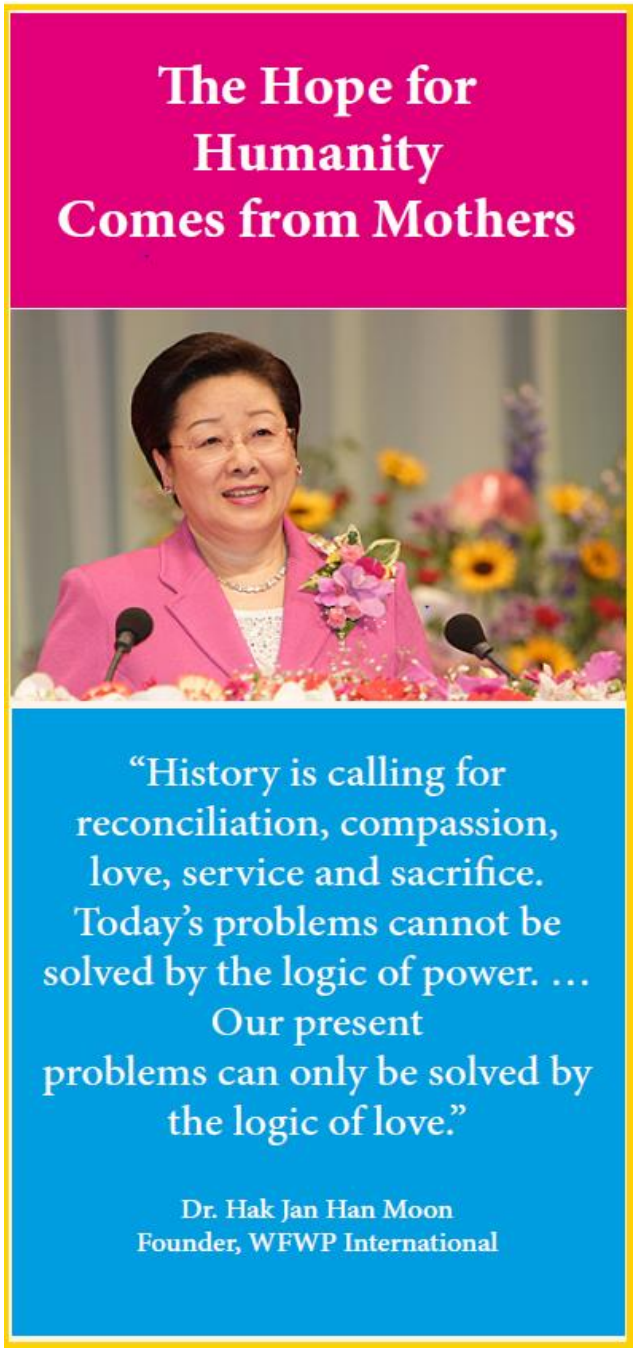
OCEANIA / S.E. ASIA WFWP NEWSLETTER

Issue 3 | 2023



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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.

International Association of First Ladies for Peace (IAFLP

Creating a Culture of Peace

July 23| Sokha Phnom Penh Hotel, Cambodia

Overview

- The International Association of First Ladies for Peace (IAFLP) is part of the Summit Council for Peace, one of the associations of the Universal Peace Federation.
- The Women Leaders session at the Asian Vision Institute International Leadership Conference (ILC) was held on April 23rd at 3:00pm under the theme, "Creating a World Culture of Peace".



Moderator: Mrs. Blessie G. Dhakal

International Coordinator, International Association of First Ladies for Peace | President, WFWP Nepal.



Mrs. Dhakal coordinated the program wonderfully with enthusiastic energy. She encouraged the audience to feel comfortable and relaxed for the smooth duration of the program.

She recommended that everyone remember the spirit of this summit in their hearts and continue their efforts to foster peace, equality, and prosperity for all.

Welcoming Remarks by H.E. Khieu Mealy

Advisor to the Second Vice-President of the National Assembly as Secretary of State|Senior Partner with Sok Siphana and Associates.



Her Excellency, Khieu Mealy, has been practicing law since 2004. Having extensive experience in Corporate Banking, Intellectual Property and Real Estate, she is part of the first generation of qualified registered arbitrators at the National Commercial Arbitration Center (NCAC). She has served as Vice President of NCAC. Khieu Mealy is CEDR's Accredited Mediator and currently sits as a panel lawyer for multiple banks.

In her welcoming remarks, Khieu Mealy emphasized that we should invest in the inclusion of women in all stages of conflict resolution, and in all aspects of development. "If we are to create a world culture of peace, we can't do it without engaging women in its process. Unfortunately, women's participation in peace is still restricted largely due to issues of vulnerability and stereotypical norms, making them prone to discrimination on social and political issues. When women are excluded from peace discussions, one can expect that their interests are not being addressed. Building a culture for peace requires an inclusive process to produce inclusive outcomes", she asserted.

Khieu Mealy shared that over the past three decades, Cambodia has seen substantial improvements with the Cambodian government prioritizing gender equality to achieve the Kingdom's goal of becoming an upper-middle-income country by 2030, and a high-income country by 2050.

Ms. Sophie York Dunkin

Barrister at the NSW Bar, Sydney Australia | Jurisprudence and Legal Ethics lecturer at Sydney University.



Ms. Sophie is an adjunct academic at Notre Dame University, a Red Cross trained instructor in the Law of Armed Conflict (International Humanitarian Law), and a Board member of Excelsia College.

"Peace is a state of being whereby people are relaxed within themselves because they can be trusting with one another. They are not in "survival mode" and are able to have the best interests at heart", Ms. Sophie stated. When peace has been fostered as a permeating norm, domestic and international culture flourishes. Ideas are shared academically, politically, artistically, and economically. Trade is bountiful when diplomatic and social visitations

take place. Tourism is abundant because people feel drawn to destinations that are safe and the locals are open minded, making these places a joy to visit.

