

OCEANIA / S.E. ASIA WFWP NEWSLETTER

Issue 2 | 2022

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The Hope for Humanity Comes from Mothers



“History is calling for reconciliation, compassion, love, service and sacrifice. Today’s problems cannot be solved by the logic of power. ... Our present problems can only be solved by the logic of love.”

Dr. Hak Jan Han Moon
Founder, WFWP International

WFWP is committed to:

- Serving communities – Service projects within Australia & the Pacific Islands.
- Strengthening the family – Workshops, forums, seminars, and conferences.
- Bridge of Peace - Reconciling differences and healing wounds of the past.
- Global Women’s Peace Network (GWPN) – A network of women leaders and organisations dedicated to solving pressing social issues and securing an environment for human development.

Feature Column: WFWP and Me

Memories by Shobana Subramaniam Celebrating 30 Years of WFWP International Service

Kuala Lumpur | Malaysia

Greetings from the Women’s Federation for World Peace Malaysia! It is my honour to pen a few words in this newsletter.

The past three years with WFWP have been fulfilling and successful. We are really grateful to WFWP International for the grants given to us in 2020 and 2021, giving us an opportunity to implement projects aligned to the vision of the founders. The support from WFWPI is very encouraging and has also inspired us to fundraise further to expand our projects.



Our Vice President, Madam Lina, and I were also honoured to have been able to attend the Asia Pacific First Ladies Summit 2019 in Koror, Palau. It was a fantastic programme with great speakers and topics.

In 2019, we focused on sporadic assistance to the community. We gave them moments of joy and happiness, but only a short-term solution. We purely “gave them fish” but did not “teach them how to fish”. So, moving forward, in 2020, we focused on women's empowerment programmes to enable women to stand on their own feet and

provide long-term solutions to segments of women.

In August 2020, we successfully organised the first Cooking & Baking workshop designed for the benefit of selected women from the B40 community, to equip them with the knowledge and skills to start a business via the online platforms available in Malaysia. This was done so that they can be independent for their livelihood rather than constantly depending on subsistence or aid from the public or the government. We now have success stories from this programme, and we are proud to see the progress made by these women.





Since the outbreak of the Covid-19 pandemic in 2020, we launched the “Give Me A Chance” Education Assistance Fund, enabling us to work on another area, i.e., on the underprivileged students who face financial limitations in pursuing tertiary education. We have also organised a youth motivational talk and provided financial support and used laptops to selected outstanding students to cope with the challenges of the pandemic.



I take this opportunity to thank all my committee members for their professionalism, for standing by me and for giving me their full support. My sincere thanks also go out to all our donors who came forward to ensure our programmes were sufficiently funded and able to take off.



I support all the charitable initiatives organized by the Women's Federation for World Peace (WFWP) because I believe that every one of us can do our part in our own little way to help the less fortunate and give them a better quality of life. I will continue to support WFWP and dedicate my time, ideas, and resources to help reduce the sufferings and lessen the burden of the many individuals that may not be as blessed as I am. If each of us can help just one less fortunate person, the world would be a better place.

Finally, I thank God for giving me the opportunity to help the community and for guiding me in overcoming all the challenges that have come my way. I sincerely congratulate WFWP for its 30th Founding Anniversary and pray for a better year ahead. We look to the future with hope and inspiration. Thank you.

Written by Shobana Subramaniam, President of WFWP Malaysia



WFWP AND ME: Memories by Tracy DeGeer

Celebrating 30 Years of WFWP International Service

Sydney | Australia

Thank you for the opportunity to reflect, to honour and to respect the good heart of the members of WFWP that I worked with. Inspired by the vision of one family sharing the earth together, members did their best to serve and care for those around them and beyond, including many Pacific Island countries.



Tracy (back row, 2nd from the right) with Japanese and Aboriginal women at the first sisterhood ceremony in Australia in 1997.



I am especially grateful to the Japanese women who came out to serve. They left their homes, struggled with understanding the language and the different culture. Nevertheless, they persevered with different projects. My children have never forgotten the kindness of the Japanese women who lived in or visited our home.

For example, one Japanese women, Junko, walked around the Seaforth area talking to people about reconciliation. One man, in tears, showed her the number on his arm that he had received as a Japanese prisoner of a war camp. He said that he never imagined that he would hear the words “sorry” come from a Japanese person to him.

A choir was formed which demonstrated the possibility of people from different backgrounds working and living together harmoniously. Many people still remember the hope and joy they felt when they saw and heard it.

The Japanese members not only supported me to attend the First Australian Reconciliation Convention in Melbourne, but they participated in projects with Aboriginal elders in Redfern, including Aunty Ali Golding. One project was an exhibition of the paintings about peace created by children from Darlington School and Japanese children displayed together in North Sydney.



We were also able to have a “sistering ceremony” in the NSW Parliament House. People from many backgrounds, including many Aboriginal and Torres Strait Islander people, walked to each other across the cloth bridge that Aunty Ali Golding had painted to affirm better, more cooperative friendships. We even had one Labour and one Liberal politician from the NSW Parliament walk across to each other!



Tracy with Prof. Yeon Ah Moon (then WFWPI President) at the GWPN Australia inauguration in Sydney in 2015.

Tracy DeGeer was the WFWP Australia President from 1992-2012.

Australia

New South Wales Chapter celebrates 30 Years of WFWP International

April 30th | New South Wales, Australia



On 30th April at the Oceania Peace Embassy in Sydney, around fifty WFWP members and friends of WFWP gathered to celebrate the 30th Anniversary of the organisation's founding and achievements over the past 30 years. The afternoon began with an Acknowledgement to Country from Aboriginal elder, Aunty Pearl Wymare. WFWP NSW President, Mrs Aila Willitts, then welcomed guests to the event, most of whom were from diverse cultural backgrounds and donned in colourful National Costume.



Aunty Pearl giving Acknowledgement to Country

A video about WFWP's international activities was presented, followed by a message from Mrs Tracy DeGeer, a former President of WFWP Australia, who spoke with passion about acknowledging and respecting the significant indigenous foundation we stand on as a nation, the importance of taking care of the land as the indigenous people of this nation did, and being respectful of the culture and deep traditions of indigenous communities in Australia.



