

WFWP USA: HerTribe Thrive: November Reflections and the 2026 Calendar

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Dear,

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

As the season of gratitude deepens and the year begins its gentle descent toward winter, November invites us to slow down, reflect, and appreciate the wisdom and abundance that surround us.

In this issue, we highlight the **2026 Desktop Calendar: Words to Live By – Quotes from Dr. Hak Ja Han Moon**, a beautiful companion for grounding your year ahead. We also feature **Women as Carriers of Heaven's Blueprint: It's Time to Stop Helping and Start Owning What's Yours**, a thought-provoking exploration of purpose and personal authority. You'll find **Learning From Earth's First Teachers: Book & Resources Roundup**, a tribute to the timeless teachings woven into the land, along with an action step: **Practicing Gratitude**, offering simple yet meaningful ways to cultivate a thankful heart.

As we journey into this reflective season, may we embrace its quiet gifts with openness, intention, and grace.

MEMBER'S HUB

2026 Desktop Calendar: Words to Live By – Quotes from Dr. Hak Ja Han Moon

Bring daily inspiration to your workspace with the 2026 *Desktop Calendar: Words to Live By*. Featuring uplifting quotes from Dr. Hak Ja Han Moon, this beautifully designed calendar helps you stay organized while nurturing a heart of purpose and positivity throughout the year.

Now upgraded with inclusive holidays and a sleek, freestanding design, it's perfect for your desk, study area, or home office. Each month highlights Mother

Han’s empowering words and reminders to live with love, faith, and strength in your daily life.

10% discount for members! (Coupon code available from Members’ Store)

**Begin the new year inspired—enjoy uplifting words each month!**

**Check it out!**

## SPARK OF INSPIRATION



### Women as Carriers of Heaven's Blueprint: It's Time to Stop Helping and Start Owning What's Yours

So many women spend years quietly carrying the weight of others, praised for their endurance and selflessness, yet feeling a deep restlessness inside. In this inspiring reflection, Adia Lancaster explores the shift from simply “helping” to stepping into true stewardship—taking ownership of the work God has entrusted to us, aligning with our purpose, and partnering with Him to build what only we can.

This transition isn’t about doing more or being more useful—it’s about discerning what is truly ours to carry, releasing what is not, and embracing the spiritual authority God has placed within us. It’s a call to move from exhaustion to assignment, from silent sacrifice to intentional ownership, and to step boldly into the season we were always meant to lead.

**An Empowering Perspective: From Helping to Stewardship**

**Read the full article**

## TIPS & TITLES



### Learning From Earth's First Teachers: Book & Resources Roundup

As we enter the season of gratitude, we’re invited to learn from the earth’s first teachers—Indigenous peoples who lived in deep harmony with the land. This month’s **Tips & Titles** highlights books, podcasts, and videos that inspire stewardship, gratitude, and care for our world, including *Braiding Sweetgrass*, the *All My Relations* podcast, and *We Are Water Protectors*. Whether for yourself, your family, or your community, these resources guide us to honor the earth and live with intention.

A gentle invitation to learn from the earth and nurture gratitude this month.

Check it out!

## WISDOM IN ACTION



## Practicing Gratitude

This month, we invite you to pause and notice one moment of goodness in your day — no matter how small. Gratitude is more than a feeling; it's a practice that strengthens our resilience, deepens our relationships, and opens our hearts to possibility.

Take a brief moment today to thank someone who has supported you, inspired you, or simply made your day a little brighter. A single expression of appreciation can create a ripple of warmth far beyond what we imagine.

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

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WOMEN'S FEDERATION  
FOR WORLD PEACE USA





## Lunchbox Magic: Fun & Creative Ideas You Can Try at Home



Packing lunches doesn't have to feel like a chore. Sometimes all it takes is a little creativity (and a few everyday items you already have lying around) to turn a simple lunch into a fun surprise. This October, we're sharing playful lunchbox ideas that add seasonal flair and brighten your loved one's day.

And don't forget a seasonal treat! Bake pumpkin muffins once, freeze them, and pop them in lunchboxes all week long.


With just a few extra minutes, you can make lunch feel special and memorable. Members, head to the Hub for your **printable October Lunchbox Magic** with step-by-step instructions!

