

Golden Age Newsletter: January 2024

Richard Buessing and Carol Pobanz
January 10, 2024



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Hello Goldies, Welcome to the new look! It's all the same content with a simpler format. We hope you enjoy!

This month's newsletter is a rerun of last month's (December 2023). It includes a holiday message, focusing on the Heart of God, teaching Divine Principle to Russians, running to stay healthy, and a Nutty Date Recipe.

This Month's Message

by Alexa Ward



Photo credit: Tom Ward

Greetings in this special time of the year! Thanksgiving and Christmas give us the opportunity to be with loved ones, reflect on our lives and prepare for the new

year.

Our True Parents spent their entire lives educating others, mostly us, through their words, through the expression of their heart, as well as through their example. This education served as a bridge, bringing us from where we were to where we are now. At different times, both Father and Mother acknowledged that they have completed their responsibility in educating us, and that it is now our responsibility to follow our conscience and mature ourselves.

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Unification Thoughts



Photo credit: Gerry Servito

At last, we've reached the final month of the year. I think it's fitting to close it by keeping our focus on the Heart of God and how understanding it helps a child approach their First Blessing. According to the Unification Principle:

The key to God's first blessing is the perfection of individual character. ... for an individual to perfect his character, he must form a four position foundation within himself whereby his mind and body become one...with God as their center. ...They experience the Heart of God as if it were their own.

• *Exposition of the Divine Principle, Creation 3.2, p. 34*

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History Byte



Photo credit: Joy Pople

Going off Script

By Joy Pople

In the summer of 1992 I was recruited to help staff Divine Principle seminars in Lithuania and Latvia for Russians. I was invited to be a lecturer, but it had been years since I had such a role, and I demurred. However, I did agree to look at a manual of the slides and scripts prepared for the seminars.

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Culture & Art



Photo credit: John Gehring

Running and Walking Can Set The World In Motion

by John Gehring

Running or walking can set the world in motion. As a seven-month-old infant, I set myself in motion and started to walk. Initially I had a shaky start but in time, I got rather good at walking. My desire to move kept increasing and soon my walking got quicker. I often started walks meandering but then found a purpose and direction and quickened into a jog. I was frequently off and walking to visit a friend and would try to speed up the journey by jogging. Sometimes I ran simply to 'keep up with myself'; perhaps I was trying to make my life into an everyday adventure.

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Health & Recipes

Humidifier

Why am I including this article this month? The reason is because for years I have suffered with sinus infections – an infection which eventually moves into my chest as bronchitis and has even, on one occasion, actually turned into pneumonia. It usually has to do with the change of the seasons. In recent years as soon as I begin to cough, I go to the doctor and he gives me an antibiotic and it clears up. But frankly speaking, I don't like taking pills, so, this year, as soon as I felt the pre-cough stuffiness, I put the humidifier on at night and it relieved the stuffiness and warded off the cough. For as little as \$25 I've been able to improve the health of my husband and myself with just this small change.

www.healthline.com/health/humidifiers-and-health



Photo credit: Donna

Date n Nut Bread aka “Grandma Bread”

By Donna (Carol's sister)

Our mom was a great cook. She could put together a stuffed cabbage roll that looked like a piece of art. But baking was not her forte, EXCEPT...for her Date n Nut bread! As the weather got colder and the holidays arrived, one after the other, her Date n Nut breads would start appearing on the table. The smell of Date n Nut breads baking can warm anyone's heart.

After Mom passed, I would recall things that especially reminded me of her – things I would share about her with those who knew her and for those who came after her passing. One thing in particular that reminds me of her is my right-hand index finger that has a pronounced curve to the right, just like hers. It doesn't hurt, it just makes me smile.



But I was thinking I'd like to leave them with something more on the lines of a gift to them each year that would represent her warmth and an expression of love. Something simple that could be brought to the gift giving tradition. I decided on her delicious Date n Nut Bread.

So, each year I begin baking breads in October. Thankfully they freeze very well. Each family is gifted a bread for Christmas along with a simple gift paired with it, i.e., a white rectangular serving plate, or 4 white square dessert plates. Something different every year. I have shared her recipe with my children and grandchildren. The recipe is handwritten, by me, in my granddaughter Louise's favorite recipe book, where she named it "Grandma Bread".

I'd like to introduce "our mom" to you through one of my favorite holiday gifts.

