

WFWP Scotland/UK - The Ripple Effect - Discover and apply our inner virtues

Keiko Fraser-Harris

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WFWP Scotland/UK had its June coffee morning on Tuesday 30 June 2015 from 11am to 1pm. It took place under the theme 'The Ripple Effect - Discover and apply our inner virtues'.

We invited back Mrs. Diana MacPherson, who gave her second talk about virtues. We had 4 new women this month. We started with a brief introduction by each participant.

Diana explained that we each have some of the 350 virtues in ourselves. Some virtues are on the surface while others are hidden. We need to dig out our hidden virtues and polish them. She said that challenges would change us. She went on to say that it is possible to help even a bad person to see her/his virtue. She quoted from Lao Tzu.

After her short talk, she showed us the virtue cards, and she asked each person to pick one. Then, one by one, we read out the contents of our card and spoke about our own feelings or experiences in connection with that particular virtue. There were 12 of us, so we heard about 12 virtues. They were Reverence, Peacefulness, Acceptance, Charity, Simplicity, Dignity, Reliability, Optimism, Righteousness, Service, Perseverance and Resilience. All the women enjoyed reading their own virtue card and speaking about themselves in relation to that virtue.

Towards the end, Diana said that all religions talked about virtues, so they could unite centering on virtues as brothers and sisters. We shared time together with drinks and snacks until the end.

Reported by Keiko Fraser-Harris
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