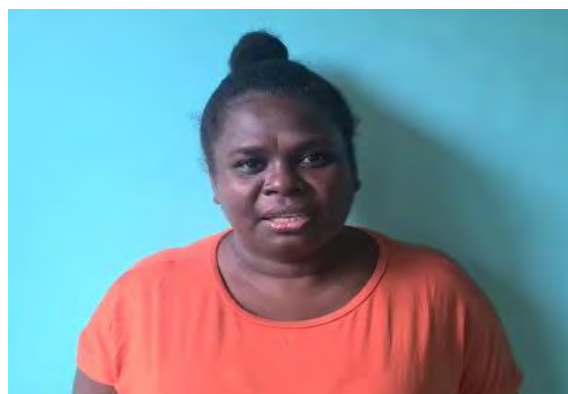
Tracy DeGeer giving the Opening message

Mrs Jynene Helland, former President of WFWP Australia, as well as former Vice President of WFWP International for Oceania region, gave Congratulatory Remarks. She recalled attending the inaugural event in Seoul 30 years ago, and the co-founder Mother Moon's message that women have a unique role to play in creating the world of peace we all hope for. She then noted some achievements of WFWP Australia over the 30 years and the important role of WFWP going forward.



Jynene Helland giving Congratulatory Remarks

Mr John Adamedes from Universal Peace Federation congratulated WFWP for 30 years of bringing women and men together to work for lasting world peace. WFWP Vanuatu President, Mrs Annie Malere Nasak, and Vice President, Mrs Valerian Nakou, also delivered greetings by video.



Global Women’s Peace Network (GWPN) , a project of WFWP, was honored to have corporate coach Madhu Sharma from India attend and receive a GWPN Partnership award. Madhu has conducted seminars in Sydney and online, dealing with issues relevant to women. Mrs Madhu Sharma passionately encouraged both men and women to find their true selves and find peace, as the foundation for peace in the world.



Madhu Sharma, (centre) with Aila Willitts (L) & Debra Bruce (R) receiving the GWPN award.



PNG was the winner of the most colourful National Costume.

A raffle was also held to help raise funds for future WFWP activities and to support the establishment of Pacific Island Women centres. The joyful afternoon concluded with singing together WFWP’s signature song, “Let There Be Peace on Earth” .



Author: Aila Willitts,
President, WFWP New South Wales, Australia

Peace Festival to celebrate 30 years of WFWPI

April 10th | Victoria, Australia

Overview

- Celebrate 30 years of WFWP International with family and friends.
- Testimonies from WFWP volunteers.



Keynote address

Anne Bellavance

President, WFWP Australia | IVP, representing the region of Asia Pacific 2



Anne shared from the heart about the internal and external missions of WFWP. Externally WFWP seeks to raise women to their original God given value of equal value, equal position, and equal partnership with men to bring about a world of peace starting within myself and my family, and then expanding this to the community around us. Internally, we seek to reveal the motherly heart of our Heavenly Parent, (God) to all people, and ourselves embody this heart.

Elizabeth Banza

Mistress of Ceremony



Elizabeth Banza guided us through the afternoon activities of entertainment, testimonies from our remarkable WFWP volunteers, and the fantastic door prizes.

Oliver Jones serenaded us during lunch and at the conclusion of the festival with classical guitar. The New Eastern Arts College orchestra played soul stirring traditional Chinese music on ancient instruments. Jennifer Wang is the College Principal and founder.



New Eastern Arts College orchestra



Volunteer Testimonies



Beth Treacy, WFWP ACT President (1994 - 1999) shared about activities with local sisters and the WFWP Japanese young women who came to Australia in 1994 to help pioneer WFWP Australia. Mrs. Oyamada, who looked after and managed the WFWP Japanese members, visited Canberra in the early 90s when Beth and her family were living there.

Beth, in the capacity of WFWP ACT president, with the support of Mrs. Arai, did a public relations tour with Mrs. Oyadada to Parliament House. They met with several Ambassadors, including the female ambassador for Poland. They also visited Cowra in NSW, which has a bond with Japan because of the POWs incarcerated there during WW2.

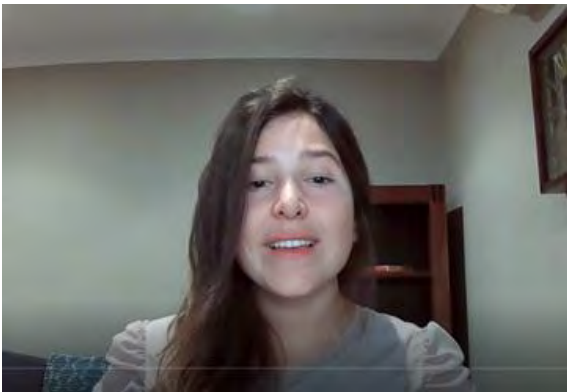


Dr Jennifer Huang is part of the WFWP Victoria leadership team, coordinating the development of our social enterprise.

“One year ago, I joined WFWP as a volunteer for the social enterprise project. I was very impressed by how Anne Bellavance, WFWP Australia Chair, worked with us by truly demonstrating WFWP’s mission of living for others. Anne brought peace in every dialogue and was always there with full support. Now we are working on an online shop, with the aim to economically empower women who want to sell their service and products. Our wish is for the project to reach and help more and more women. Contact me if you have any business ideas and we will help to promote you.”



Amber Lefevre is a WFWPI intern working remotely from Melbourne with the New York, WFWPI U.N. office. Amber researched the climate policies of 14 lower income countries. This information will be turned into a research book by WFWPI to be used as a guide for governments and society to better support these nations. Amber shared how this internship has offered her a wealth of experience so early in her career.



Katherine Gonzalez was inspired to get involved with WFWP because of our values, such as elevating women through education scholarships that transform not only the lives of the women, but also their families. She was involved in the 2021 'Leading into the Future' mentor program that offered a lot of benefit for herself personally. She feels inspired by our activities; people coming together for a greater purpose.



Front row: WFWP VIC leadership team with Jennifer Wang

Back row: New Eastern Arts College orchestra

Written by Anne Bellavance, President, WFWP Australia



4th June | Melbourne, Australia

Overview

- Expert presenters shared insights and personal experiences on healing, health, and the ways we can implement strategies and practices in our daily routines to eliminate stress and promote a healthy lifestyle.