### ARE YOU A MEMBER OF WFWP?

The Lunchbox Magic is **FREE for members!** Simply log in or create your account for the Members' Portal. You can download this in the Resources Library

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*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 Lunchbox Magic, and become part of a community of women empowering each other to be peacemakers in the world





## Women as Carriers of Heaven's Blueprint: It's Time to Stop Helping and Start Owning What's Yours

Written by: Adia Lancaster

Lately, I've found myself at a crossroads. Looking back over my life, I can see how I've spent years in the space of "helping" – being the one who said "yes" when others hesitated, the one who filled in the gaps, carried the weight when systems didn't exist, and made things happen simply because someone "had to do it." And for a long time, that felt right. It felt meaningful...even loyal.

But deep inside, there was a restlessness. Although the work I did was good, it still felt like there was a misalignment somewhere – a hollowing ache I couldn't put my finger on, one I didn't see as clearly then as I do now. While I was being appreciated for my care and output, the deeper calling within me remained untouched, unclaimed, unfulfilled.

This feeling and experience isn't just something that is unique only to me. So many women, especially mothers, have lived in that space for years. We are the ones quietly carrying the emotional, spiritual, and relational load of our families, communities, ministries and more. We are celebrated for our endurance, for our selflessness, for our ability to "just get 'er done." People assume it comes naturally. And because we don't complain, they assume it doesn't cost us anything.

But the truth is, we are exhausted.

Not because we are weak, but because we are over-functioning in roles that are no longer ours to carry. We've come to believe that being needed is the same as being called – treating endurance like it's anointing – turning sacrificing into our identity. We've unknowingly slipped into a life where we are praised for our usefulness while the fire of our true purpose grows dim within.

Before I go further, I want to be clear: I'm not saying that helping is wrong, lesser than or meaningless. Helping is good. It's holy. It's beautiful. It matters. Helping is how we learn to serve with compassion, humility and sacrifice. It is a place where we are strengthened in love and faithfulness.

And some women are still called to serve in that role where their work is immensely valuable. But this message is not for every woman. This is for those who feel the shift – the quiet inner knowing that the role of helper has run its course because its purpose has been fulfilled.

If that's you, then here's what I want you to know: **helping says, "Tell me what you need and I'll do it."** It responds to gaps in order to fill them. It adapts and serves the moment. It carries the task, which often means doing everything yourself.

**Stewarding**, on the other hand, says **"God, show me what you've given me to build and I'll take responsibility for it."** It builds, leads and serves the greater mission. It does not operate from reaction, but from assignment.

Stewardship is not the glorified version of helping either. It's not doing more or doing everything. In fact, true stewardship is not putting in more effort, but taking on more ownership.

**True stewardship requires three things: delegation, alignment and partnership.** Delegation in terms of discerning what is yours to carry and releasing what is not. Alignment that doesn't come from ego but from spiritual responsibility. And partnership that requires co-creating with God and calling in gifted allies who are meant to build with you.

So, the real shift happens when we stop asking, "What do they need me to do?" and start asking, "What did God entrust me to build?"

There is a spiritual repositioning happening among women right now. We are not being called to do more. We are being called to rise into what has always been ours to carry.

As **Holy Mother Han** boldly declared, **"The time has come for the power of true womanhood to save the world."** Here, she's not referring to "womanhood" as we once knew it to be – as endless sacrifice, quiet usefulness or invisible service – but as stewardship of families, of culture, of spiritual climate, of Heaven's blueprint.

**We are not entering an era where women take over. We are entering an era where women take their place.**

So if you feel the stirring – the calling that you're not supposed to stay quiet, hidden or play small anymore, then know this: you are not being called to carry more, God is calling you to stand in who you already are – to embody it, to be it, to own it.

This is a threshold moment. Your season of silent carrying is ending and your season of stewarding is beginning.

**May you trade your exhaustion for assignment and busyness for spiritual authority.**

**May you lay down the label of helper and receive the mantle of owner.**

**May you know that your calling is to carry the blueprint and Heaven is waiting for your "yes."**

**And may every woman who feels this shift have the courage to follow it.**







## Learning from Earth's First Teachers: Book & Resource Roundup

As the season of harvest and gratitude arrives, we're invited to pause and look around at the abundance that sustains us, and to remember that this land has always been alive with wisdom. Long before we called this place "home," Indigenous peoples lived in deep relationship with the earth, learning her rhythms, honoring her gifts, and teaching generations to walk gently as guests upon her soil.

