

WFWP USA: July Thrive - Sacred Moments, Summer Sips and Soulful Reflection

Katarina Connery  
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Dear,

Welcome to the July edition of HerTribe Thrive!

As the sun reaches its peak and the rhythm of summer settles in, July invites us to pause, reflect, and savor the beauty in our daily lives - whether through a quiet moment of journaling, a refreshing mocktail, or the sacred embrace of family.

In this issue, we begin with **Held and Holding: The Everyday Sacredness of Motherhood**, a tender reflection on how love is expressed in the simple, chaotic, and holy moments of parenting. Then, take a moment to look inward with **Glow and Grow: A Mid-Year Reflection Journal** - your guide to checking in with yourself and your journey so far. Cool down and celebrate the season with **Summer Sips**, a collection of easy, colorful drinks everyone can enjoy. And don't miss the latest episode of the **HerStory Podcast**, where women's voices rise with power and purpose.

Let's continue this season grounded in grace, gratitude, and growth.



Held and Holding: The Everyday Sacredness of Motherhood

In this heartfelt reflection, our President, Katarina Connery, shares the tender, chaotic, and sacred moments of early mornings with her young children - where elbows, knees, and love all collide.

Through personal stories and thoughtful insight, she explores how motherhood is not just about creating a nurturing environment, but about *being* that space - physically, emotionally, and spiritually. A moving reminder of the divine beauty found in the everyday rhythms of mothering.

**An Empowering Perspective: Motherhood is a space where love grows.**

**Read now!**



MEMBER'S HUB

## Glows and Grows: A Mid-Year Reflection Journal

As we reach the halfway point of the year, this heart-centered journal invites you to check in with yourself - gently, honestly, and with grace. Whether you've had a season of thriving or navigating challenges, *Glows and Grows* helps you celebrate what's working and lovingly explore what still needs nurturing.

Inside you'll find thoughtful prompts, space for gratitude, creative drawing exercises, and pages to dream and reset. It's your personal guide to look back with compassion, be present with intention, and step forward with hope.

**Available exclusively to members!**

**Check it out!**



TIPS & TITLES

## Summer Sips - Easy, Colorful Drinks Everyone Can Enjoy

It's summer time! When the sun is shining and we gather for a little well-deserved connection time, there's nothing better than a refreshing, beautiful drink in hand. These three easy, family-friendly summer sips are as fun to make as they are to enjoy - no alcohol required. With vibrant colors, fresh flavors, and simple ingredients, each recipe adds a splash of joy to your summer moments.

Whether you're hosting a backyard playdate, brunching with your besties, or just looking for a fun kitchen activity with the kids, these drinks are the perfect way to keep things cool, festive, and totally mom-approved.

**Check it out!**

**Fun mocktail recipes for the summer!**



WISDOM IN ACTION

## HerStory Podcast Episode 11: A Life of Living for Others

"I came from a family of givers and service people, and our motto is it's better to give than receive. I got that from my grandmother, and I got that from my father, and I got that from my mother...You get up, and every day you don't look at defining your value. I just look at 'What do I need to do today, and how can I fill the needs that are before me?'" - **Doris Edwards**

In this inspiring episode of the *HerStory Podcast*, host Adia Lancaster sits down with Doris Edwards, a dedicated leader whose lifelong commitment to service has touched veterans, children, and communities across the globe.

Doris shares her unique perspective on feminine leadership as a compassionate collaboration with men, emphasizing empathy, creativity, and integrity as vital strengths women bring to peacebuilding and community work. Reflecting on her journey from early childhood education to supporting veterans in Hawaii, she offers heartfelt wisdom on navigating competition with grace and the true meaning of legacy - empowering others to lead with purpose. Doris's story is a powerful testament to living a life of intentional service, reminding listeners that impact flows from a willing heart more than any title or resume.

**Listen now!**

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

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## Held and Holding: The Everyday Sacredness of Motherhood

Written by: Katarina Connery

One of my favorite times of the day is the early morning when everyone is just waking up. Our two boys, 9 and 5 years old, jump out of bed and come join us in our room. Baby Sophia wakes up and starts babbling or calling out "mommy, mommy, mommy" so one of us will bring her over to join in the family cuddle. The bed gets very crowded, but these are a few precious moments when things feel very calm in the short minutes before we actually have to get up and start the morning chaos of getting ready for school and work. Here we are, all together.

Unfortunately, this can also occasionally be a very stressful time. Because every kid desperately wants to be next to mommy and sometimes everyone is unwilling to compromise. My husband is mostly left alone while they climb over me, fight with each other—maybe someone ends up crying because they didn't get their favorite spot—and I am still half asleep getting poked and prodded by six knees and six elbows.

Perhaps your children are in a similar stage of life, when they are young and everything seems to revolve around mommy. Perhaps you recall that time which seems like ages ago, yet also just yesterday, when they were so small and could still fit in your arms.