The Women's Federation for World Peace 2022 Mindful Meditation retreat was an incredible day filled with information on how stress affects our bodies and minds, and how this ultimately affects the health of the entire world, particularly at times like these with the devastating war in Ukraine, the outbreak pandemic of COVID-19 and climate change.

Keynote Address

Anne Bellavance



The day commenced with an introduction from the president from the Australian branch of the WFWP, Anne Bellavance. Anne is the President of WFWP Australia, and a WFWP International Vice-president representing Oceania & S.E. Asia. She has been a Not-for-Profit pioneer and volunteer for 43 years within Australia, the U.S. and Canada.

To establish the focus of the day, Anne presented on the topic: True Enlightenment, the meaning of true love. Anne explained that to find the 'true self', we should place ourselves at the zero point, the place where we return to the state of nothingness. This is the only place where we can be totally united in mind and body. Where do you think you can find your true self? You find it by practicing a life of true love, always living for the sake of others. If you dwell at the zero point – denying yourself while living for the

sake of your family, living for all humankind throughout the world, and living in attendance to God – you will find your true self. It is our inevitable destiny!

Anne (Juo-Wen) Fan from [the Love Peace & Harmony Foundation](#) led the first group meditation and opened with the song, Love Peace Harmony created by Dr. and Master Sha, founder of the Love Peace Harmony Foundation.

Presenters

Suzanna Hoffman



The first main presenter was Suzanna Hoffman, an educator, humanitarian, project developer, and coordinator of the event. It was her goal and dream to run an event that could have a first-hand impact on healing the planet through an understanding of self-healing. Her aim was to provide the community with a free event to learn and practice techniques to understand the causes of ill health and disease, to take home and share with their friends and family. Her engaging presentation had the audience up and out of their seats, getting their blood flowing with some simple quick movements and brain gym.

[Brain Gym®](#) is a safe, lifelong educational, movement-based program which integrates body and mind to bring about rapid and often dramatic improvements in many areas such as concentration, memory, reading, writing, organising, listening, physical coordination, attitude, and motivation. Suzanna then proposed a few brain-teasing questions to the audience about some common misconceptions on what the body needs to function. She identified that the human body is a natural self-healing machine, and given the right conditions and environment, like all living organisms on this planet, we can eliminate disease by removing stress from our bodies, minds, and environment. She offered a few simple tips and lifestyle advice: Fresh air, sunshine, temperance, a healthy plant-based and nutritional diet, water and good minerals, daily exercise, rest, and meditation; and finally practicing gratitude and service to others, and smile and laugh as much as possible!



Suzanna then brought Venerable Bodhicitta on stage for a short entertaining interview. Venerable Bhikkhuni Bodhicitta is a Sri Lankan Theravada Buddhist nun who is an expert on the topic of stress. She is based in Melbourne and has over 25 years' experience in meditation.

Suzanna posed the questions: What is stress? Why do we stress? What happens in our bodies when we stress? How can we manage stress? Venerable used the analogy of an elastic band to explain that we must learn how to balance life and provide the body and mind with the correct conditions and knowledge to live happily and stress-free. When the elastic is stretched too far, it snaps or breaks. Stress is a chemical response in the brain and, over time, if not dealt with, can bring about physical illness.

Tilisa Thomas



Tilisa Thomas, director of [Radiant Light of Love Wellness](#), enlightened us with the hidden and almost forgotten wisdom of the power and healing of laughter. Laughing has numerous benefits to our physical and mental health, from assistance with digestion and colon function to increase in dopamine production. Tilisa then began a session on Laughter Yoga. Laughter Yoga combines playful exercises to stimulate laughter with yoga breathing that anyone can

do anytime and anywhere. It works on the concept that the mind cannot tell the difference between real and simulated laughter, so all we have to do is put the body into a physical state of laughter and then the mind will follow. Laughter Yoga has numerous benefits in the areas of social wellbeing, physical and psychological health. For individuals, Laughter Yoga's benefits can be life changing.

Mirella Faulkner

Mirella is a yoga teacher, breathwork and feminine embodiment facilitator. Mirella's teaching style



is trauma informed and uses tools including interception/felt sense, to encourage curiosity and awareness of bodily and emotional sensation. Participants were guided in movement and encouraged to move intuitively to connect to their body's inner knowing. Mirella believes that tuning back into the cyclical nature of our body connects us back to the earth and the cyclical nature of the planet and universe.

To conclude our morning session, the guests were invited to enjoy an organic vegetarian and seafood lunch buffet. Many utilised this opportunity to sit outside by the toasty fireplace and converse with other like-minded souls.

Vinod Prassana



After lunch, guests were invited back into the main arena for a Flute Sound Healing with Vinod Prassana. Vinod was born into one of India's greatest flute-playing families and is an award-winning bansuri (flute) virtuoso. Vinod's emotive melodies, exquisite improvisations and divine flute song distinguish his performance of Indian classical, world and meditation music. Vinod has performed and toured extensively throughout his homeland and overseas,

including France, Japan, Germany and now, Australia. His performance was powerful and took our guests on a transcendental experience of the mind, body, and soul, allowing them to connect with themselves, one another, and the entire universe. Vinod then engaged the audience to open their throat chakras and make sounds that aligned with each chakra of the body.

Anne (Juo-Wen Fan)



Anne (Juo-Wen) Fan spoke about the benefits of Tao Healing hands and Tao Calligraphy. Anne is a Certified Master Teacher trained by the Tao Academy, a Tao Healing Hands Practitioner, Tao Calligraphy Master Practitioner, Direct Soul Communicator, Love Peace Harmony Ambassador, and Tao Calligraphy Teacher. She invited two participants on stage for a live Calligraphy healing session. Both found that their pain had dropped significantly upon receiving this divine healing and blessing. Anne provided an opportunity for the participants' chi to get flowing and receive divine blessings of healing.

Tao Calligraphy creates a powerful vibrational field that carries the positive messages of Tao Source, such as unconditional love, forgiveness, and harmony. In this unique vibrational field, we can transform negative information and energy in our own vibrational field by absorbing the positive information and energy of the Tao Calligraphy. This can result in positive changes in our lives. When practicing Tao Calligraphy by writing, tracing, or meditating in its field, we align with the principle of Oneness and the positive vibrational field that brings balance, rejuvenation, and healing into our lives. Thousands around the world have applied Tao Calligraphy and its healing field to address all kinds of ailments and life challenges. Medical research has been undertaken and several positive results have been presented at medical conferences and in peer-reviewed medical journals.

