

Golden Age Newsletter February 2024

Richard Buessing and Carol Pobanz
February 3, 2024



Golden Age Newsletter

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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!

February's newsletter includes an Alaskan experience, memories of Yankee Stadium rally, the reliable Unification Thought piece, experience in a Senior Center and Valentine Day Dinner Ideas!

This Month's Message

OUR ALASKA EXPERIENCE: Lessons learned from Jim Avey

on the occasion of the 50th Anniversary of the Unification Movement in Alaska

by Donna Avey on November 18, 2023, Anchorage, Alaska.



Photo credit: Donna Avey

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Alaska. Especially because I did not particularly like cold weather or snow or ice! Jim Avey (who is now deceased and ascended Jan 6, 2021) was the epitome of Alaska for me. From the time of my engagement to Jim in May 1979, I started getting to know Alaska.

To read more, [*please click here!*](#)

Unification Thoughts



Photo credit: Gerry Servito

Rearing Monarchs #32:

Approaching the First Blessing, part 3

Unification Thoughts, February 2024

Welcome back! I hope you've had fine holidays and the New Year. To start it off, we'll continue with the essential theme we'd been looking into at last year's close: *the Heart of God*. Because, as the title of this and the previous two articles states, that's a young person's key to approaching the first blessing. And since that blessing is the foundation for the other two, it's important for a young person to become intentional about it throughout their growth period—it's the path that leads toward attaining the very purpose of life.

As we'd mentioned before, the Principle explains how to attain the first blessing:

To read more, [*please click here!*](#)

History Bytes



Photo credit: Carol Pobanz

Yankee Stadium Didn't End At Yankee Stadium

By Steven Sprague

I met the Unification Church in early February, 1976 while attempting to walk the length of Manhattan to go to work. I was working as a civilian Police Administrative Aide in the fighting 48th precinct in the Bronx. I grew up in the 48th precinct and was assigned to work in the 48th when I graduated Police Academy training. The 48th precinct was next to the 43rd precinct, which had been made infamous by the movie “Fort Apache, the Bronx,” a must-see film for any aficionado of fallen nature. I worked in the 124 Room, which meant I was the Police Officers’ connection to the Criminal Justice system since I would write all the incident reports to insure the best outcome when it was time to go to trial. I was the most trusted Civilian Aide and I worked the hated midnight-to-8am shift. As you can imagine midnight to 8am was not well attended by supervisory personal so anyone working the graveyard shift was part of the family.

To read more [*please click here!*](#)

Culture & Art

Korean Heart in a German Body

by Manuel Liba

As a young member in the German Unification Church, singing was not “my thing”, although I enjoyed music in general. I was especially “totally freaked out” to be asked to sing in front of others. Gradually over the years that has changed, coming to the point where now I really love to sing publicly.

To read more [*please click here!*](#)

What Me?

by Cynthia Nakai

“What, me take my teeth out at night?”

“What, me have cataract surgery?”

“Join a senior center?”

Ridiculous!”

These were the thoughts I entertained 10 years ago as I pranced merrily into work... yet as time has it, I ended up doing all three activities!

To read more, [*please click here!*](#)

Health & Recipes

Hip Pain Exercises

youtu.be/MpB2L63SGSQ?si=44xefMKKX5hlbj5s

Yes, seniors experience various aches, pains, and physical problems. Personally, I get a lot of pain in my left hip. I do exercises to strengthen my hip, but this video was exceptionally helpful because of the detailed instructions on exact positioning. So, yes, I got immediate pain relief and look forward to improved strength, flexibility, range of motion, and less bone loss. I encourage everyone to be proactive in seeking exercise appropriate to their specific needs and to be diligent about their exercise routine to benefit their physical health in senior years.

God bless you!



VALENTINE DAY'S DINNER IDEAS

1. **Plan your menu ahead of time.** You can prepare some of these delicious recipes in advance, and store them in an airtight container for a few days at room temperature or longer in the refrigerator. Some can even be made further ahead and frozen, according to recipe directions.

2. **Prep your ingredients.** If you aren't able to make something ahead, then prepare as much as you can in advance — whether that means chopping ingredients for a salad, making a sauce, or assembling a casserole and storing in the refrigerator until it's ready for the oven.

