

WFWP USA: HerTribe Thrive - The Power of a Mother's Voice and More

Katarina Connery
July 15, 2026



Dear,

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

This month, we're exploring the many ways we grow through connection, compassion, and the courage to embrace new possibilities. From the comforting power of a mother's voice to navigating life's transitions, finding inspiration through storytelling, and taking time to invest in your own renewal, this issue is filled with reflections to encourage and uplift.

In this edition, discover the fascinating science behind [Wired for Love: Research Behind the Power of a Mother's Voice](#), explore [Self-Love and Self-Compassion can Change the World](#), and take advantage of [Exclusive Member Early Bird Pricing for the 2026 Awaken Retreat](#). We're also highlighting [Why Violet Evergarden Is an Anime Worth Watching](#), a beautifully animated story that reminds us of the healing power of empathy, purpose, and human connection.

We hope this month's newsletter inspires you to embrace change with confidence, nurture meaningful relationships, and continue your journey of growth with hope and purpose.

SPARK OF
INSPIRATION

Wired for Love: Research Behind
the Power of a Mother's Voice

Sometimes a simple phone call to your mom can be instantly calming, even as an adult, right? It turns out there's science behind this phenomenon. There is biological power of a mother's voice, which triggers a lowering of stress hormones and boosts feel-good chemicals in her children. If you're wondering if you're getting this parenting thing right, rest assured that even the simplest aspects of who you are and what you do make a profound difference.

The Science Behind a Mother's Comfort

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

WISDOM IN ACTION

Self-Love and Self-Compassion can Change the World

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.

“Women play a sacred role that is both historical and related with the blood lineage. We carry the future of humanity in our wombs; we give birth to and nurture humankind's potential. If the role of mothers is ignored, where will the hope and future prospects for humanity come from?” – Hak Ja Han, 2002

“To be a clear mirror that reflects this age, each woman first needs to be clear and pure within herself. Each needs to find the indomitable power within that is necessary to overcome self-centeredness.” – Mother of Peace (2020)

Every conversation has the power to inspire.

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

MEMBER'S HUB



Awaken Retreat: Exclusive Member Early Bird Pricing

As a WFWP USA member, you receive exclusive early bird pricing for the 2026 Awaken Retreat! Register by **November 19** to secure your discounted rate of **\$310** (regular member rate) and join us December 3–6 for a weekend of inspiration, connection, and renewal. Your registration includes lodging, meals, and retreat materials, with childcare available for families.

Early Bird Savings Are Here

[Check it out >>>](#)

TIPS & TITLES

Why Violet Evergarden Is an Anime Worth Watching



Violet Evergarden is a beautifully animated story about a young woman learning what it means to feel, connect, and choose her own path. Through letters that carry love, grief, and hope, Violet discovers that empathy is not weakness—it is a profound form of strength. A moving pick for anyone interested in healing, purpose, and the quiet power of human connection.

When words become bridges to healing.

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

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**WOMEN'S FEDERATION
FOR WORLD PEACE USA**





Wired for Love: Research Behind the Power of a Mother's Voice

Written by: Dr. Katarina Connery

Sometimes a simple phone call to your mom can be instantly calming, even as an adult, right? It turns out there's science behind this phenomenon. There is biological power of a mother's voice, which triggers a lowering of stress hormones and boosts feel-good chemicals in her children. If you're wondering if you're getting this parenting thing right, rest assured that even the simplest aspects of who you are and what you do make a profound difference.

I recently came across two very interesting research studies. In the first one, the researchers gathered 61 girls between the ages of 7 and 12 and their mothers. The girls were separated from their mothers and had to complete some simple tasks designed specifically to heighten stress in children. They were then divided randomly into three groups:

1. In the first group, they were physically reunited with their mothers
2. In the second group, they were allowed to call their mothers to share about their experience, without seeing them in person
3. In the third group, the girls were not allowed to speak to or see their mothers; instead they were given time to relax on their own and watch a calming video

The researchers then measured the stress hormone cortisol at several time intervals. For the first two groups who were able to interact with their moms, their cortisol levels decreased more significantly compared to the third group. Even an hour after the stressful tasks, the girls who had no contact with their mothers had higher levels of cortisol compared to the other two groups who did.

