

## WFWP USA: HerTribe Thrive - May Edition: Meaningful Moments and Motherhood

Katarina Connery  
May 15, 2026



**Dear,**

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

As the days grow warmer and the world around us comes into full bloom, May invites us to slow down and savor the meaningful moments that connect us to one another. This season reminds us of the beauty found in family, gratitude, nurturing relationships, and embracing the many roles we carry with love and grace.

In this issue, we're excited to share a thoughtful collection of features to inspire and uplift you. Celebrate the fathers and father figures in your life with our special Father's Day mugs, created to honor love, strength, and appreciation. In [Receptivity: And Other Feminine Superpowers](#), we reflect on the quiet strength found in openness, grace, and receiving with gratitude. [Simple Picnic Ideas for Meaningful Family Moments](#) offers gentle inspiration for creating joyful memories outdoors this season. Finally, The [Many Faces of Motherhood](#) honors the diverse and beautiful expressions of motherhood that shape our lives and communities.

May this May encourage you to embrace the beauty of connection, cherish simple moments, and continue growing with love, gratitude, and intention.

### MEMBER'S HUB

#### Honoring Dad, One Cup at a Time

This Father's Day, celebrate the dads in your life with mugs that bring both humor and heart to their daily routine. From the *Dad's Charging Station Mug* to the *Dad Life Mug* and the pun-filled *Dad Joke Loading Mug*, each design captures the joy, chaos, and personality that make fatherhood so special.

Thoughtfully designed for coffee-loving dads, grill masters, fix-it heroes, and kings of dad jokes alike, these mugs make meaningful gifts for everyday moments. Made from durable ceramic and safe for

both the microwave and dishwasher, they're practical gifts Dad can enjoy again and again. Give the gift of laughter, appreciation, and a warm cup of coffee this Father's Day.

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## TIPS & TITLES

### Simple Picnic Ideas for Meaningful Family Moments

The days are growing warmer and the sunshine lingers a little longer, May offers the perfect invitation to step outside and slow down. In the middle of busy schedules, sometimes the most meaningful memories come from the simplest moments.

Here are a few picnic ideas to support you in this ever-evolving journey of motherhood.

**Enjoy the simple beauty of the season.**

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

## WISDOM IN ACTION

### Receptivity: And Other Feminine Superpowers

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.

“The ocean, [as a symbol of the mother], has a broad enough bosom to embrace and become one with the heavens above, even coming to resemble its sky-blue color. The ocean lies at the lowest level, receiving all the waters of the world. The ocean embraces everything and gives birth to all life. Many kinds of life grow abundantly in the ocean. In response to the moon’s gravitational pull, there is the ebb and flow of the tides and the changes of the seasons. In response to the sun’s warmth, vapor forms on the surface of the ocean and the climate is regulated.”

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

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

## SPARK OF INSPIRATION

### The Many Faces of Motherhood

Motherhood is one of the most powerful forces in human life, yet it cannot always be defined by biology alone. Beyond birth and tradition, motherhood reveals itself through acts of nurturing, sacrifice, protection, and unwavering love. It lives in the hearts of those who guide, comfort, teach, and continue showing up for others day after day.

As Mother's Day approaches, this article reflects on the many faces of motherhood—both seen and unseen—and honors those whose quiet love shapes lives in profound ways. It also recognizes that for many, this day carries grief alongside gratitude, reminding us to hold space for every experience of love, loss, and healing.

