

WFWP USA: May Thrive Is Here: Books, Heart Wisdom and Father's Day Gifts

Kaeleigh Moffitt  
May 15, 2025



Welcome to the May edition of HerTribe Thrive!

This month, as flowers bloom and the days grow longer, we’re invited to tend both our outer and inner landscapes. Whether you're planting seeds in your garden or nurturing personal growth, May is a powerful time for renewal.

In this issue, we’re exploring the theme of spiritual and emotional cultivation with *Tending the Sacred Garden: 3 Books to Nurture Your Spiritual Growth*, and learning how to *Listen to Your Heart When It’s Calling for You*. You’ll also find a special feature on our meaningful *Father’s Day Keychains*—a heartfelt gift idea for the dads in your life—and a new episode of the *HerStory Podcast* you won’t want to miss.

Let’s move through this season with intention, reflection, and a deepened sense of connection.



TIPS & TITLES

Tending the Sacred Garden: 3 Books to Nurture Your Spiritual Growth

Now that spring is in full bloom, many of us are out in our gardens—planting, pruning, and preparing for the season ahead. Do you enjoy growing vegetables, herbs, flowers, or perhaps a bit of everything? Are your garden beds neat and orderly, or do you find joy in letting things grow wild and free?

As we cultivate our outer gardens, it's also a beautiful time to nurture the inner landscape of our hearts and minds. In that spirit, Katarina Connery wanted to share three books that have deeply supported her in tending to the “garden” within. Each one has helped her grow in new ways, and she hopes they might inspire and nourish your journey as well.

Three books to nurture your spiritual growth!

[Read now!](#)



SPARK OF  
INSPIRATION

## Listen To Your Heart When It's Calling for You

Julie Wagner shares about discovering strength and confidence in an unexpected place—on the climbing wall, and within herself. Sometimes, the loudest doubts come from within—but so does our greatest strength.

*Listen to your heart when it's calling for you—because that's where your true voice, and your Heavenly Parent, quietly dwell.*

**An Empowering Perspective: A Call to Listen to Your Heart!**

[Read now!](#)



MEMBER'S HUB

## Carry Love, Celebrate Dad: Father's Day Premium Keyrings Are Here!

This Father's Day, honor the dads, grandfathers, and father figures who guide us with strength and love. These limited-edition keyrings are thoughtfully crafted and built to last—just like the men we're celebrating.

Each purchase supports WFWP's mission to uplift families and foster peace through love and service.

**Order yours today and give a gift that's small in size but big in meaning!**

[Check it out!](#)



WISDOM IN ACTION

## HerStory Podcast Episode 9: From Struggle to Strength

*Most battles are not in the world. It's in our head as soon as we wake up. And once you realize that...game over, right? It's just me...let me figure out how I'm going to push through despite everything."*

—**Rashidah Cartwright**

In this inspiring episode of the *HerStory Podcast*, **Rashidah Cartwright**, creator and host of Webby-nominated podcast, *Autism for Badass Moms*, shares her journey navigating motherhood, advocacy, and leadership in the autism community. She opens up about the power of active listening, embracing

mistakes as growth opportunities, and the importance of compassion and understanding for families facing autism and mental health challenges.

**Listen now!**

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

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## Tending the Sacred Garden: 3 Books to Nurture Your Spiritual Growth

Written by: Katarina Connery

Now that it's spring, many of us are planting and preparing our gardens. Do you enjoy planting vegetables, herbs, flowers, or a little bit of everything? Do you keep your plantings in neat rows, or do you delight in letting things run wild?

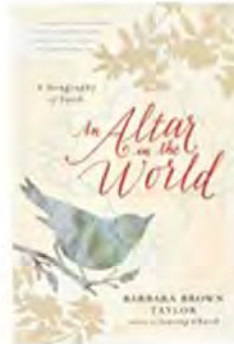
My own attempts to create wildflower plots in the yard remind me of a powerful analogy in *The Feminine Face of God: The Unfolding of the Sacred in Women*. The authors encourage women to consider our spiritual lives as sacred gardens. A garden can be complex and wild or carefully, neatly cultivated. But all gardens are alive—with cycles, seasons, and interdependent parts. Each one can be beautiful and, with careful tending, can be meaningful to its caretaker.

In the spirit of cultivating our gardens during this spring season, here are three mind- and heart-opening books that have helped me tend to the garden of my inner life. Perhaps they will support your journey as well.

### Discover the Sacred in the Ordinary

If you're longing to experience God's presence beyond the walls of a church, *An Altar in the World* by Barbara Brown Taylor offers a refreshing and deeply practical guide to spiritual life in everyday moments. Taylor challenges the idea that worship must happen only in formal settings, inviting readers to find God in the ordinary rhythms of life—walking, working, resting, even getting lost. Each chapter presents a "practice" that cultivates awareness of the sacred in what we often overlook, encouraging a deeper connection to God's presence in the world around us.