They also measured the "love hormone" oxytocin and in the same way the girls who could talk to, touch, and/or see their mothers saw a higher increase in oxytocin after the stressful event. Oxytocin did not change much for those girls in the third group who did not interact with their mothers. Even the phone call was apparently enough to decrease stress and cause a calming effect; there was no marked difference between oxytocin levels between the girls who saw their mothers and those who simply spoke to them over the phone.

Even more interesting, the researchers did the study again with very similar parameters, except they added a fourth group. Girls in the fourth group were able to text their mothers after the stressful tasks without seeing or hearing from them. Amazingly, they saw similar results. The fourth group did not see a significant decrease in cortisol or increase in oxytocin. It's not simply the interaction with their mothers, but there is something special about being able to hear, see, and touch their mothers which is soothing and comforting.

I can't help but feel that the power of mother's voice is rooted into our very bones and DNA. It is in our mother's womb, in that place of ultimate safety and comfort, where we first hear that voice. In our first moments of awareness, we're surrounded by our mother's voice and presence. Perhaps before we even hear our own voices, we hear our mother's.

While the researchers studied a small group of girls in a specific age range, I don't think this is a phenomenon restricted to a select few. Interestingly, the researchers did not coach the mothers on what specifically to say or do for their daughters when interacting with them. They also screened for potentially abusive relationships.

Where there is a safe and loving relationship, one's mother's voice is soothing on a biological level. I know as a mother to three small children myself, I cannot help but second guess or question myself sometimes. I know many of my peers feel the same. Because we love them so much, we want to be the best mothers we can be. We sometimes take any negative behavior in our children as an indication that we're failing as mothers. Sometimes it feels like we can never really know until they are grown and successfully living a happy life decades from now if we did



a “good job.” And it’s a huge relief when we see some little clue or glimpse, “Okay, I must be doing something right.”

Reading these two research studies tell me that my presence and my voice makes a difference, even in ways I can’t control and can’t even see. God created us to respond on this amazing small level. You cannot help it, cortisol just decreases and oxytocin increases in response to interacting with mother. Maybe things will shift slightly as children age, but I think it is still ingrained in us from those very first moments when the mother’s presence is your entire world. So if you are a mom trying the best for your kids, please take this as encouragement that you are making a difference. Just your presence, your touch, and your voice can be reassuring, relaxing, and brings peace to your children.

If you’d like to read these two studies, check them out below.

Seltzer, L. J., Ziegler, T. E., & Pollak, S. D. (2010). Social vocalizations can release oxytocin in humans. *Proceedings. Biological sciences*, 277(1694), 2661–2666.
<https://doi.org/10.1098/rspb.2010.0567>

Seltzer, L. J., Proski, A. R., Ziegler, T. E., & Pollak, S. D. (2012). Instant messages vs. speech: hormones and why we still need to hear each other. *Evolution and human behavior : official journal of the Human Behavior and Evolution Society*, 33(1), 42–45.
<https://doi.org/10.1016/j.evolhumbehav.2011.05.004>



Self- Love and Self- Compassion can Change the World

"Women play a sacred role that is both historical and related with the blood lineage. We carry the future of humanity in our wombs; we give birth to and nurture humankind's potential. If the role of mothers is ignored, where will the hope and future prospects for humanity come from?" – Hak Ja Han, 2002

"To be a clear mirror that reflects this age, each woman first needs to be clear and pure within herself. Each needs to find the indomitable power within that is necessary to overcome self-centeredness." – Mother of Peace (2020)

When I ponder the words on the sacred role of women and mothers by Dr. Hak Ja Han, I am struck by two points: women hold the key to unlocking humankind's full potential, and sadly, women continue to be largely undervalued and ignored for their efforts.

How are we to navigate such complexities and systemic challenges that undermine the role and value of women? First of all, this is not a problem that solely women ought to bear. This is a humankind issue, since half of the world is being affected. Even so, Mother Han explains that it is women who can set the example– "create the environment" so to speak– that can change the way we have been operating until now. I love the phrase Mother Han uses to highlight the importance of women in becoming a beacon of truth for all when she calls women to be, "a clear mirror that reflects this age."

