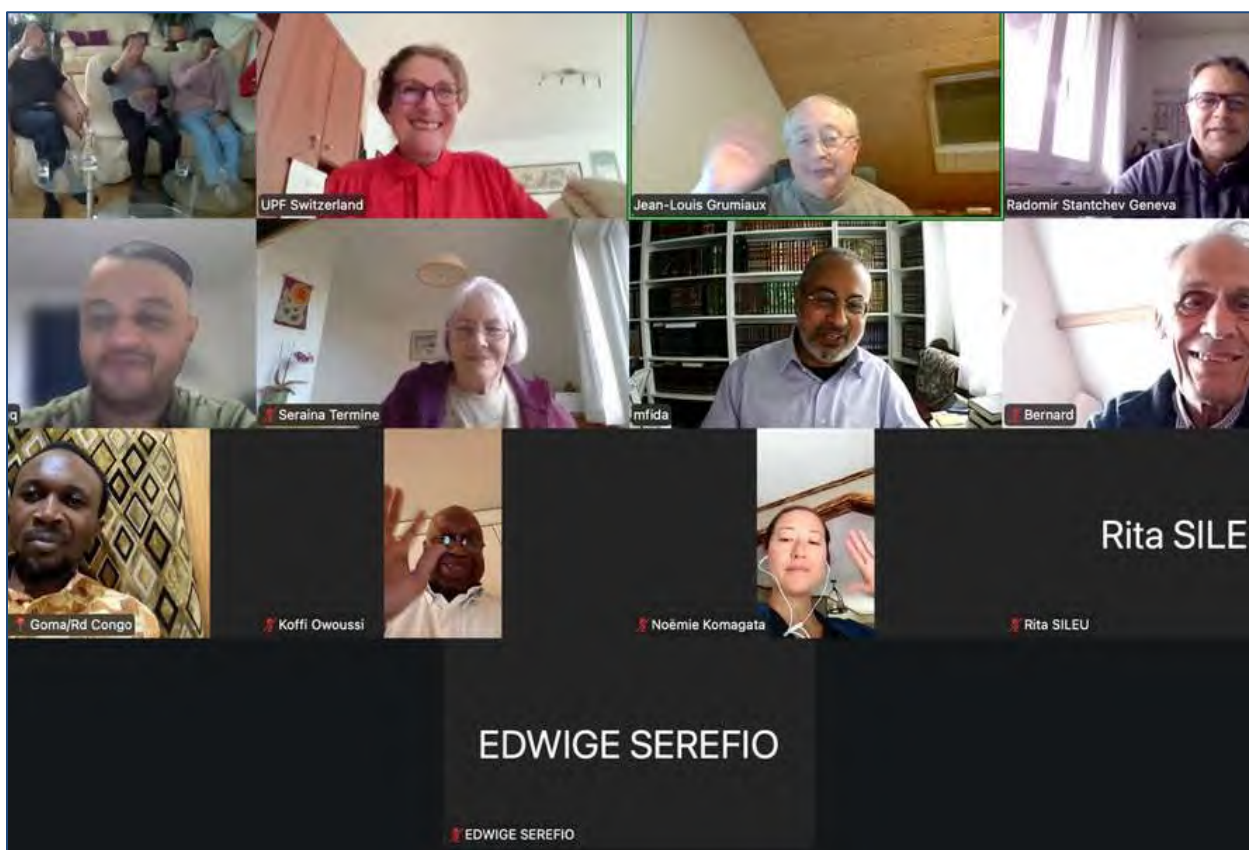


UPF Switzerland Meetings Focus on Spirituality, Family, Peaceful Life

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Biel/Bienne, Switzerland - Ambassadors for peace and friends gathered on May 11, 2026, to mark the International Day of Families in Biel/Bienne and on Zoom. The program focused on the spiritual dimension of individual and family life. Texts featuring major religions on "separation from the world" were read and explained by the ambassadors for Peace onsite and online, from Europe and Africa.



The texts in World Scripture, A Comparative Anthology of Sacred Texts - an interfaith reference work commissioned by UPF co-founder Rev. Sun Myung Moon in 1985 and published in 1991 - emphasized that people drawn to spirituality naturally question the values of secular society, which are often centered on the pursuit of pleasure, wealth, glory and material comfort. They also warned against attachment and negative influences.

Participants agreed with the content of the texts. Some had experienced that renouncing certain material aspects of life enabled them to focus more fully on their spiritual development and to detach themselves from harmful influences. Some shared experiences of the benefits of temporarily distancing themselves from temptations and unhealthy company. Others reported gaining greater self-control and maturity through periods of temporary hermit-like living. All agreed that such experiences can better prepare

individuals to face the many challenges of the world and to exert a positive influence on a society that has lost its moral compass.

Reflecting on the saying, "Be in the world, but not of the world," participants considered that family life lived with detachment - free from dependence and possessiveness - may represent an optimal middle path between monasticism and a life centered on unbridled pleasure.



In conclusion, participants agreed that a family founded by mature parents and inspired by a vision of a peaceful world provides children with a stable and harmonious environment that is essential to their spiritual and moral development. Such families can exert a beneficial influence and contribute to transforming society into a community of responsible, caring, balanced families - humanity united in its diversity by a shared origin.



On Sunday, May 17, peace ambassadors and friends gathered in Biel to celebrate the International Day of Living Together in Peace. They attentively followed the broadcast of a program organized by Dialogue and Alliance, a project of UPF-France, entitled "Vivre Ensemble en Paix" (Living Together in Peace), before sharing together onsite. An Ambassador for Peace certificate was presented to Mr. Fayçal from Strasbourg, who had participated in a peace ambassador training session in December.

The participants shared reflections on the challenges of peaceful coexistence among peoples. Most of them had a background as migrants, working with migrants, or traveling and living in the four corners of the world. Being exposed to different cultures and languages allowed them to develop open minds and hearts. Feeling that they had become citizens of the world, they were able to question dogmas and practices resulting from closed-mindedness in a confined environment, and had gained the confidence to help break down barriers and contribute to a peaceful human family.

One conclusion emerged clearly: Sincere exchanges between people of different origins and communities are enriching, because they open the mind and reinforce the conviction that it is possible to live together in peace by connecting heart to heart and practicing universal values.