Rohan Parrant



Rohan has been a coach for 17 years, offering an integrated combination of coaching and consulting services, utilising a variety of skills to help people make positive sustainable changes and achieve life-changing results. Using result-driven strategies and personalised approaches, he works with clients to find the best solution for them to become the best version of themselves and live a life in alignment with their values.

Rohan placed our guests into the awkward and deep parts of ourselves that bring vulnerability and pain. He partnered guests and got them thinking about their personal problems and practical ways they could set achievable goals and actions to find solutions to their problems.

Guests took home a simple and practical strategy: STOP, START, CONTINUE. This strategy provided our participants with a simple action plan to get moving towards a better lifestyle and finding their true unique selves.

Stillness Meditation led by Pauline McKinnon

After a day filled with laughter, joy, love, connection and lots of energy and healing, some inner peace and tranquillity was to process the day's exciting presentations and discoveries on the ways we can heal ourselves. Guests were invited to sit in stillness and silence for 15 minutes with a Meares stillness meditation therapy audio. Stillness Meditation Therapy (SMT) is the authentic meditation originated by Dr Ainslie Meares to enable his patients to relieve anxiety and pain. In short, SMT is an effortless experience where people learn to practice the return to a natural, atavistic state of being.

Venerable Bohiccita



To conclude the day, Venerable Bohiccita was invited back onto the stage to summarise all the information presented. She noted that they were only temporary stress relief solutions, but the true way to rid our stress is to remove the construct of self; without self, there are no emotions that bring about thoughts or actions that cause stress or harm to oneself or others. Her Buddhist perspective left us with quintessential questions: Who are we? What is the self? How do we let go of this concept of self? This, she insisted, requires altruism, compassion, and love to all things by serving others in all aspects. Give blessings to all in your heart and hold that feeling as much as you can. Service the land you stand on, the people you encounter, and love and nurture yourself. Guests left for the evening with a sense of empowerment, refreshment, relief, and motivation to continue

their own healing and spiritual journeys.

Reflection from Participants

“This event has brought a clearer understanding on how the mind and body reacts to everyday life and emotions, and how to deal with them.” – Stein

“Wonderful meditation. A day to relax, meet like-minded people in a heart space.” – Saheem

“Wonderful event! I left recharged and rejuvenated after hearing inspirational stories and being amongst like-minded people.” – Dayment

“Amazing taster of various methodologies and practices that are enlightening and inspiring. High energy and commitment by all.” – Daya

“Great speakers, entertainment, yoga, meditation, food, and generally a great vibe with many like-minded people.” – Barnaby



Written by Suzanna Hoffman, WFWP Events Coordinator and Volunteer, Victoria Chapter.

Moriko Hori visits WFWP Victoria

June 25th | Victoria, Australia



WFWP Victoria and UPF Victoria held a joint VIP luncheon in honour of President Masaichi Hori and Dr Moriko Hori who visited Melbourne at the end of June. President Hori is President of FFWPU, UPF & Strategic Partners for the Region of Asia Pacific 2 (Oceania & SE Asia), and Dr Moriko Hori is WFWP International Vice-President representing the region of Japan and Taiwan & Director of International Service of WFWP

International.

After lunch, participants moved to separate UPF or WFWP break-out sessions focusing on each organisation. Both sessions were also made available to viewers online.



WFPV Break-out Session

Moriko Hori



Dr Moriko is President of Women's Federation for World Peace (WFPV) Japan, the International Vice President representing the region of Japan and Taiwan, and Director of International Service of WFPV International. As Director of International Service, she is responsible for 110 humanitarian projects in 50 countries.

During the WFPV break-out session, Anne introduced the WFPV Victoria leadership team, as well as members of the key committees that organise WFPV Victoria's annual events.

The lively Q&A session helped us understand the significant contribution WFPV Japan plays in supporting women and families around the world through Japanese global development and aid projects. Moriko showered each person with gifts.

Each person wrote a note on the card with the gift that was presented to Moriko from WFPV Victoria.

Photo Gallery





Written by Anne Bellavance, President, WFWP Australia

New Zealand

Walk For Wellness

Auckland | New Zealand

Overview

- WFWP New Zealand launched their new Health and Wellbeing project, 'Walk for Wellness', to empower women to take care of themselves and highlight the importance of both physical and mental wellbeing.



Women's Federation for World Peace launched their new Health and Wellbeing Project, 'Walk For Wellness'. This was held at the scenic Rotary Track along the Tamaki Strait in Pakuranga, East Auckland, and was attended by 14 keen participants.



"We were anticipating a bigger turn out, but as a result of a sudden turn in the weather earlier in the morning, many who had registered in advance did not turn up," explained Matapa Shelley who coordinated the event. The programme began with opening remarks by her, followed by words of encouragement from Mr Kenji Watanabe (Leader of the Family Federation for World Peace and Unification - NZ, an affiliate organisation of the WFWP-NZ).

After a short briefing on the procedure for the walk, we were on our way, walking for thirty minutes. From a distance you can make out a lime-green snake weaving its way along a bendy track. As it draws closer it takes a human form and you hear the chatter of female voices against the soft pounding of trainers on hard concrete. Neither strain nor pain could be found anywhere on our faces. That's because we were only at the thirty-minute mark. Now we must turn around and walk the remaining thirty minutes back to base. The breath-taking scenery and sea breeze diverts any signs of stress as we march on.

On our return, the group is greeted by the aroma of barbecued food. A table laden with sausages, bread, snacks, and drinks awaits us. And so, we ate and conversed, and slithered into the convivial ambience we forged. It was a successful ending to an event that almost didn't take place. Matapa began her closing remarks by thanking the participants for having faith and making the effort to turn up despite the continuous threat of rain. She reiterated the purpose for the initiative.



“The aim of this project is to empower women to take care of their physical bodies. By doing so she can feed good elements to her mind and mental wellbeing. You may feel exhausted at the end of a long walk, but in the long term the benefits will manifest themselves through the way you look, feel, and carry yourself. It's a holistic transformation for her.”

The morning was a glorious one. The sun shone brilliantly in the clear, blue sky as members trickled in to begin our walk on the scenic Kiwi Esplanade coastal walkway in Mangere Bridge.

