

WFWP USA Her Tribe Thrive - Inspiration For This Season To Uplift And Inspire

Kaeleigh Moffitt
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Dear ,

Need some inspiration this season? Our latest picks are here to uplift, inspire, and bring warmth to your family. From powerful stories of motherhood and resilience to meaningful gifts that nurture love and connection, we've got something to help you embrace the beauty of the season and grow closer together.



TIPS & TITLES

From One Mother to Another: The Quiet Wisdom I didn't Realize I Carried

Motherhood is full of unexpected challenges and joys, leaving us to wonder if we're doing enough. What if the real gift is the unspoken wisdom we share with one another? How can we support each other through this messy, beautiful journey?

An Empowering Perspective: Embracing the Quiet Wisdom of Motherhood

[Read now!](#)



TIPS & TITLES

Top 3 Netflix Shows for Moms Who Value Family and Strong Female Leads

Between juggling work, family, and a never-ending to-do list, finding time for yourself can seem impossible. What if the key is in embracing the moments that help us reconnect with who we are? How can we find shows that not only entertain but remind us of the strength and resilience we carry as women navigating life's challenges?

3 Shows Featuring Strong Women Who Inspire Resilience

[Read now!](#)



VOICES OF IMPACT

HerStory Podcast Episode 2: Leading with Compassion, Rooted in Love

In this episode of the HerStory Podcast, Rhia Luz, chairwoman of the Women's Federation for World Peace in Arizona, shares her heartfelt journey as a community leader, radio host, and mother.

Every conversation has the power to inspire.

[Listen now!](#)



FREEBIE FINDS

Grateful Gatherings: Thanksgiving Playlist

Elevate your Thanksgiving with this curated playlist of heartfelt tunes and festive classics that embody gratitude, family, and connection. Perfect for your holiday gatherings, it fosters warmth and appreciation, creating lasting memories with loved ones. Take your celebration to the next level!

A cozy playlist for your celebrations.

[Click here to get your freebie!](#)



CURATED CONTENT

A Brand New Book: The Family is the School of Love

Looking for a meaningful gift that will touch the hearts of both children and adults alike? *My Family is the School of Love* is the perfect addition to any family's bookshelf—a book filled with warmth, values, and love.

A Heartfelt Children's Book About Love, Connection, and Family

[Learn more!](#)

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WOMEN'S FEDERATION
FOR WORLD PEACE USA





From One Mother to Another: The Quiet Wisdom I didn't Realize I Carried

Written by: Tasnah Bercy, mother of two young children, artist, and event planner based in Kodiak, Alaska.

I left the familiar hum of my home, hopped into my car, and drove a short distance to visit a friend who had just welcomed her first baby. She was in those delicate, precious days of new motherhood—the ones where love and exhaustion often sit side by side. Her birth experience hadn't gone as she'd hoped, and as I drove, memories flooded back. I remembered my own journey: the unexpected emergency C-section with my first child, the intense process of becoming a mother, and the whirlwind of transferring off-island for my second child, holding out hope for a VBAC. It's been only three years, but motherhood has been rich with lessons, immense joy, unexpected heartache, and a love deeper than I'd ever thought possible.



As I entered her home, I was enveloped by the quiet, golden calm that settles in a house after birth—a sacred silence where time slows, and the whole world centers around one beautiful, new life. Her eyes filled with tears as I walked in—a mix of joy, relief, and even sadness, emotions she was still processing. She didn't need words; I knew, and she knew I knew. There's a bond that mothers share, even in unspoken moments, and I felt honored to be there with her in that space. In that moment, I was reminded of Mother Moon's words:

"A mother's hand soothes a stomach ache... her hands may be gnarled and rough, but in a few moments the child feels better. This is a practice based on love."

Her words capture the magic mothers carry in their hands, hands that soothe and heal, hands that carry quiet wisdom even when we don't realize it. I thought of all the moments my own hands had calmed, comforted, and cradled my children, even in my most exhausted and uncertain moments.

I remembered a similar moment after my son's birth, leaving the hospital. As my husband wheeled me down the hall, we passed a woman with a pregnant belly, waiting on the cusp of her own journey. Our eyes met in a silent exchange of recognition—a whispered blessing for what was to come.

This visit with my friend was simple, filled with quiet reassurances and gentle advice. She asked a few questions, and to my surprise, I found myself at ease sharing bits of what I'd learned—wisdom gained not from books or Google but from living these moments, day by day. I hadn't been able to have the home births I'd dreamed of, and it took time to make peace with that. But this journey has taught me to let go of what I can't control, to embrace the imperfect, and to surrender to the gifts motherhood brings, however they come.