**Motherhood is love that nurtures in many forms**

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

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**WOMEN'S FEDERATION  
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## Receptivity: And Other Feminine Superpowers

Written by: Dr. Mika Deshotel

**"The ocean, [as a symbol of the mother], has a broad enough bosom to embrace and become one with the heavens above, even coming to resemble its sky-blue color. The ocean lies at the lowest level, receiving all the waters of the world. The ocean embraces everything and gives birth to all life. Many kinds of life grow abundantly in the ocean. In response to the moon's gravitational pull, there is the ebb and flow of the tides and the changes of the seasons. In response to the sun's warmth, vapor forms on the surface of the ocean and the climate is regulated." - Hak Ja Han, Mother Han**

According to Laura Doyle, relationship coach and author of *The Empowered Wife*, receptivity is the essence of the feminine. Like the moon, which reflects the light of the sun, feminine energy tends to be described with words like passivity, receptivity, magnetism and softness. And when women lean into these qualities, it is like they are tapping into some of their most potent superpowers.

Now, we don't often feel like soft power is very strong at all—especially in the culture we live in, where productivity, action, and results mean everything. Personally, as a woman called into leadership and navigating the arena of womanhood, I struggled with the idea of a woman's role being anything other than burdensome. But as I've come to learn and grow in my roles as both a wife and mother, **I am beginning to appreciate the strength that exists in the beauty of a woman's soft power, in her magnetic ability to manifest her desires and to intuit just what is needed in a given situation.**

To be receptive in a relationship is to be open, empathic, and vulnerable. When women are receptive in an intimate relationship, it allows energy to flow positively and dynamically, creating something new as a result. Mother Han explains that women are like the ocean, which reflects the color of the sky and is a haven for a myriad of sea life. More than that, water is symbolic of life and the ocean moreover, is symbolic of the original birthplace for all of life's creatures. This is also why the ocean is noted as representing motherhood— it is the place which nurtures and embraces everything, like a mother's love.



When I reflect on these words by Mother Han, I am both mystified and challenged as a woman. **I can't help but acknowledge the hard reality that women have so often had to receive, not only the beautiful things of this world, but also the junk and the dirt of our fallen reality.** I've been wrestling with this idea and asking myself why it is that women have been called to bear the burden of so much adversity, and why it is that we are often more sensitive to it than our male counterparts. The simple answer that comes to me as I meditate on this weight is simply: because we can. **It seems to me that perhaps, women have been imbued with the superpowers of receptivity, reflection, passivity, and so on because it is the thing that is needed to help heal our broken world.** I think in many ways, because women are more emotionally attuned towards others, make space for more nuanced ways of thinking and acting, and seek to establish greater connections around them than their male counterparts, then naturally, this is why women are called to absorb all the negativity along with the positivity that this world is being afflicted by. And perhaps this is why women are called, as Mother Han explains, to be the vanguards in bringing about a more peaceful world. It's not that women alone are meant to right all the wrongs, but women, in waking up to their true beauty, prowess, and courage, can help model the way for true equality and peace for everyone.

In filtering through all the junk, this is not to say that we need to open ourselves to accept everything into our hearts at all times. **Part of the maturation process for women is becoming grounded— rooted— in our worth and making sure to uphold our divine dignity through strong boundaries.** If there is negativity spewing in your direction, make sure to take time to engage in activities where you can be poured into— by beautiful and

energizing energies to help fill you up and naturally filter out the gunk. The natural world is an unconditional giver, which is why she is likened to a mother. Taking even a few minutes each day to feel your toes on the earth or the warm sun on your face, can supercharge you for “battle.” Pay attention to how you feel after doing other things, like reading, cooking, or creative outlets. **Take time to explore, with a quiet receptiveness, the things that are truly nourishing and replenishing for your soul, and as you identify those activities, make sure to include them into your daily life regularly.**

As super women we need to know ourselves— our strengths and our weaknesses, the life-giving and the life-sucking elements which require a watchful and guarded heart, and where it is that we can exert our soft power in order to make room for something new and beautiful, within our own hearts and the hearts of those around us. Let’s continue to reclaim our worth, reclaim our power, and lean fully into all the goodness this life has to offer.

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In HerTribe, we are creating spaces where women can find the courage to embrace their superpower as true women. If you would like to join our online community and journey together with others on the path to true womanhood, sign up for our next HerTribe Online meeting, taking place from 8:30 - 10PM EDT on May 20th. Sign up today!