3. **Set the table.** Set the table early with fancy plates, flatware, glasses, placemats, and napkins to make Valentine's Day dinner even more special.

www.aheadofthyme.com/40-valentines-day-dinner-ideas-and-recipes/

Bulletin Board

The Golden Age newsletter was created two years ago but has just moved to a new location. The newsletter was created as a means to keep our elder community connected to one another. Articles include a message of hope and inspiration, Unification Thoughts on the 5th Realm of heart (grandparenting), testimonies and shared memories, stories about: talents, hobbies and interests used for God and, a few ideas regarding health and recipes.

To subscribe please click [*here*](#).

If you would like to contribute an article, please contact Carol Pobanz at carolpobanz@gmail.com

This newsletter is being made available to all members in the Unification Movement regardless of their group affiliation. Please share with all senior brothers and sisters (age 60 and over).

An Invitation to a ZOOM meeting:

Divine Feminine, Our Heavenly Mother

Dear Open-hearted Lovers of God,

There has been a project underway for quite some time that others would benefit from. Shortly after Foundation Day, Doctor Andrew Wilson began sending out channeled messages which illuminated the heart of God's feminine. This was also when True Mother asked us to begin addressing God as Heavenly Parent. In all, 28 messages were received.

In November of 2013, an Ontology Conference was held in the Messina House at UTS. Dr. Wilson was the conference's principal organizer. Information was sent to participants of the WRIST project and the local community of UTS friends and graduates. This was about the time that the UC was cracking into three. Many of those that attended the conference were grasping for some understanding. The speaker was Mr. Christopher Krefft, originally from Louisiana, now living with his wife Jacinta and their family in New Zealand.

The Ontology Conference was thought provoking and ignited interest. Our object of inquiry was God.

Initially the diverse crowd of familiar and unfamiliar faces set the stage for a typical weekend conference. Minutes after the first presentation began, it was apparent that this would never be considered a typical conference. Chris, a medium, spoke for Mother God: Her isolation, loneliness and dismay; Her absence in world faiths, Holy books, religious cultures and traditions. Through him, She spoke of her pain in being unable to comfort and counsel her daughters, who could not quite grasp the possibility of Her existence.

The content was amazing. We began to sense that there was a long-isolated aspect of God, the Divine Feminine, beginning to ignite within each of us. Naturally, women felt this truth most acutely.

On Saturday, eight women volunteered to go through some activities with small groups. The group leaders gathered together for lunch. It was at that lunch that it was agreed we would continue to meet as a group. We wanted to be sure the sparks, felt deep within us of Mother God's stirrings, were not left to grow old. We resonated with the truth that men are not the ones God speaks to or through.

Although it was the women that agreed to meet together, our husbands joined us. After some time we dubbed ourselves the Delaware Group, taken from the location of our early meetings. Since that time, ten years have passed. We have laughed, cried, fought, made-up, lectured, published, taught, hid, banded together and finally are a gem of a tight-knit and trusted family. We have members that have ascended, yet join us. Since our ten-year anniversary in November 2023, some of us have gotten our marching orders from Heaven and are attempting to bring this realization to a broader audience.

One of our members, Glenn Strait, started the Legacy Burdens project. Through the use of constellations involving U.S presidents and First Ladies, his group set out to identify and release the burdens that our country has heaped onto the suffering heart of God. Legacy burdens for Americans include lack of respect and inclusion of women and minorities as seen in patriarchy, materialism, racism, and denial of the

reality of the Spirit World, among other problems. These all cause undue suffering for millions, deeply impacting the heart of Our Heavenly Parent.

After a few years and many profound sessions, the Legacy Burden group concluded. Participants in the group were hoping to meet as a group to discuss ontological subjects. I volunteered to continue addressing the concept particularly regarding my unfolding relationship with the Divine Feminine, Our Heavenly Mother. Along with our growth have come ongoing developments in the invisible world. We have discovered that the fruits of our most basic conversations have real impact there.

If you would like to be a part of this new project, please join us on Zoom. Currently we meet every other week, and the next meeting is on Feb. 5 at 7:30pm EST.

Blandine Stringer will kindly connect us all for the Monday meetings:

us02web.zoom.us/j/83915702780?pwd=Sk9VVTNrc0NmWDRVV3AvM2Znb0hGdz09

Meeting ID: 839 1570 2780 / Passcode: 716463

A link to the recording of the last meeting is available below.

Please forward this invitation to other like-minded friends or associates and we will see what develops.

With hope and expectation,

Jeanne Carroll, UTS '87

CHANGE OF ADDRESS

As of last month, the Golden Age newsletter was sent out from a new address. We are now using the Family Fed platform and it has a new look, but the purpose and article topics will remain the same. PLEASE NOTE: the newsletter will be coming from goldenage@familyfed.org. Please add that email address to your contacts.

