

## Golden Age Newsletter - May 2022

Richard Buessing and Carol Pobanz  
May 9, 2022



### Featured Article

#### Taking the Long View

(excerpt from introduction to *7 Gifts to Give Your Child—Parenting That Will Touch Their Future*, by Myrna Lapres)



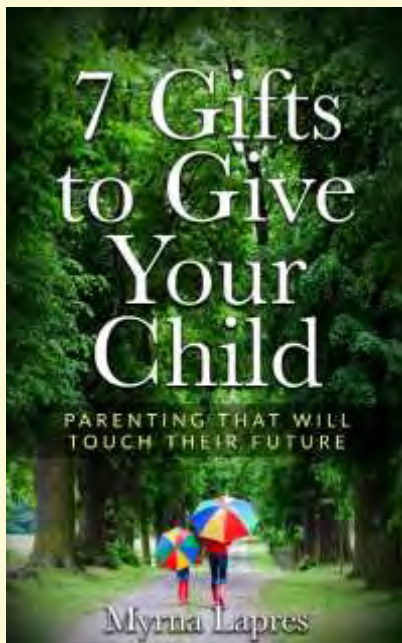
On a bucket-list trip to the Mediterranean, my husband, Michael, and I had the opportunity to experience the Sagrada Familia—Holy Family Church—in Barcelona, Spain. An icon of the city, the church boasts bold, wildly creative, organic architecture and décor inside and out, and is still a work in progress. In fact, the term gaudy comes from the name of the architect—Antoni Gaudí.

Begun in 1882 under the guidance and direction of Francisco de Paula del Villar, Antoni Gaudí took over the project in 1883 when Villar resigned. Gaudí devoted his life to creating this unusual masterpiece, set to be finished in 2026. Despite his boldly modern architectural vision, Gaudí was a traditional and deeply religious man who designed the Sagrada Familia to be a place of solid Christian values amid what was a humble workers' colony in a fast-changing city.

When he died, only one section of the church—the Nativity Façade—had been completed. The rest of the work has been inspired by his vision, but he knew that he would not live to complete it—thus allowing space for others to bring their own inspiration and faith to the project.

Learning about the history of the Sagrada Familia reminded me of the need for us as parents to take the long view for our families. Investing in your child isn't only for today. It is for who they will become, the family they will have, and the grandchildren that will be born and raised. We must challenge ourselves to allow the process to unfold organically and in cooperation with our children, not micromanaging every detail and overstressing about the future. Rather, like Gaudí, you can provide support, guidance, vision, inspiration, and trust for your child, youth, and young adult as you imagine the way they will impact tomorrow.

Parents today have a lot to contend with in an increasingly complex and fast paced world. Although this may feel daunting, it also means parents today have access to many more resources than previous generations. Through intentional parenting, you make a plan to prioritize where you put your time and energy, and this guides your day-to-day decision making. It is my desire to inspire you through the tools, resources, and experiences shared in this book to positively touch the present and the future.



As a preschool and kindergarten teacher for 25 years, I felt a strong desire to support parents in the raising of their children. This led me to research and facilitate quality parent education programs and eventually, to getting certified as Family and Relationship Coach and Educator. In 2018, I created a website and started a weekly blog that was featured in the Blessing and Family Ministry Newsletter. With the content from my blog as a foundation, I self-published *7 Gifts to Give Your Child—Parenting That Will Touch Their Future* on Amazon the end of 2021. [To purchase a copy, click here.](#)

## Bulletin Board

**40-Year Blessing Anniversary Tour**



Celebrate your Blessing of 40 years together with other Blessed Couples on a 7-day Caribbean cruise that you won't forget.

June 25 - July 2, 2022

*For more information,  
please click here  
[www.highnoon.org/cruise/](http://www.highnoon.org/cruise/)*

## An Open Letter regarding Alaska Providence

Dear Brothers and Sisters,

If you have any stories about your experiences doing Providential work in Alaska, or any stories of your experiences with True Parents in Alaska, we want to help you record them and to share them. Please contact us.

Brothers and sisters are stepping up to formalize and to implement a process that we hope will produce some finished products to embody the legacy of God's Providence working through our precious True Parents' work in Alaska ...

*[To continue reading the whole letter, please click here!](#)*

## History Bytes

*"Pilgrimage" is often used to describe an individual's journey through life, sometimes as a general description of personal growth and exploration, sometimes, as in Christianity, outlining a particular spiritual focus or pathway that is believed will lead to an encounter with God.*

*My life is a prayer  
Mike K*

### Raising Pilgrims

by Steve Kennett



You might imagine fundraising as a strictly money-making enterprise. Maybe you picture a gaggle of girl scouts pushing mints outside the local supermarket or you having to sell chocolate bars over the phone to your family members in hopes of reaching the expected sales goal for your child's soccer team.