What does it mean to be a clear mirror for others? What is reflected back to humanity when women become "clear and pure within" and when we find the "indominable power" to "overcome self-centeredness"? I believe she is speaking to two essential "postures" we need to embody within.

The first posture is of radical self- love and self- compassion. I love the idea of something being "radical." In essence, when we use the word "radical," it speaks to a concept that goes beyond the logical; rather the word "radical" speaks to something that is felt within, at the core of one's being, and bestowed for reasons other than our own notions of what is deserved. When I think of radical self- love, the 1992 hit song, "Damn, I Wish I Was Your Lover," by Sophie B. Hawkins, comes to mind. Despite what some might believe about the song's meaning, it's actually a love song sung to herself– a song about longing to see one's inner star shine brightly and boldly, freed from any preconceived and limiting notions of oneself. Ironically, the song came forth from a place of deep failure and insecurity around what her future would look like. In an interview with *American Songwriter*, Hawkins shared about the failure that ultimately resulted in her classic:



"[the lyrics were] so strong because I was at a point of so much loss, but with the potential to break out of my chains. That's why I think loss is so important and failure is so important... Because actually you're only failing at being who you really aren't. Then you get to say, 'Who could I be?' And that's 'Damn, I Wish I Was Your Lover.' The feeling and the sensuality and the depth of the story is my life story." – Beviglia, Jim, *American Songwriter*, ["Behind the Song: Sophie B. Hawkins, 'Damn, I Wish I Was Your Lover,'"](#) (March 8, 2021)

I want to speak to the notion of compassion and compassion of the self. Truly we cannot practice love nor compassion towards ourselves or others if we have not experienced it in our core. I want to offer an uplifting reason for self- compassion by examining the quality of compassion, which God notes as one of His/Her attributes in Exodus 34:6-7. It turns out that the Hebrew word for *compassion* shares the same root as the Hebrew word for *womb*, and the context in which this word is used in the Bible suggests a God who is deeply moved by an emotional impulse to respond– as a mother would to her child, born of her womb. Throughout the biblical account, we see a God who is moved, time and time again, to respond to the cries of His/Her children. God responds to those both in good moral standing, along with those who are sinners. In the book of

Isaiah, God offers comfort to Israel during a time of difficulty by comparing Him/Herself to a nursing mother. You can find out more about the Hebrew word for compassion, as it relates to the word ‘womb,’ from the [Bible Project](#). May this example of God’s unwavering compassion and radical love serve to encourage and inspire you to hold such a deep and reverent love and compassion for yourself. This is one of the most important things we can do to truly change the world.

Why? Because when we come from a place of self- love and self- compassion, we can more easily hold compassion and grace for others, extending forgiveness and love freely and generously. Love has the power to transform any situation where there is animosity, fear, and hurt. How powerful it can be when women stand with a wealth of love to give, because they’ve experienced it first from within? This is how women can stand as “clear mirrors” for the world, and one way that I believe beautiful change is possible.

In HerTribe, we are creating spaces where women can experience and practice radical self- love and compassion. If you would like to learn more and join one of our uplifting communities, check out HerTribe here: <https://www.wfwp.us/hertribe>

WFWP CANADA LEADERSHIP TRANSITION





AWAKEN RETREAT

DECEMBER 3 - 6

A RETREAT TO UPLIFT AND INSPIRE WOMEN TO THEIR DIVINE
VALUE AND SACRED SISTERHOOD

Register Today



RETREAT & TRAVEL INFORMATION

Start Date: 6:00 PM, Thursday, December 3, 2026
(check-in starts from 4:00 pm)

End Date: 11:00 AM, Sunday, December 6, 2026

Registration Fee

\$310 for WFWP USA Members

\$360 for Non-Members

(Early-bird pricing available through November 19th)

Registration includes lodging, meals, and retreat materials.