*Did someone forward this to you? Subscribe to the Golden Age
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Our Alaska Experience

The views and opinions expressed in this article are those of the authors and do not necessarily reflect the official policy or position of the Family Federation for World Peace and Unification.

Lessons learned from Jim Avey

on the occasion of the 50th Anniversary of the Unification Movement in Alaska

by Donna Avey on November 18, 2023, Anchorage, Alaska.

I did not imagine my life journey would be from Texas through the East Coast to Alaska. Especially because I did not particularly like cold weather or snow or ice! Jim Avey (who is now deceased and ascended Jan 6, 2021) was the epitome of Alaska for me. From the time of my engagement to Jim in May 1979, I started getting to know Alaska.

Jim first settled in Anchorage as a child around 1952 with his family. Jim and I came to Alaska to Jim's beloved hometown with Jaedon and Jaena (son and daughter) in 1989.

My late husband Jim would say, "Do not let external things like bad weather conditions control you. That is, once you know what you must do, pursue it determinedly—to survive and to make it to the planned destination. Like the spirit of the salmon that swims upstream to spawn or the Iditarod mushers and their dog teams—that endure all forms of hardships to get their teams through the finish line in Nome. **Keep going!**"

Jim had a life-and-death understanding of authenticity and a sincere honesty. In villages you must rely on each other. You need to be open and aware of each other. You need to think of others' needs or someone may die.

Jim often told the story of the time that he went on an outdoors winter adventure, and someone wore cotton socks. Not a good idea, but the person wasn't listening.

Cotton clothing does not wick properly. Moisture cumulation on the body can lead to hypothermia and/or frostbite. Although informed about this, one of the women in the group did not take that rule seriously and wore cotton clothing items. She did not speak up about needing other safer wool or thermal synthetics.

Her feet started freezing, giving her hypothermia. The pre-frostbite

made it difficult for her to hike. She had to be carried by makeshift stretcher, which slowed everyone down. Due to her error in judgment everyone could have been in danger.

Lessons from Jim include: ALASKA

A Alaskans are seriously authentic, alert and aware of the environment, and uncompromising in their concern for the whole — team, family and/or village—as well as the individual.

L Jim taught me that loving your neighbor and living for others was to have a welcoming spirit. Does anyone remember his Wishing Well Coffee stand, “Wishing you well every day” on the sidewalk in front of 521 N Street for about six summers? At bush cabins you leave the door open for all passers-by who might need the hospitality of the shelter and any pantry for their well-being.

A Alaskans know accurate information tested by the intuitive gut keeps them alive and helps them be aware of dangers around them. They watch each other’s backs regarding safety. **A = Accuracy counts.**

S Survival means sharing what you have with others. Families and villagers hunt and fish for each other as well as themselves. Selfishness does **not** bring prosperity and can be life threatening. Survival and sustainability are community ethics and efforts in Alaska and this Unification Movement.

K Kindness expressed as small-town helpfulness for your neighbors, friends or even the stranger in need is what brings a spirit of “we are all one family ...under one God.”

A Lastly, and maybe most importantly, the creation is awesome and awe inspiring. The outdoors in Alaska is awesome! I remember hearing Reverend Moon say that all Alaska is a holy ground to experience God the Heavenly Parent and Creator more deeply through the creation. Particularly Father Moon and Mother Moon loved their experiences with cabin sharing with Alaskans in small “bush” communities. When we are recognized for our authentic, original selves by other authentic people, such as our true fellow Alaskans, we are building the Kingdom of Heaven.

There is external cold in Alaska, but the heart of this culture resonates with the warmth of the Founders of this Unification Movement, centering on the True Love of God.

In our family’s 34 years in Alaska, we experienced this ideal of the Kingdom of Heaven on Earth from our home outward.

Those of you here, I love you even if we haven’t known each other before. We love all those who worked with our families to build more unity within Christianity —the Body of Christ— and all faithful believers of all religions. We who have shared a vision for Alaska as an integral part of a Peace Road and Peace Culture, have heard and sought to embrace the guidance and leadership of the founders of this Unification Movement known as True Parents, as anointed by God and appointed by Jesus Christ.

I love my family—parents, siblings, spouse, children and grandchildren, and my extended family of this Movement, especially True Parents for living this vision and sharing the blessing of it with me. Thank you!



