

Golden Age September 2022 Newsletter

Richard Buessing and Carol Pobanz
September 6, 2022

Dear Golden Age Newsletter Subscribers!

Greetings as we enter this wonderful Autumn season!

Following is the *September 2022* issue of the newsletter. We hope that you enjoy it! Our mission is to help keep Senior Unification Members (60 years plus) connected through sharing God's love – what is positive in our lives as a result of finding Heavenly Parent and True Parents.

The motto of the Golden Age Newsletter is “This is the Dawning of our New Age”. We are always in the process of redefining ourselves as we grow older and as we add experiences to our lives. Therefore, we must consider how God can use us even when we may be decreasing in our physical capabilities!

We invite you to share your own article with us for inclusion in a future issue of the newsletter. See more at [Sharing Articles with the Golden Age Newsletter](#). Please also share the goods news about the newsletter with your friends. They can subscribe at [Golden Age Newsletter Free Subscription Form](#).

Thank you!

Rev. Richard Buessing
Carol Pobanz
Senior Pastors Association (SPA)



This Month's Message

Love Travels Everywhere
by Elisabeth Seidel



When my husband Dietrich passed away in 2016, I felt extremely lonely, with tears in my eyes every day. How could I continue a loving relationship with my spouse after he left?

When he was staying at the hospital, I would call him first thing in the morning to wish him a good day and pray together over the phone with him.

After he passed, I continued calling him first thing in the morning, pretending I was calling heaven and asking my angels for connection with my husband. I was talking to Dietrich in a one-way conversation. This helped me a lot to go over the grief and loneliness. I felt he was hearing me.

I also read all the books I could find at the library, about the other world, including his "Eternal Life in the Spirit World." I learned I could continue the love we experienced on the earth because love travels everywhere, and I sensed his presence when he was visiting.

Over the years, several friends who were also spiritual mediums gave me hopeful and interesting messages here and there. Some are clairvoyants (they can see pictures), others clairaudients (they can hear), others clairsentients (they can feel emotions and energy vibrations).

Spirit world does exist. We were born to live together forever with our loved ones in the spirit world after we die. But the communication has been severed because of the fall of man, as mentioned in the Bible (Genesis chapter 3).

In today's modern world some scientists are busy inventing a "spirit world machine" where they can receive the different vibrations coming through from the other side. It is the time when many inventions will be made possible because God's providence is progressing and, among all the wars, and rumors of war a better world of peace will be established and better communication for all. This makes me happy.

Now I want to share with you my latest message received from the other world.

SPIRITUAL READING

The medium started by describing an underground room with heavenly light. There was an angel sitting at the table. It was an old-fashioned check in, with an Austrian atmosphere from Tyrol. A second angel as a security guard took her upstairs.

There was a handsome man, taller than average with a beautiful smile, my husband Dietrich. He gave me a big hug, saying thank you, merci. He showed me the four-position foundation diamond shape, the beautiful foundation of the universe.



He said I am a champion of going through trials, and he gave me tools to face new challenges. He told me that even if nobody reads my stories right now, the stories will be a treasure. There are many stories to tell where I came out victorious. He asked me to please preserve all my stories and write more. Any work that he left behind, please do it. Write your personal memoirs; it is very valuable, our life together.

Then there was an open field with two houses, and he wanted to show both of them.

The first is a big house with a team of many people working together with many angels. They watch what is happening on earth. It is a very high-tech place, where he does his official public mission. The work involves looking for people who can receive a higher understanding of truth. Dietrich's passion is to give deeper truth, with no end of understanding. He will be forever a student of truth.

The other building is a small hut, just two rooms. It has no bathroom or kitchen, because they are not needed in the spirit world. It is very rustic, in the mountains, similar to the Austrian huts. Mountains represent the high spirit world. This is where Dietrich goes for alone time with God, where he recharges himself from the intensity of his mission.

He goes to this cabin in the mountains with pen and paper. There he meditates, converses with God. God gives him a theme and he develops it, writing down inspiration as it comes to him. He has a notebook and pencil, nothing high-tech. When he gets these understandings, he gives them to people on earth.

This cabin is his happy place, where he likes to be alone with God. It is his place to rest, a place to recharge his energy away from the intensity of work. It is a simple place, and it is enough for him. Now he lives in his mountain cabin, and likes it there, but wants me to have comforts. He is preparing something very dignified for me as if for a queen, and many wonderful surprises, in a beautiful place in the spirit world for when I arrive there!