Children's Registration:

\$100 for children ages 4-12

Children under 4 attend free

Discounts available for multiple children from the same family. Childcare will be available, see more below.*

Location: The Hideaway Inn and Conference Center
- Colorado Springs, CO

Closest Airport: Denver International Airport (DEN)*

If you are arriving by plane at the Denver airport, we will be providing airport shuttle service between 12 and 4 pm on Thursday and between 12 and 4 pm on Sunday. The Denver airport is approximately 1 hour away from the retreat center. Please let us know as soon as you book your flight your arrival time and airline information.

*There is also a municipal airport in Colorado Springs, 45 minutes from the retreat location. However, if you arrive at this airport, WFWP is unable to provide shuttle service and you would have to find your own transportation.



Save Walker Rd Colorado Springs,
CO 80908

\$310 for WFWP members,
\$360 for non-members
Early-bird discount before Nov 19
\$100 for Children 4 to 12 (under 4 free,
discounts for multiple children apply)

REGISTER NOW WWW.WFWP.US/AWAKEN

*check your membership status by contacting info@wfwp.us

Contact us at
info@wfwp.us

WOMEN'S FEDERATION
FOR WORLD PEACE USA

www.wfwp.us

Submit Flight Details!

Need financial assistance?

Partial sponsorships are available. If you are interested in applying, please complete the sponsorship application form **prior to registering:** <https://forms.gle/6qCuDqcoc3SmSM1Z8>

We will reach out to you upon completion of the request form.

For more information contact info@wfwp.us

*We are committed to supporting moms with young children to be able to participate in this transformative experience. There will be childcare available during the main portions of the program on Friday, Saturday, and Sunday for those who need it. Since the venue of Hideaway Inn is self-contained (i.e. meeting space, lodging, and dining are all in one building), moms can also set up a baby monitor after bed time in order to participate in the evening program. Many of our participants are also moms and grandmothers and often very happy to support by holding babies or playing with little ones during times when there is no childcare. Rest assured your little ones are welcome.

WHAT PEOPLE ARE SAYING ABOUT AWAKEN

"There is a Mother God, a motherly energy I can tap into, and I am not alone."

— Past Attendee

"I am leaving today with more sisters of the heart, women I loved deeply the moment I met them. I'm learning to be more gentle with who I've been, fully embracing who I am now, and anticipating with hope (although not hurrying it) the woman I have yet to become."

— Past Attendee

"This weekend was beautiful in every way. I came expecting another workshop that would teach me what to fix or how to improve. Instead, I was invited to rest in my divine feminine essence — to rediscover my inner wisdom and trust it. It wasn't about becoming a "goddess" who conquers the world; it was about realizing that I am already loved, worthy, and complete as I am. God is within me."

— Past Attendee

MAIN PRESENTERS:





Dr. Katarina Connery



Dr. Mika Deshotel

CREATIVE BREAKOUT PRESENTERS

Stay Tuned!

REFUND & CANCELLATION POLICY

- Registration for adults includes a **25% non-refundable deposit**.
- Cancellations **made before October 3 (60+ days out)** receive a **full refund minus the 25% deposit**.
- Cancellations **made October 4 – November 2 (31–59 days out)** receive a **50% refund of the amount paid beyond the deposit**.
- Cancellations made **November 3 – December 2 (1–30 days out)** are **not eligible for a refund** but will receive a registration credit valid for a future WFWP program within 18 months. The credit can be transferred to another eligible attendee.
- **Cancellations on December 3 or later**, and no-shows, **receive no refund and no credit**.

ADDITIONAL TERMS

- The 25% deposit is non-refundable under all circumstances for adult registrations.
- Children age 4-12 may be cancelled at any time prior to the retreat start date for a full refund.
- All cancellations must be submitted in writing (email is acceptable).
- Attendees may transfer their registration to another eligible attendee at no charge up to 7 days before the retreat.
- If the retreat is cancelled by the organizers, a full refund including the deposit will be issued to all registrants.

CHECK OUT RECENT AWAKEN RETREATS AROUND THE COUNTRY!



Rooted in Radiance: An Awaken Retreat in Shrewsbury, MA

The first 1-day Awaken Women's Retreat in Massachusetts was held in Shrewsbury on Sunday, May 17th. Twenty-two women (and three male support staff) spent the day together at the Worcester Family Church meeting hall.

