenue, Suite 608
New York, NY 10001

www.wfwp.us



**WOMEN'S FEDERATION
FOR WORLD PEACE USA**





HerStory Podcast Episode 10: Leading with a Mother's Embrace

"Women's Federation must be a place where people feel truly accepted, seen, and empowered—a mother's true embrace."

In this compelling episode of the *HerStory Podcast*, Katarina Connery, newly appointed President of Women's Federation for World Peace USA, offers a heartfelt exploration of leadership grounded in family values, self-compassion, and feminine power. Katarina shares how her role as a wife and mother of three profoundly shapes her approach to leadership, emphasizing the importance of maintaining a healthy balance between work and home. She recounts making a personal commitment to prioritize her family, believing that a leader's strength and effectiveness come from a stable and supportive home environment. This philosophy influences how she leads the Women's Federation, fostering a culture of flexibility, understanding, and grace for women juggling the demands of family and work.



Katarina's vision for the Women's Federation centers on awakening women to their true value and encouraging collaboration between women and men. Drawing inspiration from the WFWP's founder, Holy Mother Han, she highlights the mission to help women recognize their worth and develop themselves in partnership with men. Under her leadership, the organization continues to build on its existing foundation, focusing on empowering women to support each other and their communities. Katarina envisions WFWP as a "place of a mother's true embrace," where members feel seen, accepted, and empowered to grow into better wives, mothers, and leaders.

A key lesson Katarina imparts is the transformative power of self-compassion. Reflecting on her personal growth, she shares the practice of "Radical Acceptance" — acknowledging and embracing one's emotions without judgment, rather than rushing to fix or suppress them. This simple yet profound practice has helped her manage overwhelm and lead with greater emotional resilience. Katarina encourages others, especially women leaders, to be gentle with themselves, recognizing that emotional struggles are part of the journey. Her story is a powerful reminder that authentic leadership grows from self-awareness, compassion, and a heart-centered approach to both family and community. This episode is a must-listen for anyone seeking inspiration on feminine leadership, emotional strength, and creating lasting impact through love and collaboration.

Learn more about WFWP: www.WFWP.us





Fresh from Your Windowsill: Summer Herb Garden Recipes

Looking for simple, delicious ways to use fresh herbs this summer — without needing a green thumb?

We've created a special Herb Garden Recipe Guide just for you, our HerTribe Thrive community! Whether you've got a thriving garden or just picked up a cute basil pot from the grocery store, this printable is packed with beginner-friendly tips, family-approved recipes, and a little space to reflect on your summer kitchen moments.

Inside you'll find:

- The top 3 easiest herbs to grow at home (no garden required!)
- 3 fresh and flavorful recipes for each herb
- Printer-friendly pages with space for notes
- A reflection page to capture your favorite summer cooking memories




ARE YOU A MEMBER OF WFWP?

The Herb Recipes are FREE for members! Simply log in or create your account for the Members' Portal. You can download the full recipes in the Resources Library

Log In to your Members' Portal account below.

If you have an active WFWP USA membership, click here to create your Members' Portal account: [Sign up](#)

 Continue with Google

OR

Email

Password

[Forgot password?](#)

Log In

If you don't already have an account, request a new one above. We will confirm your active membership and approve the request. Upon approval, you will be able to log in and access the portal. If you don't remember your password, click "forgot password." Please make sure to check your spam folder.

NOT A MEMBER OF WFWP?

Not a member of WFWP? [Join today](#) to access exclusive resources, including Herb recipes, and become part of a community of women empowering each other to be peacemakers in the world





Set Sail with Confidence: A First-Timer's Guide to Carnival Cruises

Written by: Carie Arline

BAHAMAS BIRTHDAY CRUISE

In January, my partner treated me to a Carnival cruise to the Bahama's to celebrate my birthday — and it turned out to be really fun, relaxing and affordable!