Introducing four distinguished women who had profound impacts on peace, Ms. Sophie shared their methodologies of developing an empowering culture via education, creating positive, trusting relationships, and promulgating clear messages. These women were: Madeleine Sophie Barat, born in France in 1779, who at 23 founded a network of schools throughout Europe based through the Society of the Sacred Heart; Mary McKillop, an Australian born in 1842 who initiated the opening of 117 schools with the teaching conducted by nuns; Susan.B.Anthony, born in the U.S in 1820, who was a fearless campaigner for anti-slavery; and Sophie Scholl, born in 1921 in Germany, who during university, bravely rebelled against the Nazi regime and formed The White Rose with her brother.

Mrs. Grace Swe Zen Htaik

Visiting Professor of the National University of Art & Culture, Myanmar | President, UPF Myanmar | Member Myanmar Censor Board | Chairman Film Park Picture Co. Ltd | Vice-President, Myanmar IP Proprietor Association.



Mrs. Grace proudly mentioned that she is a film maker by profession. She became a social activist by chance, and a philanthropist by choice, out of her willingness to help people change their mindsets. She finished her first degree at the Institute of Economics Yangon, and continued to study Registered Law, French language, and Buddhism. She was granted a Media Fellowship from USC/LA and bestowed as Knight of Letters and Arts by the French Government.

Mrs. Grace adopted an interesting approach by providing us with beneficial tools to create a culture of peace by uplifting the creative energies within our minds. She shared that to change our mindset from the negative to positive, there are 4 methods. In order of effectiveness, these energies are love, willingness, trust, and courage.

Love involves forgiveness and understanding situations with clarity. It is only then we are ready to create love and build peace, resulting in joy and fulfillment. Willingness requires a shift in our mind to eliminate emotions that produce negative energy and focus our emotions on creative energy. An example of a negative emotion is when someone feels shame. Their brain frequency lowers. She/he then tends to humiliate others, and later feel guilt and blame. Trust derives from others and is earned by our efforts. Courage is the first step in creating a change in our way of thinking.

Dr. Samia Burton M.D.

Assistant Clinical Professor of Medicine, George Washington University School of Medicine | Diplomate of the American Board of Internal Medicine.



Dr Samia is currently practicing as a specialist in internal medicine and woman's health at Riverview Health Hospital, Indiana. She is a former chairman of the Internal Medicine Department at Riverview, and the Medical Director of Geist Primary and Urgent Care in Indianapolis. Dr Samia is also currently a member of the Congressional Club.

Dr Samia mentioned there were still challenges that women must overcome. Her personal examples include when she was studying for her medical degree. She explained that success comes when men and women work together. Dr Samia gave the example of Fred Astaire and Ginger Rogers, who lived during the 1930's and 40's golden era of Hollywood, where big musical movies danced their way across the screen and were famous all over the world. These were romantic movies with ballroom dancing that had complicated steps and grand flourishes, accompanied by a 50-piece orchestra. Fred Astaire was known worldwide as the greatest dancer of his time, and Ginger Rogers was famous as well! And remember, she did all the same complicated steps he did. She matched him, step for step. Everything he did, she did the same.

Quoting the messages of Dr. Hak Ja Han Moon and emphasizing women to unite to build a better and safer world for our children and families, Dr Samia concluded her speech with a very strong message that we all are one family under God.

Hon. Patricia Raynaud Lalonde

Vice President of French Think Tank GEOPRAGMA – having a realistic and pragmatic approach to geopolitics issues.



From 2000-2015, Hon. Patricia Lalonde spent 15 years working in Afghanistan to finance and build girls' schools and fight for women's rights with her NGO MEWA. She has organised meetings for Afghan members of parliament and Afghan journalists in France. Hon. Patricia was a Member of the European Parliament from 2017 to 2019, and part of the Foreign Affairs Committee Researcher at IPSE (Institute for Peace and Security in Europe).

Hon. Patricia Raynaud Lalonde told us about the painful reality of women in Afghanistan and shared that armed conflict affects women, men, girls, boys in different ways. Women and girls around the world face discrimination based on their gender. Displaced women and refugees are especially vulnerable. However, women also play a key role in preserving their communities, often acting as agents of peace and bringing the warring parties together at the negotiation table.

The UN Security Council Resolution 1325 (2000) on women urges member states, the UN, and other actors to address the following circumstances to:

- Promote and support women's active and meaningful participation in all conflict-prevention and conflict resolution mechanisms and institutions.
- Promote and safeguard the human rights of women and girls by taking special measures to protect them from sexual and gender-based violence.
- Promote women equal access to relief and services and ensure that their specific needs are considered.

Today 79 countries have established National Action plans on women, peace, and security to advance this agenda.

Hon. Patricia emphasized that giving rights to women is the only way for peace and suggested the need to organize an Asian conference on the issues of Afghan women. Women all around the world are the key to peace!

Closing Remarks by Mrs. Moriko Hori

International President, WFWP | President, WFWP Japan.



A warm thank you was given to the 5 presenters who shared their valuable insights, and to everyone attending the IAFLP session co-hosted by Women's Federation for World Peace International.

Mrs. Hori continued by sharing information about the Women's Federation for World Peace chapters in the 120 countries that she oversees; each chapter has remarkable, innovative programs to support local women in peacebuilding, development, and women's leadership capacities.

"How can we break the chain of conflict, trauma, and grief? How can we tackle all these devastating situations? How can we prevent leaving a negative legacy and bring healing, hope, and vision to the next generations?" Mrs. Hori asked the audience.

WFWP is convinced that strengthening the 'family' is the key to solving these concerns. WFWPI's co-founder Dr. Hak Ja Han Moon explained, "If women all around the world take one another's hands as sisters, their men would cease to fight and kill one another… and parents would no longer have to mourn the loss of their sons and daughters."

In her closing address, Mrs. Hori asked everyone to work together to break the chain of grief and suffering: "Let's strengthen families in our communities and countries! Let's educate the young generation and provide them with leadership opportunities! Most importantly, let's provide them with hope for the future!"



Submitted by
Anne Bellavance

WFWP International Vice-President, representing SE Asia & Oceania;
President, WFWP Australia

Global Women's Peace Network



Purpose: A network of women leaders and organisations dedicated to solving pressing social issues and securing an environment for human development. It seeks to ensure mutual prosperity and lasting peace through feminine peace leadership rooted in a culture of care, responsibility and education in family values.

