

WFWP USA: HerTribe Thrive - September - Embrace Your Inner Warrior

Katarina Connery
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Dear,

Welcome to September's edition of *HerTribe Thrive*!

As we move into a new season, September invites us to reflect on the strength, courage, and wisdom we carry within. This month, we explore what it means to embrace our inner Warrior—not simply as a symbol of strength, but as a source of courage, compassion, resilience, and purpose.

In this issue, we're excited to share a collection of features to inspire and encourage you. In [Leading with Love: A Member Spotlight Series – An Entrepreneurial Missionary Tale](#), we journey through Pamela Stein's inspiring experiences as a missionary in Africa. Explore the [Warrior Archetype Webinar](#) as we continue exploring the feminine archetypes and the unique qualities of the Warrior within us. In [Finding My Inner Wisdom through Acceptance and Identity](#), we are invited to consider how acceptance and self-understanding can lead us toward greater peace and inner wisdom. And for a little lighthearted connection, enjoy [Fun Games for Families: WFWP USA Home Office Favorites](#), a collection of games to bring families and loved ones together.

May this September inspire you to connect with your inner Warrior—to stand with courage, lead with compassion, and move forward with strength, wisdom, and grace.

SPARK OF
INSPIRATION



Leading with Love: A Member
Spotlight Series

In this month's Member Spotlight, we are pleased to share an excerpt from **Pamela Stein's** memoir, reflecting on her experiences as a missionary in Africa.

This narrative offers a glimpse into her time serving in Congo in 1975 and in Zaire from 1976–1979, and the experiences that shaped her journey during those years.

[Read the full article >>>](#)

MEMBER'S HUB



Warrior Archetype Webinar

In this Members Hub webinar, we continue our exploration of four feminine archetypes with a special focus on the Warrior. The four "faces" of femininity— Lover (Spring), Mother (Summer), Warrior (Autumn), and Sage (Winter)— are inspired by the book *Four Faces of Femininity: Heroic Women Throughout History* by Barbara McNally.

Each webinar addresses the many facets of each feminine face: the seasons of life they represent, their attributes, and even their pitfalls. We hope you take time to connect with your inner Warrior this month— embracing her courage, strength, compassion, and wisdom, and allowing them to guide you in every facet of your life.

[Check it out >>>](#)

TIPS & TITLES



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.

This month, we asked the women of the WFWP USA Home Office to share variety of games they love. With recommendations for little ones, older kids, adults, families, and everything in between, there's a good chance you'll discover a new favorite for your next game night!

[Read the full article >>>](#)

WISDOM IN ACTION

Finding my Inner Wisdom through Acceptance and Identity

Wisdom in Action centers on the words of Holy Mother Han, offering timeless guidance for women seeking to live with purpose and compassion. Through a featured

quote or passage and a personal reflection, we explore how her teachings can be applied in everyday life and community.

"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

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**WOMEN'S FEDERATION
FOR WORLD PEACE USA**



An Entrepreneurial Missionary Tale

Written by: Pamela Stein

The following narrative is an excerpt of a memoir I'm writing of my time in Africa as a missionary in 1975 in Congo (1975) and Zaire (1976-1979). The nation of Zaire is currently known as the Democratic Republic of Congo. Both countries were French-speaking and I was not. The story here is the brief early history of LOGOS, a typing school that I founded for young women in Kinshasa, Zaire. LOGOS also served as a business center for embassies, foreign companies and local businessmen. It was the early financial foundation to support the mission as well as provide an opportunity to connect and share our faith with others.

Because I was blessed with an entrepreneurial spirit and modest business skills, I was attracted to the idea of creating something that God could bless abundantly. I may not have had higher education, but I was a wiz typist. So, I decided to open a typing school and secretarial service.

One afternoon during *midi* (the extended hours after lunch when folks took a break or a *siesta*), I was meandering through downtown Kinshasa, and I came upon "Zeka Brothers Photocopy" shop. Peering in the large window, I saw that the photocopy business consisted of one xerox machine, one reception counter, and one loyal worker. I scanned the rest of the room: a lot of empty space. I smiled, envisioning desks lined up with typewriters and textbooks, and Zairian girls learning the skill of typing. Typing was one area where I excelled, having operated a highly successful typing service for two years near the University of California, Berkeley. I was excited by the idea of creating a public secretarial service in downtown Kinshasa.

On June 10, 1976, *LOGOS Service de Dactylography et Traduction* opened for business on Avenue Tombalbaye, a quiet side street off Kinshasa's main Boulevard 30 Juin. The Zeka brothers owned the only business on the block. Although the photocopy shop hosted a makeshift counter and one photocopy machine, a steady stream of businessmen came through all day long. I set up a desk and chair, and I rented (\$45/month) an IBM Selectric II typewriter with a selection of exchangeable multi-lingual fonts. Every day I sat at my desk, respectfully greeting the businessmen who came into the shop for photocopies. I caused a bit of controversy—a young American woman in the middle of a large empty space; one who couldn't speak, read, or write French. But that gal sure could type (120 words per minute)!

