

WFWP USA: Awakening our Dreams - Finding Comfort in Change and Transition

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April 15, 2026

“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.

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APRIL HERTRIBE ONLINE

Wednesday, April 15, 2026
8:30 PM – 10:00 PM

Join HerTribe Online- Spring Semester!

Join an **uplifting and sacred space where women can share their hearts** with one another and **journey together towards true womanhood.**

Who is this for? Women are invited to join the monthly zoom call for the purpose of 1) **connecting with a community of like-minded women**, due to a lack of access to such a community in their direct vicinity, 2) **experiencing the HerTribe small group model as a prospective HerTribe host** to gain ideas, confidence, and support before starting one's own local HerTribe, and/or 3) to **gain inspiration and support in leading HerTribe**, for those who are already hosts or have been out of the role for a time.

Schedule: The online group will **meet once per month (every third Wednesday) over two 4-month semesters** (Spring & Fall). Sessions include a Heart Opener question, feature readings and discussion on a specific theme/topic based on the Peace Philosophy of Mother Han, and end with a related activity. Participants are urged to remain engaged in each session from start to finish with **calls lasting no longer than 1.5 hours**, beginning at 8:30PM ET and ending by 10PM ET.

Register down below!


CONTACT INFORMATION

First Name *

Last Name *

Email *

I want to receive emails at this address

I'm not a robot 



April 11
CELEBRATING WORLD HEALTH DAY

April 18
SELF-CARE ISN'T SELFISH: FINDING BALANCE BETWEEN AUTHENTICITY & CONNECTIO