My wife and I some years back worked the snack shack at high school football games in place of us pushing relatives to cough it up. But the fundraising I am talking about here is fundraising as

*pilgrimage* based on real events of the late 70s and early 80s.

Pilgrims selling chocolate caramel peanut clusters. Pilgrims selling chocolate caramel peanut clusters knocking on doors. Pilgrims late at night going bar to bar selling chocolate caramel peanut clusters. Is selling chocolate in any way like the pilgrimage of Abraham or Moses, or even like the 21<sup>st</sup>-century pilgrims walking the Camino de Santiago? Yes, absolutely, although I would agree that, on the surface it sounds more like Forrest Gump and his travels through life with his box of chocolates.

Before I ever went on a fundraising trip, I thought, if I had a thought at all, that the experience would be something like that of my grandfather, a peddler of Knapp Shoes in southern Oregon. He was a poor and humble man. My only clear memory of him, scaly, pearly white legs dangling out of his bed at the convalescent home. Not a pretty picture, and not much to go on. Fundraising became important to me and to my life of faith when I joined the Unification Movement in January of 1976. I first learned to fundraise in that summer and, after learning the basics around Seattle, I made my first two-week fundraising trip to Canada. I was an odd choice. I was new to the spiritual life, shy, a loner type, hardly a salesman. Not one to chat up strange people; at least partly because I thought there couldn't be anyone quite as strange ....

**[To continue reading this adventurous article, please click here!](#)**

## Culture & The Arts

### **My Hobby: Recording Music in the Digital Age**

by Chuck Frumin



Back in 1975 when I met the Oakland Family, I gave my guitar away and my music aspirations were put on hold. There was not much room anyway to lug around a guitar on a mobile fundraising team (MFT). But later, a guitar and a desire to sing were useful for cultivating fellowship when pastoring a church. I just had my 69th birthday and now more than ever I'm enjoying the blessing of music and song.

My earliest memories of singing were in my elementary school days in California. I can remember the joy and zeal of singing American classics like "Home on the Range" or "America the Beautiful". When I was 12 years old, I learned to play the guitar. Growing up as a teenager in the sixties, I learned many popular songs of the day. Bob Dylan's songs captured my heart with his music and raw lyrics. Whenever I had the chance, I would record some of my songs on a reel-to-reel tape recorder. Later, I purchased a four-track stereo cassette tape recorder. That recorder enabled one to record four separate sound tracks, not simultaneously. In other words you could record the guitar part on one track and then while listening to the playback with headphones, record the bass guitar on another track. And then do the same for the vocals. One person could create all the



song parts of the song as if a whole band were playing.

The digital age has brought music recording, to a whole new level. For quality music recording one doesn't have to rent a fancy recording studio and pay an expensive fee. Home Recording on a personal computer has become popular. It is possible to get the same quality as the lavish music recording studios. The technology now enables one to record an unlimited number of tracks.

I've often wondered about the deeper question of why music and song give people so much joy and fulfillment. I think through song we can express our emotions in a much more powerful and effective way than simply talking!

Hear Chuck's Original Music at:

[soundcloud.com/chuck-frumin/change-coming-for-good](https://soundcloud.com/chuck-frumin/change-coming-for-good)

or

[soundcloud.com/chuck-frumin/hawaiian-streamlet-instrumental](https://soundcloud.com/chuck-frumin/hawaiian-streamlet-instrumental)

or

[soundcloud.com/chuck-frumin/stomp-clap-rock-cue-instrumental](https://soundcloud.com/chuck-frumin/stomp-clap-rock-cue-instrumental)

## Ikebana

by Hideko Lewis

[HIDEKOLEWIS@GMAIL.COM](mailto:HIDEKOLEWIS@GMAIL.COM)



Hideko Lewis has a Master's Degree in Ikebana from Ochanomizu Gakuin, Department of Arts in Tokyo. She and her husband Richard are now living in Nutley, NJ where Hideko offers classes in this Japanese discipline of Ikebana. Ikebana is the art of Japanese flower arranging – blossoms, branches, leaves and stems find new life as materials for artmaking. Ikebana aims to bring out the inner qualities of flowers and other live materials and express emotion.