At first, I busied myself poking around on the keyboard, typing letters to my family, to other missionaries; and a mission report. Within a short time, Zeka customers began giving me letters and various reports to type, usually in different languages. I tapped away in French, English, Lingala, Swahili, Tshiluba, Kikongo, and Bobangi. I had no idea if I was typing properly or not. I just pecked the letters as they appeared, making clean professional business forms. Within weeks, LOGOS became immensely popular, especially with Zairian businessmen who wanted to send letters to American companies. Also popular were letters to President Mobutu, whom the locals called Papa Mobutu.

Sometimes it was only the Zeka cashier and I together in the shop, and when people came in for a photocopy, they would look over at me and speak to the cashier in Lingala. I imagined them saying something like, "What's that white lady doing there, sitting at that desk twiddling her thumbs?" And the cashier would say, "She is the proprietress of a typing service for people who write letters to President Papa Mobutu."

Within months, I had obtained a second desk and an Olivetti electric typewriter, purchased with cash. I took in my first student, Miss Josephine Shungu. She was smart, lovely, and well-groomed in her dress and hair styles (I loved her corn rolls or tiny braids that stuck out all over her head). Her patient manner made me think she could be a good teacher for the school I was hoping to open the following year. Miss Shungu was a big hit with the local businessmen, who frequented our shop to watch her timed typing tests, cheering her on. Some of the patrons began to directly request the services of Miss Shungu.

LOGOS generated a friendly, inspired atmosphere; there was no other such service in town, and Miss Shungu was a person my clients seemed proud of. I was thrilled with the modest success and so I accepted a new student, Miss Bambi Feza. Bambi was a different student altogether than the studious Josephine. Bambi loved to preen at her desk and wore her hair in different exotic styles. Because she was so pretty, she attracted more business to LOGOS. For months, Miss Shungu took her lessons in the morning, and Miss Feza took hers in the afternoon. I was so happy that the simple skill of typing was producing a lucrative and promising enterprise.

After some months, another student seeking business training appeared at the door of LOGOS—Nsitu Yangi—a lovely, tall, dignified, and quiet-spoken young woman. What I enjoyed about her appearance was that she wore glasses and her hair was always done in neat little pigtailed that shot straight up around her head. She was gracious, well-mannered, and responsible. Her goal was to work at her uncle's law office in downtown Kinshasa. My cherished dream that LOGOS would provide an alternative career choice to young African women was slowly being realized. Office skills would allow them opportunities in the professional business culture, instead of the bleak choices most readily available to them at that time—selling veggies and fruits and unknown items at the city market; becoming a second or third wife of a businessman or distant uncle making his home in Kinshasa; becoming a village schoolteacher; even worse, becoming a prostitute (the most financially lucrative profession).

Word of mouth brought precious girls from all over. They often showed up with their Papas. Sometimes the girls had graduated from the missionary school in a nearby *quartier*, or they had traveled from an outlying village. In several instances their Papas had no money, so I found a sponsor among my clients to support their training. One of these sponsors was a Lebanese businessman who dealt in diamonds (smuggling) and often wanted to donate to our mission work—in diamonds. That was a bit complicated—and also, another story for next time.

By spring of 1977, LOGOS was taking in translation work from the American Embassy. Our friends Kasongo and Sombo helped with translation. The students worked hard, and after three months of lessons, they graduated to a position of *stagiaire* where, for another three months under my supervision, they were allowed to type letters and reports for the customers directly. After six months, I placed the talented girls—often a result of requests—in designated businesses, firms, and embassies around town. It was progressive

and ambitious, and within two years, we had graduated around twenty-five young women (of which quite a number joined our mission).

These girls were proud of their skills. They gained a lot of prestige because they could type and had the basic knowledge of business letters, reports, and forms. They had also learned to type in different languages, albeit like me they did not understand what they were typing. The professional standard in the city of Kinshasa was lenient and forgiving when it came to formalities and different languages. Many of the graduates landed jobs in the government where their 'uncles' arranged employment for them. The *Uncle System* was rampant in Kinshasa; everyone had an *Uncle* who was willing to help them advance—for a price.

LOGOS was very busy, but sometimes it was utterly quiet; like midi where I would stare out the front window and literally twiddle my thumbs. One memorable event stands out. I sat watching the street, waiting for the next customer, my fingers still buzzing from the nonstop typing earlier; and musing on the mundane events of a previous life long gone, such as how good a McDonald's burger would taste.