I could imagine that she would take your hand in hers as she was being introduced. The one with the crooked finger...that doesn't hurt. I hope you enjoy and find the same warmth that we remember.

Date n Nut Bread

aka Grandma Bread

1. Preheat oven to 350 degrees.
2. Grease and flour 2 loaf pans (9" X 5").

Ingredients for Part 1

- 20 ozs. Pitted dates
- (do not use prechopped dates... each date should be hand cut into 8-10 pieces)
- 2 cups of chopped walnuts
- 1 (4 oz.) stick of butter
- 1 tsp. salt
- 3 tsps. baking soda
- 1 1/2 cups of boiled water

3. Put the above dry ingredients into a large bowl and then add

1 1/2 cups of boiled water.

4. Cover and let stand for 15 mins.

Ingredients for Part 2

- 4 large eggs
- 1 tsp. vanilla
- 2 cups sugar
- 3 cups unbleached flour

5. Beat the vanilla and eggs.

6. Gradually add the sugar until blended.

7. Very gradually add the flour and mix well.

The mixture will become thick, and dough-like with a somewhat crumbly texture.

8. Then add the date n nut mixture.

9. Mix well.

The mixture will have a batter texture once combined.

10. Pour the batter into 2 loaf pans.

11. Bake for about 70 minutes.

(time may vary depending on your oven)

Start checking for doneness at about 60 minutes.

Knife inserted should come out clean.

Date n nut can be served warm, cold or room temperature.

Plain, buttered or with cream cheese.

You decide!

Happy Holidays with love!

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Greetings in this special time of the year!



Photo credit: Thomas Ward

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Thanksgiving and Christmas give us the opportunity to be with loved ones, reflect on our lives and prepare for the new year.

By Alexa Ward

11.30.23

Our True Parents spent their entire lives educating others, mostly us, through their words, through the expression of their heart, as well as through their example. This education served as a bridge, bringing us from where we were to where we are now. At different times, both Father and Mother acknowledged that they have completed their responsibility in educating us, and that it is now our responsibility to follow our conscience and mature ourselves.

My husband and I have been engaged in the public realm and held leadership positions in very different areas for most of our time in the movement. I was honored to be entrusted with leadership positions in WFWP for more than 25 years. Several years ago, I felt it was time to begin to move on to a new stage in my life, and did so with True Mother's blessing.

At this time, I have made the decision to move forward with my husband, with me in the more

supportive role. I feel a deep sense of satisfaction in taking responsibility to help create and maintain the environment, so he can further his life's work. This is a precious time for us to further develop our relationship, and strive to become one. I treasure our time together as a couple, as parents, and as grandparents.

We are blessed with four children and three grandchildren. They are finding their way in life and we are always happy to be part of their lives. It is our hope that each one of them will be guided to achieve their full potential.

Striving to become one is a journey, with many challenges and, more than ever before, I am ready for this journey. Over close to four decades, I gradually cultivated a genuine life of faith, and developed a sense of where "North" is spiritually in my life. From someone who did not believe in God, I have come to know with confidence that I am first and foremost a child of God, our Heavenly Parent. From someone who felt overwhelmed by the challenges in my personal life, I now have a clear sense of the role of patience and timing, as well as confidence that I can rise above difficult situations.

I have come to understand and feel deeply that we are all part of one human family. This moves me to approach people with a caring heart, to be there for others, to give of myself freely and fully, and to commit to building long-term trusted relationships. Many doors have opened and continue to open, in terms of relationships and opportunities, for which I am sincerely grateful.

I am not a perfect person. I am, however, a person who is committed to growing and maturing step by step.

This is the foundation on which I enter this new stage and new era. This is how the voice of my conscience is guiding me.

< Approaching the First Blessing, part 2

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Approaching the First Blessing, part 2



photo credit: Gerry Servito

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Rearing Monarchs - #31

by Prof. Gerry Servito

Unification Thoughts, December 2023.

At last, we've reached the final month of the year. I think it's fitting to close it by keeping our focus on the Heart of God and how understanding it helps a child approach their First Blessing. According to the Unification Principle:

The key to God's first blessing is the perfection of individual character. ... for an individual to perfect his character, he must form a four position foundation within himself whereby his mind and body become one...with God as their center. ...They experience the Heart of God as if it were their own.

