WFWP
OCEANIA NEWSLETTER

Issue 2 | 2021



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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.

Australia

Mindful Meditation Retreat

Saturday June 19th | Victoria, Australia

Overview

With 72 attendees, 5 guest speakers and 6 exhibit tables, the Retreat goals were:

- Increase community awareness regarding the impacts of stress
- Educate the community about stress management and self-healing practices
- Provide the community and local business with an opportunity to network and promote their services
- Provide the community with a fun, engaging and informative day of healing and holistic health practices

After participants registered, they received a complimentary nutritious organic breakfast and had an opportunity to engage with table exhibitors showcasing a range of healing services, therapies, health, and sustainable products.



Exhibit tables:

- Ambika Achanta – Chakra Healing/Melbourne Float House
- Kathy Ashton – 'Flourish' Nutritionist

- Catherine De Jong – Spiritual Healer, DNA Wellness Company
- Carolyn Irons – Bowen Therapist
- Susie Zhang – Chinese Medicine
- Phoebe Preuss – Living Koko (sustainable Samoan Coco Products)

Moderator and Coordinator



Suzanna Hoffman is an educator in Primary school settings. She is the Manager of Events for WFWP Victoria and part of the WFWP Victoria Advisory Committee. During the Retreat Suzanna moderated throughout the day and coordinated the event.

Presenters

Anne Bellavance – Introducing WFWP



Anne is an educator in Secondary school settings. She is the WFWP Australia National President and a WFWP International Vice-President, representing Oceania.

Anne shared WFWPs fundamental philosophy of 'living for the sake of others' that our Founders, Dr. Hak Ja Han Moon and her late husband, the Rev. Dr. Sun Myung Moon expressed in the founding of WFWPI.

When a person's mindset focuses on 'me, myself and I' an inward spiral of self-gratification is created, leading to depression, which in turn results in poor rational and logical thinking. It is the mindset of unselfish giving and caring for the greater whole that allows a person to reverse this cycle and think of others, leading to finding joy and happiness through giving, which magically leads to others giving back.

Venerable Bhikkhuni Bodhicitta - Managing Stress and Application of Meditation

Ven. Bodhicitta is a Sri Lankan Theravada Buddhist nun with over 25 years' experience in meditation. She is the Spiritual Director of International Centre for Inner Peace and Happiness.



Venerable shared there are two components to stress, the mental and the physical. The traditional teaching of Buddhism is to live a meaningful life where people look after each other, and the environment. How you live, gives peace of mind and happiness. This is achieved by serving others.

When Ven. Bodhicitta grew up, her mother would say, "Instead of buying an expensive pencil case, why not purchase the cheaper one? Then you can bring the rest of the money for those who do not have a pencil case. Which way do you choose?" In the Buddhist culture, people don't compete. There was little stress, and people were happy. People did not seek work to gain money, but to serve and help others. They were happy with what they had. In the West, people do not think this way! The Buddhist teaching was how to live a life without suffering caused by stress.

When we are self-centred, our mind and body work opposite each other. But, when we work selflessly, our mind and body work together in harmony. When we are self-centred, our ego grows, and we want to remove what we do not like. But what if this decision hurts others? What if what is uncomfortable for me is in fact needed. Buddha taught how to live a balanced life and make decisions and choices that have the most benefit for everyone.



Meditation is not just about the breath, but catching the minds self-centred thoughts and letting these thoughts go. Buddhist meditation is about controlling not only the body, but also controlling the mind. Meditation is not just an exercise, but a way of living and having thoughts to wish all beings well. This takes the mind away from 'me' to 'others'. A happy mind is always thinking about sharing with others, and preventing random self-centred thoughts coming into the mind. If we look after the mind, the body will look after itself through the sympathetic neural pathways. The problem with Western culture is the focus is mainly on the body!

"May all things be well and comfortable and happy."

