

WFWP USA: HerTribe Thrive - Embrace Autumn with Creativity, Reflection and Inspiration

Katarina Connery
October 15, 2025



Dear ,

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

As summer fades and the crisp hints of autumn arrive, October invites us to embrace change with intention—whether it’s welcoming a new season, exploring fresh opportunities, or savoring the beauty of the transition.

In this issue, we feature **Lunchbox Magic: Fun & Creative Ideas You Can Try at Home**, a playful way to bring creativity into everyday routines. Next, explore **Be Like the Ocean: Lessons on True Womanhood**, a reflection on strength, depth, and resilience. Don’t miss **Decorative Floral Pumpkin Idea**, perfect for adding warmth and charm to your home, and **HerStory Podcast Episode 14: Protecting Innocence and Empowering Voices**, where inspiring stories of courage and connection unfold.

Let’s step into this season with open hearts, steady courage, and a spirit ready to grow.

MEMBER’S HUB



Lunchbox Magic: Fun & Creative Ideas You Can Try at Home

Packing lunches doesn’t have to feel like a chore. Sometimes all it takes is a little creativity (and a few everyday items you already have lying around) to turn a simple lunch into a fun surprise. This October, we’re sharing playful lunchbox ideas that add seasonal flair and brighten your loved one’s day.

And don’t forget a seasonal treat! Bake pumpkin muffins once, freeze them, and pop them in lunchboxes all week long.

With just a few extra minutes, you can make lunch feel special and memorable. Members, head to the Hub for your **printable October Lunchbox Magic** with step-by-step instructions!

Available exclusively to members!

Check it out!

SPARK OF INSPIRATION



Be Like the Ocean: Lessons on True Womanhood

Inspired by a profound quote from Dr. Hak Ja Han Moon, this reflection by Dr. Katarina Connery, celebrates the beauty and strength of womanhood, comparing a woman's heart to the vast and embracing ocean. It explores the quiet resilience, nurturing spirit, and powerful depth that women embody through life's changing tides.

Drawing from personal experience, she reflects on how Mother Han's words have served as a guiding light, offering wisdom and strength in the face of life's challenges. Her insights remind us of the unique ability women have to embrace others while honoring their own inner currents. This heartfelt piece invites you to pause, reflect, and connect with your own divine femininity.

An Empowering Perspective: Embracing the depth and strength of womanhood

Read now!

TIPS & TITLES



Decorative Floral Pumpkin Craft

Decorating mini pumpkins is an easy and beautiful way to embrace the autumn season, bringing a touch of nature and creativity into your home. Finished pumpkins can be given as thoughtful gifts, used as a charming centerpiece for your coffee table or bookshelf, or even serve as a little source of inspiration on your desk, adding warmth and personality to any space.

The best part of this craft is gathering natural materials—like dried flowers, leaves, acorns, and seeds—which can turn foraging into a meditative practice, helping us slow down, notice the beauty around us, and cultivate a deeper appreciation for the small wonders of nature.

A fun and family friendly Fall Activity!

Check it out!

WISDOM IN ACTION



HerStory Podcast Episode 14: Protecting Innocence and Empowering Voices

"The innocence of a child is everything, and we have the power—and the responsibility—to protect it."

— **Elizabeth Lim**

In this episode of the *Her Story Podcast*, Adia introduces Elizabeth Lim, a certified EMT and mother of five, who has dedicated her life to preventing child sexual abuse.

Drawing from over 34 years of experience with children, Elizabeth founded the SRTTEL program (Scream, Run, and Tell), a trauma-informed educational model designed to empower children and caregivers without instilling fear. Her approach emphasizes teaching correct behavior and shifting the focus from blame to empowerment.

Listen now!

Every conversation has the power to inspire.

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WOMEN'S FEDERATION
FOR WORLD PEACE USA





Lunchbox Magic: Fun & Creative Ideas You Can Try at Home



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The Lunchbox Magic is **FREE for members!** Simply log in or create your account for the Members' Portal. You can download this in the Resources Library

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NOT A MEMBER OF WFWP?

Not a member of WFWP? [Join today](#) to access exclusive resources, including Lunchbox Magic, and become part of a community of women empowering each other to be peacemakers in the world



Be Like the Ocean: Lessons on True Womanhood

Written by: Dr. Katarina Connery, WFWP USA President

Over the years, I've had the distinct privilege of observing the remarkable leadership of WFWP's founder, Dr. Hak Ja Han, lovingly known as Mother Han. Life can be challenging, and unfortunately, for women growing up in today's culture, there are many confusing messages about who we are, how we should be, and where our value comes from.