Dietrich said he knows I miss him. He misses me differently because he visits me on a regular basis. He can hear me, even when I do not hear him. He wishes he could talk openly with me and make me laugh. He suggested I practice laugh therapy. He said he misses our conversations and my feedback. He is very proud of me.

Concerning our ancestors, there are so many of them. There are lots of people coming forward, and they are bringing foods. There is lots of support around me and a lot of gratitude. They bring good things, healing, sustenance for my children, love and tenderness. A gentleman is bringing tomatoes. A lady, probably my mom, reminds me how to make the best of every situation. If you have nothing but carrots, you can make a delicious soup. She was grateful for what she did have. She could make delicious dishes out of nothing. Dietrich's parents brought wine in heavy chests,

each one with a label of love from different years, very special.

Dietrich gave me a huge heart of chocolates, and a good-bye hug.

True love travels everywhere!

[To see Elisabeth's website, please click here!](#)

[Her book "Stories to Nourish the Heart" is available for purchase from the publisher and at Amazon.](#)

Unification Thoughts

Rearing Monarchs - #16

by Prof. Gerry Servito

Dominion and Creativity, part1

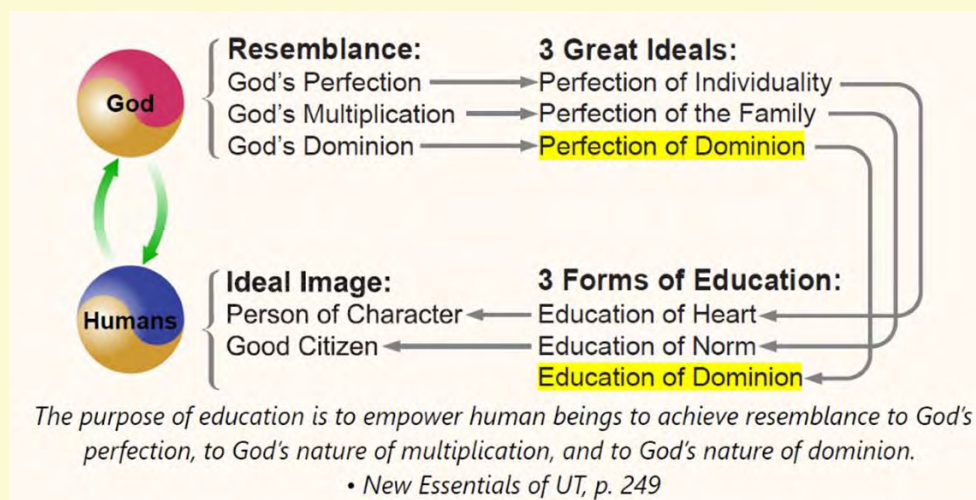
Unification Thoughts, September 2022

Welcome back

In case you're joining us for the first time. I'd invite you to read about the purpose and focus of this Rearing Monarchs series, of which this article is the 16th.

Where we left off and where we're going

Last time, we'd started looking into the development of the third major area of a child's education: their capacity to achieve "dominion", i.e. competence and even excellence in a gift where their gift lies,



We'd started by explaining three areas of training that provide the foundation for their development and ultimate accomplishment (see the [previous article](#)). This time, we will look specifically at the function of creativity in their achievement of dominion.

But first, one observation

I've sometimes noticed wonderful creativity and ability in our young people for different things - arts, music, entrepreneurship, psychology, sports, education, etc. So I hope that they'll identify their gifts, develop them and thereby fulfill their destinies as contributors to the new world (i.e. the "culture of heart"). However, it sometimes seems to me that they don't have a clear understanding and vision of how to develop or apply

their abilities to make the greater contribution and impact.study of skilles

If through caring counsel, reflection and earnest prayer (their own and their elders), they sense their destiny in time, they can choose some field and prepare to acquire the skills they'll need to succeed in it. This study of skills and techniques corresponds to what UT calls "technical education". To put in the terms of Godism, this training can help them fulfill their capacity for dominion.

UT has some important practical guidance that could help us better guide our young ones, so that's what I'd like to present in this and succeeding articles. The areas I'd like to touch on are: the original standard of creativity, education's role, the starting point of creativity, the motivation and purpose of creativity, the creator's mindset and the creator's individuality. . Here, we'll start where creativity comes from, what education's role is, and the starting point of creativity.

The Origin of Creativity

In [our article](#), a year ago . . .

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

History Bytes

Though this article is much longer than we usually run for the History Byte, we felt it warranted an exception in length!