Fipe Preuss - Pasifika Movement Workshop



Fipe is a Samoan entrepreneur, Community Cultural Development Practitioner and Marine/Environmental Activist. She is co-founder of Living Koko. As a teacher of traditional Pasifika dance, Fipe is Artistic director and founder of Vaiusu, a culturally safe theatre and production company.

The workshop was an opportunity to share cultural knowledge and connect with nature through recognising our position within the eco-system and opening ourselves to kincentric ecologies (indigenous perceptions of the human-nature relationship).

Polynesian Indigenous Dance movements help to nurture us at a fundamentally grounding level. Dancing together in movement as one, as a community we bring forth a story. Traditional movement connects us to our tuaa (ancestors), our history, and with a few wahine (Polynesian's) in the group, it triggered powerful emotions that were acknowledged and released gently through the dance.



By knowing the narratives behind each movement of Pasifika dance, participants support a respectful relationship with the environment and a gentle way of loving ourselves.



Anita Davine – Stillness Meditation

Anita is a former Religious Sister and Educator. She is a giver of the First Spiritual Exercises of Saint Ignatius of Loyola and a Stillness Meditation Therapy Teacher and engaged as a volunteer Retreat Giver, Stillness Meditation Therapy Teacher, and an active participant in the Dandenong and Monash Interfaith Networks. Stillness Meditation Therapy (SMT) was developed by Australian psychiatrist Ainslie Meares and later adopted by Pauline McKinnon.

In her book, Living Calm in a Busy World, Pauline describes SMT "as a

simple practice that relieves anxiety and achieves relaxation, serenity, resilience and better health through the natural experience of profound physical and mental relaxation, free of dogma, focus or effort of any kind."

Anita used a gentle, slow, and carefully narrated script to provide physical and mental relaxation. It was wonderful to witness the stillness and silence during this practice, characterised by extreme simplicity and a profound naturalness.

"Be still, and know that I am."



Catharine de Jong – Heart Centred Meditation



Catharine is an Alternative Therapist, Spiritual Healer and Founder of the DNA Wellness Company, with over 30 years of experience in this space.

Heart Centred Meditation is active meditation with an emphasis on opening and connecting to the heart. Participants moved in unison using Tae Chi style motions that focused on bringing energy into the body and directing it towards the heart. The activity was gentle, fun, repetitive and easy to do.



Tilsa Thomas - Laughing Yoga

Tilsa is a Laughter Yoga Leader, a Pellowah and Reiki Practitioner and Kinesiologist.

Laughing Yoga reduces and manages stress to enhance wellbeing at an emotional, physical, and mental level.

It combines playful exercises to stimulate laughter and combines yoga breathing that anyone can do anytime, anywhere, resulting in health and happiness.



It is a fun, social aerobic exercise program, that enables people to laugh even when they do not feel like it, with eye contact the laughter becomes real. Laughter yoga is the opportunity to laugh, breathe deeply, smile, move, feel connected and relax.

Reflection from Participants



It was beautiful to witness everyone laughing, smiling, and having a jubilant time even after some people gasped when I said we would laugh for 15-30 minutes. I love how a laughter session touches everybody a little bit differently, allowing some to find a missing piece of their puzzle, or have the space to let go, relax, and let the laughter play flow. *Tilsa, Laughing Yoga instructor*

This event helped me to connect with the community and to be more empathetic.

Great experience, to share knowledge and getting connected with a positive community.



Sooo fabulous. Look forward to coming along again.

Teachings were very relevant and meaningful.

I cannot be more grateful for the wonderful informative, nurturing, and fun day I was fortunate enough to take part in.

Run it more often.

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.

