

WFWP USA: Celebrate Love, Resilience, and Self-Care - February HerTribe Thrive Update

Kaeleigh Moffitt
February 15, 2025



Dear ,

Welcome to the February edition of **HerTribe Thrive**! This month, we're celebrating love, resilience, and the beauty of connection. From honoring the strength of the Black community during [Black History Month](#) to offering [self-care tips](#) for your well-being. Get ready for empowering stories like the [transformative journey](#) of leadership coach Ritu Chopra, practical self-care advice, and our exciting [Valentine's giveaway](#)—perfect for a fun date night! Plus, our "[Love Served 3 Ways](#)" guide is filled with unique date night ideas to keep the spark alive. Dive in and enjoy!



SPARK OF
INSPIRATION

Celebrating the Beauty, Strength, and Resilience of the Black Community

Women's Federation for World Peace (WFWP) is honored to celebrate Black History Month—also known as African American History Month—each February. This is a time to reflect, learn, and recognize the invaluable contributions of African Americans throughout history.

An Empowering Perspective: Celebrating Black History Month

Read now!



TIPS & TITLES

Protecting Your Peace: 5 Self-Care Practices for Every Season

Life is full of obligations and responsibilities. Whether it's navigating our familial duties, work, or friendships, it can be easy to forget one of the most important people in our lives: ourselves. Here are a few ways to take care of your mind, body, and soul— for every season and every phase of your life.

5 Self-Care Practices for Every Season!

[Read now!](#)



VOICES OF IMPACT

HerStory Podcast Episode 6: The Techie Runaway Filmmaker

In this inspiring episode of the *HerStory Podcast*, Yumi sits down with **Ritu Chopra**, a leadership coach, author, and speaker, to explore the transformative journey that shaped her career and life.

[Listen now!](#)

Every conversation has the power to inspire.



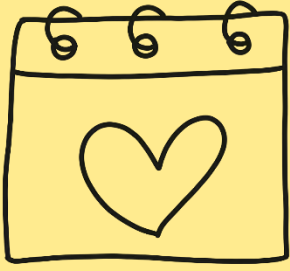
FREEBIE FINDS

Valentine's Giveaway: Win a Free Pair of Movie Tickets for a Special Date Night!

February is the month of love, and we want to encourage couples (or besties!) to enjoy a fun date night at the movies—on us! We're giving away a **FREE pair of movie tickets** so you can spend quality time with someone special.

Win a FREE pair of movie tickets for a special night out!

[Click here for your chance to win!](#)



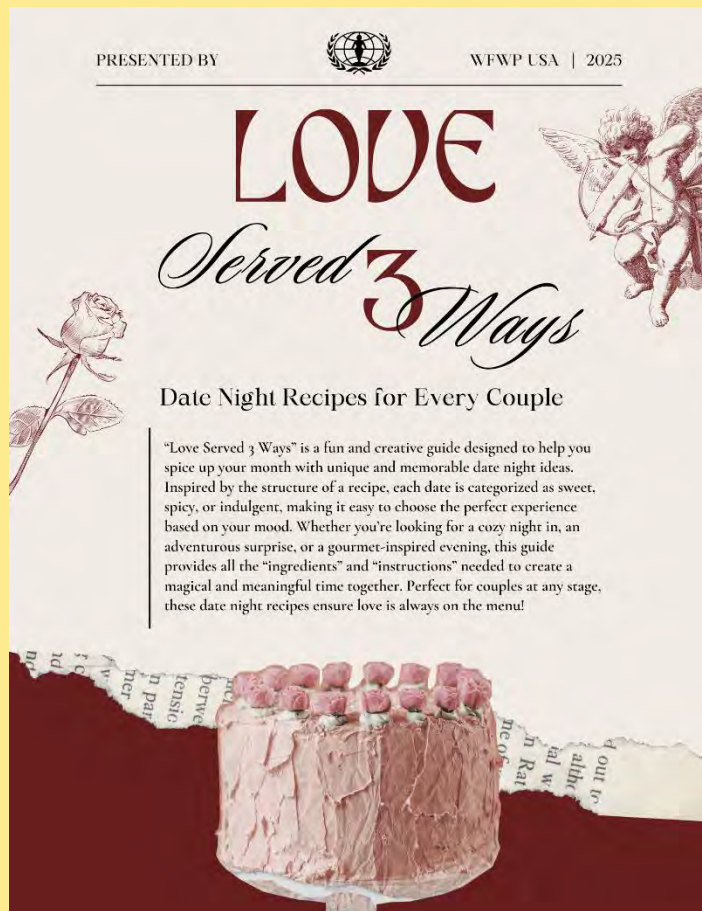
CURATED CONTENT

Love on the Menu: 3 Creative Date Night Ideas for February

Check out our February curated content, free to download for PeaceBuilder members! "Love Served 3 Ways" is a fun and creative guide designed to help you spice up your month with unique and memorable date night ideas. Perfect for couples at any stage, these date night recipes ensure love is always on the menu!

