

## WFWP USA: HerTribe Thrive - Love in Action

Katarina Connery  
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**Dear,**

Welcome to February's edition of *HerTribe Thrive*!

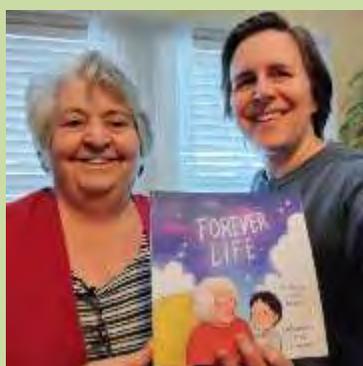
February invites us to turn our attention to the heart—deepening our capacity for love, compassion, and meaningful connection with ourselves and others. This month is a beautiful reminder that love is expressed not only in grand gestures, but also in everyday moments of presence, care, and intentional living.

In this issue, we're honored to share a collection of resources centered on love, healing, and emotional well-being. **Forever Life: A Book That Opens the Conversation** offers a gentle and hopeful way to support children and families through grief and life's transitions. **Love That Listens: Active Listening as an Act of Love** explores how truly hearing one another can strengthen relationships and build trust. You'll also find **Tea Time Means Me Time**, an invitation to slow down and nurture your body and spirit through simple self-care rituals. Finally, **Creating a Nest of Happiness Through True Love** reflects on building a home and life grounded in responsibility, warmth, and enduring love.

May this February inspire you to listen more deeply, care more gently, and cultivate love—in your relationships, your home, and within your own heart.

### MEMBER'S HUB

#### *Forever Life* - A Book That Opens the Conversation



*Forever Life* is a gentle, heartfelt book by Carol Pobanz, created to help children and the adults who love them navigate grief with honesty and hope. Written for ages 4-12 (and deeply comforting for all ages), it opens the door to meaningful conversations about love, loss, and what continues beyond goodbye. We're offering the book at a special in-store price for a limited time, with members receiving an **additional 10% discount** while supplies last.

Hopeful conversations about love, loss, and healing for children and families.

[Check it out >>>](#)

## SPARK OF INSPIRATION



### Love That Listens: Active Listening as an Act of Love

February is the month of love. When we think about love, we often picture grand gestures or heartfelt words. But some of the most powerful expressions of love are quiet. They show up in moments when we choose to listen—truly listen—before reacting, judging, or assuming.

Many challenges in relationships, whether in the workplace, at home, or within our communities, don't begin with bad intentions. They begin with something much simpler: **a lack of information**. When we don't fully understand what someone is carrying, it's easy to misread their behavior and respond in ways that unintentionally deepen hurt or misunderstanding.

**Listening with the heart—transforming understanding into compassion, connection, and love.**

[Read the full article >>>](#)

## TIPS & TITLES



### Tea Time Means Me Time

In this age of globalization, we are blessed to have access to a myriad of various teas, herbs and tonics. Many of which have been used for centuries to promote relaxation and good health. In this month, typically devoted to love and heart health, we're offering some helpful suggestions for upping your tea game- essentially, taking time for your health and well-being, while also engaging in an uplifting, multi-sensory moment for yourself.

The following suggestions are meant to uplift and support healthy lifestyle habits you may already engage in by using items you may already have on hand. The sampling of products listed below may or may not be suitable for your life at this moment, so please feel free to pick and choose what works best for you.

**Small sips, deep care—nourishing your body and spirit through intentional tea time.**

[Read the full article >>>](#)

## WISDOM IN ACTION



LOVE PRACTICED WITH MORAL  
RESPONSIBILITY IS WHAT WE CALL  
*True love.*

### Creating a Nest of Happiness Through True Love

Wisdom in Action centers on the words of Holy Mother Han, offering timeless guidance for women seeking to live with purpose and compassion. Through a featured quote or passage and a personal reflection, we explore how her teachings can be applied in everyday life and community.

“I love you.” These are the sweetest words. They are the first words, because through love all life begins. But human beings can speak these words either responsibly or irresponsibly. God also gave animals the power to multiply through love. Animals search for a partner with whom to bear and raise offspring. But they differ from us in that for them, love is instinctual and they are not responsible to make moral decisions related to love. For human beings, in contrast to animals, love is accompanied by responsibility. Love practiced with moral responsibility is what we call “true love.”