Ruth Cleaver, a founding member, and the first President of the WFWP New Zealand Chapter, was the first to arrive. Regarding the initiative, she said, “I wanted to come along because I think this is a good idea.” Furthermore, Ruth was not aware, until that morning, that her daughter (a yoga instructor residing in Australia) is going to be the instructor for our yoga classes which will be incorporated as an additional component to our ‘Walk For Wellness’ health and fitness initiative.

The session began with a welcome and introduction from Matapa Shelley (WFWP-NZ President), followed by a brief outline of the morning's activity.

“The aim of this monthly project is to empower women to care of themselves, both physically and mentally. Walking is one way you can start if you are not already exercising. Walking regularly with people you know has many benefits. One that pops to mind is creating long-lasting friendships.

Also, this is one activity where numbers don't really matter. Even if you only have two or three people walking, they will still reap the same benefits."

Soon, we were on our way, along the winding path for the first thirty minutes of the one-hour walk. Due to its scenic reputation and level path, the track is an ideal spot for the teeming enthusiasts of strollers, joggers, and cyclists. It was hard to miss us in our bright green t-shirts that heralded our presence and screamed out our logo and theme for 2022. Yes, we had some heads turning as we proceeded, unfazed.

Each took it at their pace, heeding to the dictation of senescent limbs. Every now and again, a rush of sea air brushed against our exposed faces and found its way to our deprived lungs; refilling, purifying, and reviving them. The walk was invigorating! It was a chance for a tête-à-tête with a regular or new member.



On our return, we were treated to a spread of healthy goodies and drinks. There, we ate, drank, and happily chatted amongst ourselves in what was a jovial and pleasant gathering. Matapa did encourage members to bring someone new every time they attended, because if we can inspire and empower others (in this case women) to take the time to care for their physical and mental wellbeing through this type of activity and with like-minded women, then we're achieving our goal.

For this reason, today's walk was a success because we had a good turn-out and people left happy and looking forward to the next one which will take place on the first Saturday of May in West Auckland.

Reflection from Participants



"It's good to have this type of project (walking and exercise) because of its health benefits. It's a nice change from sitting in seminars and workshops." – Dr. Rafah

"It's fun! I like the location and the company. It's also nice that we can come back at the end and have a rest and chat over a nice healthy snack." – Loko

Author: Matapa Shelley, President, WFWP New Zealand

Papua and New Guinea

Spreading Love and Saving Our Dignity

9th April | Port Moresby, Papua New Guinea

Overview

- WFPW Papua New Guinea provided young girls in local communities with reusable menstrual products to help promote their theme “Spreading Love and Saving Our Dignity”.



WFPW Papua New Guinea held three amazing “Spreading Love and Saving Our Dignity” events at local churches located in poor communities in Port Moresby. The first event was held on 12th December 2021, the second on 13th February 2022, and the third on 9th April 2022. All three events began with presenting young girls with the ‘Days for Girls’ reusable menstrual pads.

These girls had never seen or experienced using reusable menstrual pads in their lives, let alone receiving gifts like these from Australia. This is because many of these girls can barely afford to buy menstrual pads every month. Upon receiving the gifts, their excitement and appreciation was clear. Mothers also remained after church to attend training with their daughters.

The pastors were very appreciative of Women’s Federation for World Peace for delivering the “Spreading Love and Saving Our Dignity” program in their churches. They expressed interest in

other WFP Programs to take place in their churches, especially involving women and youth, because, while the church tends to spiritual needs, it cannot tend to physical or practical needs.



In total, 56 young girls received the “Spreading Love and Saving Our Dignity” gift packs. Since this event took place, more girls in local communities and schools in Port Moresby and surrounding villages are now requesting these packs. This event showed that the need for WFP services is overwhelming.

Written by Prisca Mauve, WFP PNG Interim President

Malaysia

Hari Raya Aidilfitri Celebration and Visit

14th May | Kuala Lumpur, Malaysia

Overview

- In conjunction with the Hari Raya Aidilfitri celebrations, WFP Malaysia and 40 participants organised a 3-hour visit to an orphanage to bring joy, food rations and essential items to the children.
- This event aimed to support the first Sustainable Development Goal, 'No Poverty'.



On

May 14th, WFP Malaysia celebrated the Raya Festive Season, one of the largest festive seasons in Malaysia, with the children of Nurul Hasanah Care Home (RKNH) in Ampang, Kuala Lumpur. As part of WFP's Global Humanitarian Aid Programme, food and essential items worth approximately A\$400 were offered to the home during the visit.

The founder of RKNH, Mdm Raabah, welcomed the members of WFP warmly. She explained the purpose of the home, which not only provides shelter for 25 children from broken families, but also acts as a charity centre to provide food and necessities for severely poor families who come knocking on their door.



In her closing remarks, President of WFWP, Madam Lina Cheng thanked all sponsors, volunteers for the generous support in making this event a success and bringing cheer and love to the children. Madam Lina also presented roses to all the mothers present to also celebrate Mother's Day. The celebration concluded with gifts and snacks for all children and a delicious home-cooked lunch, prepared by the residents of the home.

Reflection from Participants



"WFWP is doing a wonderful job serving communities from all races and religions, like one family." – Ms Rosalind, WFWP member.

"Happy to meet big brothers and sisters and play fun games together. I hope they come again." – Siti

Written by Wan Tan

Philippines

Carmen, Bohol Chapter Launch and Induction Ceremony

30th March | Bohol, Philippines

Overview

- WFWP Philippines celebrated the launch of its new Chapter in Carmen, Bohol.
- A total of 80 people participated and witnessed as the officers pledged to uphold, spread, and honour WFWP's Mission and Vision.



Women's Federation for World Peace is spreading across every part of the globe. As everyone celebrates International Women's Month, WFWP Philippines launched a new chapter in Carmen, Bohol where its advocacies and mission had taken root. The historic launching was conducted last March 30, 2022, at Poblacion Sur, Carmen, Bohol, Philippines.

Included in the said event was the Induction of the founding officers of the WFWP Carmen, Bohol Chapter: Mrs. Susan Buga as Chairman, with her co officers Mrs. Conching Palaca, Ms. Judy Lee Lomod, Mrs. Maria Pamela Espejo, Mrs. Rebecca Barrete, Mrs. Lilibeth Tajale, Mrs. Gloria Jumao-as, Mrs. Ninine Mawili, and Mrs. Preciousa Libres.