GWPN inaugural assembly: the founders of WFWPI, Dr. Hak Ja Han Moon and her husband Rev. Dr. Sun Myung Moon called for a new era of women's leadership in peace building. The assembly highlighted the need for a body of NGO leaders, whose collective wisdom and judgment can complement the deliberations of the United Nations; which as a body of government representatives is overwhelmingly male. GWPN is a project of WFWP international.

International Leadership Conference (ILC) Asia Pacific Leaders' Assembly

Theme: Peace and Democracy

July 21 - 25 | Phnom Penh, Cambodia

I had the privilege to be invited to both the ILC, hosted by the Universal Peace Federation (UPF), and the Asia Pacific Leaders' Assembly with national and regional leaders from the Asia Pacific region, as well as some international leaders. WFWP leaders and our strategic partners, UPF, Youth & Students for Peace (YSP), and the Family Federation for World Peace & Unification (FFWPU), also attended.





A) International Leadership Conference (ILC) Peace and Democracy, July 21 – 23

UPF Ambassadors for Peace were invited by the Cambodian Government as observers for the General Elections held on Sunday July 23rd. In conjunction with the election observation sessions, UPF held a conference for these observers. Key WFWP leaders in the Asia Pacific were also invited to attend all events.



During the ILC, 65 nations and 14 international organisations were represented, with 8 sitting or former Heads of States and 235 participants in attendance. Our UPF and WFWP Co-Founder, Dr Hak Ja Han Moon (Mother Moon), spoke via video to participants during the introduction. A strong contingent of Buddhist leaders from Cambodia also participated. Separate sessions were held for three of the UPFs associations: International Association of First Ladies for Peace (IAFLP), International Association of Parliamentarians for Peace (IAPP), and the International Summit Council for Peace (ISCP). In conjunction, many high level bi-lateral meetings between the parliament leaders were facilitated. One highlight was that UPF International and regional leaders were invited to meet with the outgoing Cambodian Head of State, Hun Sen.

B) Asia Pacific Leaders Assembly, July 25-26



Back row: WFWP leaders from Mongolia, Philippines, Pakistan, Cambodia
Front row: Australia, Moriko Hori (WFWPI President), Thailand



WFWP International President, Moriko Hori, along with our Asia Pacific 1 International Vice-President (Vipa Thaveetermsakul) who resides in Thailand, myself as the Asia Pacific 2 International Vice-President, and a sprinkling of National Chapter Presidents from both regions, all attended the Assembly. Both Vipa and I presented best practices within our regions to all the Asia Pacific leadership within our strategic partners: UPF, YSP, and FFWPU. We had some downtime for sightseeing after the meetings and opportunities for friendly and social gatherings over lunch and dinner. It was wonderful to connect with the other organisations and learn about the situation in each nation. My takeaway was that Australia is extremely lucky; we have nothing at all to complain about! Gratitude and 'living for the sake of others' is the key to happiness and health, so let's spread this message together.

Written by Anne Bellavance
WFWP International Vice-President, representing SE Asia & Oceania
President, WFWP Australia

Australia



Theme: Resilient Leadership

July 1st | Victoria, Australia

Video Link: https://youtu.be/HaDqQehsoZQ

Overview

- A forum of transformative leadership for established and emerging leaders, with a focus on leadership of the heart. 2023 Theme: Resilience in Leadership.
- The Global Women Peace Ambassador award honours the leadership, achievements, and service of individuals for the benefit of others who stand on the common ground of universal moral principles, promoting reconciliation, overcoming barriers, and building peaceful communities.
- The Global Partner award honours organisations that work towards the realisation of the UN Global Development Goals, especially Goal 17: Partnership for the Goals.



What a fantastic way to spend Saturday!

Such an inspiration to walk into the conference room to the beautiful mindful music of the Hand-pan and steel tongue drum played by Sandy Dickinson. We were fortunate to have Sandy perform her magic during the registration, lunch, and afternoon tea networking sessions.

The day provided an opportunity to come together and engage in meaningful conversations filled with love and compassion. It was truly inspiring to witness the diverse perspectives on leadership and recognise the immense power of women's leadership in various sectors. Seeing so many like-minded women who wholeheartedly dedicate themselves to serving others was incredibly empowering. This networking event served as a reminder of the importance of WFWP's work, and how we can collectively contribute to creating a better society through our femininity and compassionate hearts.



The Assembly proved to be an enlightening experience to encounter numerous lessons that resonate deeply with participants. One of the key takeaways was the importance of selfless leadership, wherein leaders prioritize the well-being and growth of others above personal gain. Additionally, not to hesitate when asking for help, as it is a sign of strength and fosters collaborative problem-solving.





Emphasising the significance of connecting with like-minded and positive individuals, the Assembly highlighted the importance of cultivating a supportive network that encourages personal and collective growth.

Understanding one's true self emerged as another crucial lesson, highlighting the significance of self-awareness and authenticity. Moreover, recognising the power of self-care, enables us to sustainably contribute to the well-being of others.

Expressing gratitude was also emphasised, as it fosters positivity and strengthens relationships. Finally, an important reminder was to refrain from trying to ‘fix’ others (don't fix mix, as I am not broken) because everyone is unique and whole in their own way.



A big thank you to Dr. Shwetha Shankar, Odri Fernandes, Patricia Vaz from the GWPN Planning Committee, Preetah Bolaky, Jacinta Darbishire, Debbie Bruce from the WFWP VIC Advisory Committee, and our team of volunteer stars.

Shwetha, Patricia, and Odri from the GWPN Planning Committee





Opening address

Dr YeJeong DeGeer Kim - Vice-President, WFWP Australia | President, WFWP Queensland.

TOPIC: Resilience comes when you stay true to yourself and stay tuned for any spiritual guidance.



Dr. Ye Jeong is a renowned clinician and the Founder of Foot and Ankle Experts Health Clinic QLD. Her expertise lies in promoting holistic and long-lasting healing by establishing meaningful connections with her patients. She believes that resilience comes when you stay true to yourself and remain connected to spiritual guidance.