Rearing Monarchs

#32

Approaching the First Blessing, part 3

Unification Thoughts, February 2024

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Welcome back! I hope you've had fine holidays and the New Year. To start it off, we'll continue with the essential theme we'd been looking into at last year's close: *the Heart of God*. Because, as the title of this and the previous two articles states, that's a young person's key to approaching the first blessing. And since that blessing is the foundation for the other two, it's important for a young person to become intentional about it throughout their growth period—it's the path that leads toward attaining the very purpose of life.

As we'd mentioned before, the Principle explains how to attain the first blessing:

The key to God's first blessing is (that)...mind and body (must) become one...with God as their center. ...Such individuals... experience the Heart of God as if it were their own.

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

And how that comes about was indicated in this earlier passage in the Principle:

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.

• *Exposition of the Divine Principle, Introduction, p. 8*

Unification Thought's *Theory of Education* restates and clarifies this:

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.

The Principle introduces God's Heart

Unification Thought explains that these three hearts correspond respectively to the *Principle of Creation*, the *Human Fall*, and the *History of Restoration* and that they can be addressed through three corresponding forms of education. It then explains each of the three forms in ways that reveal the powerful *emotional narrative* underlying these sections in the Principle. Through that specific focus, a child can begin to understand the Heart of God. It was that realization that transformed my own relationship with the Divine Principle. (I'd previously shared a memorable personal experience about that [here](#).)

Unification Thought suggests other ways of introducing God's Heart: "Teachers and parents...can teach them through TV, radio, movies, videos, novels, plays, paintings, and various other means of communication." (Unification Thought *Theory of Education*, p. 257)

Practice follows earnest study

That first introduction should then be supported by *practice*. Unification Thought explains:

It is necessary not only to teach God's Heart through words, but especially to manifest it directly.... Parents must always love their children with a warm and sincere heart. ...The same thing can be said of school education. Teachers must express the true love of God through their words and actions. ...since school education is basically an extension of family education, teachers must guide their students wholeheartedly, and with a parental heart, regarding them as their own children. ...This is an education of heart through one's practice in the family and in the school.

• *New Essentials of Unification Thought*, p. 257-258

So this month, we'll look into this "third heart" of God. The most recent textbook calls it the "heart of pain" (*New Essentials of Unification Thought*, p. 250). But an earlier textbook states:

...(restoration) has been a very painful path. (God) has continuously suffered throughout all...of human history—a piteous God. The Heart of God during the providence of restoration, therefore, can be called "the Heart of pain and suffering".

• *Explaining Unification Thought*, p. 223

Father Moon has spoken about God's Heart during the history of restoration *many* times. (In the 2006 *Cheon Seong Gyeong*, there's a section entitled *The bitter pain of restoration and God's 6,000-year search for His children*. In the 2014 edition of that book, Chapter 4, Section 1 is entitled *God's Sorrow and the Providence of Restoration*. And further down the page, in Section 2, there's an entire discussion entitled *God's course in the providential history of restoration*.) But here's just one passage that I found particularly forceful:

Christians say that God is the glorious judge who consigns people to hell or to the kingdom of heaven. Yet in fact God is the most miserable being in the world. When the Fall turned the brilliance of heaven and earth into the darkness of hell, God went through the

most unimaginable and bitter pain. It was as though God Himself plummeted into hell. Yet when He opened His eyes, came back to consciousness and regained His composure, He became intent on recovering His children who had died. (232-114, 1992.07.03)

• *Cheon Seong Gyeong, 2014, Book 1, Chp 4, §1*

This extraordinary description reminded me of a particularly tragic scene in a movie. (Regrettably, I can't recall its name, nor have I been able to locate it.) In it, a young mother was in conversation on the sidewalk when her little daughter slipped between some parked cars and walked into the street, just as a car was passing. By the time the driver hit the brakes, it was too late and the mother screamed in horror as her child was run over.... So when Father Moon describes that God *lost consciousness* from shock and, *when He could see again*, He momentarily *lost composure*, I was brought to the threshold of a different understanding of God's Heart of "pain and suffering".

This third heart and children

There's another thing. I found a surprising statement in Unification Thought about this third Heart of God:

Through an education of heart, children should come to understand the three kinds of God's heart as described above, especially the heart of God in the course of the providence of restoration.