- Dates: January 20–24
- Itinerary: Miami → Half Moon Cay → Nassau → Day at Sea → Miami
- Cost: About \$289 per person, with about a \$60 gratuity automatically added per person.

The price was amazing for everything that was included — accommodations, food, and entertainment. I've even heard that the Caribbean cruises are even better, so that's definitely on my bucket list now!

A mom I met on board said she prefers cruising over planning a typical vacation because she doesn't have to stress about meals or activities — everything is already scheduled for you. After this trip, I completely understood her point.

We enjoyed free dining, a variety of onboard activities, and nightly comedy shows (keep in mind there are adult and kid friendly shows.) Our evenings were relaxing — we caught live shows, watched an outdoor movie and even took professional photos with different backdrops (available for purchase). During the day, we lounged around, soaked in the jacuzzi, and explored.

We stayed in a **regular interior stateroom**, and while it was fine for the most part, it did feel **pretty small and enclosed** — especially with no window. If you're planning to spend most of your time enjoying the ship's amenities, it's a budget-friendly option. But if you're someone who values natural light or gets claustrophobic easily, it might be worth upgrading. **Next time, we'd definitely consider booking a room with a balcony** to enjoy some fresh air and private ocean views.



When we docked in **Nassau**, the **downtown area was very easy to walk around** — just a short distance from the port. There were **plenty of tourist shops**, food spots, and historic sites within reach. However, one thing to note: **maps weren't readily available**. There weren't any displayed around town, and we had to ask around before finding one. If you're planning to explore on your own, we **highly recommend downloading a map or saving locations ahead of time** to avoid confusion or wasting time. We rented a scooter to explore historical spots like Queen's Staircase, and some forts but in hindsight, it would have been better to join a tour. The heat, traffic, and trying to navigate with a paper map made it more stressful than it needed to be.

*****Tip: Research your destination or book a tour ahead of time — especially when you have a limited window to explore.**

At Half Moon Cay, we had a classic beach day — the water was beautiful, and the island felt like a true escape. However, you can book excursions ahead of time.



We also had a full day at sea, which gave us time to rest, explore the ship, and enjoy the amenities at a slower pace.

THINKING ABOUT TAKING A CARNIVAL CRUISE? HERE'S WHAT YOU SHOULD KNOW:

DESTINATIONS & ITINERARIES

Carnival cruises travel all over the world — from the Bahamas and the Caribbean to Alaska, Europe, and Mexico. Make sure to review the itinerary carefully. Some stops are only a few hours long, while others allow more time to explore.

CHOOSING A SHIP

Carnival has over 20 ships across several classes. Here's how to choose:

Want the latest & biggest ships?

Mardi Gras, Celebration, and Jubilee

- Features: Roller coasters, themed zones, huge waterparks, specialty dining

Traveling with family or kids?

Vista Class (Carnival Vista, Horizon, Panorama)

- Features: Family Harbor staterooms, IMAX theaters, ropes courses

Looking for something smaller or more chill?

Spirit Class (Carnival Legend, Pride, Miracle)

- Easier to navigate, good for scenic cruises like Alaska

Tip: Check what port it leaves from and how long the trip is — newer ships often do longer sailings.

BEST TIME TO BOOK

- **6–12 months in advance:** Best for prices, cabin selection, and promotional perks.
- **Wave Season (Jan–March):** Big sales and bonuses like free upgrades, onboard credit, or reduced deposits.
- **Last-minute deals:** Available 1–2 months out, but less cabin variety and flights may be more expensive.

WHAT'S INCLUDED VS. WHAT'S NOT

INCLUDED:

- Your cabin
- All meals in the main dining room, buffet, and select casual spots
- Most onboard entertainment and activities
- Pools, hot tubs, waterslides, gym access

NOT INCLUDED:

- **Gratuities** (~\$16–\$20 per day per guest, automatically charged)
- **Wi-Fi/Internet** (packages cost \$12–\$20/day)
- **Alcohol & soda** (Drink packages available)
- **Shore excursions**
- **Specialty dining** (e.g., Steakhouse, Sushi, Bonsai Teppanyaki)
- **Spa services and fitness classes**

DOWNLOAD THE CARNIVAL HUB APP

The Carnival Hub app is your cruise BFF. It gives you real-time updates on daily schedules, restaurant hours, onboard events, and more. You can even use it to book excursions or check in for dinner.

