WFWP USA: From Worry to Wonder: Finding Peace in the Midst of Life's Uncertainties

Katarina Connery
September 15, 2026

> It is true we are at a point when we cannot help but worry. We have reached the limit of what human strength alone can do. People must know what kind of being the owner of the universe, God, our creator, is. Only through [knowing] that can all problems be solved… God, the Creator, is our Heavenly Parent and has gone through the bitter, tear- filled and painful six thousand years of searching for his longed-for children." - Hak Ja Han, 2018

Good ol' worry and anxiety! Ever a relevant topic for our day and age, but rarely something people ever really want to talk about openly. Just thinking about the topic makes me start to feel nervous and jittery!

Now that I've passed the threshold into life as a wife and mom in her forties, I feel like I'm beginning to come to a place where I'm a little sick and tired of letting fear and worry overtake my life, dictating how I feel and therefore, respond, in a given circumstance or situation (often the same ones) from day to day. **As women, growing and maturing means we often take on more responsibilities**, whether it's becoming a wife, mother, leader, or other roles that involve the care, support, nurturing, leading, mentoring, and serving of others. **With greater responsibilities, often comes more worry, anxiety, and fear.** We might have thoughts like, "What if I die? How will the people I love be cared for?" or "If something were to happen to [insert loved one/ organization/ worthy cause you are fighting for], what would I do? How could I cope?" or maybe, "What if I can't follow through or show up the way I was hoping or planning to? How will I live with myself? Will others be negatively impacted by it?" And we can go on and on. Sometimes we are haunted by our past, and we find ourselves trapped in negativity, feelings of hopelessness and despair.

It's important to acknowledge that our thoughts and feelings are often not unique to us. **As women, we are hard-wired to intuit, nuance, and ruminate (often negatively) on our circumstances and our pasts.** There are reasons that, as women, we tend to be more prone to worry and anxiety, as much of it relates to how we are biologically engineered for the care of others. Nevertheless, just because it is understandable and common, doesn't mean it's an effective way to spend our time! **Energetically, succumbing to worry, fear, and anxiety restricts us, it keeps us small and wound up, blocking us from really moving forward and extending our inner light into the dark world around us.** While I am the first to admit that I am no expert, I want to offer some practices that I have found helpful in shifting out of a negative, worrisome and fearful space and into a more expansive and loving one.

1. Gratitude

I know we've all heard it before, but nothing expels fear faster for me than listing all the things I am grateful for. When my mind is beginning to race, as I worry about my children or my work or our family situation (usually while I'm in my bed trying to sleep), shifting my mindset to appreciating all that I have and have been given, and all the ways my loved ones have been blessed, puts me into a place of humility and awe. When I think about what I am grateful for, it helps me to tap into the *wonder* of God's hand in

my life. It puts me in a humble place where I become small, and my problems become even smaller, and I recognize that there is so much more to this life than what I am worrying about at this moment. Gratitude opens a doorway to hope, patience, and possibility.

2. Move Your Body

When I am too much in my mind, moving my body helps to redirect my focus into the present moment at hand. Sometimes this means literally shifting my body to a new position (in my bed, as I'm being kept up with my running thoughts). Sometimes, it means moving away from your workspace, taking a walk, weeding in the garden, or laying out your yoga mat for some static poses (like child's pose or a simple seated stretch, folding over your legs). There was a study done recently that shows the benefits of super slow running, and that 10 minutes of super slow running (ie, faster than walking with your body lightly bouncing, head bobbing) can offer tremendous benefits in how you feel and for your sense of confidence. This is why Hideaki Soya, professor emeritus at the University of Tsukuba, Japan, who oversaw the study, suggests using this method right before a stressful meeting or presentation, as it can relieve the feelings of worry or anxiety and put you in a space that is open and grounded.