Mr. Nakata's talk on the Leda Project at the NJ Clifton Church



I was in America for 20 years, until I went to China and N. Korea and then to Hungary. In 1999, Father called the Japanese national messiahs to come with fishing rods to the Pantanal for a workshop. Following the workshop, he said, "You should think you are now dead and be ready to go to the place I assign you to pioneer." What would *you* do if you received such a direction from True Father?

Father said, "You should think you are now dead, so that you can go to the most difficult place – the Pantanal. You must go into hell to liberate hell." What do you think you would do if you were given such an order, and you were told to go immediately?

I had been in North America. North America is a nice place. It is very beautiful. Japan is a nice place. Hungary is also nice with a good music culture. However, spending 40 days in a fishing workshop was already enough of South America for me – especially 40 days in the Pantanal area. It was hot and there were mosquitoes. There were also many reptiles like snakes and alligators. I really didn't want to go to South America, especially not to the Pantanal. It was miserably hot.

When we get a change of mission, and we are promoted, it is a good thing. We have no complaint about that. However, if we are demoted, it is hard to accept. When the Puritans came to America, they prepared

themselves for a difficult time, but we did not have any preparation. True Father said to go right away, directly from the workshop location. We were not given any preparation time. I had to go to the place I did not want to go to. I do not like the Pantanal, because it has everything that I hate – hot weather, mosquitoes, poison insects, reptiles, and especially all kinds of snakes – jumping snakes, coiling snakes, and huge anacondas living in the river. We could not go to this kind of place unless we thought of ourselves as “dead.”

We went to the Pantanal with shovels and carts. There was nothing there – no drinking water, no electricity, no buildings. There was one communication tower, which stopped working after one month. Therefore we were totally isolated without any communication system. We did not know what was going on in the world. I could not communicate with my wife, who did not know where I was.

Unbearable heat and mosquitoes surrounded me. You know, it's terrible to have 10 mosquito bites, but imagine if you were bitten by hundreds of mosquitoes. Any exposed skin was attacked, but if we covered our skin, it was too hot. We had to choose whether to be hot or to be bitten. I have very sensitive skin, and when I was bitten, I would suffer for a week. We averaged 100 to 200 mosquito bites every day. Mosquitoes penetrate regular clothes easily, so we had to wear nylon windbreakers to protect our skin. I usually chose to be hot, but soon the heat overcame me and I took off the covering. Eventually our skin became tough, and we built up a certain immunity after suffering so many bites. Now my skin is used to being bitten, and the itch goes away after a few minutes. In this way, I got used to the mosquitos.

I hated reptiles, especially snakes. However, they don't bother me anymore because I got used to them being around. I understand their nature. When rattle snakes coil, they are assuming an attack position. Eunectes are large aquatic snakes (anacondas), but in general, they are not aggressive. Also, at night, jaguars came out. We encountered many frightening things in our environment, but we eventually got used to these things.

True Father said, “The Pantanal is a Garden of Eden.” Father fulfilled the indemnity conditions for us, allowing the original place to be returned to us – this is the Pantanal. All original things exist there, pristine and untouched. Why are they untouched? It's because no one wants to go there. Actually it's a barren land. There are no machines, no electricity and no modern conveniences.

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



Culture & The Arts

MEALING is a Holy Activity

Written by Christine Libon on behalf of Christine Brunkhorst

For as long as I have known “Christl” she has profusely baked and cooked for JinA staff and events, for young Blessed couples, for neighbors who are ill, and for her family.

When asked about her motivation, she replied:



“I think of cooking and sharing a meal as a Holy Communion. The early Christians held meals in their homes which served as Holy Communion, similar to Jesus (thinking of the Last Supper).

Sharing a meal affects all the senses, from the physical hugs and greetings, the sight and aroma of the beautiful food, to the environment of the home.

I always pray while I am cooking and prepare extra food so everyone can eat plenty and have some to take home. The Mealing experience gives both spiritual and physical nourishment.

Sharing a meal with my husband is a time to give him support, to be one with him, and a time when God can enter and share our experience together. Mealtime has been a vital family time when the children can share their daily experiences and thus report to the father figure. We also extended invitations to the children’s playmates to join meals.