Mrs. Almera Grace Mayo, President of WFWP Philippines, welcomed everyone and stated the purpose of the event with her message. Women leaders also showed their support as they expressed their congratulatory and inspirational remarks. One of them is the current Balilihan Campus Director of Bohol Island State University, Mrs. Arceli Hernando, who stated that it was never an accident that God created us as women and that women play the most crucial role in humanity.



The inspiration continued as Mrs. Merly Christina Barlaan, the IVP for WFWPI Office for UN Relations, extended her warmest congratulations and gratitude to WFWP Carmen for making one of her dreams come true which was to have a WFWP Chapter in her hometown in Carmen, Bohol. She also emphasises to everyone that, although everybody is unique, each one of us is created with a common feature and that is to be the bearers of truth, love, beauty, and goodness to humankind.

An orientation about WFWP was also given by WFWP Philippines Bohol Chapter Chairman, Ms. Christine Rose Bulayo, and was followed by the Oath Taking of WFWP Carmen's set of officers. Various entertainments were also showcased such as Spoken Poetry, Dance presentations, and Tong IL Moo Do-The Unified Martial Arts Demonstration.

The celebration for International Women's Month ended on the last day of March, but it culminated on a positive note as WFWP Philippines welcomed the start of a new Chapter that will allow women to be celebrated, be heard, and be honoured any month of the year.

Written by Christine Rose Bulayo, WFWP Secretary General in Asia Pacific Region

Domestic Peace Education Program Strengthening Family Relationships as a Means for Crime Prevention

20th May | Philippines

Overview

- WFWP Philippines presented the Domestic Peace Education program during the 31st session of the Commission of Crime Prevention and Criminal Justice (CCPCJ) UN Vienna Side Event.



Domestic Peace Education Program

The Role of Mothers in Raising Filial Children and Patriots of the Nation



Project Head: Mrs. Yumiko Teves, Corporate Secretary, WFWP Philippines

On the 20th May, WFWP Philippines presented the Domestic Peace Education Program, led by its President, Mrs. Almera Grace Mayo, at the 31st session of the Commission of Crime Prevention and Criminal Justice (CCPCJ) UN Vienna Side Event. The theme of the event was “Strengthening Family Relationships as a Means for Crime Prevention - Especially the Role of Parents”. The event was actively participated by 70 participants via Zoom and garnered 300 views on Facebook (and increasing daily).



The event was truly an insightful session highlighting the role of parents as a means for crime prevention. CCPCJ was a response for the international call for “comprehensive strategies for crime prevention towards social and economic development” (Working paper at 14. Crime Congress).

Speakers at the event included Mr. Patrick Erlandson, Founder & Director of FATHER-CON; Dr. Aala El Khani, a humanitarian psychologist; Mrs. Almera Grace Mayo, WFP Philippines President; and Mrs. Yuka Takahashi, WFP Cambodia President. Also present was H.E. Ms. Irene Susan Natividad, Charge d’ Affaires of the Philippine Embassy, who gave the Opening remarks.

An interactive question and answer session followed the speakers presented their lectures. It was moderated by Dr. Maria Riehl, the Director of WFP UN-Office, Vienna, and Chair of NGO Committee on Peace.



Written by Jinky Hora, Executive Secretary, WFP Philippines

Educational Development Seminar Human Conflict Resolution: The Principles of Peace

19th March | Rizal, Philippines

Overview

- A one-day educational development seminar was held by WFWP Rizal Chapter, Philippines, and attended by 14 participants, to discuss the impact of the 5 Principles of Peace.



On March 19th, the WFWP Rizal Chapter, one of the local chapters of WFWP Philippines, held a one-day educational development seminar in celebration of the International Women's Month.



The seminar was held at the International Peace Leadership College in Tanay, Rizal, bearing the theme, “Women Working Towards Human Conflict Resolution Through Understanding the Principles of Peace.” It was attended by the hard-working members of the Mother’s Heart Network.

participants had a tour around the school campus.

The seminar provided an in-depth and insightful exploration of the 5 Universal Principles of Peace, and the ways in which they can contribute to the betterment of the world. After the session, the



Written by Mariflor Gavarán, WFP Philippines Board Director

Fruit-Bearing Tree Planting

19th March | Isabela, Philippines

Overview

- WFWP Isabela Chapter, Philippines, held a fruit-bearing tree planting activity to celebrate International Women’s Month, and was attended by 9 participants.

On March 19th, WFWP Isabela Chapter conducted a fruit-bearing tree planting activity, which included 20 grape and 6 avocado seedlings. The activity was led by Mrs. Pilar Cabacungan, the WFWP regional coordinator and WFWP members.



This activity was part of International Women's Month, bringing women together to celebrate. The women leaders are hopeful that, after few years, these fruit-bearing trees will provide fruit for the people in the community.



Written by Pilar Cabacungan, WFPW Philippines Regional Coordinator



Mangrove Planting

23rd March | Mindanao, Philippines

Overview

- WFWP Mindanao Chapter, Philippines, held a mangrove planting activity to educate participants on the importance of the environment and its ecological functions. The activity was attended by 15 participants.



On March 25th, the President of WFWP Philippines, Mrs. Almera Grace Mayo led a mangrove planting activity in Mindanao, at Macajalar Bay in Misamis Oriental province. Stakeholders in the bay protect the environment and conserve marine life by growing mangrove trees and sustaining the availability of its seedlings.

This activity highlighted the importance of the wetlands, an environment that supports ecological functions and provides valuable elements, such as water and fish. Participants also gained a deep understanding of how to support agriculture, purify water, treat waste, and how the wetlands provide us with protection from floods and storms.



Written by Almera Grace Mayo, WFWP Philippines President

WFWP Mission and Vision



WFWP Chapters adhere to the principle that women working together, taking initiative, and empowering one another across traditional lines of race, culture and religion to create healthy families are resolving the complex problems of our societies and world.

Vision: Women working together to realise one global family rooted in a culture of sustainable peace.

Mission: Empowering women as peace builders and leaders in the family to transform the community, nation and world. Through education, advocacy, partnership, reconciliation and humanitarian service, WFWP International aims to create an environment of peace and wellbeing for future generations and people of all races, cultures and religious creeds.