DINING OPTIONS

Before you board, you'll choose your dinner reservation time — early dining, late dining, or Your Time Dining, which offers more flexibility. The main dining room provides a full-course meal, but if you want something quicker, there are plenty of casual spots around the ship.

*** Just double-check which restaurants are complimentary and which ones are extra.*

ADULTS-ONLY AREAS

Some parts of the ship are restricted to adults only, such as Serenity decks and certain lounges or pools. Great for peaceful moments — but something to keep in mind if you're traveling with kids.

Click here to book your cruise: [Cruise Search: Find Your Perfect Carnival Cruise](#)



Wellness for Women: My Story of Starting a Nonprofit in High School

Written by: Arah Cho

Women’s empowerment comes in many forms. Sometimes it manifests in marches, passing legislation, or breaking glass ceilings. But for me, it started with a makeup bag.

Every morning I follow the same rhythm: I wake up, brush my teeth, and sit at my desk to put on makeup. There is something strangely comforting in those quiet minutes before school. The familiar routine of applying moisturizer, foundation, and blush, paired with feeling more ready to face the day than when I initially sat down. As a rising senior managing countless assignments, extracurriculars, and responsibilities, doing my skincare and makeup is a sacred time free from the incoming obligations I will inevitably have to face during the day. But this ritual is more than just an act of self-care. It's also my armor. It makes me feel a little more put together, confident, and ready.

My closest friends and I share this love for makeup. Whether it's exchanging lipgloss in our Latin class or showing off our new mascara in between class periods, there is a special bond in makeup that connects women in unique ways. However, I recognize that not everyone has access to such items. **In Refinery 29's YouTube video *What Beauty Is Like For Homeless Women On The Streets*, I realized that while makeup equips homeless women with the confidence to feel their best, they often lack access to it. But given that nearly 70% of job employers said they would be less likely to hire a female job applicant who *didn't* wear makeup to an interview, I realized there was a significant issue largely unaddressed in my community. It was from this gap that Wellness for Women was born.** Thus, my best friends and I created Wellness for Women to create broader access to an underappreciated item, aiming to promote dignity, professional development, and confidence.

Starting a nonprofit in high school truly wasn’t easy. I was already bombarded with tests and assignments from school, not to mention a plethora of other commitments throughout the week. At one point, I felt paralyzed. It wasn't just my busy schedule holding me back, but also the latent and deep-rooted thought, *What if I fail?*

Ultimately, two words pushed me and my team forward: *just start*. While I'd love to say that those words alone broke the cycle of inaction, they didn't. **The success of Wellness for Women came from hundreds of “just start” moments, continuous team efforts, and constantly striving for better. Despite the initial challenges, we collected over 1,200 products and raised almost \$14,000 worth of self-care products in our first makeup and skincare drive alone.**

I learned many valuable lessons from Wellness for Women. Namely, the ability to take initiative from within, to communicate with others, and to be honest with myself. But above all, it reaffirmed the importance of service to others and turning empathy into tangible action. As such, Wellness for Women has become, in many ways, a love letter to all women: a reminder that we are all worthy of feeling prepared to face the world.

Today, that mission continues to evolve. Wellness for Women works to advocate for equity, empathy, and empowerment not just for women, but for all who feel unseen. In every product we collect and every life we touch, we carry the belief that confidence is more than a privilege—and that even the seemingly small acts of care can be revolutionary.



FRESH FROM YOUR WINDOWSILL: SUMMER HERB GARDEN RECIPES

HERSTORY PODCAST EPISODE 10: LEADING WITH A MOTHER'S EMBRACE

