

WFWP Ireland co-sponsors Women's Interfaith Wellness Event in Dublin, Ireland

Doris McCann
February 21, 2018



WFWP Ireland co-sponsored this Women's Interfaith Wellness Event which was organised by the Sisters of Faith for Peace and took place on 21 Feb 2018 in Dublin/Ireland. It was really a wonderful experience. A big thanks to the Margaret Aylward Center for hosting us in their beautiful venue overlooking the Botanical Gardens in Dublin.

As always, we brought together a mixed group of women from Islamic, Jewish and Christian backgrounds, as well as others. The idea was for us to come together as sisters and friends to recharge, nurture ourselves and share with each other in a positive space, in order to build bridges across the faith denominations.

After the welcoming addresses everybody introduced themselves, and we were amazed about the many different cultures and nationalities represented that evening.

Then we had two brief presentations on both internal as well as external aspects of health and beauty.

Patricia B., accredited Counsellor and Psychotherapist, spoke about the internal approach to beauty. Some of the inspirational quotes she had laid out are among the pictures below.

Anne K. is the current coordinator of a program called 'Healthy Food made easy' and she spoke about the importance of fibre in our diet. Both presentations, even though brief, were so real and much enjoyed by everyone, very insightful and thought provoking.

After this, it was time for some treatments - thanks to Tae, Anne B. and Lucille who provided professional head and shoulder massages to everybody while we also took time to socialise in a very relaxed and friendly atmosphere.

This evening was a real treat! A huge Thank you again to all our contributors!

Reported by Doris McCann
WFWP Ireland President