• *Exposition of the Divine Principle, Creation 3.2, p. 34*

This notion is central to Unification Thought. Its theory of Education takes up this statement and develops it:

An education which enables an individual to grow to the point where he/she resembles God's perfection is an education of heart. To resemble God's perfection...refers to the state in which one's spirit mind and physical mind...engage in give and receive action centering on heart.... In order for the heart to become the center of the human spirit mind and physical mind, it is necessary for human beings to experience God's heart and be united with it. ...Accordingly, an education of heart turns out to be an education for the perfection of the individual.

• *New Essentials of Unification Thought, p. 250*

The Unification Principle poses this challenging question:

Can we ever grasp the Heart of God? The new expression of truth should be able to reveal the Heart of God: His heart of joy at the time of creation; the broken heart He felt when humankind, His children whom He could not abandon, rebelled against Him; and His heart of striving to save them throughout the long course of history.

And Unification Thought's Theory of Education singles out these "three hearts" and brings our focus to them in this way:

...In order for children to become such people, it is necessary to guide them in experiencing God's heart. Then, how do children come to experience God's heart? The first step is for them to have a clear understanding of God's heart. ...God's heart has been expressed in three ways during the process of creation and the dispensation of restoration. These three forms of God's heart are His heart of hope, His heart of sorrow, and His heart of pain.

• *New Essentials of Unification Thought, p. 250*

Unification Thought explains that these three hearts correspond respectively to the Principle of Creation, the Human Fall, and the History of Restoration. It then focuses on revealing the powerful emotional narrative underlying these sections, through which a child can begin to understand the Heart of God. It was that realization that transformed my own relationship with the Divine Principle.¹

So, since we had looked a bit into the first of these "three hearts" last month, we'll continue by looking a bit more deeply into the "second heart" of God, i.e. the "heart of grief and sorrow".

About this heart, the Principle's definition of the first blessing concludes:

Sharing all the feelings of God as their own, they would never commit any sinful acts that would cause God grief. This means they would never fall.

• *Exposition of the Divine Principle, Creation 3.2, p. 34*

Given the "progressive" values that inundate our children, the finality of this assertion merits very serious consideration. When a young person is away from home—in a dorm, perhaps—what would make him or her behave in the way the Principle asserts? Would it be their strength of will? Or their intellectual understanding of the Principle? As the Principle explains, heart is the deepest part of the soul. It's at the core of intellect, emotion and will. And so, more than those three, the strongest defense they have is what or whom they love the most. That is what can give them the strength to resist temptation.

And that's why knowledge of this "second heart" of God is so critical. Knowing it could deepen their concern for God's heart and provide the power to resist temptation. That's the intent of the readings we will be looking at this month.

The readings are directly from the movement's source materials; they're not supported by any comments or explanations. So, as I'd suggested last time, it would be helpful to pause for a moment or two and step into a more reflective, perceptive state of mind and heart. And then we can proceed to the material by clicking on [this link](#).

Endnotes

1. I'd previously shared a memorable personal experience about that [here](#).

Gerry Servito was appointed by Dr. Sang Hun Lee to the Art and Culture section of USA's Unification Thought Institute. Currently, Gerry is Senior Teaching Fellow of RIIWT. He found Unification Thought after spending college looking into philosophy (especially existentialism), the Gita, and doing transcendental meditation. He was very grateful to find a spiritual path that pursues not only centered mind-body unity, but a second and even a third Blessing—all for the greater purpose! A first granddaughter arrived in October 2022.

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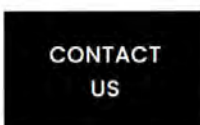
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Going off Script



Photo credit: Joy Pople

By Joy Pople

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In the summer of 1992 I was recruited to help staff Divine Principle seminars in Lithuania and Latvia for Russians. I was invited to be a lecturer, but it had been years since I had such a role, and I demurred. However, I did agree to look at a manual of the slides and scripts prepared for the seminars.

I arrived in Anyksciai, a vacation camp in the pine woods of central Lithuania, for two seminars, each attended by about 200 Russian teachers, professionals, and others who could not or would not disclose their line of work. Few spoke English, and translators were in short supply. I was assigned to lead a discussion group for about 40 people but had a hard time getting a list of who was in my group and finding someone to translate for each meeting.

