

WFWP USA: HerTribe Thrive: Honoring Mothers, Love and New Beginnings

Katarina Connery
April 15, 2026



Dear,

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

This month, we gather around a common thread—renewal through love, the beauty of new beginnings, and the nurturing heart that carries us through seasons of change. Whether through motherhood, personal growth, or the quiet unfolding of new dreams, April reminds us that transformation is rooted in care, resilience, and the courage to begin again.

In this issue, we're excited to share a collection of inspiring and meaningful features. [A Thoughtful Mother's Day Collection, Made to Celebrate Her](#) highlights our special Mother's Day T-shirts, designed to honor the beauty and reality of motherhood. [Nurturing New Beginnings](#) explores how we can intentionally care for the fresh starts in our lives. In [Spring Awakening: Born Again Through Love](#), we reflect on the power of love to renew and transform us from within. Finally, [Awakening Our Dreams: Finding Comfort in Change and Transition](#) offers gentle insight into navigating life's shifts with hope and trust.

May this April inspire you to embrace renewal, nurture what is growing in your life, and move forward with a heart full of hope and love.

MEMBER'S HUB [A Thoughtful Mother's Day Collection, Made to Celebrate Her](#)



This Mother's Day, we're excited to share a special collection of T-shirts designed to honor the many dimensions of motherhood—beautiful, powerful, and wonderfully real. Building on the heart behind last year's Mother's Day favorites, this year's designs bring fresh meaning and personality to what it means to be a mom.

Member's get 10% off!

[Check it out >>>](#)

TIPS & TITLES

Nurturing New Beginnings

Each season of motherhood brings its own kind of “new”—whether you're preparing to welcome your first child or adjusting to life with growing little ones. Even if you've done this before, new rhythms, new challenges, and new emotions can quietly unfold. In the midst of caring for others, it's easy to forget that you, too, are navigating something new.

Here are a few gentle tips and meaningful resources to support you in this ever-evolving journey of motherhood.

Small shifts. New seasons. Supported motherhood.

[Read the full article >>>](#)

SPARK OF INSPIRATION

Spring Awakening: Born Again Through Love

***“There is no birth or rebirth without the mother” -
Hak Ja Han Moon, Holy Mother Han***

This is a truth of life that many of us discover, only when we are on our knees in the darkest pits of our lives. It's strange that grace can be fully felt and

understood in this darkness. When we are forced to surrender to accept the way life is, to accept and acknowledge the paints that life brings, somehow we are reborn. Somehow we are changed. And by some miracle, we grow.

From Darkness to New Life

[Read the full article >>>](#)

WISDOM IN ACTION

Awakening our Dreams: Finding Comfort in Change and Transition

Wisdom in Action centers on the words of Holy Mother Han, offering timeless guidance for women seeking to live with purpose and compassion. Through a featured quote or passage and a personal reflection, we explore how her teachings can be applied in everyday life and community.

“Spring signifies freshness and newness. I love spring, as it is the season of hope. Spring brings with it the expectation that, as we leave the cold winter behind, our days will be vibrant with life. It awakens our dreams.”

Every conversation has the power to inspire.

[Read the full article >>>](#)

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**WOMEN'S FEDERATION
FOR WORLD PEACE USA**





A Thoughtful Mother's Day Collection, Made to Celebrate Her

This Mother's Day, we're excited to share a special collection of T-shirts designed to honor the many dimensions of motherhood—beautiful, powerful, and wonderfully real. Building on the heart behind last year's Mother's Day favorites, this year's designs bring fresh meaning and personality to what it means to be a mom.

Our "Mother (n.)" Definition Tee offers a clever twist on a familiar format. Clean and minimal at first glance, it reveals a witty and heartfelt definition that captures the everyday heroism of mothers—from finding lost socks to holding everything together (with coffee, love, and sheer willpower). See also: "snack provider."

For a more symbolic expression, **"The Embracing Bowl of Mother's Love" Tee** reflects the quiet strength and boundless nature of a mother's heart. Inspired by the words of Dr. Hak Ja Han Moon, this design reminds us that a mother's love flows from a deeper, divine source—endlessly nurturing and embracing all.

And for those who know the reality behind the role, **"Morning Intentions vs. Evening Reality of a Mom" Tee** brings humor and honesty to the forefront. From peaceful beginnings to beautifully chaotic endings, it's a playful tribute to the full spectrum of motherhood.

Whether you're celebrating a mother in your life or embracing your own journey, this collection was created to uplift, resonate, and bring a smile this Mother's Day.

Members receive 10% off—simply log in or create your account and visit the Members' Store to shop.



Our "Mother (n.)" Definition Tee



"The Embracing Bowl of Mother's Love" Tee



"Morning Intentions vs. Evening Reality of a Mom" Tee

Order here!

AWAKENING OUR DREAMS: FINDING COMFORT IN CHANGE AND TRANSITION >



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Welcome to the WFPW USA Store! All profits from product sales go toward WFPW programs and activities.