A husband and wife who believe in the sanctity of love and fulfill their responsibility accordingly are practicing true love. Through their love, God creates a nest of happiness... True love is the most important factor in creating a happy family. (Mother of Peace, Ch 8)

**Every conversation has the power to inspire.**

[Read the full article >>>](#)

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WOMEN'S FEDERATION  
FOR WORLD PEACE USA



## Introducing Forever Life: A Gentle Guide for Grieving Hearts—Young and Old

By Carol Pobanz

On my very first day serving as a chaplain, I was assigned to a hospital hospice unit to shadow a more experienced chaplain. Without hesitation, my mentor guided me into a quiet room where an older woman lay in her final moments of life. Her breathing was labored, accompanied by what is known as the "death rattle." Her mouth hung open, her eyes unfocused, yet straining toward something just beyond this world.

My mentor encouraged me to step forward and engage, gently coaching me to interact under her watchful eye. With great care, I placed my hand softly on the woman's arm. "Relax," I whispered. "Breathe... relax and breathe." As if she had been waiting for permission, she began to follow the rhythm of my words. "Just keep going forward. Relax and breathe... breathe... breathe..." And then, quite peacefully, she took her last breath.

That experience left a lasting impression on me. In that quiet hospital room, I realized I was witnessing something sacred—ushering a soul from this life to the next. If I had not chosen the path of spiritual care, I often think I might have become a midwife. In many ways, that day I served as a midwife of another kind—one who helps birth a soul into eternal life.

Twelve years later, I found myself once again speaking those same tender words—this time to my beloved daughter-in-law, Victoria. She was only 38 years old, the mother of my two young grandchildren (ages 2 and 4), and the cherished wife of my son. After a courageous five-year battle with an aggressive breast cancer, Vicky was preparing to transition from this life. As I sat by her side, I encouraged her gently as I had done years earlier: "Relax... breathe... just keep moving forward."

After her passing, Vicky's mother asked me to officiate the funeral and speak about the concept of "our three lives," something I had shared with her previously, and which had brought her a measure of peace. Over the years, I've spoken about these "three lives" during moments of grief and transition—it's a simple but comforting framework that helps make sense of the mystery of life and death.

When we returned home from the funeral, I overheard my four-year-old grandson asking innocent but deep questions, the kind only a grieving child can ask. He mentioned how Daddy sometimes cried, and he asked where Mommy was now. That honest and heartfelt conversation, paired with the idea of our "three lives," became the inspiration for a children's book.

To be honest, I don't even recall writing the book. I only remember holding the completed manuscript in my hands and feeling a wave of peace. Perhaps it was divinely inspired. While beliefs about the afterlife vary, *Forever Life* offers a hopeful perspective to readers of all ages.

I am deeply honored to announce the release of *Forever Life*, a gentle and heartfelt book created to help children—and the adults who love them—navigate the painful journey of grief.

This book speaks directly to children ages 4–12, but it has resonated just as strongly with adults. Whether the loss is of a parent, grandparent, sibling, or friend, *Forever Life* offers an honest, age-appropriate explanation that opens the door to healing conversations.

Beautifully illustrated by rising Nutley children's book illustrator Anais St. Aman, the artwork perfectly complements the text. Anais sensitively portrays the concepts of life in the womb, the importance of nurturing unconditional love in daily life, and the reality of the afterlife.

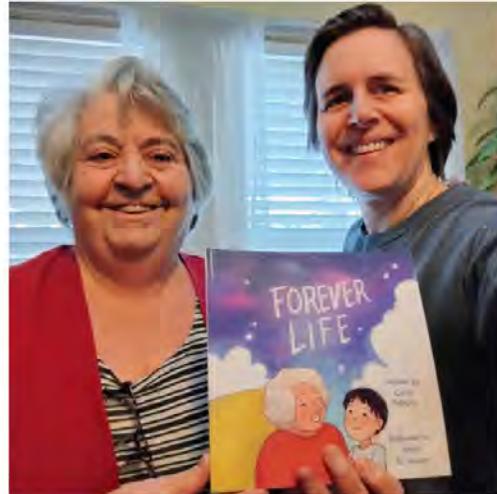
More than a story about loss, this book is a celebration of life and eternal love. It provides comfort, fosters understanding, and encourages emotional growth during one of life's most difficult times.

*Forever Life* is a valuable resource for:

- Parents navigating grief with young children
- Counselors and therapists working with grieving families
- Teachers and caregivers seeking tools for support
- Clergy and grief professionals offering spiritual guidance

We are inviting you to order *Forever Life* at a special in-store price for a limited time, with **members receiving an additional 10% discount while supplies last**. Once our limited inventory is gone, the book will continue to be available directly through Carol's website ([foreverlifebook.com](http://foreverlifebook.com)).

Please note: *Forever Life* is \*not available on Amazon at this time.



Buy now!

## Love That Listens: Active Listening as an Act of Love

by Naomi Tanaka

February is the month of love. When we think about love, we often picture grand gestures or heartfelt words. But some of the most powerful expressions of love are quiet. They show up in moments when we choose to listen—truly listen—before reacting, judging, or assuming.