Lectures addressed the nature of God and creation, God's ideal for the family and society, the purpose of life, the principles of spiritual growth and development, what went wrong in the first human family, the purpose of the Messiah's coming, and God's work throughout history to restore the world back to His ideal.

Some participants appeared puzzled when asked to attend meetings; they wanted to go swimming or shopping. The seminars were planned for people interested in pursuing in greater depth what was presented at an introductory seminar in Moscow on the teachings of Rev. Sun Myung Moon, but

some considered the 10-day stay a holiday. Russians were skeptical about ideals, and those who did attend the presentations challenged every point.

Our hope was that people would consider the possibility of the existence of a Creator and eventually open their hearts to God as our Heavenly Father. As St. Augustine wrote, "You have made us for yourself, O Lord, and our hearts are restless until they rest in you."

Moved by the depth of people's questions and responses to the presentations, I finally offered to lecture, and I taught the purpose of the Messiah's coming. Looking over the audience it was clear that they did not have a context for understanding much of what was in the script.

One of my group led me along a sequence of unmarked paths to an opening she had discovered in the deep woods surrounding our camp. Looking around at the natural amphitheater overlooking a meadow, I thought about how Jesus often taught people outdoors, and I longed to invite seminar participants there to tell them about Jesus. Returning to camp, I fixed in mind the various waypoints to the meadow in order to lead people back there.

I got permission from the staff to offer an "optional" presentation, and it ended up being better attended than the "obligatory" presentations. I told them about the setting into which Jesus was born, the milestones of his life that are marked by Orthodox Christian observances and for which churches are named. Interspersed with questions and answers, I described what Jesus taught, the ways he embodied those teachings, how it led to troubles with the authorities, and how that played out. I declared that God's love and life-giving power are greater than all that the forces of darkness can array against it. People's eyes glistened.

My group members sometimes asked about prayer. On another occasion, I was able to go off script and give an optional talk about prayer. I focused on the basics: what is prayer? why pray? who can pray? where to pray? what to pray for? We challenged people to pray not just for themselves but for others. Prayer draws us closer to God, each other, and the deepest parts of ourselves. I described my experience the previous summer visiting the Central African Republic while an attempted coup was taking place in the Soviet Union. In a small village, Africans and an American knelt in tears to pray for God's guidance and protection for the Soviet people. Afterwards, a couple of people told me they would begin to pray for other nations as well.

Perhaps the most difficult prayer is repentance prayer. We taught about God's love, the origin and effects of sin, and Jesus' coming to bring deliverance from sin. The first step back to God is repentance. In spite of our good intentions, the staff made mistakes, causing bad feelings; sometimes one of us offered a public apology and asked forgiveness. A couple of teachers came privately and apologized for some of the uncooperativeness and uproar of the group as a whole.

Following a stimulating group discussion one evening, a dozen people lingered behind, and I asked if they would like to go into the woods with me to pray. They nodded. I found some candles in the supply closet and headed for a place where we could see the stars. I lit my candle and we passed the flame around. We sang a Russian version of "Kumbaya," and I led a series of short prayers with an invitation for each person to silently pray on that theme. Eyes were bright upon our return to camp.

After reporting about this to the staff, it was agreed to buy more candles and invite people for a prayer walk the following night. We passed out 150 candles and lit them. A long procession of light stretched along a path that I hoped I remembered well enough to find in the dark to a meadow along a bend of the river. The ever-expanding circle of light against the backdrop of pine trees filled us with awe and

lifted our spirits. Years back we had been told that the time would come when hundreds of people would be begging us to teach them about God, but I never took it seriously.

In that stillness, I led in prayer, suggesting themes one at a time and allowing periods of silence for individual prayer. We sang, lingered, and then slowly retraced the waypoints by candlelight back to camp. Nobody wanted to blow out their candles and go to their rooms, so we sang several more songs in the courtyard. Finally, at midnight, I urged people to retire for the night and prepare their hearts for whatever the coming days would bring.

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Running and Walking can set the world in motion

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Photo Credit: John Gehring

by John Gehring

Running or walking can set the world in motion. As a seven-month-old infant, I set myself in motion and started to walk. Initially I had a shaky start but in time, I got rather good at walking. My desire to move kept increasing and soon my walking got quicker. I often started walks meandering but then found a purpose and direction and quickened into a jog. I was frequently off and walking to visit a

learn a purpose and direction and quenched into a jog. He frequently on and training to run a friend and would try to speed up the journey by jogging. Sometimes I ran simply to 'keep up with myself'; perhaps I was trying to make my life into an everyday adventure.