Read more →

June 16, 2026



Rooted in Radiance: A 1-Day Awaken Retreat in Bridgeport, CT

The first 1-day Awaken Women's Retreat in Connecticut was held in Bridgeport on Saturday, May 2nd. Twenty women spent the day together in Bridgeport International Academy's Spurgin Hall— a familiar community event space.

Read more →

June 16, 2026



Awaken One-Day Retreat in Arizona

A one-day Awaken Retreat took place in Tempe, AZ on Saturday, January 24, 2026. The event marked a beautiful way to ring in the new year, as 30 women joined together for a day of reflection and renewal.

Read more →

February 15, 2026



Self-Guided Awaken Retreat Webinar: Recordings & Materials

We warmly invite you to experience **the Awaken Retreat: Rooted in Radiance** through this self-guided webinar offering.

Read more →

January 14, 2026



Awaken 2025: Rooted in Radiance — A Sacred Journey of Growth, Healing, and Divine Feminine Awakening

This year's Awaken women's retreat entitled, "Rooted in Radiance," took place in Stevens, Pennsylvania, at the beautiful Refreshing Mountain Retreat and Adventure Center, from Thursday evening until



Choose Your Tickets

🕒 Registration ends Thursday, 12/03/2026 3:59pm MDT

WFWP Members (Full Time)

\$310 ~~\$350~~

🎫 1 Ticket Included

0 ▼

💰 Get an early bird discount until 11/19/2026 11:59pm MDT!

Non-Member Registration (Full Time)

\$360 ~~\$400~~

🎫 1 Ticket Included

0 ▼

💰 Get an early bird discount until 11/19/2026 11:59pm MDT!

Daily Rate

\$100

🎫 1 Ticket Included

0 ▼

Registration if you would like to attend just one day (no overnight stays), either Friday or Saturday.

Part-Time Registration

\$310

🎫 1 Ticket Included

0 ▼

For those who can only attend a portion of the program (i.e. Friday to Sunday), meals and overnight stays included.

Children (4 - 12 years old)

\$100

🎫 1 Ticket Included

0 ▼

Children under 4 are free. This is for kids attending together with their parent, full-time. Please reach out to info@wfwf.us if you would like to attend part-time with your children.

💰 Buy 2 or more to get a discount!



Add an Optional Gift

Your generosity makes a difference!

\$Optional

Why Violet Evergarden Is an Anime Worth Watching

Written by: Naomi Tanaka

A Journey of Growth and Empathy

Recommending an anime isn't something we often do, but *Violet Evergarden* is one of those rare stories that transcends its genre. Even if you've never watched anime before—or don't think it's your style—this beautifully crafted series offers a deeply human story that resonates with audiences of all backgrounds.

At its heart, *Violet Evergarden* follows a young woman learning how to navigate life after experiencing loss and hardship. Having spent much of her life following orders, Violet goes on a journey to discover who she is beyond her past. Along the way, she takes on a unique job: helping others put their feelings into words by writing letters on their behalf.

Through each letter she writes, Violet encounters people experiencing love, grief, hope, regret, and reconciliation. As she helps others express their emotions, she begins to understand her own. She goes through a series of healing, self-discovery, and personal growth.

One of the most inspiring aspects of the series is its portrayal of strength. Violet's journey reminds us that true strength isn't always loud or dramatic. Sometimes it is found in learning to listen, showing compassion, and having the courage to open our hearts after being hurt. Her growth demonstrates that vulnerability and resilience can coexist, and that our greatest challenges can become opportunities for transformation.

The series is PG-13 and is also visually stunning, with breathtaking animation and a beautifully composed soundtrack. Yet it is the heartfelt storytelling and universal themes that leave the deepest impression. As of July 2026, *Violet Evergarden* and the follow-up film *Violet Evergarden: The Movie* are available to stream on Netflix.

Violet Evergarden is well worth your time. It is a gentle reminder that healing is possible, that every person has value, and that empathy has the power to change lives, including our own.

Key takeaways for readers

- Healing takes courage and patience.
- Listening deeply is a powerful skill.
- Purpose often grows from serving others with compassion.
- Strength and softness can coexist.