As I held her baby boy, I realized how far I'd come. I felt the confidence that comes from hours of holding, soothing, and trusting my own intuition. I thought of all that lay ahead for her—the joys, the worries, the endless firsts. She had been there for me after my son's birth, training as a doula, bringing warmth and strength to our small, remote island community. Back then, I wondered how I could ever repay her kindness. Today, I realized: motherhood itself had given me that answer. This is what we do. We walk this path together, sharing, giving, and passing down the quiet, unspoken wisdom that only comes from living it.

As I stepped out of her house and closed the door behind me, I felt the circle complete itself. This is the beauty of the journey: the cycle of mothers nurturing and passing down what only a mother knows, one pair of hands to another, all grounded in love.





Top 3 Netflix Shows for Moms Who Value Family and Strong Female Leads

Written by: Kaeleigh Maffitt

Between the balancing act of work, family, and that endless to-do list, finding "me time" can feel like a dream. But when you do carve out that sacred TV-watching slot, it's so worth finding a show that resonates with all the roles you play. These three Netflix shows have strong, relatable women who juggle life's challenges, bring meaning to family moments, and show us that with a little resilience, we can take on just about anything.

So grab a cozy blanket, and get ready to dive into some truly inspiring storytelling!

MADAM SECRETARY

- *Synopsis:* *Madam Secretary* follows Elizabeth McCord, a former CIA analyst who becomes the U.S. Secretary of State, and trust me, she's unlike any political figure you've seen. Elizabeth juggles the complex, cutthroat world of global diplomacy with the ups and downs of family life. And while she's tackling crises on the world stage, she's also dealing with the day-to-day realities of raising kids and keeping her marriage strong.

- *Why You'll Love It:* Elizabeth isn't just a powerful woman on screen—she's a reminder of the strength we all bring to our roles as mothers, partners, and professionals. Her grit, humor, and honesty in balancing family and career might just make you feel a little better about the juggling act we do every day. Plus, her story makes us realize it's okay to be ambitious *and* family-focused. Watching her rise to challenges is not only empowering but also refreshingly relatable.



CALL THE MIDWIFE

- *Synopsis:* Set in post-war East London, *Call the Midwife* tells the stories of a group of nurse-midwives who work with expectant mothers in one of the city's most impoverished neighborhoods. The show's charm comes from the way it combines stories of life's beginning with the everyday struggles, joys, and heartbreaks of the women and families in the community.

- *Why You'll Love It:* This show nails what it means to be a woman who cares for others. As moms, we're often the healers and comforters in our own worlds, and *Call the Midwife* captures that beautifully. Each episode feels like a warm reminder of how women show up for each other and for their families. It's not just a feel-good show; it's a testament to the strength, compassion, and unspoken heroism that so many women carry. You'll laugh, you'll cry, and you'll leave feeling deeply connected to the universal experience of motherhood and community.



FRIDAY NIGHT LIGHTS

- *Synopsis:* *Friday Night Lights* takes us into the heart of small-town Texas, where high school football is life, and everyone has a stake in the at its core, this show is about relationships, at its core, this show is about relationships, family, and community. We follow Coach Eric Taylor, his wife Tami, and their journey as mentors and parents trying to navigate small-



moments and parents trying to navigate small town pressures and raise good kids.

- **Why You'll Love It:** This one hits home on so many levels. Watching Coach Taylor and Tami navigate the highs and lows of marriage and parenthood in a world that often feels like it's pulling them in a million directions? Sounds familiar, right? It's honest, it's real, and it



reminds us that we're not alone in trying to raise kids with strong values in a world that doesn't always make it easy. Whether it's a tough love moment with a player or a quiet chat over family dinner, this show is packed with heartwarming reminders that family and community are everything.

So next time you find that rare, quiet moment, these shows are here to recharge your soul and remind you that, as moms, we are truly the backbone of our families and communities. Happy watching, and enjoy the inspiration!



