

WFWP USA: Quarter 2 - The second HerStory of 2025 in Action

Yumi Willett
April 26, 2025



On April 26, WFWP USA held the second HerStory in Action of the year. The event was graciously hosted by Ms. Adia Lancaster, WFWP Marketing Manager, who opened with a brief introduction to the organization.

She quoted Dr. Hak Ja Han Moon - fondly known as Mother Moon - who often speaks of the vital role of women in building a world of peace. Mother Moon emphasizes that peace begins within our hearts, flows into our families, and radiates into our communities. Celebrating the inspiring journeys of three remarkable women leaders. These women drew strength from their challenges and used their experiences to uplift others, creating positive change in their communities. We were honored to hear their powerful and heartfelt stories.

The awardees were introduced through their biographies and by the individuals who nominated them. Each then took the stage to share their personal stories.

The first to speak was Laura Pahules, CEO of Control Alt Delete. She began by stating that the goal of her work is simple yet profound: to bring peace to those her organization serves. Laura shared the sobering statistic that one in three women today is in a domestic abuse situation, a reality that inspired the founding of Control Alt Delete. The organization provides one-time assistance to what they call an "escape unit" - typically a mother, her children, and even the family pet.

Currently, the organization supports an average of 50 women a day. As a survivor herself, Laura emphasized that helping women leave abusive environments is not only about saving lives but also about allowing them to thrive. Since its inception in September 2019, Control Alt Delete has facilitated 43,604 escapes, impacting 83,577 children.

True to its name - borrowed from the computer function used to reboot - Control Alt Delete gives survivors a fresh start. Thanks to their support, the majority of these women do not return to their abusers, instead beginning new lives rooted in safety, dignity, and hope.

The second speaker, Uzma Ahmad, Co-Founder of BLOOM Charity, shared the deeply moving story behind the birth of her organization. The inspiration came when her sister returned from Morocco after an adoption journey and described a heartbreaking visit to a local hospital. The hospital was a five-story building housing many children - children who lived there without access to sunlight, vibrant colors, or the joy of outdoor play. Motivated to bring change, BLOOM Charity decided to build a play garden on the hospital's rooftop. What followed was transformative. The space brought color, joy, and freedom into the children's lives. For the first time, they could play freely, spend time outdoors, and simply be children. The shift wasn't just visible in the kids - it uplifted the spirits of caregivers as well.

Uzma reflected that from this simple act, they discovered a profound truth: hope and healing are contagious. Even the smallest seed, when planted with love, can blossom and transform the world around it. Communities began to take notice, joining in to further the transformation. In Gaza, BLOOM Charity

extended its mission by providing clean water, baby formula for children, and meals to displaced families.

Even in the heart of conflict, Uzma emphasized, it is the children who need us most - their laughter, their dreams, and their very existence deserve to be seen and cherished. She highlighted the power of community, the resilience of mothers and women, and a stubborn belief that a better world is possible - a world that begins with small, consistent acts of love.

Uzma concluded by honoring her parents, who planted the seeds of love within her and taught her that life's true purpose is to serve others.

The third awardee, Sugandha Ganesh, opened her sharing with a serene Hindu prayer for peace:

"May everyone be happy, may everyone be healthy, may everyone see well, and may no one face any sorrow. Let there be peace, peace, peace."

She then took the audience on a nostalgic journey into her childhood, where stories were a way of life, told around the dinner table, under the night sky, and during festive gatherings. "Stories," she shared, "are a bridge between who we were, who we are, and who we are going to be." She fondly remembered listening to her grandmother and parents, whose stories deeply shaped her sense of identity.

As a new mother raising her children in the United States, Sugandha noticed a lack of authentic cultural representation. She saw how her children - and others - sometimes struggled to express who they were and where they came from. This realization stirred something within her: a sense of calling to preserve and pass on these stories, not only for her own children, but for the wider community. Motivated by this calling, Sugandha began writing children's books and launched a YouTube channel to make these cultural stories accessible to families everywhere. She also volunteered in schools and community spaces, working alongside educators to bring more authentic and inclusive representations of her heritage into learning environments.

For Sugandha, volunteering has become a way of living the stories she tells. She spoke about the joy of watching the light spark in children's eyes - a moment that reminds her the tradition is alive and will continue to thrive.

Through heartfelt feedback from parents, she came to a powerful realization:

"We don't need to change the whole world. If we can touch one child, family, or home, we are already creating meaningful change."

Her storytelling shares the wisdom of ancient traditions, teaching values such as reverence for teachers, the power of mindfulness, the beauty of stillness, and the celebration of life's many cycles. She reminds us that everyone belongs to something greater, and when we give from the heart, the universe returns it tenfold in love and connection. Sugandha closed with a heartfelt reminder to the audience: remember your stories and pass them on - because it is the smallest lights that come together to form the brightest constellation.

We extend our heartfelt congratulations to all the awardees for sharing their journeys with us. Their stories remind us that no act is too small, and each of us has the power to make life better for others.