As the President of Women's Federation for World Peace Queensland, Dr. Ye Jeong is dedicated to empowering women and maximizing their full potential. She is passionate about fostering peace, supporting individuals, nurturing leadership skills, and uplifting successful women entrepreneurs.

Often, Life throws curveballs at you with no heads up, especially when you are leading a group of people with different minds, explained YeJeong. But we can wisely overcome collaboration challenges by being resilient and authentic to ourselves and aligning with our creator, God. YeJeong

has learned that “resilience in leadership comes when you are determined with good intentions and believe in the goodness in others and yourself. This method can get us through any situation. But only if you stay true to yourself and stay tuned for any spiritual guidance, God gives you.”

YeJeong shared her story of becoming a lead physician and owning the Foot and Ankle Experts Health Clinic. She has successfully served 4500 patients over the last seven years and raised her family by following this method.

“I stayed resilient as I never gave up on others' potential and believed in the possibility God gave me. Without resilience, I would not have been able to carry on my life goal and passion of helping others.” YeJeong shared tips on staying resilient, especially with ambitious young females who desire to find their true potential in being natural leaders.

Presenters

Tricia Malowney OAM – Chief Accessibility Advocate for the VIC Department of Transport.

TOPIC: Women with Disabilities are Resilient and Need to be Included in All Conversations.



Tricia provides advocacy consultancy to government and non-government agencies and is a senior member of the Disability Leadership Institute working to bring a gender lens to the Disability Sector, and a disability lens to mainstream services.

Tricia was awarded a Medal in the order of Australia for her advocacy work on behalf of people with disabilities in 2017. In 2013 she was inducted into the Victorian Honour Roll of Women for services to women with disabilities. She was the Inaugural President of the Victorian Disability Services Board and was Deputy Chair of the Victorian Disability Advisory Council.

Women with disabilities have often been excluded from developing strategies that affect our lives. We know now that they have been underestimated. The women who have guided my path through leadership have been women of great courage, who have used kindness and strength to show other women that we have much to offer.

A/Prof Magdalena Simonis AM – General practitioner, government health advisor, board director, and researcher with the University of Melbourne Department of General Practice.

TOPIC: Leadership is a role of service and kindness which amplifies a shared vision, through the provision of ladders which others can climb.



Magdalena is a trainer/facilitator with the Safer Families Centre of Research Excellence, which is dedicated to research and teaching around the management of family violence in primary care. A leading women's health expert and gender advocate who understands the complexity of the load women carry as carers of loved ones; Magdalena informs policy to breakdown systemic inequities.

She is the President of the Australian Federation of Medical Women (AFMW) a mentor for the National Women in Digital Health Mentoring and Leadership program and was the inaugural Chair of the Medical Women's International Association (MWIA) Mentoring and Leadership group (2019-2022).

Magdalena shared that the representation of women in leadership roles continues to lag due to systemic biases which perpetuate an 'imposter syndrome'. Women in leadership roles, have had to overcome many of these structural barriers, thereby creating their own unique qualities. With leadership comes accountability and the inherent expectation is that knowledge is passed over to others with kindness and a willingness to guide. Magdalena will share some of the stages in her own leadership journey and how this is being transferred to others, through mentorship.

Mary Jensen – Human Behaviour Specialist, Mindset Master, and professional keynote speaker.

TOPIC: Leadership Transformation - Aggression vs Heart.

Mary has designed, led, and built teams for over three decades with accolades and award-recognition, both locally and internationally. She is passionate about empowering people and driving change with individuals and teams that can be mentored and developed into quality high performance. She works extensively with CEOs, C-Suite, and Senior leadership teams to guide them through challenges. She trains and studies continuously in the latest models and methods of altering the brain and behaviour to accelerate her clients to become the best they can be.



Mary shared her story of personal transformation where after a 30-year finance career, she retrained in Human Behaviour and discovered that all her beliefs about leadership and success were wrong. Mary was totally in her masculine energy. She trained again in human behaviour and discovered a completely different way – Leading from the heart.

AWARDS

Global Women Peace Ambassador Award

Three outstanding women received the prestigious Global Women Peace Ambassador award for their exemplary peace building and values focused leadership within their fields of expertise. Global Women Peace Ambassadors are leaders from all sectors of society and walks of life dedicated to building a worldwide community of peace through applying the peace-building principles essential to WFWP, 'living for the sake of others.' The award honours the leadership, achievements, and service of individuals for the benefit of others who stand on the common ground of universal moral principles, promoting reconciliation, overcoming barriers, and building peaceful communities.

Awardees:

Venerable Bhikkhuni Bodhicitta - Spiritual Director of Nisala Arana (International Centre for Inner Peace and Happiness)

Prof Catherine Crock AM – Founder and CEO, Hush Foundation

Tua Manase-Ale – Samoan leader



Left to Right: Dr Shwetha Shankar, Odri Fernandez, Tua Manase Ale, Venerable Bodhicitta, Prof Catherine Crock AM, Daniella Greenall, Lorena Hayes.

Global Partner Award

Global Partners stand on the common ground of shared values and are committed to the path of promoting reconciliation, overcoming barriers, and building peace.

Four organisations received the Global Partner Award in honour of the organisation's achievements and efforts alongside WFWP towards realising the United Nations Global Development Goals, especially Goal 17: Partnership for the Goals.

Awardees:

Hush Foundation - founded in 2000 by Professor Catherine Crock AM, after she sought to enrich healthcare environments for both patients and staff through music and the arts.



Days For Girls (Wandin East Chapter) - Lorena Hayes and her team work tirelessly sewing to create the kits and fill the demand. Since 2015 the Wandin East team has completed and distributed more than 2000 DFG Kits. WFWP Victoria then distributes the kits to the Pacific Islands through our regional chapters.

Doug's Mini Movers - Doug Greenall and his team have been supporting WFWP Victoria's Global Development & Aid projects since 2015 by delivering pro-bono our boxes of sewing machines, fabric, and books to shipping companies operating between Australia and the Island Nations of the Pacific.

