

WFWP UK's last webinar of 2021: Peace Starts with Me and My Family

Mitty Tohma
December 31, 2021



I support WFWP because I strongly believe in its mission to empower women with knowledge, skills and supportive community to discover their unique value and bring lasting peace.

WFWP, UK conducted its final for 2021 web conference on the topic: 'Peace Starts with Me and My Family'.

Four distinguished speakers from diverse backgrounds presented their views and unpicked the topic through their thought provoking and informative presentations.

Rev. Marcia Levine, a long-term minister at New Jerusalem Community Church focused on how to enhance our ability to cope with difficulties in a peaceful way. 'Do not be anxious. Be prayerful and speak to God! What matters is our mindset. Remember who you are! Be conscious and intentional in order to keep your inner peace and bring peace. Honour God, honour yourself, respect each other, love and accept myself for God loves us all. So, when we embrace God's love we'll bring peace, joy, development'. Rev. Levine's message echoed the words of WFWP founder Dr. Hak Ja Han Moon who encourages us to 'Forgive, Love and Unite'. Rev. Levine was not afraid to be vulnerable and open with the audience as she shared some personal experiences and challenges and how she dealt with them. I could learn from her wisdom and felt great love for her and from her. Moreover, her talk brought high spirited wisdom, serenity and empowerment.

'In order to create a more peaceful society and a more peaceful world we need first and foremost stable families', started his talk Piers Shepherd who is a Senior Researcher at the Family Education Trust, the voice of family and youth concern ([Family Education Trust - The voice of family and youth concern](#)) Piers highlighted the importance of marriage by providing a wide range of research evidence. It transpired that 'marriage brings an abundance of good results for children, mothers, and fathers. Marriage lessens the likelihood of tension between parents and their children, it reduces poverty, especially for disadvantaged women and their children, it improves physical health and life expectancy. So, if we want to create peace within our society and our world, we first need peace within the family. We cannot bring peace to the family unless we strengthen the union of marriage.'

This aligns with Dr. Hak Ja Han's worldwide effort to strengthen the family through the Marriage Blessing and the renewal of the marriage vows.

Piers concluded with the powerful message that 'it is our duty to the next generation to make the immense rewards that marriage brings to the individual, the family and to society as widely known as possible'. He quoted the late Chief Rabbi, Dr Jonathan Sacks, who in a speech on the importance of the family delivered in the House of Lords said: 'We cannot change the past but we can change the future'.

Our next speaker was Mrs. Asma Ahmed who is the co-chair of YWSC Alumni Network and the founder of Inspire Women Network. She highlighted the importance of self-care, boundaries and resilience for creating peace in oneself and in the families, as safe spaces for nurturing, as well as the benefit of 'shared

partnerships' to strengthen resilience and balance in oneself, families and also in communities.

Patricia Earle who is the WFWP coordinator for the West Midlands gave a presentation about the Role of the Mother and the Four Great Realms of Heart - children's love, siblings love, love between spouses and parental love. She explained how as children when we receive 100per cent of our parents' love we learn to give and share as siblings. As spouses we love and commit to one person and put their needs first, while as parents we practise unconditional giving. Next, she explained the role of the mother as the peacemaker and unifier in the family, which is the school of love, morality and the primary training ground for all relationships. She also highlighted the importance of taking care of our inner child and doing healing work as we did not grow up in ideal families.

Patricia also shared about her interfaith peace work with other women in Birmingham and around the world. Their projects build bridges between cultures and religions alleviating pain and suffering and providing practical help to those in need. It was inspiring to see how their collective efforts centered on prayer and friendship contribute to dissolving hostility and building community cohesion and peace.

Patricia's presentation led me to reflect on how when one person gives all of their time to peace it makes news but when many people give some of their time it transforms lives!

The talks were followed by a Q and A session which allowed for active participation of the audience.

I left the event empowered. I am sure all participants took the message Peace Starts with Me and My Family in their hearts. Peace is our choice. We are only limited by the boundaries we create within ourselves! Mother Teresa said 'Peace starts with a smile' while WFWP founder Dr. Hak Ja Han Moon reminds us that 'today's problems cannot be solved by the logic of power but only by the logic of love'.

To watch the video of the conference [click here](#).