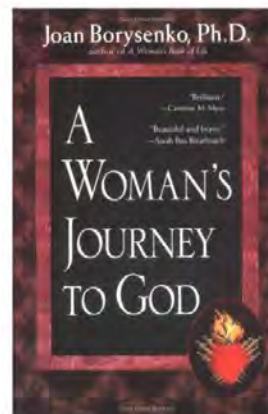
What makes this book so powerful is its authenticity. Taylor's reflections are rooted in lived experience and spiritual humility, making practices like paying attention, embracing pain, and saying no feel both holy and human. Taylor writes from a Christian perspective, but many of her practices feel refreshingly inclusive. Her style is inviting and encouraging, gently weaving in biblical stories but her insights can be relevant across different faith or spiritual backgrounds.



### Reveal the Sacred Within the Feminine Soul

This next book delves a little bit deeper into how women uniquely can walk the paths through our sacred gardens. In *A Woman's Journey to God*, Joan Borysenko draws out a powerful analogy for women's spiritual growth. Rather than the metaphorical ladder typical of spiritual growth models appropriate for men, Borysenko highlights the distinct ways women experience the divine by walking the sacred circle of intuition, relationship, and inner light. "The center of the circle for a woman is her heart, the Inner Light, the intuition, the voice of God. Her journey is one of orienting to the center of the circle so that she can hear the guidance that always comes from within and use it wisely for the greater good." Drawing from psychology, personal stories, and spiritual wisdom, Borysenko invites women to find God not in distant heavens, but at the heart of their daily lives and within their own being as a reflection of the divine.

With compassion and insight, Borysenko highlights that there is no "better way", but simply methods to which we are more suited due to biology and development. Thus, there is no need to compare or compete, but simply loving understanding of ourselves. For women, the spiritual journey requires courage, forgiveness, and trust in the voice within. This book offers a gentle guide back to yourself—and to a God who is as nurturing as She is powerful.



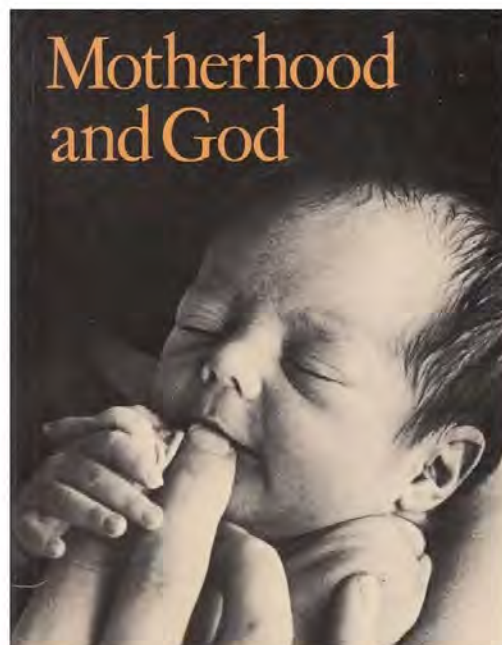
### God in Motherhood and Motherhood in God

I was immediately drawn to this next book when I saw it described as "finding God in motherhood, and finding motherhood in God." For mothers—or anyone longing to understand God's motherly love more deeply—*Motherhood and God* by Margaret Hebblethwaite is a short yet profoundly insightful read. It's a personal reflection on the author's own experiences of motherhood—from longing for children to giving birth and raising them—and how she encountered God as Mother in those sacred, painful, and often chaotic moments.

I felt especially seen and affirmed reading the chapter where she humorously recounts the many hiccups involved in simply trying to leave the house with two young children. It's in those very moments of struggle—when our expectations and reality clash—that we most need a vision of God who meets us in the mess.

One image from the book that stays with me is her reflection on how close we are to God: as close as a baby in the womb. "Wherever God our mother takes us, we will be safe and provided for... God is closer to us than the ground we stand on. Even though we have never seen our mother, perhaps are quite unaware of her, or even deny her existence, she is in perfect and constant intimacy with us, and when we are born into the light of her presence, we will recognize that she has been with us all along."

Just as no two gardens are alike, no two spiritual journeys are the same. Whether you're discovering the sacred in your daily routines, reconnecting with your intuitive center, or finding divinity in the trenches of motherhood, these books offer pathways for nurturing the garden of your soul. Spring reminds us that growth is possible, even after seasons of stillness. May you find inspiration in these words, and may your sacred garden flourish in its own wild and wonderful way—bearing fruit that is deeply rooted, uniquely yours, and lovingly tended.





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LISTEN TO YOUR HEART WHEN IT'S CALLING FOR YOU >



# Listen To Your Heart When It's Calling for You

Written by: Julie Wagner

When my son was two months old, my husband recommended me to sign up for a newly opened rock climbing gym nearby to get some exercise. I never liked going to a normal gym because it was so boring to go from one workout machine to another. If it wasn't interesting or fun to do, I could never make myself do it. But rock climbing was different, so I joined. I was too afraid to do rope climbing at first, since it was too high with my fear of heights, so I started bouldering—where you climb without a rope and climb up to 10 feet.