Mother's Heart Network: Rodriguez Street Cleaning

26th March | Rodriguez, Philippines

Overview

- The Mother's Heart Network and 8 participants spent the afternoon working together to clean the streets of Rodriguez.

The 26th March was a busy afternoon for the Mother's Heart Network and participants in Rodriguez as they worked together to clean the streets.

With broomsticks and dustpans in hand, the women spent the afternoon enjoying each other's company, and encouraged and inspired other women in the community to also participate in the street cleaning.



Written by Rosalyn Azul-Condat, Public Relations Officer, WFP Philippines

Permaculture Literacy Program

The Linchpin to Food Security and Regenerative Healing of the Planet

26th March | Bohol, Philippines

Overview

- A two-day Permaculture Literacy Program was organised by 44 Boholano permaculture enthusiasts to educate participants on permaculture.
- The event gathered a current president of a women's association, a former town councillor, agricultural technologists, municipal agriculturists, teachers, youth volunteers, and students.



The two-day Permaculture Literacy Program was held from 26th to 27th March at the Center for Wisdom and Character Excellence (CWaCe) Center, in Montesungting, Carmen. This event was jointly initiated by Women's Federation for World Peace, Philippines, and 10,000 Heroes United.

Anchoring on the theme, Permaculture: The Linchpin to Food Security and Regenerative Healing of the Planet, the program aimed to educate the participants, who are to become permaculture practitioners, on how nature works and on how to optimise its external forces for both man and the planet's continuous, healthy, and symbiotic relationship.



The activity was graced by prominent resource speakers from the island province and abroad. To wit, they are Jun Palingcod and a father-daughter duo, Raoul Amores and Yani Amores-Dutta, who are permaculture experts and the founders of the Regenes Project, which is the first and only Ecosystem Restoration Camp in the Philippines.

On the first day, Raoul Amores, a permaculture teacher with 20 years' experience, interactively introduced permaculture as how nature thinks. It is important to have the correct perception of how to think like nature before diving into the technicalities. Permaculture is more than a set of skills—it's a mindset. To have this mindset is a prerequisite to unlocking and understanding permaculture's true essence: its interdependent relationships among man, flora and fauna, and the micro-ecosystems that come with it. When one has this mindset, it is a no-brainer to design your permaculture site—in a room, apartment, or on the farm.



Yani Amores-Dutta, a permaculture designer who is based in Singapore, commenced the second day of the program with an eye-opening session on permaculture design. Observing your area for at least a year helps you work with the external forces acting upon your site before designing. She demonstrated how to investigate different sites with varied parameters through sector analysis. Moreso, the scale permanence serves as the bridge to connect the permaculture mindset and implementation. In designing the site, it is everyone's north star to

design like nature.

During the afternoon on that same day, Jun Palingcod, a renowned permaculture practitioner, exhibited earth-friendly ways of vermicomposting. He comprehensively delivered the importance of vermicomposting in permaculture and the solutions to overcome challenges faced by practitioners in the

locality at present. The highlight of the event was the presentation of the participants' respective permaculture design projects which they will continue improving throughout the program.

Hope and inspiration filled the hearts of the participants. They each shared their realisations about the urgency in ramping up adaptive initiatives, like permaculture, to combat climate change. In restoring our planet, our home, we are one in this together. Learn. Unlearn. Relearn.



Reflection from Participants

“I am happy and grateful that WFWP Bohol introduced to me the idea of Permaculture which is the complete converse of our malpractices in farming. I am positive and confident that this is the PERFECT answer in our community to pursue goals on food security, regenerative healing of the earth and climate adaptation. This year, I am more excited to join our permaculture literacy program.” – Dale

Written by Christine Rose Bulayo, WFWP Secretary General in Asia Pacific Region

Special Gathering to Welcome Mrs. Moriko Hori

President of WFWP Japan

24th May | Philippines

Overview

- A special gathering was held in honour of welcoming Mrs. Moriko Hori, President of WFWP Japan to the UPF Embassy in the Philippines.
- The event involved presentations and discussions on the current activities of WFWP Philippines.



On May 24th, WFWP Philippines warmly welcomed Mrs. Moriko Hori, the President of WFWP Japan to the UPF Peace Embassy in the Philippines at a special gathering where she guested as the main speaker.

Around 80 participants, including former WFWP Board of Directors, WFWP members from different chapters, FFWPU and UPF leaders, and invited guests graced the event. VIPs at the event included Mrs. Minerva Deleon, Former WFWP Philippines President; Former WFWP Philippines BODs: Norma Lozano, Hadja Alnahr Pungutan-Lazo, Dr. Alma Wells and Mrs. Minerva Docot; Hon. Gloria Arellano, Councilor of Deparo, Caloocan City, Philippines; Hon. Felix Sanchez, Councilor of Bauang

La Union, Philippines; Dr. Myrna Ligas, Councilor of Bauang, La Union, Philippines; and Dr. Rebecca Andrade, UPF Ambassador for Peace, Philippines.



Mrs. Yumiko Teves, Domestic Peace Education Program Project head informatively presented the Domestic Peace Education Program (DPEP), a module dedicated to strengthening relationships between husbands and wives. This module also addresses the topic of Gender and Development which provides firm solutions against domestic violence. Through this program, the main objective is to allow both husband and wife to realise that dedication and focus is necessary to achieving a harmonious family. As a result of this strengthened bond between husband and wife, children in the family can also witness this and be encouraged to participate further in youth programs, which will be the next phase of the DPEP program.

Ms. Christine Rose Bulayo, the Governor General of the 10K Heroes United, a youth branch of WFWP Philippines shared thoughts about 'Permaculture' (short for 'Permanent Culture'), a regenerative approach to ecosystem restoration. Ms. Bulayo highlighted a key principle of Permaculture: the importance of working with nature rather than against it. She also went on to explain how everything in nature works interdependently. Ms. Bulayo encouraged everyone to support the program and practice a Permaculture way of thinking.

Mrs. Hori, in her speech, shared the history of WFWP and the role Japanese women had played in



its development. She then presented the activities and best practices of WFWP Japan, such as providing vocational trainings for women and building schools. Mrs. Hori thanked the Japanese volunteers who sacrificed their lives to save women and children and expressed her appreciation and support for WFWP Philippines to continue creating great activities as one of the active WFWP chapters in Asia.