While I was never the fastest runner for my age, I did have strength and endurance and a body that enjoyed challenges. The thrill of covering a distance on foot with wind blowing through my hair (I used to have hair) and racing others in attempting to finish a little bit ahead was a way to spice up a day.

Time can give us opportunities along with challenges. I was a gawky 5'11" tall when I was 12 years old. Our junior high school was having an annual track meet and I decided to run the 800-yard race. I was not a sprinter and the 800 was the longest race of the event. I did enjoy stretching out my legs on the track and running at a good clip till the end. I had a valuable mentor in senior Jimmy Stein. Jimmy took me under his wing and helped train me to understand how to run the race. Each event has some different way to approach it and, with some training and experience, it can save the runner from going too fast or too slow at a critical time in a race. Jimmy taught me how to race the 800 yards at a pace where we were able to break the school's 8th grade record. Wow, he dreamed big and it was really inspiring to have someone believe in me. When I finished the race I had a real big lead and, in addition to having happy feet for a couple of weeks, I gained a new sense of confidence.

I ran cross country for three years in high school. Cross country is long distance running with some exciting venues. We often ran 5-Kilometer races on wide open, hilly, grass fields. One of my first races stands out among many. Let me explain. Being a city boy, I had never seen sheep roaming on grass fields. On the gloriously sunny afternoon of the event day, my team took a bus to a rather rich community on the North Shore of Long Island. On one side of the winding roads was a bucolic field filled with dozens of grazing sheep. Sheep! What a special treat. My running took me to that piece of heaven. That day my feet were once again happy feet.

The Middle Age Sag

I have grown older and passed through various stages of life. My life adventure has taken me to many countries with long stretches where I was rarely at home. When at home, I was often driving several of our five children to school, activities, lessons, choir, and various sports. Driving can be convenient, but it rarely offers the freedom and independence provided through the joy of walking and running.

Getting back in Shape

The week after my mom died, I decided to get healthier through running. I did an extreme act but it helped me improve my health and increase my vitality. I ran two miles a day for seven years. Wow! Seven years and 3,620 miles later, I completed this challenge. Fortunately, I rediscovered my happy feet! Unfortunately, I developed seriously arthritic knees and would never have happy running feet again.

Walking around the World

Walking in recent years is mostly with my wife and partner Yoshiko. At this stage in our life, Yoshiko often walks faster ... but we are not in any big rush. For our couple, walking remains a great way to see, smell and sense the life and life forms found in our communities. We have been active walking together and we have walked in more than 60 nations in Asia, Africa, South and North America, Australia, Europe, Japan, and Korea.

For the curious, one hiking highlight since we made it to the West Coast is rainbow chasing. We catch them rather frequently nowadays. No pots of gold yet.

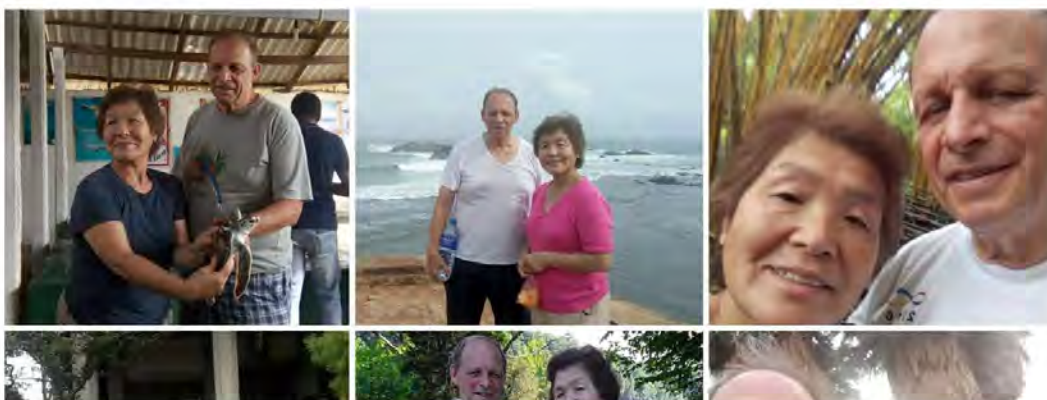




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