"It is not so much about creating floral arrangements or making decorations," she explains. "Rather, its purpose is to learn to appreciate certain aspects of nature that people generally ignore." In Japan, this is a University level subject that is studied by both women and men.



Hideko Lewis points out that Ikebana teaches how to arrange flowers beautifully but also, through Ikebana those who arrange the flowers can be assisted in living harmoniously. When making a flower arrangement, one first looks at the flowers and gets inspiration from them, feeling their ideal beauty.

The way of Ikebana is to express that ideal beauty through the arrangement. Grass, trees and flowers grow and exhibit their unique beauty in nature as they exist in harmony. It is also important to consider other aspects of nature – the four seasons, weather, flowing water, etc.

“Through flower arrangement one can learn many things. In encountering the natural environment with a pure and honest heart, the practitioner will experience great and sometimes unexpected beauty from the colors and forms in the designs of nature. Flower arrangement evokes a sense of fullness. While concentrating on flower arranging, a sense of freedom from the complexity of daily lives, and joy through experiencing a world of refined beauty is aroused,” explains Hideko. She believes that the graceful thoughts expressed through flower arrangement cannot be equated with any material richness.



## Health and Recipe

*During the next few months we will be running a longer article by Dr. David Carlson in several sections. We hope you will enjoy it.*

### **Wholeness, Health and Healing (Part 2)**

by David Carlson



*David met the TPs in 1972 while serving in the US Army in Korea, and studied UT with Dr Sang Hun Lee. Returning to America he taught UT at Belvedere, helped with MSG, YS and WM campaigns and was selected by True Father to attend UTS. Upon graduation, he worked in Upstate NY and was then called to UTS to teach DP, UT and world religions. In 2004 he returned to Korea, teaching at the Cheongshim Graduate School of Theology in Cheongpyeong until 2014. He presently lives in Indianapolis, engaged in church outreach.*

Let me now turn to Deepak Chopra, the author of *Ageless Body, Timeless Mind: The Quantum Alternative to Growing Old* (23). A

medical doctor, formerly chief of staff at New England Memorial Hospital, he is the director of the Institute for Mind/Body Medicine and Human Potential at Sharp HealthCare in San Diego. Coming out of an ayurvedic Hindu tradition, he has succeeded remarkably in translating certain ancient truths about the body and healing into understandable, twenty-first century language. In the process of doing so, moreover, he has found a very responsive audience and has become one of the “gurus” of the new “alternative” health movement.

Chopra examines the phenomenon of aging and confidently challenges many of the current beliefs people hold about growing old (again, we come across the idea of “belief”). He says “Your body is aging beyond your control ....

[To continue reading this article, please click here!](#)

## **Budget-Friendly Mock Crab Cakes**

contributed by Christine Libon



15 oz can Mackerel (drain it)  
1 large or extra large Egg  
8 scallions chopped  
1 slice of bread any type, cubed  
1-2 TBSP milk to soften the bread  
1 teaspoon Old Bay Seasoning  
1 teaspoon Baking Powder  
(Optional: 1 TBSP Mayo + ¼ tsp mustard)  
Oil for frying

Moisten the bread cubes with the milk, add the mackerel, egg, scallions, Old Bay, baking powder (and optional ingredients).

Mix until well distributed. Form 4 to 8 cakes, according to your preference.

I make 4 cakes and Fry them on Medium High heat, about 5 minutes each side.

I've never steamed these but it's a possibility. I have tried a similar recipe baked in a loaf (enjoyable to me but not to my hubby).

## **Unification Thoughts**

### **Rearing Monarchs - Part 9**

by Prof. Gerry Servito

#### ***Welcome back***

And thank you for your continued interest in these *Unification Thoughts*. This article is the 12th in the *Raising Monarchs* series for the Golden Age News. Its purpose is to offer the perspective of

Unification Thought on raising our grandchildren. Our basic premises come from 1) the *Realms of True Love* - in which Father and Mother Moon explain the five realms of divine love - and 2) the *Three Great Kingships* - which inspires the title of this series. If you take a look at those two links, you'll at least understand the perspective of the preceding 10 articles, if not the details

Where we left off

In January, February and March, we'd been looking at the ethical norms of Godism. And last month we'd concluded looking at the moral norms in Unification Thought.

**[To read the whole article, please click here!](#)**

For inquiries or information

Eriko Endo (973) 653-6684, [erikoendo@hotmail.com](mailto:erikoendo@hotmail.com) or  
Carol Pobanz (973) 223-3822, [carolpobanz@gmail.com](mailto:carolpobanz@gmail.com)