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Episode 2 - Rhia Luz: Leading with Compassion, Rooted in Love

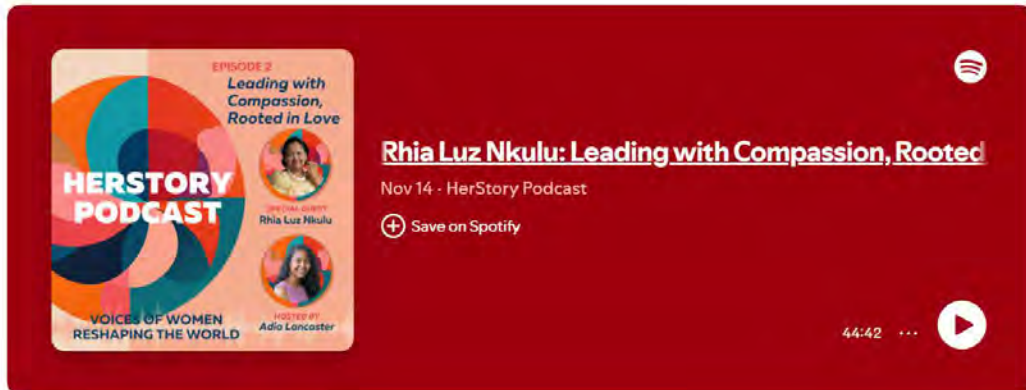
Written by: Grace Kisile

In this episode of the *HerStory Podcast*, Rhia Luz Nkulu shares her inspiring journey as a leader, mother, and advocate for peace. With over 30 years of marriage to her husband and as a proud mother of three daughters, Rhia believes that family is at the core of creating a peaceful world. As the chairwoman of the Women's Federation for World Peace, Arizona Chapter, she has dedicated herself to empowering women and fostering unity, both in her personal life and through her work. Rhia's leadership is grounded in love, respect, and a commitment to building meaningful connections with others.

Rhia reflects on the importance of collaboration in leadership, especially between men and women, and how mutual respect can strengthen both personal and professional relationships. She shares the valuable lesson she's learned from her marriage—how honoring each other's differences can lead to a deeper, more fulfilling partnership. For Rhia, leadership is not about competition but about working together in a spirit of love, kindness, and compassion.

In addition to her work as a community leader and radio host, Rhia is passionate about encouraging young women to embrace their unique gifts and live confidently. She offers practical advice on financial independence and the importance of setting goals, while also emphasizing the power of nurturing family bonds. Rhia's belief that love and service can change the world shines through as she shares her journey of overcoming challenges and finding strength in her faith, her family, and her community.

Throughout this conversation, Rhia Luz reminds us that when we lead with love, respect, and a commitment to uplifting others, we can create a lasting impact on the world. Her story is a beautiful testament to the power of feminine leadership rooted in compassion, collaboration, and family.





Freebie: Grateful Gatherings - A Thanksgiving Soundtrack

Add a little extra warmth and joy to your holiday with these tunes. Whether you're gathered around the table with loved ones or enjoying a peaceful moment to yourself, this playlist brings you comfort and a sense of gratitude. It's perfect for playing in the background as you share laughs, make memories, or simply enjoy the quiet moments with family. Wishing you a beautiful, cozy Thanksgiving filled with love and moments to cherish.

- **Purpose:** This playlist is designed to enhance your Thanksgiving experience, providing a backdrop for your gathering that encourages reflection, gratitude, and connection.
- **Usage:** Play the playlist during your Thanksgiving dinner, while preparing the meal, or as background music during family activities.
- **Discussion Points:** Use the significance of each song as conversation starters around the dinner table. Ask guests what they are grateful for or share memories associated with each track.



Fill out the form below to receive the private link of this playlist straight to your inbox.

CONTACT INFORMATION

First Name *

Last Name *

Email *

I want to receive emails at this address

I'm not a robot 

[Privacy - Terms](#)

Upon submitting this form, you will be added to our email list for monthly HerTribe Thrive. You can unsubscribe at any time. We will never share your information with other parties.





My Family is the School of Love – A Perfect Gift for Young Hearts and Growing Families this Holiday Season 🎄❤️

Written by: Kaeleigh Maffitt

Looking for a meaningful gift that will touch the hearts of both children and adults alike? *My Family is the School of Love* is the perfect addition to any family's bookshelf—a book filled with warmth, values, and love. This beautifully illustrated journey is designed to teach children about the deep connections that make family life so special, from the joy of sibling bonds to the tenderness of parental love. Through playful rhymes and timeless lessons, children are introduced to the Four Great Realms of Heart, a divine framework for learning and expressing love in all its forms.



This book is more than just a story—it's a heartfelt project from the Women's Federation for World Peace USA, with 100% of proceeds going to support their nonprofit mission. WFWP USA is dedicated to building a healthier, more peaceful world, starting with strong, loving families.

My Family is the School of Love is a thoughtful gift that will encourage families to grow closer together and inspire young readers to become compassionate, kind-hearted individuals. It's a holiday treasure that will nurture love and unity in the home, making it a perfect gift for young moms, grandmas, and everyone in between.

Give the gift of love and connection this season—order *My Family is the School of Love* and plant seeds of compassion and peace in your family's hearts.

[Purchase the book today!](#)