Creative Vision Coaching - With a pledge to, "bring yourself on this journey to a love-filled self-discovery and we will celebrate you all along the way, we promise", Creative Vision Coaching Co-Founders, Shwetha Shankar and Odri Fernandes have partnered pro-bono with WFWP in the development of the GWPN and the 'Leading into the Future' mentor program.

Declaration & Commitment



A GWPN signing declaration was undertaken by committed women ready to take the lead in realising a world of peace by bringing together a Global Peace Network of leaders, organisations, and governments committed to solving pressing social issues and securing an environment of equitable human development.

In signing, we declared to take the lead in pioneering the path of active women peace leaders, exercising the values of maternal love, compassion, service, and sharing (which until

now have been excluded from most leadership and development strategies), and encourage peace through education, cooperation, and solidarity.

Reflection from Participants

“Hearing speakers talk about what leadership means to them and how they have reached their goals and learned their lessons was not only inspiring but also gave me clarity in the process I want to follow in becoming the leader I want to be.”



“The event was wonderful; the environment was a very encouraging judgement free zone.

Able to connect and build each other, loved it! Looking forward to becoming a member too.”

“It was fun, educational, well organized, with a high spirit. Passion and empowerment”

“I feel empowered by meeting all those inspirational women coming from different backgrounds who had to come over so many barriers to be able to reach where they are. Amazing stories!”

“An inspiring event of women sharing their stories and paths to build synergy. Incredible event with focus on women’s leadership and empowerment.”



“The 2023 GWPN Assembly centred around the theme of Resilient leadership and fostering a culture of compassion, it was a truly empowering gathering of women from various fields. Tricia Malowney OAM, a strong advocate for women with disabilities, shared her experiences and emphasised the importance of respect. Professor

Magdalina Simonis, as the President of the Australian Federation of Medical Women, led discussions on kindness in leadership and offered guidance to young healthcare professionals in achieving their goals. Mary Jensen, a specialist in human behaviour, imparted her wisdom about transforming leadership styles from aggression to a more heart-centred approach.



The speeches delivered by these remarkable women left a lasting impact on the attendees, who were moved to both laughter and tears. Together, we celebrated femininity and supported one another, affirming our roles as women leaders in various sectors."

PARTNERS and SUPPORTERS

Hosted by:

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.

With Support from:

City of Monash

https://www.monash.vic.gov.au/

Written by Anne Bellavance

(President, WFWP Australia)

Way2Happiness and Peacebuilding Seminar Series

Theme: Mind and Body Unity

August 5 | Melbourne, Australia

Video link: https://youtu.be/MzRkUdWvDDc

Overview

- The seminar series focuses on the three pillars of finding meaning and connection by:
    1. Managing oneself well through mind and body unity.
    2. Managing our relationships well.
    3. Managing our relationships effectively with our natural environments.
- A holistic life education approach to nurturing positive people, fostering educational opportunities, developing global citizens, promoting common benefits and sustainable developmental practices.



Thirty participants attended the seminar in-person, while four joined online from Melbourne, Sydney, and Adelaide. Five interfaith groups were represented.

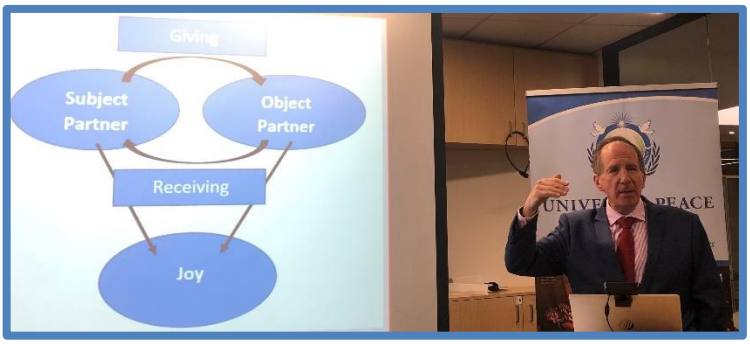
This third seminar in the series focused on the importance of mind and body unity in fulfilling one's life purpose and reaching goals. Each twenty-minute presentation was followed by fifteen minutes of group discussion and Q&A with the speaker. The interactive program enabled participants to share insights on each topic. Preetah Bolaky (left), board member of Women's Federation for World Peace Australia, was the master of ceremony.



Presenters

Dr John Bellavance

Topic: Subject and Object Relations and the Way2Happiness



Dr Bellavance is a Global Vice President of Sun Moon University (SMU), Oceania Coordinator for the International Association of Academicians for Peace, Vice-President of UPF Australia, and Chair of UPF Victoria.

During the morning session, John explained the ways a relationship between an individual's mind and body largely determines the person's value. This involves how they effectively behave in their world (morally and physically), as well as their mental and physical health. Mind, body and human relationships exist in a subject and object relationship. Love and joy are outcomes of giving and receiving between subject and object.

Dr Val Rytova

Topic: Managing the Mind & Body Well - A Neuroscientific Perspective



Dr. Val Rytova is a Neuroscientist who is passionate about empowering people to gain clarity about their brains. With a PhD focusing on brain mechanisms underlying fear-related and anxiety-related behaviour, Val's expertise supports the benefits of yoga & meditation practices. She is currently a researcher, teaches at Victoria University, is a mother, and an avid kite surfer.

She discussed the impact our daily habits have on our brain, and the power the brain has on every part of your life, ranging from your personality and characteristics, to your ability to connect with others and express emotions. She clarified how your brain works, what shapes our behaviour, understanding the difference wellbeing practices can make on the nervous system and our life, and how it alters our brain. This session empowered participants to understand how we can change our livelihoods.