She emphasised how vital women’s participation in reconciliation and education is and highlighted the importance that women’s voices need to be heard. With strong conviction, she stressed that women’s empowerment is needed, along with love, forgiveness, and care, to achieving peace and healing the world. Finally, she encouraged everyone to work together and bring peace to the world.

The program concluded with a photo opportunity with Mrs. Hori. After the event, the women leaders shared lunch together and had a fruitful discussion on how to encourage women to be involved in quest for women empowerment.



the

Author: Jinky Hora, Executive Secretary, WFWP Philippines

WFWP and UPF Lunch Meeting with the National Council of Women of the Philippines

25th May | Philippines

Overview

- WFWP and UPF leaders organised a lunch meeting with the National Council of Women of the Philippines (NCWP) to exchange and share ideas and insights.



In the afternoon of May 25th, Mrs. Moriko Hori, WFWP Japan President; Almera Grace Mayo and Angeles Lorenzana, WFWP Philippines President and Vice-President; and UPF leaders met for a very fruitful lunch meeting with Dr. Cecil Dy and Mindanao Bai Norhata Alonto, the National Council of Women of the Philippines (NCWP) President and Vice-President; and the President of Philippines Federation of Business and Professional Women (PFBPW), Dr. Nona Ricafort.

The meeting was held at the Baguio Fiesta Greenhills where a healthy and optimistic exchange of ideas occurred between the parties. The lunch meeting kicked off with each of the leaders introducing themselves.

After sharing a sumptuous lunch, UPF leaders shared the vision of Father and Mother Moon and presented the activities and programs that the organisation is launching which received a positive response from the prominent women leaders. The UPF leaders also handed over to each of the women leaders a copy of the *Mother of Peace* book and the Regional Youth Forum manual.



Written by Jinky Hora, Executive Secretary, WFWP Philippines

WFWP Bohol Orientation Lecture

23rd March | Bohol, Philippines

Overview

- WFWP Bohol Chapter, Philippines, conducted an orientation lecture on WFWP's vision, mission, and goals, as well as past and current activities. The lecture was attended by 10 participants.



On March 23rd, WFWP Bohol Chapter, Philippines, held an orientation lecture for the incoming women's federation officers in Carmen, Bohol. The lecture was led by Ms. Christine Rose Bulayo, the WFWP Philippines Bohol Chapter Acting Chairman, who presented to the women leaders the vision, mission, and goals of WFWP, as well as introduced its past and current activities and projects.



The women leaders who attended the orientation were enlightened as they were offered insight on the activities and events held by WFPW Philippines, and they were inspired to know more about WFPW.

Written by Jinky Hora, Executive Secretary, WFPW Philippines

WFWP Isabela Food Service: Food is Love

27th March | Isabela, Philippines

Overview

- WFWP Isabela Chapter in the Philippines held a food service for 30 children to promote its theme “Food is Love”.



On the 27th March, Mrs. Pilar Cabacungan, WFWP Philippines Regional Coordinator, led an initiative to provide food to 30 children in Barangay Macugay, Luna in celebration of International Women's Day. Beautiful smiles were seen from the children as they happily ate the nutritious meals prepared for them by the women leaders.

Written by Pilar Cabacungan, WFWP Philippines Regional Coordinator

WFWP Philippines Participates in School Beautification

9th April | Talim Island, Philippines

Overview

- WFWP Philippines, Talim Island Chapter, participated in a school beautification in partnership with the HyoJeong International Association of Youth and Students for Peace. This activity was attended 147 participants.



On April 9th, WFWP Talim Island Chapter, Philippines, actively took part in the successful school beautification. Fifty pieces of school supplies were donated to fifty pupils while printers & bond papers were distributed to the teachers. Part of the service project was the repainting of desk chairs and the multipurpose hall of Kaytome-Gulod Elementary School.

Among those present in the program was Vice President of HyoJeong International Association of Youth and Students for Peace Director, Ronnie Sodusta; fifty HJ-YLT leaders, and staff and members; Mrs. Mariflor Gavarán, one of the Board of Directors of WFWP Philippines; Principal of Kaytome Gulod Elementary, Mrs. Eugenia P. Certeza; the very supportive Barangay Captain (Village Chief), Hon. Gerald S. Añain; and the HPHC Regional Leader of Calabarzon 4-A, Rev Melki Gavarán.



During the program, Mrs. Mariflor gave an orientation & lecture on the advocacy of WFWP Philippines. Beforehand, a video about Mother's Hearts Network programs, projects and activities was shown.

The lecture also inspired the audience to actively take part in the activity. Mrs. Mariflor said, "We are here to spread the 'virus' but not 'Corona'; this is the Virus of True Love." Everyone was amazed at that profound message.

The Principal of Kaytome Gulod Elementary, Mrs. Eugenia Certeza presented next. She gave her welcome address to all VIPs, teachers, and participants. She felt so overwhelmed and grateful: "You are such a blessing to us, to our school, teachers specially to our dear pupils."

The very supportive Hon. Gerald S. Añain then gave his closing message. He expressed his gratitude: "Anytime, everyone is welcome on our Island. We will always support whatever activities you do."

The aim of this activity was, first, to create an environment for the expansion of WFWP. Second, it aimed to substantiate the founder's motto of living for the sake of others through service projects. Third, it was held to materialise mother-child cooperation through partnership with a youth organisation in serving the community. Everyone expressed their deepest gratitude in this program. Truly, "True Love in Action" moves heaven.

Reflection from Participants

"I was so amazed at how these youth came together and shared their hard work with other people. I hope all youth become like them." – Maam Ellen Dominguez, Officer-In-Charge of Kaytome -Gulod Elementary School

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The **Women's Federation for World Peace** is an international NGO in General Consultative Status with the Economic and Social Council of the United Nations. WFWP adheres to the principle that women working together, taking initiative, and empowering one another across traditional lines of race, culture, and religion to create healthy families can resolve the complex problems of our societies and world.



Founded by Dr. Hak Ja Han Moon, **the International Association of Youth and Students for Peace** (IAYSP) aim to advance world peace by empowering youth and students to become global citizens through character education and peace projects supporting the UN Sustainable Development Goals.

Written by Harlyn Sorbona,
Chairwoman of Talim Island Chapter, WFWP Philippines

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