As a Strategic Partner with:

Family Federation for World Peace and Unification (FFWPU) as a strategic partner, provided the Belgrave Camp venue https://www.instagram.com/familyfedvic/

With Support from:

Ecosense Building Group as a corporate sponsor, provided lunch for Retreat participants. http://unhttps://ecosensebuildinggroup.com.au/

Written by: Suzanna Hoffman (Events Manager, WFWP VIC)

Anne Bellavance (President, WFWP Australia)

Cardinia Interfaith Network (CIN)

Theme: WFWP Zoom Presentation

June 9th | Victoria, Australia

https://www.wfwpaustralia.org/gwpn

Overview

The purpose of this month's CIN zoom meeting was to introduce the purpose and idea behind the Women's Federation for World Peace (WFWP). Hena Jawaid, WFWP VIC Advisory Committee member and GWPN Committee member gave an overview of WFWP Australia and the Global Women's Peace Network (GWPN). It was emphasized that women's role as peacebuilders should be enhanced within society. Education for values as a tool to build capacity for women's leadership opportunities was elaborated.

Background to CIN

The Cardinia Interfaith Network's (CIN) is a significant platform for community events and projects. The Network facilitates participation, collaboration, and harmony within members of society. It brings together people from different ethnicities and faith backgrounds to share festivals, events, and celebrations. The Network is all-inclusive and upholds respect for each of its member.

The most exciting part of the meeting is the diversity of its members. Members come from different walks of life. They share their experiences about community work, volunteer ship, job opportunities, and openings to assist each other, and promote creative ideas.

Highlights

The concept of the Women's Federation for World Peace (WFWP) was liked by everyone, specifically because the organisation emphasises the role of women as peacebuilders and leaders in the society.

Participants liked the idea of value-based education, value-based leadership projects, and fostering a culture of love, compassion, and care. They acknowledged the networking gaps among resourceful women. Hena then highlighted the projects of WFWP Australia.

Written by Hena Jawaid
VIC Advisory Committee and GWPN Committee

Peace Seminar Series
Theme: Fostering Family and Community Values
July 3rd | Victoria, Australia

Overview

As strategic partners, UPF, WFWP and FFWPU held a Peace Seminar with a focus to strengthen marriage. Eight couples participated in the interfaith rededication of marriage. Strengthening relationships through the marriage renewal, rededication and interfaith blessing was a joyful event.



Interfaith Blessings were given by Venerable Bhikkhuni Bodhicitta (Buddhist tradition), Rev Nelson Pervaz (Christian Tradition), and Dr Yves and Dr Jacinta M. (Family Federation for World Peace & Unification).





Presenters

Venerable Bhikkhuni Bodhicitta spoke about understanding oneself as the key to developing healthy relationships and emphasised that successful relationships depend on being selfless with each other.



Anne Bellavance, WFWP Australia president spoke about how our partner helps us grow into a mature and loving person by utilising 'Loving Actions'. A couple in love represent the manifestation of the creator's feminine and masculine aspects and the ideal of love.



Dr John Bellavance, UPF Australia vice-president spoke on the topic, Why is Sexual Ethics Important? Dysfunctional love and aspects of human nature cause conflict. Families can also be 'dysfunctional schools' of values and relationships. Many of our emotional hang-ups, prejudices and insecurities come from our relationships.



Rev Daniel Meadows spoke about, Why is Family Life Important. He shared that the family is the 'school of love', the only institution not made by humankind. A peaceful world will begin from the family.



Rick McInerheney, a Relationship Skills Trainer shared four healthy marriage tips. These being: expressing appreciation daily, practicing empathic listening, empathic speaking, and empathic awareness. He emphasised the need to recognise the inherent value and dignity of ourselves and your spouse.

The seminar concluded with the presentation of six Ambassadors for Peace.



From left:
Will Abdo (assistant to the Vice-President UPF Australia), Lambert Abba, Louise Keramaris, Molina Swarup Asthana, Dr Joy de Leo - on screen (recipient of the Order of Australia Medal for public service), Prof Anoop Swarup, Dr. Shahid Yamin and Dr. John Bellavance (Vice-President UPF Australia).



Written by Dr John Bellavance

New Zealand

WFWP-NZ AGM and WFWP 29th Anniversary Dinner

April 10th | New Zealand



Twenty members and guests attended the WFWP New Zealand AGM. The meeting focus was the appointment of the new WFWP New Zealand President and the Executive Board members.