Download 'Love Served 3 Ways' for exclusive date night ideas!

Check it out!



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WOMEN'S FEDERATION
FOR WORLD PEACE USA





JOURNAL

Journaling has been scientifically proven to be beneficial for emotional regulation and stress reduction. It provides a safe outlet for both expressing and processing emotions, enabling us to reflect on our mistakes or work through unresolved feelings.

Here are a few prompts to get you started:

- What does "peace" look and feel like in your life? How can you create more of it?
- What are three things you are grateful for today, and why do they matter to you?
- What is your favorite thing about yourself?



READ FOR 10 MINUTES

Even a few minutes of reading each day can boost cognitive function, reduce stress, and improve focus. Pick up a book that inspires or soothes you—even if it's just for 10 minutes.

Atomic Habits by James Clear or *The Courage to Be Disliked* by Fumitake Koga and Ichiro Kishimi are excellent books for not only self-care but also self-improvement.

embracing the beauty of doing nothing is the biggest comfort.



DRAW BOUNDARIES: SAYING "NO"

Protecting your peace means recognizing your limits. Set boundaries that prioritize your well-being and mental health. Oftentimes saying "no" to others can be saying "yes" to yourself. Paradoxically, setting healthy boundaries is actually crucial for being able to love and care for others more fully.

BREATHE

A deep breath can work wonders. The act of simply pausing, inhaling deeply, and then exhaling slowly has been proven to lower blood pressure and heart rate, reduce levels of stress hormones in the bloodstream, and balance oxygen levels. In moments of stress, your breath is your anchor.



Self care is about showing up for yourself. It doesn't have to be grand or elaborate, it is defined by what you make it to be. Whether it's taking a bubble bath or simply practicing mindful breathing, self care is truly an act of self love. Remember, you are valued, deserving, and worthy of care. Embrace the beauty of slowing down and give yourself the space to connect with that truth.



This year, the 2023 national theme, **African Americans and Labor**, encourages us to highlight the deep and lasting impact of Black labor, innovation, and craftsmanship. From architecture to industry, from skilled trades to professional fields, the work of Black individuals has been central to building America and shaping the world.

The origins of Black History Month trace back to 1915, a century after the 13th Amendment abolished slavery in the United States. The idea was spearheaded by Harvard historian Carter G. Woodson, who sought to ensure that Black history was not ignored or diminished. What began as **Black History Week in 1926** has now grown into a month-long national observance, providing an opportunity for all Americans to embrace a more complete and truthful history.

We acknowledge that for over **400 years, millions of Africans** were taken from their homelands, enduring unimaginable hardships. In January 2018, WFWP's founder, **Dr. Hak Ja Han Moon**, visited the *Door of No Return* in Senegal—a solemn site where countless lives were forever altered by the transatlantic slave trade. Her visit was a powerful reminder that **true peace and reconciliation are built on respect, compassion, and love—values that transcend race, religion, and background.**



Dr. Hak Ja Han Moon entering the "Door of No Return."

At WFWP, we are committed to celebrating **Black excellence** and working toward a future where all people can thrive. This Black History Month, we not only honor the past but also look ahead, recognizing the resilience and strength of Black communities around the world. **Work has always been at the heart of Black history—whether through forced labor, skilled trades, or professional achievements.** Every contribution has shaped history and continues to inspire future generations.

We are especially proud of the **9 schools WFWP supports in Africa**, where young students are gaining knowledge and skills in technology, medicine, agriculture, chemistry, accounting, and engineering. With access to updated classrooms and modern tools, these students are preparing to lead in their communities and beyond. Dr. Hak Ja Han Moon has fostered deep and lasting friendships between women of all backgrounds, creating bonds that break through divisions and denounce international divide.

The achievements of **African Americans are vast and undeniable.** Despite the persistent challenges of inequality in education, employment, housing, healthcare, and food security, **Black men and women have excelled in every field—leading with resilience, creativity, and excellence.** Yet, our work is not done. As women, as mothers, as sisters, we must stand together to ensure that every family has the opportunity to pursue the American Dream. After all, **women are the first teachers of love and peace to the next generation.**

Dr. Martin Luther King Jr.'s words from his 1963 *"I Have a Dream"* speech remain just as powerful today:

"In spite of the difficulties and frustrations of the moment, I still have a dream. Now is the time to lift our nation from the quicksands of racial injustice to the solid rock of brotherhood."