Many challenges in relationships, whether in the workplace, at home, or within our communities, don't begin with bad intentions. They begin with something much simpler: **a lack of information**. When we don't fully understand what someone is carrying, it's easy to misread their behavior and respond in ways that unintentionally deepen hurt or misunderstanding.

### WHEN INFORMATION CHANGES EVERYTHING

Imagine this scene.

A man isn't feeling well and goes to a hospital. The waiting room is crowded, and his head is pounding. As he sits there, trying to endure the noise and discomfort, a small boy runs back and forth across the room. The sound of the boy's footsteps and occasional crying pierces the man's headache. His irritation slowly builds.

*Why would a parent let a child run wild in a place like this? He doesn't say anything out loud, but inside, frustration grows. He feels forced to endure something unfair when he already feels miserable.*

Then, suddenly, the boy's father approaches him. With a quiet apology, the father explains that the boy's mother passed away just two hours earlier. The child doesn't yet understand what has happened, and his restlessness is an expression of confusion and grief.

In an instant, everything changes.

The man's irritation dissolves. Not because the noise stopped, but because **new information entered his heart**. What once felt like thoughtlessness now reveals deep pain. Instead of anger, compassion rises. Instead of judgment, there is a desire to help.

This is the power of listening. This is the power of love informed by understanding.

So often, when relationships feel strained, it's not because people don't care. It's because they don't know. One may interpret silence, irritation, or withdrawal as disinterest, when it may actually be exhaustion, fear, or unspoken worry. When we act without enough information, even good intentions can cause harm. Love invites us to pause and ask, *What am I missing?*

### THE PRACTICE OF "LISTENING WITH LOVE"

Active listening is more than hearing words. It is a posture of humility and presence, and a willingness to receive another person's reality without immediately reshaping it to fit our own.

Here are three simple, but transformative, ways to deepen our "listening muscle":

#### 1. Listen with your whole body.

Eye contact, nodding, leaning in. These signals tell the other person, *You matter. I'm here*. When people feel genuinely seen, they naturally open up and share more honestly.

#### 2. Listen for what isn't being said.

Sometimes the deepest truths are hidden beneath words. Tone, pauses, facial expressions, and energy can reveal emotions that haven't yet found language. Listening with the heart means paying attention to these quiet signals.

#### 3. Listen until the end. Often the most difficult part!

We often interrupt without realizing it, especially when we feel ready to respond. Yet important information is frequently shared at the very end.

A 2022 review published in *Patient Education and Counseling* found that clinicians interrupt patients after an average of 18 seconds, even though most people finish explaining their concerns in under 46 seconds. That difference (less than 30 seconds) can contain crucial details and emotional context.

Love sometimes looks like patience. By holding back the urge to interrupt for just a little longer, we create space for understanding to emerge.

This kind of listening is not passive. It is active love.

### HONORING DIFFERENT VALUES AND LIFE STORIES

Each person carries a unique set of values shaped by their upbringing, culture, and life experiences. Differences—especially across generations—can easily create misunderstandings if we assume everyone sees the world the same way we do.

Active listening helps bridge these gaps. When we seek to understand *why* someone thinks or acts the way they do, empathy replaces frustration. Love grows where curiosity lives.

This month, as we reflect on love, may we remember that one of its most transformative expressions requires no special tools, but only presence.

To listen is to love.

And to love well, we must first seek to understand.





## Tea Time Means Me Time

Written by: Dr. Mika Deshotel



In this age of globalization, we are blessed to have access to a myriad of various teas, herbs and tonics. Many of which have been used for centuries to promote relaxation and good health. In this month, typically devoted to love and heart health, we're offering some helpful suggestions for upping your tea game—essentially, taking time for your health and well-being, while also engaging in an uplifting, multi-sensory moment for yourself.

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### ENERGIZERS FOR GIVING YOU A BOOST IN THE MORNING AND THROUGHOUT YOUR DAY

**Moringa**- Considered an adaptogen, meaning it has properties that work with your body to help with stress management, memory and mental focus, and healthy weight, moringa may be an excellent addition to the start of your day or as a mid-morning energy boost. Additional adaptogens with similar effects include Korean ginseng and Ashwaghandha.

**Black Tea**- Great for digestion, as well as offering an alternative to the caffeine in coffee, black teas are very versatile and vary in boldness and strength depending on the region where the tea comes from.

**Green Tea**- Green tea is also a great alternative to caffeine. Studies have found that regular green tea consumption can help with lowering cholesterol and supporting cardiovascular health. One note for preparing the perfect cup is to steep it in water that has cooled a bit after boiling, ideally 180 degrees fahrenheit, as the leaves of this tea are delicate and steeping them in water that is too hot can result in bitter tea.

