

WFWP USA: Made with Love: April Edition of HerTribe Thrive

Kaeleigh Moffitt
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Dear,

Welcome to the April edition of *HerTribe Thrive*!

This month, we’re looking ahead to Mother’s Day and taking time to reflect on the strength, love, and beauty of motherhood. From heartfelt ways to prepare for the big day to powerful stories of transformation, this issue is full of inspiration.

Get ready to honor the women who’ve shaped us with **5 simple ways to celebrate Mother’s Day with heart**, reflect on **the transformative journey of motherhood**, and **pre-order our limited-edition WFWP Mother’s Day mugs**—a perfect gift that gives back. And don’t miss **Episode 8 of the HerStory Podcast**, where we explore *Accepting the Invitation to Shift*—a powerful conversation on change, faith, and personal growth.

Let’s step into this season with gratitude, grace, and a heart ready to celebrate.



TIPS & TITLES

Mother’s Day Magic: 5 Simple Ways to Celebrate Her with Heart

Mother’s Day is the perfect excuse to go beyond the card and flowers and spend meaningful time together as a family. Whether you’re planning for your mom, grandma, wife, or the mother of your children—or if *you’re* the mom (hey there, superwoman!)—these creative ideas are all about love, connection, and creating unforgettable memories

Mother’s Day Tips to celebrate with he family!

Read now!



SPARK OF
INSPIRATION

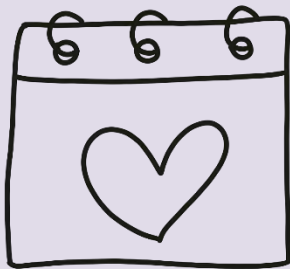
The Transformative Journey of Motherhood

Motherhood is often depicted as a joyous and fulfilling experience, but its transformative power is deeply personal, at times unexpected, and always profound.

The act of becoming a mother requires the shedding of the old self—the person you once were—and embracing a new version of yourself.

An Empowering Perspective: A Call to Embrace Your Strength!

Read now!



MEMBER'S HUB

Sip, Smile, Celebrate: Mother's Day Mugs Are Here!

This Mother's Day, show your love and appreciation with a beautifully designed mug from WFWP! These limited-edition mugs make the perfect gift for the incredible mothers, grandmothers, and mother figures in your life. Each purchase supports the mission of WFWP to uplift women and families around the world.

Order yours today and give a gift that warms the heart—and the hands!

Check it out!



WISDOM IN ACTION

HerStory Podcast Episode 8: Accepting the Invitation to Shift

"Every relationship, every circumstance, every challenge that I'm confronted with is God's way of encouraging me and inviting me to be part of the healing process." — **Tasnah Bercy**

In this deeply reflective episode, Tasnah unpacks this powerful truth as she shares her journey through motherhood, entrepreneurship, and leadership. With vulnerability and wisdom, she explores how embracing life's challenges becomes a sacred invitation to heal—not just for herself, but for future generations.

Listen now!

Every conversation has the power to inspire.

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Mother's Day Magic: 5 Simple Ways to Celebrate Her with Heart

CELEBRATING THE MOMS IN YOUR LIFE (OR, MOMS—HINT HINT, SHARE THIS WITH YOUR CREW!)

Mother's Day is the perfect excuse to go beyond the card and flowers and spend meaningful time together as a family. Whether you're planning for your mom, grandma, wife, or the mother of your children—or if you're the mom (hey there, superwoman!)—these creative ideas are all about love, connection, and creating unforgettable memories. So, go ahead and share this list with Dad and the kids. You deserve a celebration as unique as you are!

1. THE "LETTERS TO MOM" PICNIC

Combine good food with good feels. Host a laid-back family picnic in a local park and set up a "Letters to Mom" station with cute cards, colored pens, and prompts like "My favorite thing about you is..." or "Thanks for always..." It's a sweet way to give the gift of words—something moms never forget.



2. MOTHER-CHILD CREATIVE STUDIO

Get messy in the best way. Set up a painting or craft station where moms and kids can create something together—maybe matching canvas art, handprint flowers, or a family vision board. Bonus points if you frame the masterpiece!