The highlight of the evening was celebrating the new leadership team and 29 years of New Zealand women working together to realise one global family rooted in the culture of sustainable peace.



Felicity Cairns resigned from her position as President after seventeen years of service. She received a plaque from WFWP International and WFWP Oceania thanking her for her investment of heart in the development of WFWP New Zealand. We will miss you Felicity! We welcome the 2021 New Zealand team, now headed by Matapa Shelley.



The AGM was followed by the 29th anniversary dinner of WFWP New Zealand, which was enjoyed by everyone.

Written by Jacqueline Shelley



Philippines

Handog para sa Pamilya Mother's Day Gift Pack

Event Locations: Montalban, Rizal, Echague, Luna, Isabela

May 10th | Philippines

Overview

- Handog para sa Pamilya Mother's Day Gift Pack is a project of WFWP Philippines, conducted in three major Northern cities affected by the COVID lockdown.
- The project gave thanks to mothers by providing groceries to address food shortages during the COVID Pandemic and was made possible through the efforts of the active officers in local WFWP Chapters.
- Many families still in lockdown have no source of income. Through the grocery package, families were able to receive a little support to have food on their table.



The Mothers' Hearts Network officers and members of Montalban, Rizal (led by their President Mrs. Rosalyn Condat), and the WFWP Isabela Chapter (headed by Mrs. Pilar Cabacungan), celebrated Mother's Day in a special way as they went house-to-house to deliver gift packs to the mothers of Sitio Bangkal, Barangay San Isidro, Montalban, Rizal and in Echague and Luna, Isabela. A total of 225 families were able to receive their Mother's Day bundle, which included fresh fruits and vegetables, rice, eggs, fresh chicken, coffee, and condiments.



Feedback from Participants



Mothers in the communities were overjoyed to receive the specially prepared gift pack and were deeply grateful to the generous sponsors of the activity.

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With Support from:

WFWP USA

Filipino International Community of America (FICA)

Buhay-Buhay sa Amerika (BBSA)