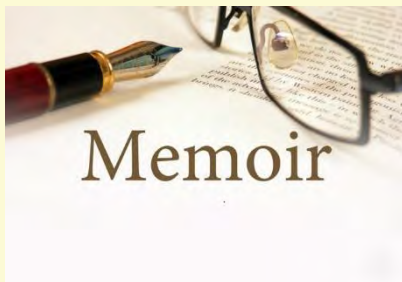
My husband has a special connection to nature, being a hunter and a fisherman. After spending long days outdoors doing what he considers “harvesting,” he offers gratitude for the animal giving its life for our nourishment and often shares his harvest. For example, when Angel, our Filipina neighbor, was ill and alone, he shared three fresh trout with her.”



Anyone who tastes the homemade bread, salmon entrees, chicken soup, or tasty salads Mrs. Brunkhorst has made will find it hard to forget. And I have heard couples express how appreciative they were after feasting on such Heavenly Meals.

On Writing My Memoirs

by Christine Libon



Knowing my long years of working with children, many people encouraged me to write my memoirs. But I could never begin. I thought that if I did manage to write something it might be a humorous collection of the cute comments that children have made over the years.

I had often put such comments in monthly newsletters for parents to read. But whenever I tried writing more extensively, there was no flow of inspiration or ideas; my attempts would come to an abrupt halt. On April 1, 2018, I went out with brothers and sisters in faith to do some spiritual work for one hour. Later on that same day, I visited a DP website and quickly browsed an article on “How to write your memoirs.” It said to just sit down, start to write, to not think of anything else, and just let it flow. I sat down, thinking I would briefly jot down some notes in a draft of memoirs, and the flow began. Apparently, now was the time for me to write. After I had written about four thousand words, I contacted a friend who writes and edits. Yes, he’d be happy to read over my writings. He offered nothing but positive comments and words of encouragement, for which I am most appreciative. I’ve been writing for three days now, sometimes sitting for several hours in a day, letting it flow – remembering details, describing more fully, as he said I would.

I contacted another friend who encouraged me to write about things I had experienced in Oakland Family, which I had not planned to write about. I didn’t feel I was the best person to share these things. But he said I needn’t worry about being an historian. He said memoirs are just

recollections of your own experiences that other people need to learn about. When I expressed concern for mistakes or wrong choices I had made in the course of my life, he reminded me that I had sometimes acted as a conduit for God to do good works, and also that I was uniquely special and very loved by God.

I now realize that I write when I am alone, when I experience challenging situations around me, when I experience a kind of emptiness, or when I am unable to sleep until the wee hours of the morning. It seems to be good for me, and best to avoid focusing on negative experiences and instead focus on my internal, personal reflections and relationship with God.

Health

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 6)

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.

Healing and Our Relationship to the Environment

Finally, I would like to touch briefly on the topic of healing and our relationship with our environment. Our environment is a “mixed bag” when it comes to our health. It was mentioned above the many toxins which exist in our environment, which have a deleterious effect on our health. There is not really much that we can do about such poisons except to try as much as possible to avoid them, and to strengthen our immune systems as a means of protection against them. These toxins are not natural; they are all man-made. On the other hand, much has been written also about the various herbs and medicinal plants, and other sources of healing elements which exist in our environment. (94) There are people who advocate gardening as good for our health. Among those who encourage working in or with a garden is Kevin Trudeau, who says:

Being in the physical universe, working with living things and creating things with our hands is incredibly beneficial. Working in a garden provides an outdoor environment, exercise, stress reduction, and many more mental, emotional and physical benefits. (95)

Unfortunately, it is our modern technology that has introduced the many environmental toxins which afflict us; they are usually artificially-made substances, not naturally occurring in nature. Andrew Weil points out the dangers of being exposed to the many toxins which exist around us, and the importance of guarding ourselves against “toxic injury.”(96) He

devotes an entire chapter of his book to “Protecting Yourself from Toxins.”(97) He states: “Your body’s ability to eliminate unwanted substances depends on the healthy functioning of four system: the urinary system, the gastrointestinal system, the respiratory system, and the skin;

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

Recipe

Peruvian Empanadas

Contributed by Christine Libon



Ingredients:

- 1 lb sirloin steak, finely diced
- ½ cup dice red onion
- ½ cup diced green olives
- 2 tbsp aji panca paste
- 4 garlic cloves, peeled and minced
- ¼ cup chopped cilantro
- 1 tsp cumin
- 1 tbsp olive oil
- 2 hard boiled eggs, peeled and diced
- 2 tbsp all purpose flour
- 1 (16 oz) can refrigerated biscuit
Dough, about 8 raw biscuits
- 1 raw egg, beaten
- 1 lime cut into wedges, optional
- 2 tbsp chopped cilantro, optional

Here’s a YouTube link for recipe instruction:

youtu.be/SBezAiPRXw

Monthly Book Review

What Do We Know About Spirit World?

by Poppy Richie



My mother died of breast cancer when she was only 50, in the summer of 1970, just after I graduated from St. Lawrence University in New York State. Her unexpected death prompted a two-year quest on my part. Where did she go and where will we all go when we die?