3. Surround Yourself With Beauty

If you've ever studied Fung Shui or even read about the importance of reducing clutter, you know that our minds are easily affected by our environments. This is also why getting out into nature helps to reset our nervous system and calm us down so effectively. Consider adding some plants to your living space, fresh flowers, and/or photos of nature. You might also have beautiful words or poems you can put on display to uplift your space, or sensory items like candles or diffusers to cleanse and uplift the atmosphere. Music is also something that is really important to me, and I prioritize listening to songs that are positive and grounding. As I have been thinking about this topic of worry, my go- to song has been "Still Waters" by Leanna Crawford (2024), and I find myself singing the lyrics throughout the day. Songs like these can speak to our hearts in a way that is deeply moving and affirming.

4. Know You are Loved

Know in your bones that you are *loved*– passionately, unconditionally, uniquely, and for all time– by a loving creator who knew you even before your parents did. This is actually the most foundational practice that underlies the effectiveness of the others I mentioned above, because it relates to the root and essence of who you are and why you are here. To "know it" and to "feel it," and even sometimes to "believe it," is an evolutionary process in coming to really know ourselves well. But as Mother Han reminds us in the opening quote, to know we are loved by our creator, whom she calls our "Heavenly Parent," can ultimately move us forward, away from the worry, fear, and anxiety we can't help but feel daily, and towards the peace and happiness we are so desperately seeking.

In HerTribe, we are creating spaces where women can experience and practice radical self- love and compassion. If you would like to learn more and join one of our uplifting communities, check out HerTribe here: www,wfwp,us/hertribe

HerTribe Online is beginning again, every third Wednesday of the month from September through December, check out our events page to sign up today! www,wfwp,us/events

UPCOMING EVENTS

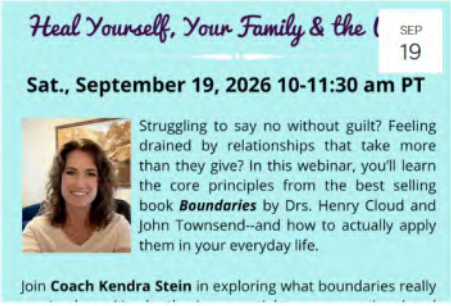
View Past Events

SEPTEMBER HERTRIBE ONLINE

8:30 PM – 10:00 PM

Join us for the **HerTribe Online Fall Semester**, beginning **Wednesday, September 16 at 8:30 PM ET**!

View Event →



SEPT SELF-CARE ISN'T SELFISH: HEAL YOURSELF, YOUR FAMILY & THE WORLD

10:00 AM – 11:30 AM

Join the Self-Care Isn't Selfish: Heal Yourself, Your Family & the World webinar series Sat. September 19th @ 10AM PT

View Event →

WFWPI GLOBAL VISION SUMMIT 2026

9:00 AM – 5:00 PM

The AI Essentials for Social Impact: Empowering Women, Girls & NGOs

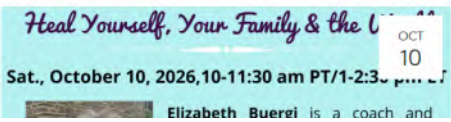
View Event →

SHARING CROSS-CULTURAL STORIES

12:00 PM – 3:00 PM
heart mountain interpretive center (map)

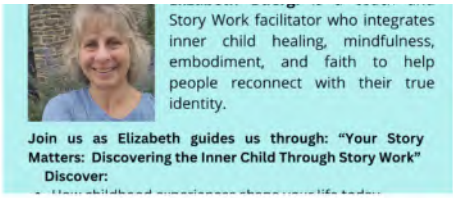
WFWP MT -WY will be hosting a cross-cultural story sharing event. Feel free to stop by if you are in the area

View Event →



OCT. SELF-CARE ISN'T SELFISH: HEAL YOURSELF, YOUR FAMILY & THE WORLD

10:00 AM – 11:30 AM



Join the Self-Care Isn't Selfish: Heal Yourself, Your Family & the World webinar series Sat. October 10th @ 10AM PT