My personal journey has been to look past all the noise—the perplexing and sometimes demeaning messages about womanhood—to find the seeds of truth that resonate with my heart at the deepest level. One quote from Mother Han has been such a gem of wisdom for me. I've witnessed it reflected in her life, and I strive to emulate it in my own.



She says, *"My life has been like an ocean. The ocean can generously embrace and unite with the sky and resemble its color. It is in the lowest place, where it accepts all the water of the world. The ocean embraces everything and conceives all life. In the ocean all varieties of living things are born and raised in abundance. Its tides ebb and flow in response to the pull of the moon and the changing seasons. It responds to the rays of the sun, creates water vapor and influences the weather. A calm ocean is peaceful on the surface, but deep inside enormous currents that move the ocean are constantly surging. When the waves of a tsunami rage, they can swallow everything. People cannot see the whirlpool beneath the*

surface. Heaven's providence has surged like a typhoon, and my life has unfolded in its midst. There are so many circumstances that cannot be spoken of, which only I understand from the center of the providence. Crossing over that whirlpool, not allowing it to pull me down, I joined Father Moon in the work to complete the providential history of restoration."

THERE ARE SO MANY INSIGHTS TO DRAW FROM THIS BEAUTIFUL PASSAGE. I'LL HIGHLIGHT JUST A FEW.

"The ocean can generously embrace and unite with the sky and resemble its color."

To me, this speaks to the unique and precious ability of women to stretch themselves in order to accommodate others. Women are often deeply attuned to the moods, dispositions, and emotional states of those around them—our friends, spouses, children, coworkers, parents, and even our supervisors. We read nonverbal cues and adjust our responses accordingly, much like the ocean that reflects the sky.

"It is in the lowest place, where it accepts all the water of the world. The ocean embraces everything and conceives all life."

While autonomy is often prized, there is also great power in the ability to respond instinctively to the needs of others. In that openness, others can feel embraced and accepted just as they are. The ocean receives all manner of rivers—big and small, straight and winding, deep and shallow, polluted or pristine. Likewise, we often look at ourselves or others with a critical eye, seeing where we fail to "measure up" to some standard or ideal. Yet the paradox is that only when we feel fully accepted and embraced—without judgment or expectation for change—does inner transformation take place. New life grows abundantly in the loving embrace of women.

"Its tides ebb and flow in response to the pull of the moon and the changing seasons."

As women, we go through many seasons in life. Even within a single month, we experience the ebb and flow of energy and emotion. Like the full moon shining brightly in the night sky, we may sometimes feel ready to lead, serve, and radiate our light for all to see. At other times, we may feel like the new moon, needing rest, reflection, and renewal—spiritually, emotionally, or physically. This is not weakness; it's wisdom. Just as the ocean shapes the weather by responding to the sun and the moon, women can bring about profound change when we understand and honor our own rhythms and seasons.

"A calm ocean is peaceful on the surface, but deep inside enormous currents that move the ocean are constantly surging."

Even though we have a tremendous capacity to embrace and accommodate others, we must remember our own depths. Though the ocean can resemble the sky, it is not the sky, it has its own powerful currents beneath the surface. Living for others is not the same as extinguishing oneself. There are times when the waters are calm, but if a tsunami begins to surge, we must pay attention before we are swept away.

"People cannot see the whirlpool beneath the surface... Crossing over that whirlpool, not allowing it to pull me down..."

To me, this is a reminder that even when storms rage around us, we must not let them drag us under. At times, I feel caught in such a storm—whether from the endless responsibilities of motherhood or the flood of negative and polarizing messages in the media—but I cannot allow those forces to make me forget who I am. I must rise above the whirlpool and move forward into my purpose and identity.

Reflecting on these words, I'm reminded that womanhood, in its truest sense, mirrors the vastness of the ocean, strong yet gentle, deep yet open, ever responsive to Heaven's call. To live this way is to live in harmony with God's love, allowing it to flow through us and give life to everything we touch.



A calm ocean is peaceful on the surface, but deep inside enormous currents that move the ocean are constantly surging. When the waves of a tsunami rage, they can swallow everything. People cannot see the whirlpool beneath the surface. Heaven's providence has surged like a typhoon, and my life has unfolded in its midst.

There are so many circumstances that cannot be spoken of, which only I understand from the center of the providence. Crossing over that whirlpool, not allowing it to pull me down, I joined Father Moon in the work to complete the providential history of restoration.