**Most of us don't remember this, but each one of us comes into existence within the embrace of our mother.** That is, in the womb. In your entire life on the earth, there is no other time when you are so perfectly embraced and perfectly cared for. Many social scientists have noted that human beings are designed for relationships and connection. I believe that is because we come into existence in the context of a relationship and through a process of interaction. On a cellular level, there is an intimate connection between mother and child.

Thus, it is very natural, especially when children are young, to have an innate draw to mommy's love and care. Certainly the actual functions and duties of motherhood can be quite challenging. Pregnancy brings its own ups and downs, but when you're pregnant, the little baby never complains about what's for dinner. There are many days where I feel like I must be going crazy when three little voices are calling my name and must have my attention immediately or it's the end of the world. **Sometimes parenting feels like a flawed system. Just when I feel like I have gotten a handle on how to support one child's current stage of emotional growth, the next one starts going through something new and unexpected and the same strategies don't work anymore.**

In all of this, I think about this quote from Cristina Grenholm: **"The careful creation of a child takes place inside the woman's body. She gives the child space and she is the space she gives it."** When pregnant, your womb stretches and expands, your organs rearrange, so to give space for this new life. You could not say definitively where you end and where the baby begins as you are, in a way, sharing one body for these nine months. **I make a space for new life, but I am also the space that is given.**

I don't think this ends after the baby is born. As they are growing, learning new things, discovering who they are (also independent of me), I am creating a space for them. **I invest myself into our home, our family, planning things we do together, making sure they have proper nutrition, and so many things to create an environment in which they can grow, and grow well.** How many times have you picked out a book, a toy, or a food just because you know your child would like it? Just as in the womb which is a physical space for growth, comfort, and safety, all these seemingly external things communicate "you are loved."

At the same time I *myself* am the space that is given. **In my voice, my presence, my notice, my response to their wants and needs, however seemingly small or insignificant.** When my one-year-old babbles in *this* way, pointing at *this* thing, with *this* look on her face, how is it that I know what that means while other adults are baffled? That intimate connection is not something which can easily be measured or described in words. **But just as I gave of myself, my own flesh and blood, so they could grow in my womb, I am giving of my own spiritual or internal essence for the sake of their continued growth as individuals.**

So, I reflect on how I can both *create* an environment where God's love can flourish in my home and family and I myself *be* the space for their dynamic growth through my simple presence and existence. Dr. Hak Ja Han said once, **"When all is said and done, a mother's parental heart reflects God's motherly heart."**







## Glows & Grows: A Mid-Year Reflection Journal

Pause. Breathe. Reflect.

As we reach the halfway point of the year, this heart-centered journal invites you to check in with yourself—gently, honestly, and with grace. Whether you’ve had a season of thriving or navigating challenges, *Glows & Grows* helps you celebrate what’s working and lovingly explore what still needs nurturing.

Inside you’ll find thoughtful prompts, space for gratitude, creative drawing exercises, and pages to dream and reset. It’s your personal guide to look back with compassion, be present with intention, and step forward with hope.

**Available exclusively to members!**

Download your free copy from the Member’s Hub and gift yourself a moment to reconnect.




### ARE YOU A MEMBER OF WFWP?

The **Reflection Journal** is **FREE** for members! Simply log in or create your account for the Members’ Portal. You can download the journal prompts in the Resources Library

### Log In to your Members' Portal account below.

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*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 Mocktail recipes, and become part of a community of women empowering each other to be peacemakers in the world



## Summer Sips – Easy, Colorful Drinks Everyone Can Enjoy

It's summer time! When the sun is shining and we gather for a little well-deserved connection time, there's nothing better than a refreshing, beautiful drink in hand. These three easy, family-friendly summer sips are as fun to make as they are to enjoy –no alcohol required. With vibrant colors, fresh flavors, and simple ingredients, each recipe adds a splash of joy to your summer moments. Whether you're hosting a backyard playdate, brunching with your besties, or just looking for a fun kitchen activity with the kids, these drinks are the perfect way to keep things cool, festive, and totally mom-approved.



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# SUMMER SIPS

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Easy, Colorful Drinks Everyone Can Enjoy

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# BACKYARD BASIL SPRITZER

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A refreshing garden-inspired drink with sweet strawberries, fresh basil, and a hint of grapefruit—perfect for sunny afternoons and mom-worthy moments.



## Ingredients (2 servings)

6 small, super-juicy strawberries or 3 large ripe ones

5 fresh basil leaves (set aside 3 for garnish)

1 oz freshly squeezed ruby red grapefruit juice (store-bought works too)

2 oz flat tonic water (open a bottle and let it sit to go flat—this replaces the gin!)

