Rising above the storm - Logic of Love News for April 2020 #2

Angelika Selle April 30, 2020





<u>President's Corner: The human soul is stronger than</u> any storm

Dear friends and families,

How are you doing? How are you holding up as social distancing, quarantine, and lock-down entered its sixth week here in the United States? We send our love and prayers to all who have lost a loved one, or lost your job and don't know how to take care of your family. Or you have a family member serving in the medical field away from home for many weeks, and miss them so much. I even saw in the news that some have taken their lives as they feel and see no way out of their situation. PLEASE DON'T EVER CONSIDER THAT AS AN OPTION!

Rather, KEEP YOUR HOPE ALIVE, maintain your optimism, and find joy in the many small delights of life, for "this too shall pass." Take a moment to hear this little girl's prayer.

Also take a few minutes to listen to these 40 women doctors and nurses in Canada, who, in spite of dire circumstances, decided to come together and sing this song of hope "Rise Again" for all of us.

In that spirit, we hope that this second April edition of our Logic of Love News will give you hope, inspiration, inner peace, and connection to weather these stormy times well. Remember that the human soul is stronger than any storm we might face, as we see in the many heroes and heroines who lead by example all around us. Through their lives, they assure us that "WE TOGETHER WILL OVERCOME" -- and hopefully come out a stronger and better humanity.

With peace and love, Angelika



WFWP New Jersey Donates Meals to Doctors and Nurses

During this challenging and unprecedented time, the Women's Federation for World Peace New Jersey chapter coordinated a project to **donate 100** meals to essential healthcare workers at the Hackensack University Medical Center, one of the hospitals dealing with the heaviest concentration of Covid-19 patients in the country. Claire Haider, cochair of WFWP New Jersey and chairwoman of WFWP Paterson NJ, spearheaded the project, along with daughter Meadow Tallakson and their husbands Hubert Haider and Nikolas Tallakson...

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From Maine to Guinea-Bissau, with love

Plagued by decades of political instability and a struggling economy, education has unfortunately been left behind in the small country of Guinea-Bissau. The nation has one of the lowest primary school completion rates in West Africa and widespread poverty is one of the main barriers to education. With the heart to serve where the need was greatest, a dedicated group of WFWP volunteers opened the Sunac Elementary School in the capital city of Bissau in 2003. Over time, with the help of generous donations collected through the Schools of Africa Project, it expanded to include a middle and high school that serve more than 800 students today.

For years, the WFWP Maine chapter has had a close relationship with the schools in Guinea-Bissau, sharing love and care through gifts of school supplies and funds, but also through personal visits...

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Thank you to our frontline healthcare workers!

It has been more than six weeks since our country has gone into quarantine and millions of people have been staying at home in order to limit the spread of COVID-19 in the hopes of flattening the curve. But not everyone is able to stay at home, and we are grateful to the essential workers who maintain our roads, produce and deliver our food, keep us secure and provide so many vital services to the nation. One group of individuals is at the frontline, battling the virus head-on and facing unspeakable situations day in and day out. These are our healthcare workers, and we wanted to express our deep appreciation for them. One local WFWP chapter initiated a project to support them during this challenging time and we wanted to take this opportunity to highlight a few frontline individuals who are directly connected to WFWP...

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Lovingly handcrafted art kits offered to elementary school in Northern Virginia

With a desire to use my art to help others rather than solely for the purpose of self-expression, I teach art to students of all ages and help them keep their minds active and develop creativity. I have held free art lessons in my home and also in local libraries. The pandemic has changed our everyday lives, temporarily halting in-person instruction. After wondering what I could do in this unique situation, I decided that my talents could best be used to serve and encourage children at this time.

Gathering basic materials such as burlap, yarn, ribbons and craft gems in ziploc bags, I created art projects based on some of my previous art lessons that the kids could do at home and included written instructions for each one...

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<u>"You can always help those in need":</u> Personal testimony of the Haiti medical mission trip

In the last issue, we published a report on a special mission trip to the nation of Haiti from March 14 to 24, 2020, that provided vital medical care and other services to the impoverished local population (read report here). What follows is the personal account of WFWP member Rose Gbadamassi, one of the volunteers who took part in this medical mission.

I am Rose Gbadamassi, a member of WFWP Minnesota and the founder of the Haitian Community of Minnesota, a nonprofit focused on furthering the lives of Haitian families in Minnesota and in Haiti. I received the opportunity through WFWP to join Stand Up to Poverty Inc. (SU2P) for a medical relief trip to Tabarre, Haiti...

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<u>Diamond Anniversary of "The Moulin Rouge</u> <u>Agreement" in Las Vegas</u>

In 1955, the Moulin Rouge opened its doors on the Las Vegas Strip, becoming the first racially integrated hotel and casino in the United States. Although it went bankrupt in just six months, it became a lasting symbol for the civil rights movement, and five years later the shuttered Moulin Rouge was the site of a historic agreement between the NAACP, Nevada Governor Grant Sawyer and the city's casino executives to officially end segregation.

To commemorate the 60th anniversary of the end of racial segregation in Las Vegas, the Historic Westside Chamber of Commerce held a virtual, live-streamed "Moulin Rouge Agreement Diamond Anniversary" forum on March 25th, 2020...

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A letter of encouragement: "You are more than enough"

This letter was written by Judi Moreo, a WFWP HerStory recipient and an international speaker, author and editor of Choices Magazine, and has been re-published with her permission. We hope you will feel empowered and energized through these words.

We are living through very uncertain times right now. Many of us are confused as to what to do. Finding our way to inner peace, especially at a time such as this, is not always easy to do. So, I want to remind you of a very important truth.... YOU ARE MORE THAN ENOUGH!

You can handle this. You are talented, smart, and strong. Your personality

is rare and unique. You are one of a kind. Take this time to allow yourself to renew and regenerate your energy...

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"And the people stayed home"

And the people stayed home.

And read books, and listened, and rested,
and exercised, and made art, and played games,
and learned new ways of being, and were still.

And listened more deeply.

Some meditated, some prayed, some danced. Some met their shadows. And the people began to think differently. And the people healed...

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Gardening in quarantine relieves stress and encourages healthy eating

Wendy Dayagon, WFWP representative in Houston, Texas, has managed fear and stress related to the coronavirus pandemic through gardening by herself and with her husband and children. Growing up on a farm in the Philippines, she learned so much about agriculture. Texas soil is like clay, but she mixes it with compost and grows an amazing array of things. She named the multiple vegetables, flowers, herbs, trees and other vegetation she has in her half-acre backyard. She does not go to the store because she can sustain herself and her family with all of the lovely things she is harvesting and shares with her neighbors.

Wendy was interviewed and asked to share how she started developing an interest in gardening and experiences joy as she harvests and gives away what she grows. She also shares some tips for anyone interested in starting their own garden...

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Upcoming WFWP Events: Global and Local

Check out the calendar for exciting upcoming events.

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