Sign up today!

< [SIMPLE PICNIC IDEAS FOR MEANINGFUL FAMILY MOMENTS](#)

[THE MANY FACES OF MOTHERHOOD](#) >

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## MAY HERTRIBE ONLINE

Wednesday, May 20, 2026  
8:30 PM – 9:30 PM

### Join HerTribe Online- Spring Semester!

Join an **uplifting and sacred space where women can share their hearts** with one another and **journey together towards true womanhood.**

Who is this for? Women are invited to join the monthly zoom call for the purpose of 1) **connecting with a community of like-minded women**, due to a lack of access to such a community in their direct vicinity, 2) **experiencing the HerTribe small group model as a prospective HerTribe host** to gain ideas, confidence, and support before starting one's own local HerTribe, and/or 3) to **gain inspiration and support in leading HerTribe**, for those who are already hosts or have been out of the role for a time.

Schedule: The online group will **meet once per month (every third Wednesday) over two 4-month semesters** (Spring & Fall). Sessions include a Heart Opener question, feature readings and discussion on a specific theme/topic based on the Peace Philosophy of Mother Han, and end with a related activity. Participants are urged to remain engaged in each session from start to finish with **calls lasting no longer than 1.5 hours**, beginning at 8:30PM ET and ending by 10PM ET.

**Register down below!**




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May 17 < I-DAY AWAKEN RETREAT | SHREWSBURY, MA

July 25 > HERSTORY IN ACTION



## Simple Picnic Ideas for Meaningful Family Moments

Written by: Naomi Tanaka

The days are growing warmer and the sunshine lingers a little longer, May offers the perfect invitation to step outside and slow down. In the middle of busy schedules, sometimes the most meaningful memories come from the simplest moments.

A picnic is one of those simple joys.

Picnics don't require a special occasion, expensive plans, or a perfect setup. Sometimes all you need is a blanket, a few favorite snacks, and the willingness to pause and enjoy the moment together. Whether it's a family afternoon at the park, a casual backyard lunch, or even a simple snack break under a tree, picnics create space for connection, laughter, and love.

Picnics offer something we often forget to prioritize: intentional quality time together.

Without the distractions of chores, screens, or just daily responsibilities, families can reconnect in a natural and peaceful way. Children remember these precious moments, not because everything was perfect, but because they felt loved and were attended to. Even a short picnic after school or on a weekend afternoon can become a treasured family tradition.



The best picnics are often the easiest ones. Forget the pressure to make everything look perfect. Focus on comfort and enjoyment instead.

A minimal, simple picnic can include:

- Sandwiches or wraps (finger food is a great and easy option)
- Fresh fruit and easy snacks
- Lemonade, iced tea, or juice in cups
- A blanket or foldable chairs
- Wet wipes and napkins
- Sunscreen and bug spray
- A speaker for soft music or a simple card game

Using what you already have at home makes it both budget-friendly and stress-free.

Adding a small theme can make an ordinary picnic feel special.

### 1. Family Fun Picnic

Bring outdoor games like frisbee, bubbles, sidewalk chalk, or a soccer ball. Let the focus be laughter and play.

### 2. Mom's Solo Reset Picnic

Sometimes moms need a picnic too. Pack your favorite drink, a good book, and enjoy a quiet solo lunch outdoors for a peaceful reset.

### 3. Teddy Bear Picnic

Perfect and super fun for those with little ones! Invite their favorite stuffed animals, and with simple finger foods, a short storytime on the blanket will create core memories for your family.

### 4. Friendship Picnic

Gather a few friends for connection and conversation. A charcuterie-style snack board makes this feel extra special with minimal effort.

### 5. Sunset/Scenery Picnic

An easy evening picnic with light snacks while watching the sunset can turn an ordinary weekday into a beautiful memory. If you happen to live near nature, stepping outside and driving the extra mile can make an ordinary meal a very special picnic.