• *New Essentials of Unification Thought, p. 253*

At first, this bewildered and upset me. I couldn't understand why an innocent blessed child, of any generation, would need *this* knowledge. I wondered why the powerful, ideal love in the original Creation wasn't sufficient for a young child's understanding. But as I studied Unification Thought's *Theory of Education*, and through its lens I remembered so many of the things Father Moon explained about God, I realized the unfortunate truth of this statement: If there hadn't been a Human Fall and the emergence of hell, there would indeed be nothing else to know than the infinite love behind and within the original created world. But in the universe *after* the Fall, *a young person cannot fully understand the Heart of Heavenly Parent if he or she is kept ignorant of this heart of pain and suffering.*

And that's why knowledge of this "third heart" of God is so critical. Knowing it could deepen their concern for God's heart and provide the power to resist and overcome the challenges of a difficult path. And note the important way the statement is phrased: "...a child should come to understand..." In other words, it's not something to be fully loaded onto the soul of an infant. Rather, it's a more mature understanding that they can *gradually* be introduced to, starting at an appropriate time in their growth period.

Unification Thought's focused take on the History of Restoration

That said, we can begin looking at Unification Thought's remarkable summary of the Heart of God during the history of restoration.

You might recall that the Principle's account of the stories of three

BIBLICAL FAMILIES—ADAMS, NOAH'S and ABRAHAM'S—and then of Moses and Jesus, cover nearly 100 pages (pages 189–287). And that's because each account is *dense* with intricately detailed explanations of unusual events, their symbolism, and the historical consequences of successes and failures.

Due to that enormous detail, weekend workshops or summer programs must greatly simplify or even omit those chapters. The result is that most young people have either never heard, or they simply can't remember, those chapters. And very often they have no foundation in the Bible. And so, they've never wondered about those stories and the significance and importance of the events in them.

But in Unification Thought's *Theory of Education*, the *first* and most essential form of education is an *Education of Heart*. And what that specifically means is the education of a child to understand *the Heart of God*. On that foundation, an education of Morality and Ethics, and then an education of Creativity are built. Those three forms of education correspond respectively to the First, Second and Third Blessings.

In November, we had read about God's Heart of hope and joy; in December, we had done a reading on God's Heart of sorrow and grief; and this February, we will do a reading on God's heart of pain and suffering. Please don't read it hurriedly. It's not 100 pages as it is in the Principle, it's just *two* letter-sized pages. And it focuses *solely on the emotional narrative* of the three families, Moses and Jesus. When you're ready, please [click here](#).

< Yankee Stadium Didn't End at Yankee Stadium

"WHAT ME?" >

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God's Heart of Pain

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*.

God's heart of *pain* refers to the bitter feelings God has experienced, having had to endure watching the central figures in His providential history being persecuted by Satan and his agents as experienced Those saints and sages were righteous men whom God sent to save human beings in the fallen world. Accordingly, God felt as if He Himself had received contempt, ridicule and persecution. This reveals another heart which God has endured in the course of the providence of restoration: the heart of pain.

3. Understanding God's Heart

Through an education of heart, children should come to understand the three kinds of God's heart as described above, especially the heart of God in the course of the providence of restoration. Therefore, I will introduce an understanding of God's heart as it was during the courses of Adam's family, Noah's family, and Abraham's family, as well as in Moses' course and Jesus' course. What follows is an introduction to God's heart according to the teachings of faith of Rev. Moon.

God's Heart as experienced in Adam's family

When God created Adam and Eve, He was filled with **boundless** expectation, hope and joy, but when Adam and Eve fell away from Him, God's grief knew **no limit**. Therefore, in order to save Adam's family, God encouraged Cain and Abel, their children, to make offerings. God, of course, very much hoped that they would succeed in their offerings.

There may be those who suspect that, since God is omniscient and omnipotent, He might have known from the very beginning that Adam and Eve, and later Cain and Abel, would fail. If this were the case, then how could God have grieved in the true sense? This, however, is not a correct understanding. **God was, of course, aware that there was a possibility of the human fall. Even so, since God is the God of heart and hope, His desire for human beings to succeed and not to fall was incomparably stronger than his fear that they might fall.**

The same thing can be said of the offerings by Cain and Abel. **Since God's expectation for their offering was so great and His hope was so strong, He virtually ignored the possibility of their failure in the offering. Here we can distinguish a difference between heart and reason. God's impulse of heart is so strong as to override reason.**

At the time of Adam and Eve, and also at the time of Cain and Abel, God was a God of expectation and hope, who wished, absolutely, for nothing less than their complete success. Sadly, however, Adam and Eve, and also Cain and Abel, failed. Because of that, God's sorrow and disappointment were incomparably intense. However, even at such sad moments as these, God could not simply break down in tears, losing His dignity, no matter how sorrowful He felt, because Satan was watching. If God had openly expressed His deep sorrow, He would have seemed to Satan as miserable, and lacking dignity and authority. That is why all God could do was leave, silently, with His head bowed and tragedy etched on his face, having to suppress the sorrow welling up from within. This is what Rev. Moon revealed about God's heart in Adam's family in the early days of his ministry.