Suddenly before me outside on the street a large African man walking past, collapsed. He started banging his face on the ground, which gave me a big shock. It looked like he was smashing his nose and teeth! I jumped up and ran outside. He was foaming at the mouth and making gurgling sounds. I knew from working in the hospital some years prior that this man was having a seizure. Without thinking I grabbed him and with all my might turned him over. He was enormous; I was not. I searched for something to shove between his teeth so he wouldn't suffocate from his tongue rolling back in his mouth. I looked around for a stick, for anything I could put between his teeth. Nothing! Then I looked at my left hand and stared at my index finger. Should I sacrifice my hand to save this stranger? I would lose my finger. My career and mission would be over. The man's lips were turning blue, and his eyes were rolling to the back of his head. He looked gruesome. I had no choice. I prepared to stick my hand into his mouth.

In that dramatically intense moment, I felt calm; and then for some unknown reason I looked around one more time. There on the ground right next to us was a long stick that had not been there before. How did it get there? I grabbed it and managed to get it between his teeth. I yelled for a taxi. I spoke quietly to the man, I told him he would be fine, not to be afraid. The taxi arrived, and some good person jumped in with the driver to accompany the journey. I paid the driver all the money in my pocket, given by my last client. I don't remember how much.

My racing heart, and trembling legs and arms made it back to my desk. I sat down to catch my breath and calm myself. Minutes passed. I resumed gazing out the window at the empty street, waiting for the next customer. So peaceful was the moment of rest that I considered if perhaps what I had just experienced might have been an illusion. Yet my trembling body, aching all over, told me otherwise.

By 1979, when I left, we had many young people who 'graduated' from LOGOS and landed professional jobs in embassies, foreign corporations, law firms, and local businesses. This is one small example of the impact of our investment in this thriving country and people which I am proud of. Through our faithful efforts, God planted seeds of heavenly goodness which are continuing to thrive and grow until this day.



BIO: Pamela Stein joined the Unified Family in 1969, Berkeley, California. During her mission years in Africa (1975-79), she established a public secretarial business and typing school for young women. Her passion to support education and leadership training for the youth in Africa never waned in forty-plus years, and in 2020, she co-founded the Kevin Winter Foundation to provide leadership training and business skills for the blessed children and grandchildren of UM members throughout Africa. She and her husband Dan have four children, and live in Maryland with their second son's family. She is affectionately called 'Grammy' by her twelve grandchildren.

Exploring the Warrior Archetype

We're excited to share our new **Archetype Webinar**, now available for WFWP Members! This session explores the four feminine archetypes—**Lover, Mother, Warrior, and Sage**—with a focus on the **Warrior archetype**, and comes with **recordings and downloadable handouts** to support your reflection and growth.

The materials are **exclusive to members**, but if you're not yet a member and would like access, you can always **join WFWP** to participate and receive the resources. Reconnect with the energy of each archetype and explore how they shape the seasons of your life.



ARE YOU A MEMBER OF WFWP?

The **Warrior Archetype Webinar** is **FREE for members**! Simply log in or create your account for the Members' Portal. You can download this in the Resources Library

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If you don't remember your password, click "forgot password". Please make sure to check your spam folder.

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Not a member of WFWP? [Join today](#) to access exclusive resources, including The Warrior Archetype Webinar, and become part of a community of women empowering each other to be peacemakers in the world

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. This month, we asked the women of the WFWP USA Home Office to share variety of games they love. With recommendations for little ones, older kids, adults, families, and everything in between, there's a good chance you'll discover a new favorite for your next game night!

UNO NO MERCY

Fun & Competitive / Quick & Easy / Age 7+

Recommended by: Dr. Katarina Connery, President

One of my current favorites is **UNO No Mercy**, which I love playing with my 10-year-old son and sometimes my husband joins in. It has the familiar feel of UNO, but with more challenging rules, special cards, and plenty of surprises. The game is usually fast-paced, which makes it exciting and keeps everyone engaged. It's officially recommended for 7 and up, but I'd recommend it for ages 9 or 10 and up, since the gameplay can get a little dramatic when someone takes a big hit! It's also a fun choice for a group of adult friends. If you already enjoy UNO, give UNO No Mercy a try for a more challenging and unpredictable twist on a classic.



ANIMAL UPON ANIMAL

Quick & Easy / Age 2+

Recommended by: Naomi Tanaka, HerTribe Creative Lead

One of my favorite games to play at home is **Animal Upon Animal**, especially with my 2-year-old. The game is simple enough for a toddler to enjoy, while encouraging fine motor skills, focus, and patience as they carefully stack the wooden animals. Although it's officially recommended for ages 4 and up, my toddler has no trouble playing along! It's a great way to keep little ones engaged with a fun, screen-free activity that also sneaks in a little STEM learning. If you have a young child at home, this is definitely one to try!