3. INTERGENERATIONAL TEA PARTY & STORY CIRCLE

Put on your fanciest hats and host a tea party for moms, grandmas, and aunts. Serve finger sandwiches and treats, and invite everyone to share a favorite memory or lesson they've learned from motherhood. It's like family history and high tea rolled into one.



4. DIY SPA & SOUND HEALING HOUR

Transform the living room into a zen sanctuary. Light candles, play calming music, and do a DIY spa session—think homemade face masks, foot soaks, and maybe even a guided sound bath or meditation. Moms will feel pampered, peaceful, and oh-so-loved.



5. MOTHER'S WISDOM TREE

Draw or set up a "Wisdom Tree" in your home or yard. Have each family member write a pearl of wisdom, a favorite quote from Mom, or a life lesson on a tag and hang it on the branches. It becomes a beautiful visual tribute to everything she's poured into your family.



The Bottom Line? Mom Deserves the World

Whether you’re planning something heartfelt, creative, or just a moment to breathe—make this Mother's Day about celebrating the heart of your family. And moms, don’t be shy—hand this list over to your partner or kids and say, “I’ll take idea #3, please and thank you!” 🌸💖



The Transformative Journey of Motherhood

Written by: Sancha Ogden

Motherhood is often depicted as a joyous and fulfilling experience, but its transformative power is deeply personal, at times unexpected, and always profound. **The act of becoming a mother requires the shedding of the old self—the person you once were—and embracing a new version of yourself.** This shift is not just external, as the body changes to nurture new life, but also deeply internal, as your perspectives and priorities realign.



Before motherhood, my life was centered around social engagements, career ambitions, and personal hobbies. Whether single or in a partnership, autonomy and choice defined my daily experience. But when the journey into motherhood began, everything shifted. **The needs of a growing baby became paramount, and in prioritizing those needs, I was forced to reassess who I was. This process of self-discovery was both unsettling and enlightening.**

The change was profound. The way I viewed myself no longer fully applied. Priorities evolved from external engagements to inner reflections. I found myself craving solitude—something that had never been a priority before. I longed for moments of stillness, time to process the changes within me, and space for self-care in ways I had never considered necessary. This process, though surprising, was essential. It allowed me to reassess what truly mattered and how I wanted to show up in this new phase of life.

This transformation also deeply impacted my relationships. The expectations I once had of others began to dissolve. I realized that, despite their best intentions, friends and family couldn't always provide the support I needed. **There were moments of disappointment, but also a revelation: I could be there for myself in ways I had never imagined. Motherhood taught me resilience, self-reliance, and a deeper understanding of my own needs.** I began to cultivate comfort, love, and validation within myself.

One of the most unexpected aspects of motherhood was the experience of isolation. There were two distinct phases: the quiet solitude of pregnancy and the intense, often overwhelming solitude after birth. During pregnancy, my world naturally contracted. I spent more time alone, out of necessity, but also because I had a newfound desire for introspection. After birth, isolation took on a different shape—marked by sleepless nights, physical exhaustion, and the realization that much of this journey must be navigated alone. But within this solitude, I discovered a strength I never knew I had. The space that once felt lonely became a place of personal growth, a space where I truly learned what I was capable of.

And as I emerged from this period, I realized I wasn't returning to the world as the same person. My relationships had shifted, my sense of self had deepened, and my understanding of what it means to be present had transformed.

Motherhood is an ongoing journey of rediscovery—a process of shedding, learning, and embracing the unexpected. While isolation and change can feel daunting, they also hold the potential for immense growth. In stepping into motherhood, we do not lose ourselves; rather, we become more of who we

were always meant to be.

As Dr. Hak Jan Han beautifully said, *"The greatest revolution in the world is the one that happens inside of us."* Motherhood is that revolution—an internal transformation that shapes us into stronger, wiser, and more compassionate versions of ourselves. It is a powerful reminder that the challenges we face as mothers are not obstacles, but stepping stones toward a deeper, more meaningful life.

So, to all mothers, know this: You are not alone in this journey. Your strength is immeasurable. Your transformation is powerful. And in embracing the changes, you are becoming more of who you are meant to be.