View Event →

AWAKEN: ROOTED IN RADIANCE EXPERIENCE

Washington Times (map)

Join us on Oct. 10th in Washington DC for an Awaken: Rooted in Radiance Experience

View Event →

WOMEN'S LUNCHEON

1:00 PM – 3:00 PM
Washington Times Building (map)

Join us for a relaxed afternoon of conversation, sharing, and informal Q&A with **Moriko Hori, WFWP International President**. Come enjoy good conversation, connect with other women, and share in a welcoming atmosphere over lunch.

View Event →

OCTOBER HERTRIBE ONLINE

8:30 PM – 10:00 PM

Join us for the **HerTribe Online Fall Semester, October 21st at 8:30 PM ET**!

View Event →

NOVEMBER HERTRIBE ONLINE

8:30 PM – 10:00 PM

Join us for the **HerTribe Online Fall Semester Wednesday, November 18 at 8:30 PM ET**!

View Event →

2026 NATIONAL AWAKEN RETREAT

The Hideaway Inn and Conference Center (map)

Rejuvenate at our national Awaken Retreat Thursday, Dec 3rd - Sunday, Dec 6th, in Colorado, to empower women to uplift and inspire women to their divine value and sacred sisterhood.

View Event →

DECEMBER HERTRIBE ONLINE

8:30 PM – 10:00 PM

Join us for the **HerTribe Online Fall Semester, Wednesday, December 16 at 8:30 PM ET**!

View Event →

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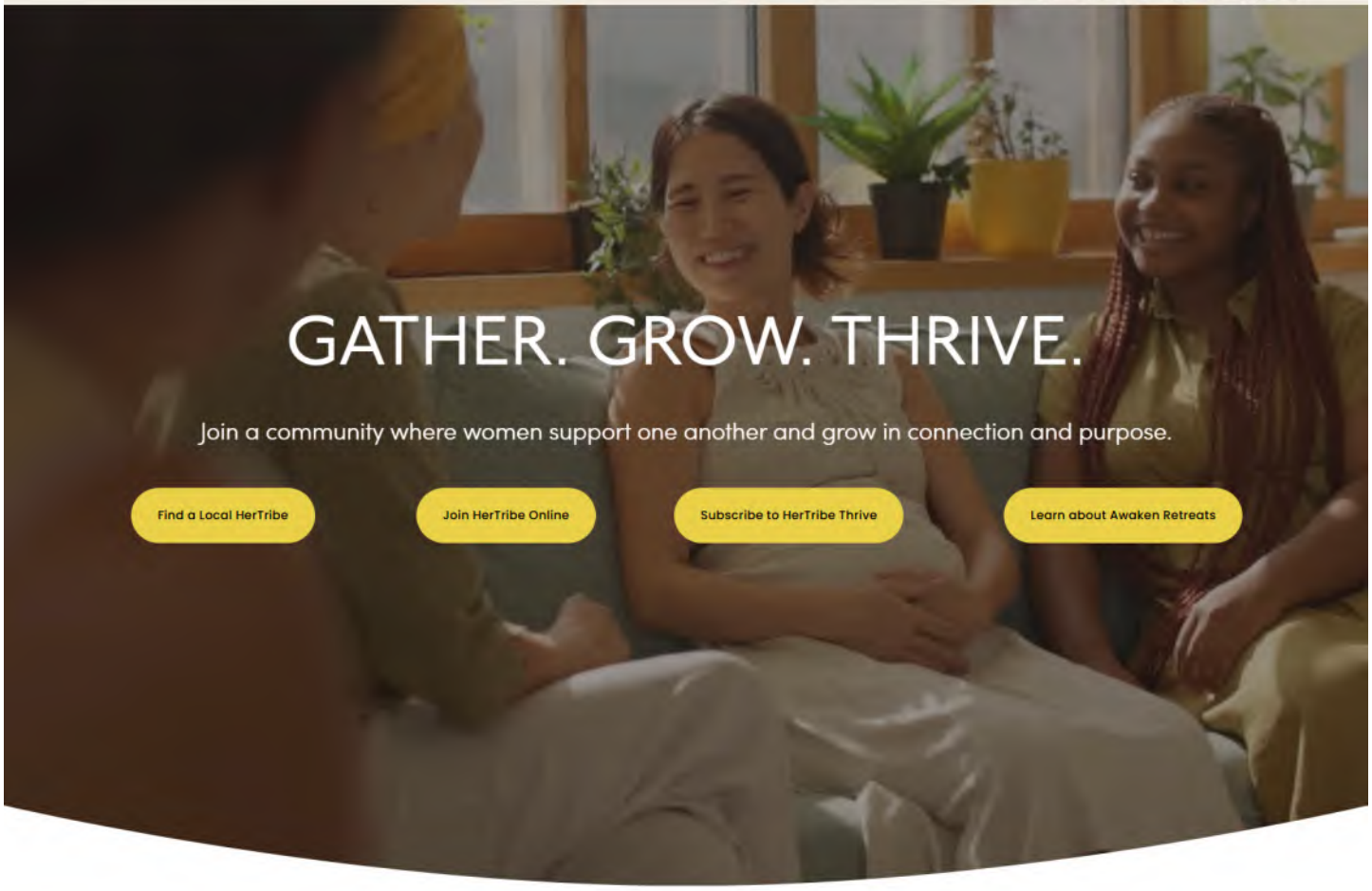