My Episcopalian upbringing didn’t answer that question and neither did

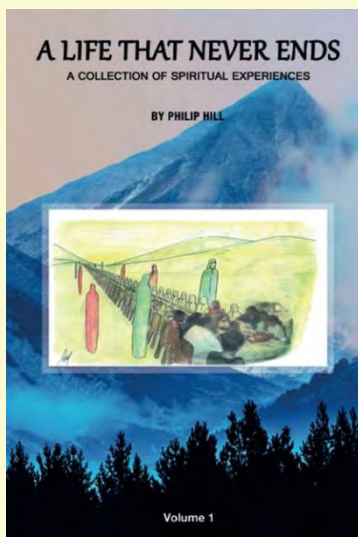
my studies in Zen Buddhism. I thought about reincarnation but dismissed it as weird and illogical. This lack of reasonable answers made me even more determined to find out the truth about life after death. After a rigorous search, I finally figured it out, and here's how it happened.

My dad, two brothers and I kind of fell apart, feeling lost and puzzled after losing mom that summer. I struck out for Vermont, where I could lose my sorrows and ponder my questions on the ski slopes. After two years of this rather hedonic lifestyle, I decided it was time to get really serious and pursue answers about what life was really about. What are we supposed to do for 80-100 years on this planet, and what happens after that?

I traveled with friends across the country and, after many spiritual experiences, I met Mrs. Onni Durst on the Berkeley campus on Friday the 13th, 1972. After the evening program in Oakland, I rode with my new friends up to the farm in Boonville. Not knowing what to expect, I found myself listening to the most amazing lectures I've ever heard. Saturday night, as we sat around the campfire, our small group talked about the Principle of Creation and the Fall of Man lectures. I had a conversation with the lecturer about spirit world. He answered all my questions satisfactorily and after a weekend of what was referred to back then as the Principles of Education, I was ready to make the commitment to join the Oakland church family. The Biblical phrase, "The truth shall set you free" resounded in my heart and I began my spiritual journey filled with hope.

This short bio I've just shared with you may shine a light into the book recommendations I'll make in the next few paragraphs. I've entered my seventh decade now, and this has inspired me to find out as much as I can about the next life, the eternal one, through prayer, studying and reading.

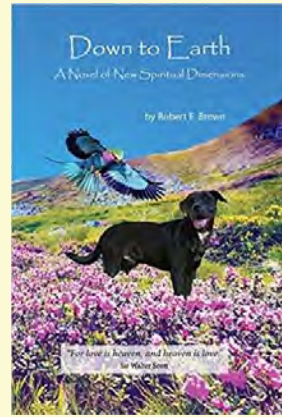
I was an avid reader in my childhood, but I had no exposure to books about life after death. Things have changed and now the topic of spirit world is very popular. The books I've read on this subject are all uplifting, and I appreciate every one of them, but I do have my favorites.



Our Colorado book club found Phillip Hill's book *A Life That Never Ends* fascinating. In his preface, Phillip says that "this book gives clear descriptions of how the spirit world functions, allowing the reader to gain peace of mind, knowing that their loved ones are waiting to receive them upon entering the spirit world when they are called to go." Our book club members learned a lot from this uniquely gifted brother. We were able to step inside the world of one who can see and hear things we can't.

We appreciated the testimonies and the illustrations in the book, the sketches of what he has observed, along with some very interesting photographs. All of us were moved to invest more in appreciating our ancestors and helping them grow in the spirit world.

Robert Brown's book, *Down to Earth* reads more like a science fiction fantasy. He's invented a whole array of characters that discover special communication technology allowing people to talk to one another between the earth and the spirit world. Robert describes his purpose in writing this imaginative story: "The spirit world is, without exception, everyone's destination so wouldn't it be empowering to have some idea what to expect when we leave our physical lives?"