THOUGHTFULLY CRAFTED GIFTS FOR MOTHER'S DAY



Mother (n.) A Definition Tee with a Twist—Unisex Classic Tee

\$21.00

Color:

Select Color

Size:

Select Size

- 1 +

Add to cart



The Embracing Bowl of Mother's Love—Unisex Classic Tee

\$21.00

Color:

Select Color

Size:

Select Size

- 1 +

Add to cart



Morning Intentions vs Evening Reality of a Mom—Unisex Classic Tee

\$21.00

Color:

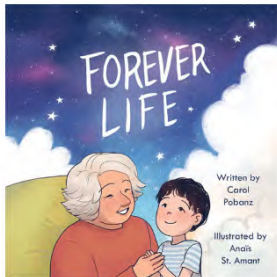
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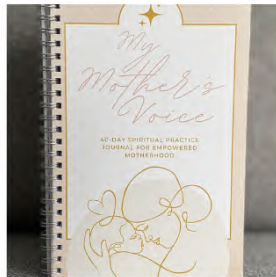


Forever Life - A Book That Opens the Conversation

\$14.50

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My Mother's Voice: 40-Day Spiritual Practice Journal for Empowered Motherhood

\$15.00

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Weekly Habit Tracker Magnetic Notepad - Earthy Floral

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Weekly Habit Tracker Magnetic Notepad - Rainbow Pastel

\$20.00

- 1 +

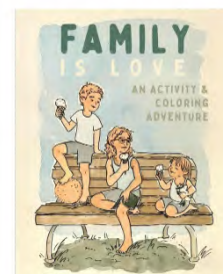
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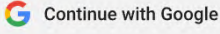
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Nurturing New Beginnings

Written by: Naomi Tanaka

Each season of motherhood brings its own kind of “new”—whether you’re preparing to welcome your first child or adjusting to life with growing little ones. Even if you’ve done this before, new rhythms, new challenges, and new emotions can quietly unfold. In the midst of caring for others, it’s easy to forget that you, too, are navigating something new. Here are a few gentle tips and meaningful resources to support you in this ever-evolving journey of motherhood.

PRACTICAL TIPS

“As the baby leaves the womb... it is born into the bosom of its new mother, the planet Earth.” - Mother Han

Small things to bring ease into your everyday routines:

- Anchor your day with one or two predictable rhythms (morning, mealtime, bedtime) to create a sense of stability
- If this is not your first addition to the family, involve older children in small tasks to build connection and lighten your load.
- Set up little “support stations” around your home (snacks, wipes, essentials) to make busy moments smoother.
- Want to go deeper? Explore a practical guide on blended vs. solid foods supporting your baby’s feeding development → [The Blended Diet: A Practical Guide for Parents](#)



CARING FOR YOUR HEART & RELATIONSHIPS

“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” - Mother Han

Motherhood changes with each season, and so do you:

- It’s natural to feel stretched or even unseen at times, especially while balancing multiple needs.
- Stay connected with your spouse through small, consistent check-ins rather than waiting for the “perfect moment.”
- Give yourself grace as you adjust. What worked before may look different now, and that’s okay.
- Taking care of yourself isn’t separate from motherhood—it sustains it.
- Want to go deeper? Read more on staying emotionally connected and supported through changing family dynamics → [Rebuilding Connection and Intimacy After Baby: How Family Systems Can Help Us Navigate Relationship Challenges](#)





A FEW THOUGHTFUL READS

For wherever you are in your journey:

- *Birthing from Within: An Extra-Ordinary Guide to Childbirth Preparation* by Pam England and Rob Horowitz
- *Wife for Life: The Power to Succeed in Marriage* by Ramona Zabriskie
- *The Empowered Wife: Six Surprising Secrets for Attracting Your Husband's Time, Attention and Affection* by Laura Doyle
- *My Mother's Voice Journal: 40-Day Spiritual Practice Journal for Empowered Motherhood* by Dr. Katarina Connery

(Even revisiting something you've read before can feel new in a different season.)

A LITTLE WISDOM TO HOLD ONTO

A gentle reminder for every stage of motherhood:

Quote from Holy Mother Han

Women have the important role of bearing children, raising them, and guiding the family as God's representatives -- with the uniquely feminine sense of affection and love that God has granted to women. This original feminine nature is something God endowed each woman with. By nurturing the fruits of love and investing in her children's upbringing, a woman connects and extends the traditions and lineage of her family. For this reason, although her external efforts are important, the role of the mother in cultivating character and raising her children to have healthy, wholesome natures is the highest function of motherhood. In fulfilling this role, mothers truly represent the heart of God. April 10, 2002

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Spring Awakening: Born Again Through Love

Written by: Yejin Ang

"There is no birth or rebirth without the mother" - Hak Ja Han Moon, Holy Mother Han

This is a truth of life that many of us discover, only when we are on our knees in the darkest pits of our lives. **It's strange that grace can be fully felt and understood in this darkness.** When we are forced to surrender to accept the way life is, to accept and acknowledge the pains that life brings, somehow we are reborn. **Somehow we are changed. And by some miracle, we grow.**

Birth and rebirth bring about change, isn't this so? Usually in the events of birth, a baby has to go through so much. Of course the mother labors and pushes and sweats and perseveres, but a baby actually is working very hard as well. My mother always reminds me that when babies are born, they have to work harder than the mother, as they are entering a new world completely.