GATHER. GROW. THRIVE.

Join a community where women support one another and grow in connection and purpose.

Find a Local HerTribe | Join HerTribe Online | Subscribe to HerTribe Thrive | Learn about Awaken Retreats

WHAT IS HERTRIBE?

HerTribe is a community where women build real friendships, support one another, and grow together in their unique journeys of womanhood. In small, local meetups, women gather for meaningful conversation, shared reflection, and authentic connection rooted in compassion and peace. HerTribe gatherings are inspired by Mother Han's peace philosophy on true womanhood—encouraging women to embrace their inherent value, cultivate inner peace, and express strength with humility and love.

In addition to regular local HerTribe meetups, we offer pathways to deeper transformation through the **Awaken Retreats**—designed to uplift, renew, and empower women at every stage of life. Each year, women from across the country gather for a national Awaken Retreat, while local communities also host one-day Awaken experiences. Click below to find out when the next retreat will be held.

Find a HerTribe Near You | Learn More about Awaken Retreats

VOICES FROM HERTRIBE

KAORI BECKER | COLUMBUS, OH

MEADOW TALLAKSON | CLIFTON, NJ

GABBY HORIBE | SAN LEANDRO, CA

DO

"The young women in our community, both moms and young wives in the 25-35 yr old range, really enjoyed reading and reflecting on Mother Moon's words, **bonding as women together, and creating closer ties to each other.**"

"I didn't understand the impact of how important this was until we started talking together. These Her Tribe gatherings are a time for women to relax, center ourselves, feel empowered by Mother Moon's words and **then go out into the world and do what we need to do.**"

"We could go so deep into one paragraph and **share personally what is going on in our lives with some laughter and tears.** It was very reflective for me also as I was thinking about my own life."

"This was an ar
connections a
environment

THRIVE BLOG

Explore stories, reflections, and simple tools from women in the HerTribe community. The Thrive Blog shares monthly encouragement to help you stay grounded and connected. You can also subscribe to get the HerTribe Thrive newsletter delivered straight to your inbox for free.

Exploring the Warrior Archetype

We're excited to share our new **Archetype Webinar**, now available for WFWP Members!

Read more →

HerTribe Thrive

Fun Games for Families: WFWP USA Home Office Favorites

A game night doesn't have to be elaborate to be memorable. Sometimes all you need is intentional time, a few people you enjoy, and a game that gets everyone laughing, thinking, or just having fun together.

