

WFWP USA HerStory Podcast Episode 13: Sowing Seeds of Love

Katarina Connery
September 14, 2025



"I really pray that I leave a legacy of love... to have integrity, to be honest, to remain humble, to serve. I think that is the most fulfilling thing you can do."
Rev. Dr. Madelene Clark-Alexander

In this powerful episode of the HerStory Podcast, Rev. Dr. Madelene Clark-Alexander shares her journey of leadership, faith, and service that spans over three decades. With warmth and candor, she reflects on the lessons she has learned along the way, offering encouragement to younger women to trust themselves, embrace their value, and advocate for their own voice. Drawing from her personal experiences, Dr. Alexander emphasizes the importance of self-knowledge, surrounding oneself with supportive communities, and finding liberating outlets for self-expression - like her "Color Me Blessed International" ministry, where women gather monthly to color, reflect, and reconnect with the present moment.

Central to the conversation is Dr. Alexander's hope to leave behind a lasting legacy of love. She describes this legacy not only as something passed down to her children and grandchildren, but also as a ripple effect that touches everyone she encounters. Through stories of her family's careers in service - whether in education, social work, or community safety - she demonstrates how values of compassion, humility, and integrity take root and flourish across generations. For Dr. Alexander, love is not merely a feeling, but a daily choice that transforms relationships and communities. As she explains, the seeds of kindness and integrity, once planted, inevitably grow and return, carrying forward her mission of healing and upliftment.

Throughout the episode, listeners are reminded of the profound impact of living authentically and courageously. Dr. Alexander's insights highlight the power of service, the necessity of self-love, and the courage it takes to remain true to one's principles in the face of challenges. Her story is both a testament to resilience and an invitation for women everywhere to embrace their worth, nurture their gifts, and lead with love. As host Adia Lancaster notes in closing, Dr. Alexander's wisdom offers not just a legacy for her family, but a beacon of inspiration for all who seek to create a more compassionate and peaceful world.