I tried it a few times when I was in my twenties, but after having kids my body was completely different, and I noticed. I felt 100 times weaker than I ever have before, and I didn't like it. At first I blamed it on my postpartum body: after all, I received medically recommended C-sections for both my children. After a while, I had to come to terms with the fact that my body was indeed different. I was weaker, slower, and had less stamina than before. I had to learn to be more forgiving with myself, and accept that I had to take it slower than other climbers.

I also had a fear of getting too high and falling, which stopped me from reaching the top of each and every climbing route. I was always close, but never felt confident in my new weak body to not fall while attempting to reach that last rock at the very top. But the thing with climbing, is: it's not an activity that you do by yourself. You need others with you in order for you to do your best.

I made a friend by asking for pointers on how to climb this one tricky (scary) route, and he was very supportive while I tried to climb. Because of his cheering from below, I was able to—for the first time ever—finish a climbing route, and finally feel a sense of accomplishment from doing so. From there, I made more climbing friends and began tackling my biggest obstacle: my own mindset.

"Trust your feet," is something we say and hear while climbing. Trust that your feet will stay steady. For me, it was to listen to my heart.

Mother Moon once said, **"...your heart is your closest teacher. In the face of difficulty or confusion, ask your heart. Your Heavenly Parent, who loves you, resides deep in your heart. You are designed to hear God's true voice."**

It's something that resonated with me. As I neared the top of my climbs, my head always told me that I couldn't do it, that I'll fall, that I should just go back down to where it's safe. But when I stopped what I was thinking and listened to my heart, I heard another voice. A voice that cheered for me, that was rooting for me, believing in me, encouraging me to keep going. The longer I listened to my heart the more power I felt, and the more confident I became in myself to finally touch the very top of each route. I can do it, and deep down I always knew I could.

I never would have known that I could do anything great if it wasn't for Mother Moon's wisdom. In the end, listening to my heart has become my greatest teacher. I believe we can all benefit from shutting down the noise and doubt from our heads and become attuned to our hearts. We are all amazing and capable of doing powerful things when we listen to our Heavenly Parent within ourselves. They are always with us, even when it looks like we are alone.



< FINDING THE SACRED GARDEN • BOOKS TO NURTURE YOUR SPIRITUAL GROWTH

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## Meaningful & Minimal: Father’s Day Keyrings Designed with Heart

This Father’s Day, celebrate the dads and father figures in your life with a gift that’s simple, thoughtful, and full of meaning. Designed by Naomi Ito, these newly created WFWP keyrings feature three unique messages that honor the quiet strength, love, and guidance fathers give every day.

Each keyring is sleek, durable, and made with intention—offering a daily reminder of love, appreciation, and encouragement. Whether gifted to a parent, mentor, or friend, these small tokens carry deep significance.

Choose one—or all three—to share with the men who’ve helped shape your world. And as always, your purchase supports WFWP’s peacebuilding and education efforts around the globe.

Sometimes the smallest gifts carry the greatest meaning.

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## HerStory Podcast Episode 9: From Struggle to Strength

*"Most battles are not in the world. It's in our head as soon as we wake up. And once you realize that...game over, right? It's just me...let me figure out how I'm going to push through despite everything."*

In this powerful episode of the HerStory Podcast, **Rashidah Cartwright**, creator and host of Webby-nominated podcast, *Autism for Badass Moms*, takes us through her inspiring journey as a mother, advocate, and leader within the autism community. Rashidah emphasizes the critical importance of compassion, empathy, and active listening—not just in parenting but in society at large. She highlights how many conflicts stem from misunderstandings and judgments and shares her passion for teaching these skills early on, starting with children, to foster a more supportive and understanding environment for those navigating autism and mental health challenges.

Rashidah candidly discusses the value of making mistakes and learning from them, reassuring listeners that perfection is not the goal in leadership or parenting. She stresses the importance of self-care and self-preservation, reminding us that leaders must acknowledge their own needs to sustain their strength and effectiveness. Through her podcast and community-building efforts, Rashidah is creating a vibrant, supportive network of mothers and parents worldwide. She is driven by a vision of empowering moms to pursue their passions, find flexible work opportunities, and break down barriers that traditional work environments pose.

Looking ahead, Rashidah shares her hopes for increased awareness and ongoing education about autism beyond just a single month of recognition. Her goal is to connect with moms from every state and country to build a truly global support system. She encourages all parents to understand the diverse ways autism can present and to approach those affected with open minds and hearts. This episode is a heartfelt testament to resilience, purpose-driven leadership, and the power of community – inspiring listeners to embrace their own journeys with courage and compassion.

Learn more about the *Autism for Badass Moms* podcast: [www.autismforbadassmoms.com/](http://www.autismforbadassmoms.com/)



### Rashidah Cartwright: From Struggle to Strength

May 14 · HerStory Podcast

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