Club soda (to top it off, 2-5oz depending on the size of your glass)

## Directions

- 1 In a shaker tin or bottle, muddle the strawberries with 2 basil leaves using a muddler or the handle of a wooden spoon.
- 2 Add ice to the shaker, then pour in the grapefruit juice and flat tonic water.
- 3 Seal and shake like the dickens until well chilled. Fill your serving glass with ice and place the remaining 3 basil leaves inside.
- 4 Strain the mixture into the glass (avoid pouring in the pulp).
- 5 Top with club soda and give it a gentle stir.



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# COWBOY COSPLAY

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From the Criminalia Podcast. A tropical-meets-tea drink with a kick of creativity—perfect for summer sipping!



## Ingredients (1-2 servings)

1 oz coconut cream or 2 oz coconut milk  
(choose milk if shaking, cream if  
blending)

3 oz pineapple juice (grab a can of sliced  
pineapple—you'll want one for garnish!)

2 oz strong Earl Grey tea

To brew: Steep 1 Earl Grey tea bag in  
2 oz hot water for 3–5 minutes, then  
let it cool.

No heat? Cold-steep 1 bag in 2 oz  
room-temp water for 1 hour.

## Directions (Two ways)

### ★ Shaken:

- 1 Add all ingredients to a shaker or sealed bottle with ice.
- 2 Shake like the dickens!
- 3 "Dirty dump" (pour everything, ice included) into a glass.
- 4 Garnish with a slice of pineapple and enjoy.

### ★ Blended:

- 1 Toss everything into a blender with a scoop of ice.
- 2 Blend until smooth and frosty.
- 3 Pour into your favorite glass and top with a pineapple slice for flair.

Pro tip: The blended version is perfect to make into a popsicle!

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# RADIUM DENIAL

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From the Criminalia Podcast. A glowing green delight with a citrus twist and a touch of drama—perfect for when you want a drink that dazzles without the danger.



## Ingredients (2 servings)

1 oz fresh lime juice

1 oz orgeat (almond syrup—not extract!)

4 oz flat tonic water

1 oz honeydew melon syrup (see note below)

Honeydew Syrup (yields about 6oz):

1. Chop fresh honeydew melon.
2. Simmer 1/2 a melon with 1/2 cup water and 1/2 cup sugar until soft.
3. Strain into a pouring container.
4. Save the leftover melon chunks—they're delicious on pancakes or waffles!

Shortcut: You can also buy honeydew syrup online if you're short on time.

## Directions (Two ways)

- 1 Add lime juice, orgeat, and flat tonic to a shaker or sealed bottle with ice.
- 2 Shake like the dickens—this drink should be ice cold!
- 3 Strain into a martini-style glass (yes, those fun plastic ones work great!).
- 4 Slowly drizzle the honeydew syrup into the drink for a layered effect.

Pro tip: Use a bar spoon with a spiral handle—touch the syrup to the spiral and let it slowly glide down the spoon into the glass.





## HerStory Podcast Episode 11: A Life of Living for Others

"I came from a family of givers and service people, and our motto is it's better to give than receive. I got that from my grandmother, and I got that from my father, and I got that from my mother...You get up, and every day you don't look at defining your value. I just look at 'What do I need to do today, and how can I fill the needs that are before me?'"

In this deeply moving episode of the *HerStory Podcast*, host **Adia Lancaster** introduces listeners to **Doris Edwards**, a lifelong servant-leader whose work has spanned continents and communities, from early childhood education in Ohio to veteran support programs in Hawaii. Doris's journey is rooted in a family legacy of giving, shaped by her experiences as a military daughter, wife, and mother. Her passion for service blossomed into impactful leadership roles, including chartering veteran auxiliaries and mobilizing communities to care for those often forgotten—particularly disabled veterans and nursing home residents. Through heartfelt stories, Doris reveals how her faith and compassion have guided her mission to bring dignity, joy, and connection to others.



A central theme of the conversation is Doris's view on feminine leadership as a powerful complement to masculine leadership, particularly in traditionally male-dominated spaces like the military community. She stresses the importance of collaboration, where empathy, creativity, and attention to detail from women enrich the broader mission of peace and service. Doris highlights how women often act as truth-tellers and logistical anchors, helping men see the bigger, more nuanced picture and fostering mutual respect and teamwork. Her approach to leadership emphasizes integrity, patience, and rising above competition by focusing on shared purpose rather than rivalry—principles she encourages all women to embrace in their own journeys.

As the episode draws to a close, Doris reflects on her legacy—not in titles or accolades but in the opportunities she has created for others to grow and lead with confidence. She encourages listeners to lead with love, serve with courage, and recognize that true impact comes from intention and compassion rather than a perfect resume. Her final message is a call to embrace one's purpose boldly and kindly, trusting that each person has a unique role in building a more peaceful and compassionate world. Doris's story offers inspiring insights and a heartfelt invitation to all who wish to serve, lead, and uplift their communities.