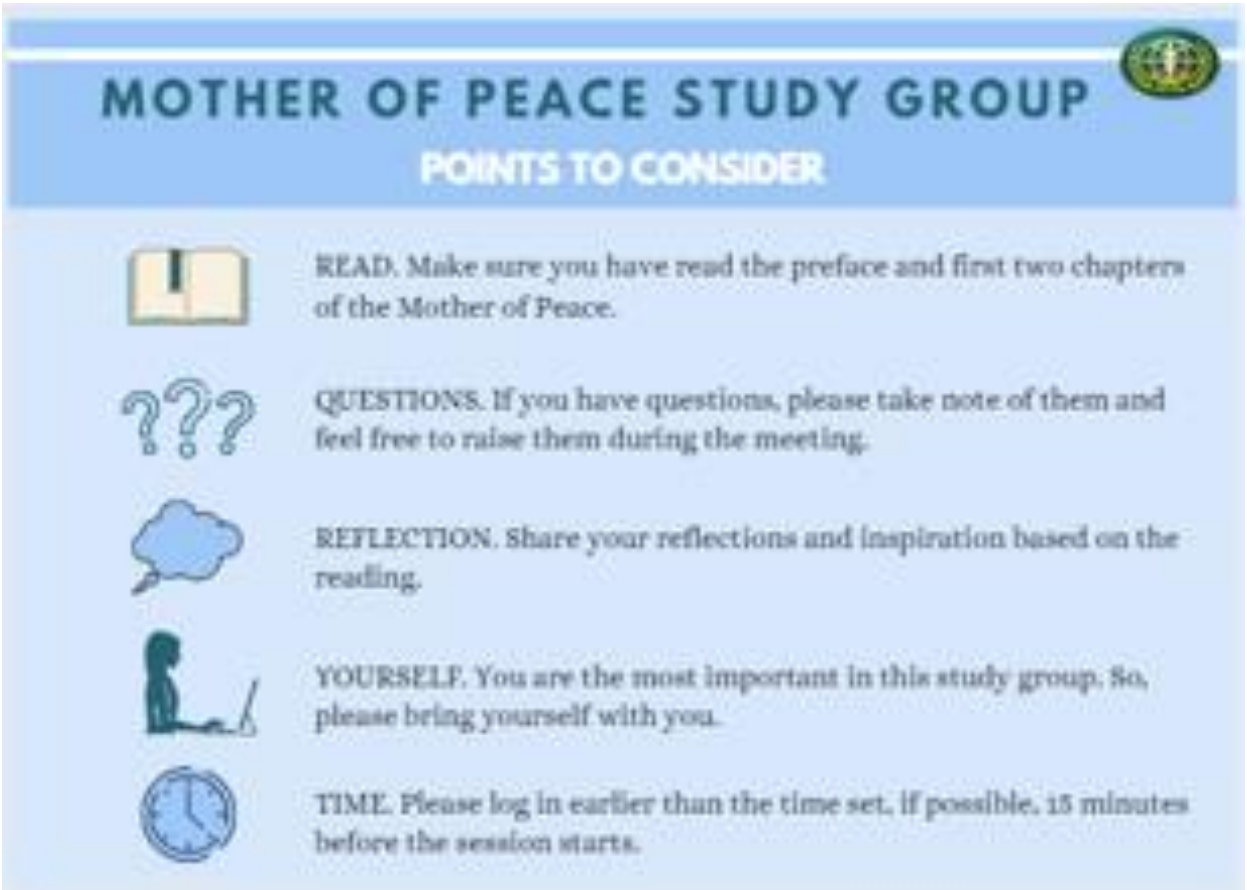
Good year Knights of Rizal Arizona

Mother of Peace Study Group Sessions 1-4

May 8th | Philippines

Overview

- Identify passages and key messages that can further clarify and guide the work of WFWP Philippines. This material will be used to develop advocacy points and education.
- Successfully develop a sustainable practice of cooperation and coordination between WFWP Philippines' partners.
- Provide the time and space for group members to connect across offices and familiarise themselves with the co-founder of WFWPI, Dr. Hak Ja Han Moon.
- From sharing and realization, brainstorm solutions to national problems. For instance, broken families, domestic violence, teenage pregnancy, and juvenile delinquency.





WFWP Philippines organised Mother of Peace study groups. In 2020 twice monthly, four sessions were held via zoom. During each session, two chapters from the book *Mother of Peace written by* Dr. Hak Ja Han Moon were discussed. Participants shared their reflections from Mother Moon's life experience.



Participants were able to understand more deeply Mother Moon's work and advocacy. Since the beginning of the study group, it has been an insightful sharing and discussion with the officers, members, and the VIPs.

Feedback from Participants

One of the guests said she was amazed how Dr. Hak Ja Han Moon was able to face and overcome all her life challenges, "Her work and activities for peace has truly made her worthy to be called the 'Mother of Peace'.



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Feeling inspired?



Support our Pacific Islands Humanitarian Service Projects

Volunteer: Get involved with one of our Oceania Chapters. Contact us to find out how.

Donate: Make a financial contribution to our WFWP Island Projects, where 100% of your donation supports humanitarian projects. Within Oceania, WFWP is a fully volunteer based NFP charitable organisation.

Used sewing machines: Sent to our *Women's Sewing Centres* in Vanuatu, the Solomon Islands, Fiji, PNG, and Samoa, where local women start cooperatives to support their families. Please ensure that your sewing machine is in good working conditions. The Women's Centres are also in need of fabric and tools.

Quality junior and secondary school books: *Books for the Islands* donates to primary and secondary schools within the Pacific to either establish school libraries, or enrich them.

Contact us to organise a pick-up or drop off time.