In this way, when we embrace our situation, push forward, and overcome our difficulties, we find some lesson or light that we could not have had without the whole painful process. It's not easy, but the creation of something new takes total investment. Like a baby, sometimes we have to put our life on the line just to make it out of the tunnel. A baby doesn't resist the fact that she or he must be born. He or she simply simply tries their best to find the light, hoping that the mother is doing her job.

When we see rebirth as creation – or better put, recreation – we can become excited about the new opportunities overcoming darkness can bring. Sometimes it means a new path, sometimes it means a whole new opportunity that was not there before. Sometimes these dark times can seem to bring you to the bottom, yet transform something within you. **Each process of growth that comes after difficult times is unique and a once in a life-time opportunity that you can claim as your own.**

Many people acknowledge and celebrate the Easter Holiday that comes around this time of year. With spring finally touching our side of the earth, it feels as though we all can relax and breathe again. The world also seems to breathe with us: the breeze, the flowers, our blue skies. May we take this time of year to appreciate all the ways we are growing, changing, and through it all, being born again after a long, hard winter.

It is the gift of a mother that allows us to be put back together after a tough time period in our lives, or when we need healing. As spring time approaches, I invite you to lean into the motherly love our universe, and our Heavenly Mother, provides for us. **Even after dark times, spring time always comes, and newness, inspiration, and life is ever abundant again.** May God bless you, and may we appreciate this new season in our lives.

< NURTURING NEW BEGINNINGS

IN HONOR OF WOMEN'S HISTORY MONTH & INTERNATIONAL DAY OF WOMEN >

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Awakening our Dreams: Finding Comfort in Change and Transition

Written by: Mika Rothstein

"Spring signifies freshness and newness. I love spring, as it is the season of hope. Spring brings with it the expectation that, as we leave the cold winter behind, our days will be vibrant with life. It awakens our dreams."

- Hak Ja Han Moon

This quote feels true to me because it reflects how I've been experiencing this season of my life. The freshness of spring reminds me of the quiet stillness of winter— when everything slows down and I am left alone with my thoughts. In that space, my mind is free to dream, to imagine, and to revisit the parts of myself that have felt broken, lost, or forgotten. And somehow, I'm reminded that those parts of me are not gone— they can be made new again.

I've come to find comfort in the cycles and seasons of life. They remind me that nothing lasts forever, not even the heavy or uncertain moments, and yet each season asks me to be fully present in it. **The transition from winter to spring feels like waking up— like taking a deep breath in after holding it for so long, and finally letting it go.** It's a release, a quiet readiness to leave certain things behind and allow myself to come back to life. Especially in this transition between winter and spring, I feel a deep longing and appreciation for the dawn that follows what I've endured in my darkest times.



This past winter has taught me about acceptance— accepting my journey and the time it takes to become who I am meant to be. I've learned to welcome change, even when it's uncomfortable, to grieve when I need to, and to trust in something greater than myself. I find comfort in the love of Heavenly Mother, which reassures me of what is to come. Her guidance has awakened a deeper sense of peace within me, reminding me that I am never alone in this journey.

Lately, I've been reflecting a lot on my past— memories of home, the sounds, the silences, and everything that has shaped me into who I am today. Those memories feel close to me right now. They remind me of where I've been, while gently guiding me toward where I'm going.

As spring approaches, I can feel that something in my life is beginning to shift. I don't have all the answers, but I am learning to trust that's okay. I am learning to accept my journey as it unfolds, to hold both growth and grief at the same time, and to move forward with faith.

Right now, one of the biggest changes in my life is preparing for my marriage— participating in the Holy Marriage Blessing of my faith tradition— while also honoring my family roots. It's not always easy to hold both. It feels like I'm stepping into a new version of myself— one I've quietly waited for through what felt like the longest winter, now ready to build the life I've dreamed of alongside my soon-to-be husband.

Just as spring renews the earth, this season is renewing me— awakening my dreams and my readiness to embrace all that is to come.

In HerTribe, we are creating spaces where women can find the courage to identify their particular season in life and lean fully into the next one. If you would like to join our online community and journey together with others on the path to true womanhood, sign up for our next HerTribe Online meeting, taking place from 8:30 - 10PM EDT on April 15th and May 20th.

[Sign Up Today!](#)