Read more →

HerTribe Thrive

An Entrepreneurial Missionary Tale

The following narrative is an excerpt from Pamela Stein's memoir, sharing reflections on her time as a missionary in Africa—serving in Congo in 1975 and in Zaire from 1976–1979.

Read more →

HerTribe Thrive

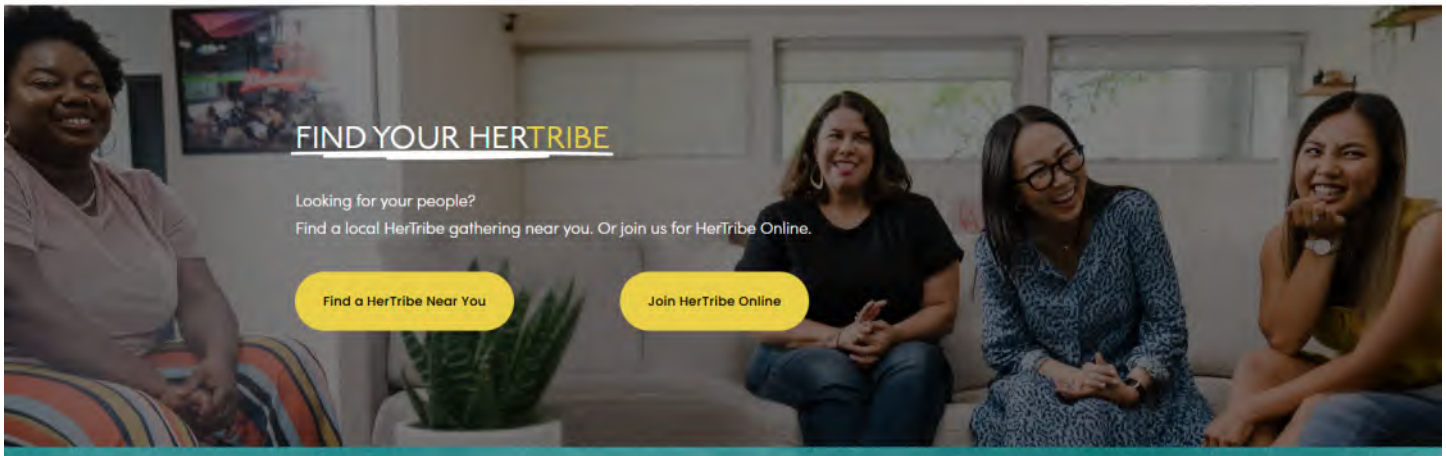
Jutta's Heart Wall: It's Never Too Late to Tend to our Hearts

In order to share my story, I have to explain a little bit about my search for a deeper purpose and meaning in my life.

Read more →

HerTribe Thrive

Read more from HerTribe Thrive



FIND YOUR HERTRIBE

Looking for your people?
Find a local HerTribe gathering near you. Or join us for HerTribe Online.

Find a HerTribe Near You **Join HerTribe Online**

INTERESTED IN BRINGING HERTRIBE TO YOUR COMMUNITY?

No HerTribe nearby?

You can start one.

We'll walk with you step-by-step and provide everything you need to create a warm, meaningful space where women feel seen, supported, and connected.

Start a HerTribe

WHERE WOMEN THRIVE

Receive monthly encouragement, simple resources, and heartfelt inspiration from women navigating work, family, and personal growth. HerTribe Thrive helps you stay grounded and connected.

CONTACT INFORMATION

First Name *

Last Name *

Email *

someone@website.com

I want to receive emails at this address

ADDITIONAL INFORMATION

What are you most interested in? (click all that apply)

- Community with other
- Empowered motherhood
- Happy marriage tips
- Healthy work/family balance
- Personal growth as a woman

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Sign up

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.

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