

## WFWP Grand Junction, CO: Interreligious Sharing - January Program

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Sharing program centered on the theme "**How Does Your Faith Help You Master Your Emotions?**" Participants shared personal religious perspectives and presented a 30-second to one-minute "elevator speech" highlighting their core beliefs. The exchange fostered mutual understanding, reflection, and deep appreciation for the wisdom found across faith traditions.

### **Brief Excerpts:**

- **Bahá'í:** *"A chalice full of self has no room for the water of life."* - Bahá'u'lláh
- **Christian Science:** The purpose of life is spiritual growth; we are fundamentally spiritual beings.
- **Latter-day Saints:** Follow the Ten Commandments - especially loving God and one's neighbor.
- **United Methodist:** *"We are to be a presence to each other so that no one grieves alone."* - John Wesley
- **WFWP/UPF:** Father and Mother Moon taught that the purpose of life is to live for the sake of others, and that God is both our Heavenly Father and Heavenly Mother.