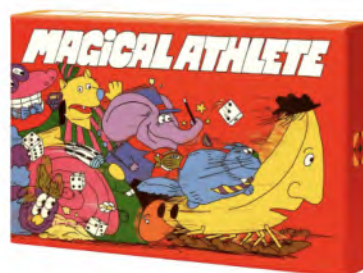


MAGICAL ATHLETE

Fun & Competitive / Great for Families / Age 5+

Recommended by: Mika Deshotel, HerTribe Education Director

Magical Athlete is a favorite for the whole family, especially if you enjoy games where you never quite know what's going to happen. My son loves that the game is based on chance—everyone rolls the dice, so everyone has an equal opportunity to win—and that each character has unique strengths and abilities. My husband describes it as a game where “anything can happen,” with unexpected twists and even some frustrating losses along the way. That unpredictability is part of the fun! Recommended for ages 5 or 6 and up, **Magical Athlete** is a wacky, wild choice for a family game night and a good opportunity for kids (and adults!) to practice handling both winning and losing.



TICKET TO RIDE: FIRST JOURNEY

Great for Families / Quick & Easy / Age 6+

Recommended by: Adia Lancaster, GWPN Market Manager

One of my favorite games to play with my kids is **Ticket to Ride: First Journey**. It's a great introduction to strategy and planning, while also helping kids become familiar with major cities across North America. There's just enough luck involved to keep things unpredictable, without making the game feel overly complicated. Recommended for ages 6 and up. It's genuinely



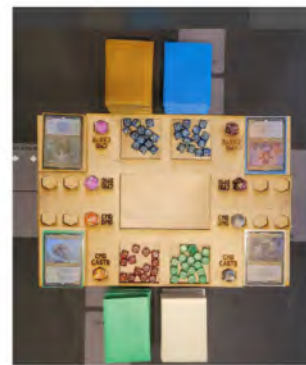
fun for both kids and parents, easy to learn, and doesn't require too much brainpower or take forever to finish! If you're looking for a family game that's engaging without being overwhelming, this is a great one to add to your game shelf.

MAGIC: THE GATHERING

Strategy & Skill / Great Way to Socialize & Bond / Age 13+

Recommended by: Carie Arline, Administrative Assistant

Right now, my favorite game is **Magic: The Gathering**, and I especially enjoy playing it with my husband. It's a game he loves, so I appreciate having something we can enjoy together and he makes it even more fun by helping me build decks around things I'm interested in, like Final Fantasy or angels. If you enjoyed Yu-Gi-Oh! or Pokémon when you were younger, Magic: The Gathering has a similar battle-style format, so it might be a fun game to try! I'd recommend it for middle school age and up, especially for anyone who enjoys strategy, collecting, and a little friendly competition.



MARIO KART & MARIO PARTY

Great for Families / Fun & Competitive / Age 4+

Recommended by: Julie Wagner, Social media manager

For a family-friendly game night that doesn't require a board or a table, Mario Kart and Mario Party on the Nintendo Switch are two favorites in our home. I enjoy playing them with my husband and our two kids, ages 6 and 4. The Mario games are easy for young kids to understand, making them a fun introduction to video games and a simple way for the whole family to play together. They're also a cozy option for cold or rainy days when you want to stay inside. I recommend introducing video games around age 4 and up, depending on the child. Best of all, these games give kids a chance to practice handling both winning and losing in a fun, low-stakes way, while keeping them actively engaged rather than simply watching a screen.



CATAN, SPLENDOR & MACHI KORO

Great for Families

Recommended by: Sayaka Stephens, Financial Administrator

If you're looking for games to enjoy with the whole family, three of my favorites are Catan, Splendor, and Machi Koro. Each offers something a little different.

1. **Catan** has lots of interaction between players, which keeps the game fun and engaging. While it's officially recommended for ages 10 and up, kids around 8 or 9 can often enjoy it with some help.
2. **Splendor** is a great choice for those who like a little more strategy. It gets you thinking while you collect gems and work toward earning points. It's officially 10+, but kids around 7 or 8 can often play.
3. For something more relaxed, **Machi Koro** is peaceful, easy to learn, and quick to play, with a cute design and simple strategy. It's recommended for ages 8 and up.

Whether your family enjoys strategy, friendly competition, or a more laid-back game, there's something to enjoy in each of these three!



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

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 Feng 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 past and essence of who you are and why you are here. To "know it" and to "feel it"

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: <https://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! <https://www.wfwp.us/events>

< AN ENTREPRENEURIAL MISSIONARY TALE

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