Rev. Daniel Meadows

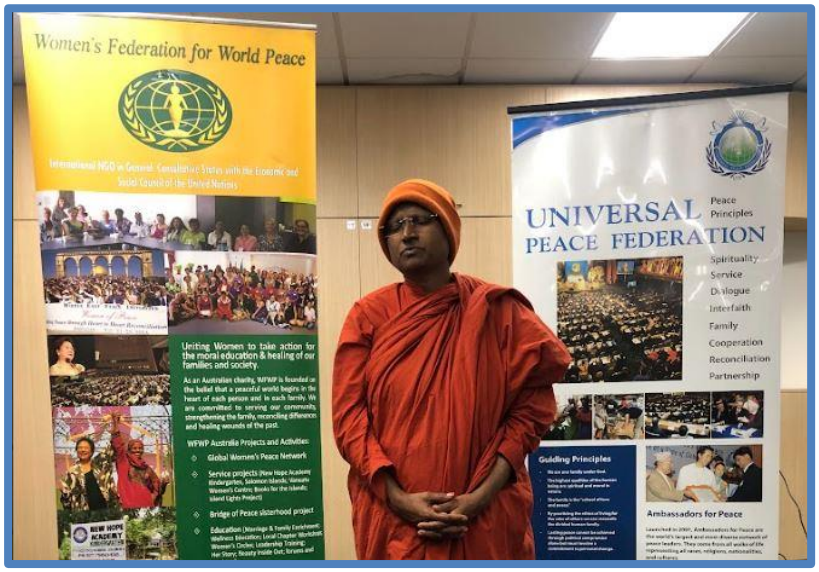
Topic: Emotional and Spiritual Intelligence - Mind and Body Unity



Pastor Daniel Meadows is the Victorian Director of FFWPU Australia.

Daniel presented an important method to bring our mind and body into unity, which is through practising emotional intelligence (EQ) and spiritual intelligence (SQ). Emotional Intelligence is manifested as empathy, self-awareness, self-control, the ability to be aware of one's emotions, and respond appropriately to the emotions of others.

Venerable Bhikkhuni Bodhicitta



Venerable Bodhicitta a Theravada Buddhist Nun practicing in Melbourne and Sri Lanka. She has a Bio-Medical Science degree from Monash University and is the Spiritual Director of the International Centre for Inner Peace and Happiness.

We were blessed to be guided by her in a mindful meditation.

Dr Jennifer Ji Huang

Topic: Managing Mind and Body Well and Setting Goals



Dr Huang is a lecturer at RMIT University, a member of the WFWP, and part of the VIC Advisory Committee.

She spoke about an important method to bring our mind and body into unity, which is by setting goals and working to achieve them. Setting goals is a practical application of self-control. Setting goals enables personal growth and the ability to achieve our potential. When goals are reached, we experience personal rewards such as satisfaction and external accomplishments, resulting in experiencing positive emotions. In general, we are not happy unless we see ourselves progressing.

Reflection from Participants



"Very well done. The seminar gave food for the soul and was a profound experience."

"Thought provoking & insightful. Wonderful first experience, would attend future events."

"Great speakers and good discussions, honesty, and vulnerability. Lots of take aways with regards to self-development strategies."

PARTNERS

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.

Universal Peace Federation (UPF) is an NGO in General Consultative Status with the Economic and Social Council of the United Nations. We support and promote the work of the United Nations and the achievement of the Millennium Development Goals - www.upf.org

Family Federation for World Peace and Unification (FFWPU) is comprised of families from around the world striving to establish a world of peace and unity among all peoples, races, and religions as envisioned by Rev. and Mrs. Sun Myung Moon and to embody the ideal of true love, which is to live for the sake of others. FFWPU champions three ideals: family, peace, and unification. https://www.familyfedaustralia.org/

Written by Dr John Bellavance
Vice-President, UPF Australia
Chair, UPF Victoria



Solomon Islands

UN Pasifika Scholarship Fund: Myo Eun Masuaku

July 5 | Honiara, Solomon Islands

"We all have dreams but in order to make them a reality, it takes an awful lot of dedication, determination, effort and self-discipline" - Jesse Owens.

Since I was 10 years old, it has been my dream to study combined degrees consisting of a Bachelor of Arts and Bachelor of Law to become a lawyer/legal advisor. Graduating with a Bachelors of Arts/ Bachelors of Law encourages the best of both worlds, as it allows me to become a highly versatile, knowledgeable and well-rounded individual that can proudly contribute to society's growth and development.



Myo with her classmates. Myo is 3rd from the right.

As a freshman studying English Foundation (LLF15) at the University of the South Pacific, Solomon Islands branch, I thought it was just going to be another English course. Upon reflection, I've learnt so much more than I ever anticipated. When I first started college, I was very quiet, reserved, and

conservative, but as I continued with my studies, I have grown into a much more open-minded person.



Throughout this LLF15 course, not only have I been able to learn how to be an active listener and speaker, but I understood my strengths and weaknesses. This course has four units. It involves applying research and information skills, as well as distinguishing and recognizing the integrated nature of reading techniques and note-taking.

Myo (on the right) with her friend.

In the second unit, I worked on summarizing, paraphrasing, quoting, analysing, referencing, and synthesizing information from a variety of sources.

In the third unit, I learnt ways to promote critical/logical thinking skills, foster planning/creativity practices, and implementing academic writing conventions/structures. During the fourth unit, I learnt how to effectively use key rhetorical concepts through analyzing and composing a variety of texts.

Studying in university can sometimes be tiring and difficult. The challenges I encountered range from a lack of motivation, low productivity, difficulty with concentration and procrastination, as well as time management struggles.



Even though it's not easy, I've managed to slowly overcome these challenges by learning to better manage my time, steering clear of distractions (friends and social media etc.), breaking tasks into manageable chunks and giving myself a well-deserved 'me time'.

Myo with Mum and Dad

It is also important that I give myself credit for the little tasks that I've accomplished too. The first semester has been a roller coaster filled with ups and downs, but despite all that, I've managed to successfully complete this LLF15 course, earning a B+ (which is a pass with credit) grade.

Written by Myo Eun Masuaku

Pasifika Scholarship Fund:

The Pasifika Scholarship Fund was initiated in 2017 by WFWP Australia. WFWP Australia is committed to provide women with opportunities to access empowering university education and who are passionate about getting an education, but who would otherwise never be able to do so.

Scholarship recipients are those and who align their beliefs and goals with the values of 'Living for the sake of others' and who seek to give back to their community once graduating.

On condition that grades are maintained, funding is provided throughout the tertiary education course.