There are other ways to make a picnic more meaningful. What transforms a picnic from a meal outside into a meaningful moment is intention.

Try:

- Sharing one thing each person is grateful for
- Asking fun "Would You Rather?" questions
- Writing summer goals/plans together
- Reading a book together
- Taking a few minutes for quiet reflection or prayer

These small moments often become the ones we remember most and remind us that connection doesn't have to be complicated. Joy doesn't have to be expensive. And memories are often built in the ordinary spaces between everyday life.

This May, give yourself permission to keep it simple. Spread out the blanket. Pack the snacks. Step outside.

You may discover that the most meaningful moments can be created through a simple picnic.


RECEPTIVITY: AND OTHER FEMININE SUPERPOWERS



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# The Many Faces of Motherhood

By: Yumi Willett

Every year on the second Sunday in May, Mother's Day is celebrated. Advertisements everywhere encourage people to honor the mothers in their lives and rightfully so. Yet motherhood extends beyond biology. It lives in every person who nurtures, protects, guides, and loves with a mother's heart.

Motherhood isn't always defined by pregnancy or birth certificates. It sometimes shows up in adoption, fostering, and stepparenting. Others find it through mentorship, teaching, and spiritual guidance. And some fathers step into both roles after loss, learning to nurture alongside provision.

## THE HEART OF MOTHERING

What makes someone a mother isn't how a child came into their life, but what they give once they're there.

The sleepless nights.  
The quiet sacrifices.  
The persistence to keep showing up, even when exhausted. Seeing potential where others may see problems.  
Offering patience when it would be easier to withdraw. Choosing love, again and again, in ordinary moments.



Mothering happens in classrooms where teachers invest in struggling students. In churches where spiritual mothers guide younger women. It shows up when aunts, grandmothers, and godmothers fill gaps left by circumstance—and when fathers learn to braid hair, dry tears, and teach strength and courage.

## HOLDING SPACE FOR GRIEF

Behind the celebrations, Mother's Day can also hold absence, loss, and complicated relationships. This day carries both gratitude and ache. The absence is real, and sitting with—and honoring—that grief matters just as much as celebrating presence.

If needed, mute the noise. Take time to process what the day feels like for you. Remember to extend yourself grace—grief is not linear, and some days will feel heavier than others. However this day shows up for you, lean into what feels right.

## THE UNSEEN HEARTS

Some of the most profound mothering goes unnoticed.  
The foster mother who loves a child she may lose.  
The stepmother trying to build relationships across complicated lines.  
The single father learning tenderness and strength.  
The spiritual mother praying for those she'll never meet.  
The mentor who becomes family.

These hearts don't often get cards or flowers. Their sacrifice isn't always acknowledged. Yet their impact is immeasurable—shaping futures, restoring hope, filling spaces that might otherwise remain empty.

## A SACRED CALLING

Motherhood takes many forms, but its essence remains: a steady, selfless love that nurtures life and shapes the future. To those who mother in visible and invisible ways, and to those carrying the weight of absence—you are seen. Happy Mother's Day!

## WISDOM THREAD

- Who has mothered you, whether or not she gave birth to you?
- If this day brings grief, how can you honor both the loss and the love?
- Where are you called to nurture and guide others?

## PODCAST HIGHLIGHTS

**Kaeleigh Moffitt: Family First, Leadership that**

**Lasts**<https://open.spotify.com/episode/4mvCznZDouaWGRGgrFJu0o?si=xL37UW5lRkai0WpPQZ0aUQ>

**Rhia Luz Nkulu: Leading with Compassion, Rooted in**

**Love**<https://open.spotify.com/episode/0UdFS4Ochj1VGyncEkB2Oj?si=mJw94rXYQxy3udCA3qW4JA>



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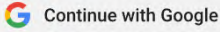
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