This month's *Tips & Titles* celebrates that legacy. Our theme, "Learning from Earth's First Teachers," gathers books and resources that remind us how to live with gratitude and reciprocity. These voices offer a powerful shift from ownership to stewardship, from taking to tending. Whether you explore these works on your own, share them around the Thanksgiving table, or read them with the young ones in your life, may they awaken a deeper sense of connection to the land that nourishes us all.

### FEATURED RESOURCES



#### ***Braiding Sweetgrass: Indigenous Wisdom, Scientific Knowledge, and the Teachings of Plants* by Robin Wall Kimmerer**

A botanist and member of the Citizen Potawatomi Nation, Robin Wall Kimmerer weaves together the wisdom of both science and story to reveal the deep reciprocity between people and the natural world. Through her poetic reflections, we are reminded that every plant, river, and gust of wind is a teacher, offering lessons in generosity, patience, and gratitude. *Braiding Sweetgrass* invites us to see the earth not as a resource to be used, but as a relationship to be cherished. It's a book that nourishes both the mind and the spirit, perfect for this season of thankfulness.

#### ***Braiding Sweetgrass for Young Adults: Indigenous Wisdom, Scientific Knowledge, and the Teachings of Plants* adapted by Monique Gray Smith**

This beautifully adapted edition opens Kimmerer's teachings to a new generation, pairing her reflections with vivid artwork and thoughtful prompts for reflection. It encourages young readers to look closely at the world around them and notice the quiet intelligence of nature and to practice gratitude for the gifts that sustain life. Ideal for families, classrooms, or youth groups, this version plants seeds of curiosity, humility, and care for our shared home.

### MORE TO EXPLORE



#### ***The Sacred Balance: Rediscovering Our Place in Nature* by David Suzuki**

This thoughtful work invites us to remember that we are not separate from the natural world, but we are part of it. Blending science with spiritual insight and Indigenous wisdom, Suzuki explores how air, water, soil, and all living things sustain our very being. Rather than a call to activism, it is a call to reverence: to rediscover balance and gratitude for the elements that make life possible. A wonderful companion for reflection during this season of thanksgiving and renewal.

#### **Podcast: *All My Relations***

Hosted by Matika Wilbur (Swinomish and Tulalip) and Dr. Adrienne Keene (Cherokee Nation), this award-winning podcast explores what it means to be in relationship — with one another, with community, and with the land.

#### **Episode Highlight: Healing The Land IS Healing Ourselves (Season 2, May 26, 2020)**

This episode explores the deep, reciprocal connection between people and the earth. Kim Smith (Diné) reflects on how healing the land is inseparable from healing ourselves, reminding us that we are guests on this earth and that gratitude and care are part of our daily practice. Note: This is an older episode. The first 4 minutes include references to COVID-19 that are no longer relevant, so you may wish to skip ahead to 4:00 to hear the heart of the conversation.

[Listen to the podcast episode](#)

Disclaimer: Some views expressed on the *All My Relations* podcast or its affiliated platforms do not reflect the opinions or values of WFWP USA. We share this episode for its educational and cultural insights into Indigenous perspectives on caring for the earth.



**Short Video: *Gifts of the Land* / A Guided Nature Tour with Robin Wall Kimmerer**

Join Robin Wall Kimmerer on a gentle guided tour of Clark Reservation State Park in Jamesville, NY, as Spring awakens migrating creatures and the rhythms of the land. Commissioned by The Commons at the University of Kansas, this video complements Dr. Kimmerer's April 1, 2021 lecture and invites viewers to slow down, notice the gifts of the earth, and reflect on our relationship with the natural

world. It's a brief but deeply inspiring experience, perfect for this season of gratitude and harvest.

[Watch on YouTube](#)

***We Are Water Protectors* by Carole Lindstrom (Children's Book)**

Inspired by the Standing Rock movement, this beautifully illustrated picture book empowers young readers to protect the earth's sacred waters. A perfect read for teaching

environmental respect and activism rooted in love.

**A CLOSING THOUGHT**

As we give thanks this month, for food, family, and the warmth of home, let us also extend our gratitude to the land beneath us. May these stories and teachings remind us that gratitude is not only a feeling, but a way of living: a promise to care for the earth as she has always cared for us.