Tip: These teas can be dressed up or down depending on what you're in the mood for and whether or not the teas already contain blends with other flavor profiles. Consider adding fresh citrus slices, like lemon or orange, to your Earl Grey, for example, to bring out the bergamot flavor, or to enhance a citrus green tea. Adding a cinnamon stick, cardamom pods, or ginger slices to your chai blends can also add an additional zing of flavor.

### DIGESTION AND DETOX

**Dandelion Tea**- As a bitter herb, both the roots and leaves of this common weed can be used as a tea to support kidney function, digestion, and detoxification of the liver.

**Rooibos Tea**- Types include red and green varieties, rooibos has a light nutty flavor that often appears blended with any number of flavors including chocolate, berries, citrus, and spices. It is a great herbal option for any time of day.

**Peppermint Tea**- Peppermint can be helpful for digestion, and promoting energy and alertness. It often appears in blends with other teas, and adds a refreshing flavor. Consider steeping peppermint with other teas for a new spin on your classics.

Tip: Remember that teas can be utilized medicinally when they are covered and steeped for 5-10 minutes. Also, adding ginger or turmeric can be helpful for digestion and reducing inflammation in the body.

### RELAXING HERBS FOR THE EVENING, OR TO WIND DOWN

**Tulsi (Holy Basil) tea**- Another adaptogen, tulsi or Holy Basil, is known for being "magical," and is a great addition to have on hand when winding down after a long day or while hosting tea time with some girlfriends. My favorite is the Tulsi Rose tea from India Organic, which can be found in many grocery stores in the U.S.

**Chamomile**- The ever classic and unassuming flower, chamomile is wonderful in so many ways. It is best known, of course, for relaxation and stress reduction. Consider embellishing your tea with vanilla bean for a creamy touch, or adding a dropper full of passionflower tincture for a great night's sleep.

Recommendation: I have been enjoying Trader Joe's Well Rested Tea as my go-to evening cup before bed over the last couple of months. I love it because it contains chamomile and peppermint, along with passionflower, and hawthorn berry (adaptogen).





## Creating a Nest of Happiness Through True Love

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A husband and wife who believe in the sanctity of love and fulfill their responsibility accordingly are practicing true love. Through their love, God creates a nest of happiness... True love is the most important factor in creating a happy family. (Mother of Peace, Ch 8)



LOVE PRACTICED WITH MORAL RESPONSIBILITY IS WHAT WE CALL *True Love.*

### REFLECTION:

The other day I was minding my own business in the kitchen when all of a sudden, to my surprise, through the window I spotted two squirrels mating! I thought to myself, "it's the dead of winter, why in the world are these squirrels already 'getting busy' when it isn't even spring?!" Well, I Googled it and it is true that in the Northeast, grey squirrels have two mating seasons, one in mid-winter and another in mid-spring. Who knew?

So why am I sharing this? Well, two reasons, 1) it challenges my perception that nature lies completely dormant during the winter and 2) it helps me reflect on the ideas presented on true love, as given by Mother Han's words above.

Let me expand upon the second realization. In Mother Han's text, some key ideas stand out to me, namely: "I love you" are first words, as they are the foundation for new life; the idea of creating a nest of happiness within a couple centered on true love; and the idea of believing in the sanctity of love- true love, which comes with a moral responsibility of fidelity, accommodation, and truly cherishing the other.

Some of us may feel challenged when we think about the premise Mother Han presents of true love. Maybe it feels unattainable, or that unconditional love is something you've only experienced in fairy tales or in the movies. Some of us may hold difficult feelings around the circumstances of our births, and that our homes were less than ideal in the sense of having true love present there. No matter the reason or the inadequacies or shortcomings we may feel in this area, it is not too late to have a genuine experience of true, unconditional love, and it begins with truly, unconditionally loving ourselves.

We have the capacity to tap into the greatest, overflowing fountain of love, tenderness and understanding which we all seek. It begins by first recognizing how loved we truly are by our Creator, who holds and embraces us as a Heavenly Mother would. We can love, because we have been uniquely and unabashedly loved by our divine Mother. Thus, we can create this nest of happiness that Mother Han is referring to- a place called home- where we can seek respite, nourishment, and loving comfort, and it begins by connecting with the true love of the first being, who loved us even before we were a thought in our own parents' minds.

May you be the love and the peace which you seek this month!

If you'd like to explore more from Mother Han and the theme for this month, **join us for HerTribe Online!** Beginning **Wednesday, February 18, at 8:30 PM (ET).**