— Dr. Martin Luther King Jr.





Women's Federation for World Peace **will continue to honor and amplify the voices of Black leaders, past and present.** Their contributions to industry, sports, education, civil rights, science, politics, and beyond shape the very fabric of our society. As history calls for **reconciliation, compassion, and service to others,** we at WFWP pledge to **answer that call with love.**

This month, and every month, we celebrate **the beauty, strength, and resilience of the Black community.**



HERSTORY PODCAST EPISODE 6: THE TECHIE RUNAWAY FILMMAKER

PROTECTING YOUR PEACE: 5 SELF-CARE PRACTICES FOR EVERY SEASON



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circumstances, and continuously learning has been integral to her personal growth and success. Through her stories, Ritu encourages listeners to develop self-belief and resilience in the face of adversity, highlighting that sometimes the best opportunities arise from the most unexpected challenges.

A central theme of the conversation revolves around the power of collaboration over competition, especially in the pursuit of peace. Ritu reflects on the importance of setting aside personal agendas in order to focus on the shared goals that unite us as humans. She believes that true peace is not merely about international agreements but starts within the hearts of individuals. Ritu emphasizes the value of connecting with others on a human level, recognizing the commonalities that bind us rather than focusing on our differences. Her philosophy is that peace is a collaborative effort, one that begins within our homes and extends outward to society at large, where the well-being of humanity is the ultimate objective.

The episode also delves into the legacy Ritu hopes to leave behind: one of service, kindness, and generosity.

She believes in serving others without expectation of anything in return, seeing every act of kindness as a way to create ripple effects that benefit the greater community. By living with a giving heart and focusing on the shared good, Ritu inspires others to do the same, creating a legacy rooted in selfless service. Her journey serves as a reminder that no matter where life takes us or the obstacles we face, we can all contribute to a better world by embracing our paths, collaborating with others, and prioritizing humanity in all of our interactions.

Learn more about Ritu's work: www.rituchopra.com/magic-in-mindfulness/





GIVEAWAY ALERT!

February is the month of love, and we want to encourage couples (or besties!) to enjoy a fun date night at the movies –on us! We're giving away a FREE pair of movie tickets so you can spend quality time with someone special.

Entering is easy:

- 1. Follow @wfwpusa on Instagram
2. Sign up for the HerTribe Newsletter below to enter the raffle. (If you're already subscribed, please sign up again to participate.)
3. Tag or share with a friend who'd love a movie night!

The winner will be chosen at random and announced soon. Follow us to find out who the lucky winner is! Don't miss your chance to make Valentine's month extra special! #ValentinesGiveaway #HerTribeThrive #DateNight

CONTACT INFORMATION

First Name *
Last Name *

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CONTACT INFORMATION

First Name *
Last Name *

Email *
someone@website.com

I want to receive emails at this address

I'm not a robot reCAPTCHA

Sign up

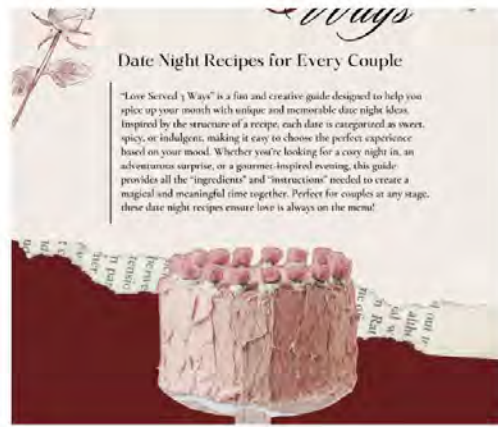




Whether you're looking for a cozy night in, an adventurous surprise, or a gourmet-inspired evening, this guide provides all the "ingredients" and "instructions" needed to create a magical and meaningful time together. Perfect for couples at any stage, these date night recipes ensure love is always on the menu!

ARE YOU A MEMBER OF WFWP?

The printable Love Served 3 Ways is FREE for members! Simply log in or create your account for the Members' Portal. You can download the full recipes in the Resources Library



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Log In

If you don't already have an account, request a new one above. We will confirm your active membership and approve the request. Upon approval, you will be able to log in and access the portal. If you don't remember your password, click "forgot password." Please make sure to check your spam folder.

NOT A MEMBER OF WFWP?

Not a member of WFWP? Join today to access exclusive resources, including date night recipes, and become part of a community of women empowering each other to be peacemakers in the world

Join now!

VALENTINE'S GIVEAWAY: WIN A FREE PAIR OF MOVIE TICKETS FOR A SPECIAL DATE NIGHT!

