

WFWP S. London, UK's Interfaith Peace Meeting - Sharing what Peace means

Dolores Read
January 25, 2019



A small group of 14 people attended the 'Interfaith Peace Meeting' in the evening of Friday 25 Jan 2019. It was the second of this series. The participants introduced themselves and shared what it meant for them the word: Peace.

Followed by a reading: 'The Power of Meaning', from a book written by Emily Smith that provides: The four Pillars of Meaning and Wellbeing. When Emily was in college, she began to see a curious pattern. Our "single-minded obsession with happiness" is leading people astray.

As emphasized in her new book, *The Power of Meaning*, Emily provides readers with four pillars of wisdom that are not about banishing unhappiness, but finding meaning within a varied of emotional spectrum:

1. A sense of belonging
2. Purpose
3. Transcendence
4. Storytelling.

Discussion and Storytelling was the most relevant aspect of the meeting. It was embraced by everyone. At the end, we had refreshments and a cheerful time with each other.

We are planning to continue this series of meetings on a monthly basis during this year.

Our new guests are happy to attend the next Interfaith Peace Meetings on Friday 22 February 2019

Reported by Dolores Read
WFWP S.London/UK