

WFWP Hawaii's Heartfelt Evening at Leeward HerTribe Gathering at the Harding's

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On a golden Friday afternoon in Ewa Beach, the Women's Federation for World Peace (WFWP) Hawai'i gathered at the welcoming home of Yuriko and Justin Harding for a **Leeward HerTribe Gathering**. As the sun lowered toward the horizon, a small circle of sisters, friends, and guests came together to share food, stories, and heart.

The atmosphere was immediately warm and inviting. Yuriko and Justin welcomed each person with kindness, while Deiana greeted guests at the door and handed out keepsake cards. The potluck table quickly became a feast—sushi, shrimp with cocktail sauce, shepherd's pie, mango bread, and more—each dish carrying the love of the hands that prepared it. As Donna Shaver opened with a prayer, conversations blossomed and laughter filled the table.

After introductions, Donna shared about the mission of WFWP and Mother Moon's heart for women and peace. A few guests leaned in closely, captivated by Mother Moon's life story as a child refugee and the resilience that shaped her. When two guests received a copy of her memoir *Mother of Peace*, the circle grew even more thoughtful, reflecting on her words and her extraordinary journey.



We then turned to reading quotes from **Mother Moon's Peace Philosophy**—gentle yet powerful reminders about listening to the voice of God in our hearts. Each woman shared how the words touched her life, weaving together a tapestry of stories, hopes, and personal reflections.

The evening flowed into a calming Breathwork session led by Justin. With handouts in front of us and the

rhythm of our breath as our guide, we tried Box Breathing and the 4-7-8 method. Some felt instantly peaceful, others found the focus challenging, and a few were surprised by how deeply the exercises moved them. Justin spoke of his own healing journey through breathwork, sparking open conversation about the body's ability to restore itself.



As the sky turned to pinks and golds, we walked to the beach to ground ourselves in the sand and salt water. Standing at the edge of the ocean, we watched the sun slip into the horizon, a simple yet profound reminder of God's beauty and presence. Back at the house, the gathering lingered on the patio with continued conversation about wellness, faith, and sisterhood. A shiatsu massage here, an inversion board there—acts of care and healing were offered freely, embodying the spirit of community.

By the end of the night, hearts felt lighter, and bonds of friendship had deepened. Many left with a sense of renewal, carrying not only keepsake cards but also the memory of shared prayer, shared breath, and shared love.

As one participant reflected, *"This gathering was sacred and holy. I woke up the next morning feeling fresh and lighter, as if given the gift of new life."*

The Leeward HerTribe Gathering was more than an event—it was an experience of connection, healing, and the quiet joy of women coming together to nurture one another and grow in spirit.