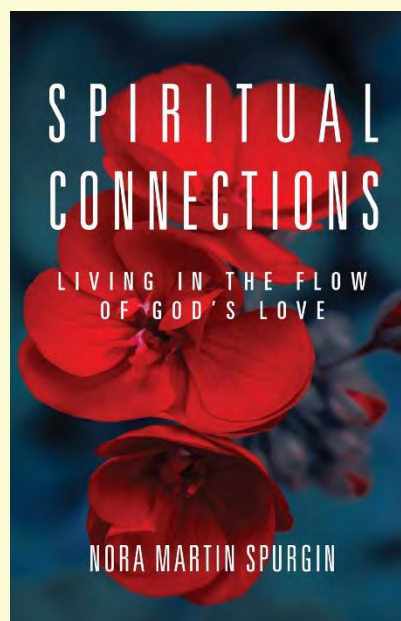


It is my hope that this story will help open our minds to a broader perspective, new possibilities, and reaffirmations of what is important in life, but also be an entertaining read for you."

Even though I've learned a lot about spirit world from Divine Principle and True Parents' speeches, I am still curious to hear more details. That's why I like *Down to Earth*. Robert Brown's book paints a picture that seems truthful, and is full of illustrations of the imagined life in the world we can't see until we get there. His plot and characters are interesting right from the get-go, and at times I found it hard to put down the book because I wanted to know what happened next. I do believe that someday we will have the technology for communication between earthly life and spirit world – *Down to Earth* is science fiction now, but it predicts events that are likely to happen in the future, something True Father has mentioned in his speeches.

Phillip Hill's book is available on Amazon. I have the less expensive soft cover version, but I wish I had the hard cover one because the lovely illustrations show up better in the more expensive book. *Down to Earth* is also available on Amazon. Robert has set up a forum for discussion and, if you're interested, you can contact him at: downtoearthnovel@yahoo.com and/or ask to join the Facebook group: "downtoearthnovel."

Bulletin Board





This book review, "[Spiritual Connections: Living in the Flow of God's Love](#)," by Dr. Gordon Anderson, originally appeared on *Applied Unificationism*, a blog of Unification Theological Seminary, on May 30, 2022. Used with permission. A Spotify podcast of the review is also available [here](#).

[Text Link](#)

Spiritual Connections: Living in the Flow of God's Love (Circle of Angels Press, 201 pp., 2022) is an engaging spiritual autobiography of Nora Spurgin, who joined what was then called the Unified Family (later Unification Church) in New York in 1967. She served in many central positions as the movement led by Rev. Sun Myung Moon developed into a new global culture. Nora's identity is shaped by her connections to others in her lifelong pursuit to be in the flow of God's love.

Her story begins with her ancestors who came to America for religious freedom. Her sixth great grandfather authored *Confessions of Faith*, which is still used for religious instruction among the Mennonites. She grew up in Lancaster County, PA, in a farming community with large families, connected to her parents, siblings, extended family, and nature. Life was a mixture of hard work, fun play, and worship of God. Personal responsibility and maintaining the community was stressed. Her community was self-sufficient. Nora learned to design and sew clothes and her father even taught her every step in building a house!

At a young age, Nora's curiosity prompted her to ask questions about her faith in comparison to Catholics and others. She studied the people she met, wanting to learn behavior patterns and whether people were genuine or putting on a façade. She learned to approach others with confidence. While Nora wanted to learn fastidiously, her parents believed outside education would corrupt children's faith. She dropped out of high school after one year and worked at home and in a sewing factory until she turned 21 and became a free adult. Then she grabbed lots of books, studied, passed the GED exams, and set out on the world.

A Mennonite Voluntary Service program caring for children of migrant workers in Florida exposed Nora to poverty and other cultures and broadened her faith. In college, she loved philosophy and history. On weekends she visited and served people in Appalachia, and experienced charismatic spiritual events. Then she went on for her master's degree in social work at New York University. The intellectual confrontations and big city life were far different than life on a simple Mennonite farm. Through all her encounters, she continued her search for connections to God and was prepared to meet the Unification Church.

At a religious meeting at Columbia University, Nora met Barbara and Diane, who had returned from six month's training in Japan and opened a teaching center in New York. They both had been Quakers. She studied the Divine Principle with them and joined in New York in 1967. After completing her graduate work at NYU, she moved to Washington, DC, to further her religious study with Dr. Young Oon Kim, an early Korean missionary and theologian sent by Rev. Moon to spread his teachings. There she engaged in interfaith dialogue with Dr. George Lamsa, of the Eastern Church that began in the area of Palestine before the Eastern Orthodox Church. He had translated the Bible into English from the original Aramaic language.

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

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