

## Logic of Love News for October 2020 #2 - Adapting to Change

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### President's Corner

Dear friends,

"Who Moved My Cheese?" by Spencer Johnson, M.D., is one of my favorite books. Why? Because it addresses so well the letter "C," standing for Change, which is undoubtedly upon us during these taxing, painful and unpredictable times, as Covid-19 seems to threaten yet another wave in some countries.

It indeed seems like all of humanity is experiencing that our "security blankets" – the systems of support we are used to and our accustomed lifestyles – are being pulled from beneath our feet. This phenomenon then causes unprecedented new "pandemics" involving social distancing, lockdowns, loneliness and financial anxiety.

Johnson's small book describes so well the various reactions to change when one day a group of mice discover that their cheese is gone. They respond in different ways. Some complain, complain and complain some more. Others go in search of new cheese – and find some...

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### Purple ribbons to honor victims during Domestic Violence Awareness Month

*"If you think you are too small to make a difference, try sleeping with a mosquito." — The Dalai Lama*

A few months ago, I participated in a peace road event in Baltimore, Maryland, wanting to support it somehow with a mother's heart. At the time, I offered cool refreshments and introduced WFWP to the participants, including one lady named **Sonya Edgington-Chapple**, the founder of a local domestic violence awareness organization. We exchanged business cards, and I offered to help or participate in her next event. I myself come from a family with an alcoholic abusive stepfather, and my husband had a violent father as well, so her topic resonated with me.

October is Domestic Violence Awareness month, and **on October 10th, I was invited to join a prayer and march around Montebello lake in Baltimore.** Marianne Goldberg and Emiko Butler, both long-time WFWP Maryland members, were happy to come and support this initiative as well...

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### [How to reign in unhealthy thoughts and take charge of our minds](#)

I have come to the realization that through my habitual worrying and jumping to conclusions, I frequently made up stories that had nothing to do with reality. This would inevitably create problems for me and others.

How can we eliminate this pesky habit? First, we need to become aware of our thoughts. Then examine them – what and why we are thinking a certain way. Where do these thoughts come from? In my case, many times my thoughts have nothing to do with reality. They just pop into my head, seemingly related to something I heard, or thought I heard, and immediately my mind attaches meaning to these thoughts as to why, who, where and when something happened.

It is good when we take the time to examine our thoughts and reign them in. This is how we can avoid many misunderstandings...

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### [The impact of a small group: Overcoming difficult times through the true spirit of service](#)

*On October 16, WFWP Hackensack, New Jersey Chairwoman Cynthia Nakai invited Carol Pobanz to speak on the following topic: "What I do for my personal and physical well-being during this unprecedented time." She shared about her passion for service and her work with the Nutley Partners for Peace. WFWP members and others who attended the meeting were inspired by her uplifting words below:*

**"Whenever you are feeling unhappy, depressed, or unsettled, serve someone."** These are the words spoken to me by my friend Adrienne, an older sister in faith, many years ago. These are words that have guided me even in the most difficult of times, including now.

What does it mean to serve? The first thing that comes to my mind when we say the words "service" or "service project" is cleaning parks or streets. But service is so very much more. Service is absolutely anything which is done for another, whether it is cooking a meal for a child at home or for a group of conference dignitaries. It can be reading a book to better understand the heritage of another race or writing a book to share insights on how to live a better life, caring for a bedridden older person or discovering a cure for Covid-19. Serving is an attitude accompanied by an action. Absolutely anything can be a service if it is being done for a higher purpose than the self...

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## [Join the Women's Prayer Circle of Peace and Healing for America](#)

Based on popular demand, WFWP USA has officially restarted the **national prayer and study called "Help Turn the Tide,"** which we conducted over the summer, having impacted and transformed those who participated and others beyond!

The national prayer call started on Saturday, October 10, 2020 at 1pm EST, and we will be gathering every other week for the next 8 weeks, on every 1st and 3rd Saturday of the month, ending on January 16, 2021! **The next call is on October 24.**

As in our previous prayer calls, we will be using texts and speeches from Dr. Hak Ja Han Moon, our founder, as a source of inspiration and discussion, including her recently published memoir entitled: "Mother of Peace - And God shall wipe away their tears"...

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## [Role models we need: Honoring pioneer women in the sciences](#)

**"I will not follow where the path may lead, but I will go where there is no path, and I will leave a trail."** Muriel Strode

It takes a special kind of person to go where no one has gone before and withstand all manner of challenge and resistance along the way. That was the case for the first women to pursue studies and careers in the fields of science, technology, engineering and math (STEM). In honor of Ada Lovelace Day, which is held every year on the second Tuesday of October to celebrate the achievements of women in STEM, **we would like to recognize and highlight women scientists from the United States who opened the door for many young women and girls to follow in their footsteps...**

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## [Tips for a new way of meditative walking](#)

*This article was adapted from a post written by Marlaina Donato for the Natural Awakenings Magazine, a publication that focuses on healthy living, and it is being republished with permission.*

The health benefits of walking, such as stress reduction, improved joint mobility, lower blood pressure and increased oxygen, are well known, but walking or hiking with a meditative focus offers some other unexpected perks. Mindful walking that fosters focus on each step can combat depression, anxiety and unhealthy food cravings by boosting neurotransmitters. Studies from the University of Exeter, in England, reveal that chocolate cravings and consumption are reduced after just a 15-minute walk, and a German study found overweight people that walked briskly for 15 minutes had less desire for sugary snacks...

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**[Upcoming WFWP Events: Global and Local](#)**

Check out the calendar for exciting upcoming events.

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