Fiji

Moral Education Workshop

May 26 | Suva, Fiji

Overview

- To encourage and strengthen participants' family, social, community and personal values.
- To inform, educate and discuss moral and religious values, which include teachings from the Divine Principle, and its intrinsic importance to collective individuals.



The Moral Education workshop provided educational and informative opportunities to empower women to learn about the importance of moral values within our daily lives. The workshop covered helpful advice about practical parenting practices for families, as well as beneficial information for appreciative university students to reflect on their values and beliefs about the world today.

The first presenter at the workshop was our WFWP Fiji President, Sharila Prasad Lazarus. She spoke about the following topics: the importance of maintaining a positive temperament, an overview of moral education principles and conscious efforts to implement virtuous characteristics, especially in relation to the Head, Heart, and Hand principles. During her presentation, she discussed the impact, influences and issues involving social media, advertising, and popular entertainment. In addition, she emphasised how families and children dealing with social and socio-economic hardships are affected by the lack of opportunities to engage with moral education practices.



Based in Sydney, Brother Santosh Neupane from the Universal Peace Federation presented a virtual online lecture during the workshop. It was an extremely comprehensive discussion about maintaining and upholding the educational virtues of good character based on the teachings of Father and Mother Moon.

Our final presenter was Sister Lusiana, a teacher and nun who teaches theology. She is an experienced educator who teaches communities based in the South Pacific region. During her presentation, Sister Lusiana shared her personal experiences about how much of an impact one can make when people choose to uphold and implement positive spiritual values, and beliefs in their lives. Furthermore, Sister Lusiana encouraged the need for individuals to engage with spirituality and religious practices to cultivate and instil values of moral education and character.

Reflection from Participants

"This workshop enabled me to look back at my values, my character and to see if I have continued to enforce the same [qualities] for my future generation." - Dr Rufeena

"Over the years as people age, they tend to forget these values and morals in life, but such platforms refresh [our knowledge] and help us realise its importance." - Aruna, community worker and WFWP member

Written by Sharila Lazarus
President, WFWP Fiji

UN International Day of Yoga

June 21 | Suva, Fiji

Overview

- The UN International Day of Yoga is an important program that acknowledges and supports Sustainable Development Goal 3; to ensure healthy lives and promote healthy well-being among people of all ages.
- WFWP Fiji has conducts this program every year.



During this fun-filled one hour yoga program, participants were also provided with light refreshments and exciting opportunities to network and take group photos.

Our lovely participants ranged from young, middle aged, and elderly women from all walks of life. Attendees were from the Indian High Commission Women's Wing, Nasinu Women's Club, university students, new guests, and WFWP members.





Participants appreciated and valued how the program encouraged holistic yoga practices to cultivate inner peace through mind, body, and soul unity.



Mrs Rashmi Ahlawat, our yoga instructor with a remarkable set of versatile skills, has been conducting weekly yoga sessions for about a month with WFWP Fiji to help prepare to celebrate this wonderful event.

The UN International Day of Yoga will be held again on June 21st, 2024.

Reflection from Participants

“Amidst my busy schedule, I never had the time to participate in yoga programs but was glad I could join. At the end of the program, I found myself feeling great contentment and peace.” - Gyan

Written by Sharila Lazarus

President, WFWP Fiji

Philippines

Empowering Women as Peacebuilders and Leaders in their Families

July 19 | Mindanao Island, Philippines

Overview

- Mrs. Almera Grace Mayo presented a lecture at the Senior Citizen's Building in the municipality of Naawan, situated within the Misamis Oriental Province.
- She discussed moral values and emphasized on the importance of peaceful living to all the male and female Seasonal Farm Worker applicants bound for South Korea.



During her discussion, Mrs. Almera Grace Mayo gently reminded the participants the importance of family values while working abroad. Making income should not only be their goal, but to positively maintain and strengthen their attachments with family members as well. One must never forget that the family must be unified in the heart in order for them to overcome their struggles that comes with being physically separated. She also talked about the importance of living as peaceful

role models, especially since all the participants are representatives of their families, municipalities and the Philippines, during their employment in South Korea.

There were approximately 150 participants in training, taking their first steps towards a greater goal. She stated that “A journey of a thousand miles begin with a single step” by Lao Tzu.



Mrs. Almera Grace Mayo said that participating in the training session wholeheartedly was their first step in achieving their goals. It is in this willingness to take the first step, followed by many others, that their goals will allow them to reach their fullest potentials. Furthermore, she discussed the empowerment of women as peace builders and leaders in their families to transform societies, nations and the rest of the world, as well as the importance of family as a school of love.

Mayor Dennis L. Roa, together with the Local Government Unit organising the meeting, was interested about the women empowerment highlights during the presentation. He expressed enthusiasm in connecting their women’s organization with the Women’s Federation for World Peace afterwards.

Mrs. Almera Grace Mayo was delighted by the feedback and promised to visit the Mayor’s office to further discuss the possibility of building connections and creating networking events to empower more women in the community.

Written by Almera Grace Mayo
President, WFWP Philippines

Ethical Radio Reporting

June 25 | Philippines

Overview

- Mrs Almera Grace Mayo met with a radio station manager and fellow staff members to converse about the ethical and social responsibilities of radio reporters using social media platforms.
- Their group discussion included the kinds of impact reporters had on influencing its listeners and the importance of responsible and accurate radio reporting.





Mrs Almera Grace Mayo also spoke live on Radio Bandera Cagayan de Oro about WFWP's approaches to resolving the occurrences of domestic violence among women. Their discussion elaborated on the Anti-Violence Against Women and Their Children Act (VAWC), which is a law that protects women and children from various acts of physical, sexual, psychological, and economic abuse. The VAWC law provides protective measures and legal rights for all its victims. She encouraged adopting healing and reconciling solutions, which included conducting educational and compassionate seminars for couples to work on improving family relationships based on trust, respect, communication, and love.



Written by Almera Grace Mayo

President, WFWP Philippines

The Role of Leaders in Achieving Peace

July 9 | Mindanao Island, Philippines

Overview

- Mrs. Almera Grace Mayo conducted an event at the Barangay Hall, Poblacion, based in the municipality of Manticao within the Misamis Oriental Province.
- The orientation was attended by the barangay captain, Hon. Zebul Ratunil, four barangay councillors and 20 women leaders.