God's Heart as experienced in Noah's family

After God left Adam's family, He walked a wilderness path for the long period of 1,600 years, looking for someone on earth with whom He could work. In all this time, no one welcomed God: everyone turned away from Him. There was not a single home where God could dwell, not a single square meter of land for Him to stand on, nor a single person whom He could relate to. God walked the lonely path of a miserable God, **literally all alone in the world**. In that condition, God finally found Noah. God's joy at that moment was beyond comparison. Yet, due to the providential situation, God had to give Noah a very difficult direction, which was to build the ark. Noah accepted God's direction and faithfully devoted himself in building the ark, for 120 long years, all the while suffering ridicule and contempt from the people.

Noah was not a "son of God." He was established merely as a "servant of God" and a righteous man. Yet, God was so pleased to meet such a man as Noah that He walked the path of suffering in the position of a servant together with Noah. However, after the flood, since Noah's son Ham did not fulfill his portion of responsibility, Noah's family, which had been saved from the flood, was invaded by Satan. When that happened, God again felt heart-breaking pain and sorrow. **Deeply disheartened**, God had to leave Noah's family.

God's Heart as experienced in Abraham's family

Four hundred years later, God found Abraham and established him within the providence. The most serious time for Abraham in his providential course was when he was required to offer Isaac, his only son, whom he had begotten at the age of one hundred years (Gen. 21:5). God directed Abraham, who had failed in his symbolic offering of a dove and a pigeon, a ram and a goat, and a heifer, to offer Isaac as a sacrifice. Abraham's heart at that point was unimaginably painful. He was at a loss as to whether he should keep Isaac alive, according to human ethics, or offer him, according to Heaven's demand. In his heart, at that moment, Abraham would much rather have sacrificed himself than he would his son. Nevertheless, he ultimately determined in his mind to sacrifice Isaac, in accordance with God's order: he decided to follow Heaven's direction, thus sacrificing his own heart. He wandered around Mount Moriah for three days. This three day period was a long, painful path for Abraham. During that time, God did not merely watch from afar; but having issued such a strict order to "sacrifice your own son," **God suffered along with Abraham, suffering even more as He watched Abraham's suffering**. When Abraham was about to sacrifice his beloved son, Isaac with his sword, on Mount Moriah, God stopped his act of killing and said, "Now I know that you fear God" (Gen. 22:12).

Abraham's heart to follow God's will, his absolute faith, obedience, and loyalty established the condition of having killed Isaac, even though in fact he had not. That is why God was able to stop Abraham just before killing Isaac, and He provided him with a ram to offer as a burnt offering instead of his son. "Now I know that



3 Hearts

Heart of Pain

Adam's family

Noah's family

Abraham's family

Moses' course

Jesus' course

other religions

teaching tools



display: A | A

slaughtering Isaac, and He provided him with a ram to offer as a burnt offering, instead of his son. Now I know that "you fear God" was an expression of His joy in seeing Abraham's loyalty, being willing to offer even his son Isaac as a sacrifice, as well as His regret at Abraham's failure in the earlier symbolic offering.

God's Heart as experienced in Moses' course

Moses was raised as a prince in the palace of the Pharaoh of Egypt. After he witnessed the suffering of his people, the Israelites, however, he decided to lead them to the land of Canaan according to the will of God. After many difficulties and setbacks, he led them out of Egypt and into the wilderness. The Israelites, however, revolted against him, their leader, each time they encountered difficulty. When Moses came down from Mount Sinai, after having completed forty days of fasting on the mountain and receiving from God the two tablets of stone, he found the Israelites worshipping a golden calf. Seeing such an act of faithlessness and blasphemy, Moses, in anger, dashed the tablets to the ground, thus smashing them into pieces. At that moment, God said, "Behold, it is a stiff-necked people; now therefore let me alone, that my wrath may burn hot against them and I may consume them." (Exod. 32:9-10).