Before motherhood, my life felt centered around social engagements, career ambitions, and personal hobbies. Whether single or in a partnership, autonomy and choice often defined my daily experience. However, the journey into motherhood brought a stark contrast. The needs of a growing baby felt paramount, and in that prioritization, I found myself reassessing my identity. This process of self-discovery is both unsettling and enlightening.

For me, the shift was profound. The way I saw myself as an individual no longer fully applied. My priorities evolved from external engagements to internal reflections. I found myself craving solitude—something that had never been a priority before. I longed for moments of stillness, time to process the changes occurring within me, and space for self-care in a way I had never considered necessary. The process was both surprising and essential. It allowed me to reevaluate what truly mattered and how I wanted to show up in this new phase of life.

This transformation also affected my relationships. The expectations I once had of others began to dissolve. I realized that friends and family, despite their best intentions, could not always provide the support I needed. There were moments of disappointment, but also a revelation: I could be there for myself in ways I had never considered before. Motherhood taught me resilience, self-reliance, and a deeper understanding of my own needs. Instead of looking outward for validation or comfort, I began to cultivate those things within myself.

Perhaps one of the most unexpected aspects of motherhood was the experience of isolation. There were two distinct phases: the quiet solitude of pregnancy and the intense, often overwhelming, solitude after birth. Before my baby arrived, I found that my world naturally contracted. I spent more time alone, out of necessity, but also out of a newfound desire to be introspective. After my baby was born, isolation took on a different shape—marked by sleepless nights, physical exhaustion, and the realization that much of this journey must be navigated alone. Yet, within that isolation, I found clarity. I discovered my strength in ways I had never imagined. The space that once felt lonely became a place of personal growth. And as I slowly emerged from this period, I realized I was not returning to the world as the same person. My relationships had shifted, my sense of self had deepened, and my understanding of what it means to be present in the world had transformed.

Motherhood is an ongoing journey of rediscovery. It is a process of shedding, learning, and embracing the unexpected. While isolation and change can feel daunting, they also hold the potential for immense growth. In stepping into motherhood, we do not lose ourselves—we simply become more of who we were meant to be.





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HerStory Podcast Episode 8: Accepting the Invitation to Shift

Written by: Grace Kisile

"Every relationship, every circumstance, every challenge that I'm confronted with is God's way of encouraging me and inviting me to be part of the healing process."

In this episode of the *HerStory Podcast*, we dive deep into the inspiring journey of **Tasnah Bercy**, a dynamic entrepreneur, wife, and mother of two young children living in Kodiak, Alaska. Alongside her husband, she runs a sport fishing charter business and operates her own art and event planning business. With over a decade of experience in ministry, Tasnah has worked extensively with young adults in leadership roles, and now, alongside her husband, she co-directs the National Ocean Challenge program, a summer program that fosters personal growth and faith through experiential learning. Through her multi-faceted life, Tasnah has learned how to embrace growth and authenticity in every role she occupies, from mother to entrepreneur to leader.

A central theme of this conversation is the importance of accepting life's invitation to shift and grow. Tasnah shares how, through her experiences of navigating marriage, motherhood, and entrepreneurship, she has learned to integrate authenticity, vulnerability, and faith into her leadership style. Her reflections on generational healing highlight how she consciously works to break cycles and build a better future for her children. Inspired by the strength, compassion, and unwavering commitment to family and faith shown by Mother Moon, Tasnah strives to lead with nurturing care and visionary thinking, balancing her many roles while remaining grounded in her values of love, faith, and feminine leadership.

In this powerful episode, Tasnah also discusses the impact of her children on her growth journey. As she navigates the challenges of being both a leader and a mother, her children act as mirrors, reflecting the areas where she must grow and heal. Her insights on the importance of embracing one's struggles with compassion and not running away from challenges are profound. Tasnah reminds us that personal growth, leadership, and family are all interconnected, and that the journey of transformation is one of continuous learning and shifting. This conversation offers an inspiring message to anyone seeking to balance their own roles and responsibilities while remaining authentic, compassionate, and true to their vision for the future.

Learn more about Tasnah's work:

- MadeByTasnah: www.etsy.com/shop/MadeByTasnah?ref=profile_header
- Ocean Challenge: www.kodiakoceantribe.org/about-nocp