This event was about the importance of leaders in adopting peaceful means to resolving conflicts and misunderstandings. Leaders also serve as positive and inspirational role models within their homes, which reflect the values and attitudes of their communities.



During her presentation, Mrs. Almera Grace Mayo, President of WFWP Philippines discussed the Four Great Realms of Heart. This concept encourages individuals, regardless of gender, to develop and nurture their abilities to give and receive love from the heart, as well as learn about the resemblances of an invisible God in creating sons and daughters. There are a variety of aspects of intended love according to the Four Realms. They include in family homes, where children are loved unconditionally by their parents; siblings' love and affection; the union of men and women in matrimonial love through procreation and raising children.



Mrs. Almera Grace emphasised women empowerment and the importance of the role of women as peace builders in their families that will transform societies, nations and the rest of the world. She also acknowledged a quote by True Mother, in which "Women should play a major role in world history by serving as one the wheels of the tractor, pulling the construction of a peaceful world, together with men."

In addition, she elaborated on the idea of love as a prevailing value. Love does not exist for ourselves, but for others. Mrs. Almera Grace pointed out that true love begins when we sacrifice ourselves and live for the purpose of loving others. True love is altruistic, as it is constantly giving back to others, freely and willingly. The only way we can truly demonstrate true love is when we give without demanding or expecting anything in return, to the extent in which we have forgotten that we have given something at all.



Throughout this presentation, all the participants expressed their gratitude in attending the meeting. They conveyed interest in conducting more similar seminars and suggested that this topic should be shared with many more women.

Written by Almera Grace Mayo
President, WFWP Philippines



Malaysia

Upcycling Handicraft Workshop

July 22 | Petaling Jaya, Malaysia

Overview

- Thirty-five participants gathered at the Dewan Serbaguna Seri Setia community centre to participate in a half-day Upcycling Handicraft Workshop using recycled beverage sachets. This workshop was co-organised by WFWP Malaysia and the Seri Setia New Village Community Management Council (MPKK).
- Experienced chief instructor, Madame Chai Ah Choo, led the workshop demonstration. She showed how the sachets could be cut and folded into strips, which would later be used to weave artistic baskets and handbags.



In June 2023, WFWP Malaysia launched the Green Culture Initiative Campaign to promote public awareness about caring for our natural environment. The initiative included a workshop which aimed to empower women from disadvantaged communities and equip them with practical skills to earn additional income to support their families. The workshop was also open to any participants enthusiastic about craft-making and focused on the potential of repurposing used beverage sachets into handcrafted, colourful baskets and handbags.



Two Sachet Collection Points were set up at the Peace Embassy and at the Sungai Way Historical Corridor. WFWP members approached NGO's and local residents to promote the campaign. Exhibition booths were also established during this event to increase awareness about this exciting initiative. Participating family members were instructed how to cut, wash and dry the used beverage sachets before dropping them off at the collection points. The campaign received excellent responses from the community, with over 4,000 sachets collected in less than a month.

The official Upcycling Handicraft Workshop was finally conducted on July, consisting of 26 guests, 7 WFWP members and 2 VIP's. During the session, all the participants were divided into smaller groups to start weaving their first baskets and handbags. This was facilitated by an experienced instructor guiding each group.



"It was a new experience at the handicraft workshop. I haven't done handicraft for a long time and was having difficulty following the steps," said one of the participating retirees. "Fortunately, the instructors were very patient and soon I was able to confidently weave. They also supplied me with materials to practice my skills at home. I really appreciate it."



President of WFWP Malaysia, Madame Lina Cheng, expressed WFWP's hopes to empower women with beneficial skills to help them earn a living. Mr Ong Yew Thai, Councillor of MBPJ Zone 20, and Mr Ding Eow Chai, President of MPKK Seri Setia, were also present at the workshop. They both emphasised the importance of protecting the environment and commended the hard-working efforts of WFWP Malaysia.



WFWP Malaysia would sincerely like to thank all volunteers and well-wishers who have helped collect and prepare the used sachets throughout this two-month Go Green campaign period. There is still much work to be done to protect our natural environment, Mother Earth, and we call upon the public to actively participate in sustainable initiatives to create a green future. #WFWPGoGreen

Reflection from Participants

“It was a new experience in the handicraft workshop. I haven't done craft in a long time, so I was having difficulty. But the instructors were very patient and soon, I was able to work on it. They also supplied me with materials to work with at home. Thank you all very much! It was, indeed, an interesting afternoon.” – Kalyani

“Thank you very much to all the instructors and WFWP staff members. For me, it was a bit difficult to understand the first time. But I didn’t give up and watched YouTube. I tried my best to finally finish my basket. Thank you very much for giving me this experience!” - Miyata Mishiko

“Good afternoon! Thank you to all the WFWP staff members and teachers for organizing this fantastic upcycling handicrafts workshop. It provided us with the opportunity to learn, enjoy, and get to know each other. The high tea was delicious too! Special thanks to Teacher Siew Mui for her excellent teaching and patience. I just completed my first product and I'm grateful for the guidance.” - Tan Poo Tin

“I never expected the sachets that we throw away every day could be made into such beautiful handbags!” - Evon, a Kampung Baru Sungai Way resident

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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.

With Support from: Seri Setia New Village Community Management Council (MPKK)

Written by Wan Tan

Secretary, WFWP Malaysia

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Pasifika Scholarship Fund: The scholarship is committed to providing young adults living in the Pacific Islands an opportunity to access empowering education programs, and supports young adults who are passionate about getting an education to become future leaders, and who align their beliefs and goals with the values of WFWP International, 'Living for the sake of others'.

Pasifika Micro-Credit: Taking a partnership approach between WFWP Australia and the WFWP Chapters within the Pacific Island Nations, Pasifika Micro-Credit aims to empower women in the Island Nations of Oceania by directly investing in their business idea, economic activity or micro-enterprise with a micro-credit loan.