How did Moses feel at that moment? Faced with God's wrath to the extent that He even wanted to destroy the Israelites, Moses' love and loyal heart for his people welled up within him at that moment. No matter how difficult it might be, Moses felt that he had to save his people by any means, even at the cost of his life. He appealed to God, saying, "Turn from thy fierce wrath, and repent of this evil against thy people." (Exod. 32:12). In the face of Moses' fervent appeal, God refrained from destroying the Israelites.

After the Israelites had wandered in the wilderness for 40 years and finally arrived at a place called Kadesh Barnea, the Israelites complained to Moses yet again, saying, "There is nothing to eat here." Out of frustration and anger at the Israelites, who were demonstrating utter faithlessness toward God, Moses struck the rock twice, thus going against God's will. God later called Moses to the top of Mount Pisgah. Showing him the promised land of Canaan, which Moses had labored so hard to reach, God said, "You shall not go there, into the land which I give to the people of Israel" (Deut. 32:52). God had no choice but to speak this way to the 120-year-old Moses, who had twice fasted for 40 days and had suffered greatly for 40 years in the wilderness, all in order to lead the Israelites. In fact, it was God's desire to allow Moses, the leader of the Exodus, to enter the land of Canaan. However, due to Satan's accusation (based on Moses' having struck the rock twice), God had to take such an extreme measure, even unwillingly. In so addressing Moses, God felt deep sorrow and pain.

God's Heart as experienced in Jesus' course

As prophesied in the Old Testament (Isaiah 9:6), Jesus was born on earth as the Messiah. The entire world should have welcomed him wholeheartedly, but even from childhood he experienced heart-breaking rejection. His family rejected him; his religion (Judaism) rejected him; and his nation (Israel) rejected him. In the end, there was virtually no place wherein he could find any acceptance.

For 33 years, including his three years of public ministry, Jesus spent most of his days by himself, experiencing a life of loneliness. He expressed his lonely heart, saying, "Foxes have holes, and birds of the air have nests; but the Son of man has nowhere to lay his head." (Luke 9:58). When he looked at the temple at Jerusalem, he tearfully rebuked the Israelites, saying, "The days shall come upon you, when your enemies build an embankment around you, surround you and close you in on every side, and level you, and your children within you, to the ground; and they will not leave in you one stone upon another." (Luke 19:43-44). As he walked along the shores of the Sea of Galilee in order to divert his mind from his loneliness, he once spoke with a woman of Samaria, who was not one of the chosen people (John 4:7-26). He expressed his mortified mind to the leaders of Judaism, saying, "Truly, I say to you, the tax collectors and the harlots go into the kingdom of God before you." (Matt. 21:31). God walked with this lonely Jesus through such a lonely path.

In the end, when Jesus was crucified, how deep the grief in the heart of God as He watched His beloved son, Jesus, miserably dying! Deploring that he could not save Jesus from the cross, God could not even bear to watch, but had to turn His face away. Seeing Jesus on the cross, God suffered even more than Jesus himself.

All of the above episodes are accounts described by Rev. Moon in his tearful sermons during the early days of his ministry. From him we come to know the heart of God in the courses of Adam, Noah, Abraham, Moses, and Jesus. Furthermore, behind the tribulations of the saints, sages, and righteous people of other religions and other nations, there was the heart of God constantly guiding them. Through an education of heart, teachers and parents should introduce the heart of God to children. In addition to talking to them about God's heart, they can teach them through TV, radio, movies, videos, novels, plays, paintings, and various other means of communication.

• *New Essentials of Unification Thought (2006)*



Yankee Stadium Didn't End at Yankee Stadium

by Steven Sprague

The views and opinions expressed in this article are those of the authors and do not necessarily reflect the official policy or position of the Family Federation for World Peace and Unification.

I met the Unification Church in early February, 1976 while attempting to walk the length of Manhattan to go to work. I was working as a civilian Police Administrative Aide in the fighting 48th precinct in the Bronx. I grew up in the 48th precinct and was assigned to work in the 48th when I graduated Police Academy training. The 48th precinct was next to the 43rd precinct, which had been made infamous by the movie "Fort Apache, the Bronx," a must-see film for any aficionado of fallen nature. I worked in the 124 Room, which meant I was the Police Officers' connection to the Criminal Justice system since I would write all the incident reports to insure the best outcome when it was time to go to trial. I was the most trusted Civilian Aide and I worked the hated midnight-to-8am shift. As you can imagine midnight to 8am was not well attended by supervisory personal so anyone working the graveyard shift was part of the family.