-Mother of Peace, Hak Ja Han



LUNCHBOX MAGIC: FUN & CREATIVE IDEAS YOU CAN TRY AT HOME

HERSTORY PODCAST EPISODE 14: PROTECTING INNOCENCE AND EMPOWERING VOICES



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Decorative Floral Pumpkin Craft

Written by: Mika Deshotel

Decorating mini pumpkins is an easy and beautiful way to embrace the autumn season, bringing a touch of nature and creativity into your home. Finished pumpkins can be given as thoughtful gifts, used as a charming centerpiece for your coffee table or bookshelf, or even serve as a little source of inspiration on your desk, adding warmth and personality to any space. The best part of this craft is gathering natural materials—like dried flowers, leaves, acorns, and seeds—which can turn foraging into a meditative practice, helping us slow down, notice the beauty around us, and cultivate a deeper appreciation for the small wonders of nature.

Take an afternoon to enjoy this simple and lovely activity, whether by yourself for some peaceful reflection or with a friend for shared creativity and connection. It's a wonderful way to celebrate the season, nurture your imagination, and create something that brings joy and beauty into your everyday life.

Below is a list of materials you'll need along with step-by-step instructions to help you create your own beautifully decorated mini pumpkins.

MATERIALS:

- Mini or sugar pumpkins (make sure to buy ones with the stems intact). Trader Joe's has the best deals if you can get them there
- Silica sand for drying flowers and leaves (Brands like Aactiva silica gel or Ashland can be purchased at Michael's or other craft stores)
- Hot glue gun
- Tweezers
- Organic materials for glueing onto your pumpkin (eg., small flowers like spray roses, dried hydrangeas, leaves, pinecones, pods, seeds, or tiny berries). Some items can be glued as is if they are fairly dry, others (like leaves and small flowers) should be dried in the silica sand for a day or two to dry out while still maintaining their color

STEP-BY-STEP INSTRUCTIONS:

1. Begin by gathering all of your materials and laying them out on a covered table or other flat surface. The most time consuming part is going to be foraging for organic materials and taking some time to dry them out (or opting to purchase dried materials from your local craft store or nursery)
2. Plug in your hot glue gun and allow it to warm up
3. Select a pumpkin and a couple of your decorative materials to begin laying atop your pumpkin. Begin with twigs, leaves, or mosses as the first layer, then add a pop of color or texture with a flower or pinecone
4. Carefully attach each item to your pumpkin top using little dabs of hot glue, making up the final arrangement as you go. Don't worry if you can see the glue peeping out from beneath your items, you can always add more elements to fill such spaces or use your tweezers at the end to pull off any excess glue. The tweezers are also great for pulling off glue strings!
5. Don't worry about achieving a 360 degree look right off the bat! Some arrangements may look best from one angle, and that's okay! There is no wrong way to decorate your pumpkin!
6. Allow your pumpkin some time to dry before snapping photos and sharing them with friends and loved ones- or placing them around your own home for some beautiful fall-inspired decor!

This article was inspired by the floral pumpkin master, Catherine Ono!





LUNCHBOX MAGIC: FUN & CREATIVE IDEAS YOU CAN TRY AT HOME



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HerStory Podcast Episode 14: Protecting Innocence and Empowering Voices

“The innocence of a child is everything, and we have the power—and the responsibility—to protect it.”

— Elizabeth Lim

In this powerful episode of the HerStory Podcast, Elizabeth Lim shares her inspiring journey as the founder of Scream, Run, and Tell (SRTeLL), a program dedicated to preventing sexual abuse and empowering children to find their voice. Drawing from her experiences as a survivor, mother, and grandmother, she emphasizes the importance of prevention, education, and creating safe spaces for children and caregivers alike.

Central to the conversation is Elizabeth’s belief in the strength of tenderness and soft leadership. She illustrates how her compassionate, authentic approach—grounded in collaboration and care—has shaped her programs and empowered communities. From working alongside supportive men in her community to guiding parents and educators, Elizabeth demonstrates how influence and leadership flourish when rooted in empathy and encouragement.

Throughout the episode, she shares both challenging and hopeful moments, showing the transformative impact of giving children the tools to protect themselves while preserving their innocence. Her vision is far-reaching: a world where every child is informed, empowered, and safe. As host Adia Lancaster notes, Elizabeth Lim’s work is a testament to courage, resilience, and the lasting power of compassion in leadership.

Learn more about her organization here : <https://srtell.org/>



HerStory Podcast