By March 31st, I had suddenly resigned from my position with NYPD, vanishing without a trace. It was a very difficult decision to leave a good-paying job with a great pension plan and not one discussion with anybody about what I was doing. But that was just the way things went, and on April 1st, I found myself sitting on the floor at the 43rd street church at 6:00 in the morning, seeing Rev. Moon for the first time. He announced a great campaign to "Go over" New York. Yes, we were going to have a great rally in Yankee Stadium! I really love the Yankees. We were going to advertise like crazy and inundate the city with Rev. Moon. We were going to bring back thousands of young people to God. We famously asked permission from the city to hang tens of thousands of posters of Rev. Moon, offering you a chance for your re-birthday. As a condition for hanging the posters, we promised to take them all down as soon as the Yankee Stadium event was over. And when we say as soon as the event was over, we meant immediately after the event was over. It was our goal to remove all the posters before the sun rose on June 2nd, the day after Yankee Stadium. We were going to show the city something it had never seen before.

So after the Yankee Stadium miracle, we all went back to our

centers and got organized into teams in vans. We hit the streets to bring down those 10,000 posters. Along about 2am, I found my van driving down Tremont Ave. in the Bronx, the 48th precinct! The very street I grew up on! The street was very quiet as the night wore on. We hopped out on the corner of Crotona Ave. where there were some posters. As we began peeling the paper, a police car came over to check out what was happening. I hopped down from the posters and went to the cop car and stuck my head in the window. Of course it was an officer I knew so I just greeted him, "How you doing, Muldoon?" Well Muldoon looked at me and said, "Sprague! Sprague! Is that you?" (Of course,

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with short hair and very neatly dressed.) We had a few laughs and Muldoon went on the radio and announced, "Sprague is back!" Soon there were 8 police cars gathered there to see me.

Of course, the other members had no idea of what was happening and duty called, we had 10,000 posters to remove, so we moved on. I, however, had a memory for the rest of my life. Thank you midnight shift, 48th precinct.





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< Korean Heart in a German Body

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Korean Heart in a German Body

By Manuel Liba

The views and opinions expressed in this article are those of the authors and do not necessarily reflect the official policy or position of the Family Federation for World Peace and Unification.

As a young member in the German Unification Church, singing was not "my thing", although I enjoyed music in general. I was especially "totally freaked out" to be asked to sing in front of others. Gradually over the years that has changed, coming to the point where now I really love to sing publicly.

I joined our Unification Movement in 1976. In 1977-78 the IOWC came through my town, at that time, West-Berlin in Germany. Through the IOWC I got to know many new songs and songs in many different languages. Early on, I experienced a different feeling or atmosphere when listening to or singing those songs, especially our Holy Songs. Hearing the Holy Songs in English moved my heart, but hearing them in German, my mother tongue, the feeling went even deeper. However, the Korean version for some reason, without understanding the whole or even none of the content, completely captivated me. I felt locked into something I could not grasp.

When there were moments when my mood was unstable or I was struggling, I would sing those songs and they brought me close to tears. And even now certain songs at certain times give me comfort and a greater understanding about myself and others. Many of those older songs came from a time when Korean society was plagued with tremendous suffering. I can image some of that sentiment is attached to the songs. Something in my past resonates with that spirit. I can theorize about why Korean songs move me so deeply but, honestly, I don't know why it just does.

This song was performed on December 12, 2023 - NJ Family Church, CSW Prayer Vigil, Starting time 57:20.

<https://www.youtube.com/watch?v=uloeKWGPXcY&t=3445s>



“WHAT ME?”

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“What, me take my teeth out at night?”

“What, me have cataract surgery?”

“Join a senior center? Ridiculous!”

These were the thoughts I entertained 10 years ago as I pranced merrily into work... yet as time has it, I ended up doing all three activities!

The best for me has been joining a senior center. Our county offers activities in 10 locations and each one is staffed by very caring people. We play dominoes, cards, Rummikub, Mexican train, and Chinese checkers. We have Zumba classes, yoga instruction and a lady even comes in Thursdays to teach belly dancing! Lunch is served promptly at 11:30 am and the suggested donation is \$1.50.

But most importantly we have all bonded as seniors and made amazing new friendships. I have even brought a few people to WFWP events and they loved it. We celebrate each other's birthdays and console one another when times are hard.

I enclose a few pictures of some of our activities. If you have a senior center near you that is run by the town or the county, or even a church, do check it out! You will forge new friendships and have a lot of fun. Good luck!

Cynthia Nakai

New Jersey







Credits: All photos are from Cynthia Nakai

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