

Richard Buessing and Carol Pobanz
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Featured Article

How God Raised Me Out Of The Mud Of Disillusion

by Susan Fefferman



Ann Arbor, Michigan, I graduated high school in 1967. I just naturally went to the University of Michigan as was expected of me. I worked at the Village Bell restaurant, helping to pay for my college expenses, five to six nights a week. I had no time to join a sorority or a club, just do my best in school until I graduated with a BFA (bachelor's in fine arts and a teaching degree).

I had quit attending church at 13 because of struggles and pain at home – even though Jesus touched me, giving me the understanding that his resurrection is what saved us, not his hanging on the cross in sorrow. The church couldn't help me much, as I found hypocrisy there and in my family. Hypocrisy pained my heart and made me step away from people.

I foundered in a sea of hormones and confusion. I felt lost trying to tread the emotional waters, *looking for love in all the wrong places*. In the summer of 1970, I felt defeated in relationships and reached out to God in a desperate prayer. Yet, I stopped myself, ashamed. I felt hypocritical because I didn't want to just *ask for help*; I should reciprocate by giving something in return. I didn't want to be a hypocrite. My conscience struggled to guide me to be a 'good' person.

I had been crushed by the dysfunction at home, fighting my parents' hysteria and alcoholism, causing great fear. I knew abuse but failed to remember the details; I just felt the fear and pain, feeling isolated and alone. I carried the results on my shoulders, bent over in self-doubt. I was disillusioned about life. Yet internally a fire burned in me to be true, correct and righteous, leading me to keep hope and look for answers and real love.

Spring, 1971, my friend introduced me to "Jesus Christ Superstar." We sat up all night just listening to it over and over again; and I suddenly realized how lonely and misunderstood Jesus was, and how few people knew his heart. It made my own heart open to him and one month later, I met the Unified Family in San Francisco, California, and found salvation.

I realized that God had been shaping my heart to love more purely through suffering and pushing me through honesty and sacrifice to find my 'true self.'

On the second night in the little center of eight people in Oakland that I had been sent to, I was asked to pray. I thought, "I must do this right, so I don't embarrass myself. I will add *sincere feelings to my words*." I began with the simple, "Heavenly Father." And He answered me loud and clear in my mind: "Yes, I am YOUR Father." My life was transformed, turned upside down. I don't remember what I said in that prayer, probably a normal bunch of words. But from that day forward, I knew I was not alone. He was with me and no matter how many mistakes I made, He would be there to guide me. My heart opened to Him and has stayed open to Him ever since and never even one day did I falter. Sometimes I felt Him at a distance, and then I knew I had to change my behavior, my attitude, something, to come close to Him again. And I discovered how useful repentance is!

After a month, I was moved to the San Francisco center with more members working jobs during the day, witnessing and bringing guests home for an evening program. Every morning we gathered for prayer, kneeling on a wooden floor. I had quietly decided to do a three-day fast to help me better understand God.

One morning, dressed in a long skirt and a long-sleeved shirt, which someone had suggested I wear – to be more modest, I asked God to please share His heart with me.

I was suddenly awash with intense pain, as if I was in a vice grip, squeezing me flat. I began to weep, deep tears with no known source, just agony. I wept and wept, losing all consciousness of time and space, until 45 minutes later I lifted my head up to see everyone had gone except one brother looking to see if I needed help. My clothes were wet through, my knees ached, and there was a puddle of water on the floor in front of me where I had bent over in prayer. I wondered what had happened to me, feeling disoriented and a bit dazed. Then I heard His voice again. "Because you are so small (in heart) I could only share a little of my own heart (*a smidgen*) with you. You must grow to be able to feel more."

I was stunned and ashamed at my smallness, my self-focus, self-concern, instead of being focused on others, most especially, God Himself and Jesus. After that day, I was much more careful to look up, look around me, and try to see what it was that God wanted me to see and understand about how I could grow.

I became unconditional in my desire to do whatever God wanted me to do. After the New Year, the day after my 23rd birthday, January 8, 1972, special guests came, “our Teacher,” and I could meet the Messiah, the True Parents for the first time.

Father Moon was not what I expected of course. He was Asian and didn't speak English well. He spoke about how evil Communism was and that we needed to work against it by teaching God's truth. I began to shift in my ideas of what the Messiah was. Other than Jesus, I had very little thought about it. I also was delighted to see a young Korean woman, full of energy and warmth, Mrs. Messiah, Mother Moon, the wife of our teacher.

A few weeks later I was asked to join a mobile missionary team and travel with True Parents on a 10-city tour from New York, traveling across the entire country – the *Day of Hope* had begun. Eventually we ended up in San Francisco again and Father asked us to recommend leaders for a new phase of activities. The first five people were sisters, and Father complained and asked, “*Where are the men?*” The list was composed of mostly very bold sisters. In retrospect, I could have answered him: “*They are back in the centers leading the movement.*” We sisters were not leaders...yet.

I found myself looking into a bag with pieces of folded strips of paper in it. One glowed gold, so I picked it. On it was written, “OHIO.” So, I was sent to pioneer Ohio, alone, with \$300, a suitcase, a sleeping bag and an alarm clock. I found a row house to rent right across the street from a ‘pimp bar’ in a shady neighborhood. I didn't go out much at night unless I found someone with a car. My used bicycle wasn't safe at night. But then I realized that if I worked at the Children's Hospital at night (about three-quarters of a mile away), I could witness during the day and sleep *whenever*. I did find ways to get to work before dark or with a kind soul driving me.

My parents asked their friends for furniture donations and, in a rented U-Haul, they drove down from Ann Arbor, making my new house look like a home. My great aunt heard that I had become a missionary, so she sent me \$25 to help with my work. It came just in time to finish paying my rent and to buy some instant soup.

My first workshop had one staff member who did everything, including cook the meals – me. I had five guests and a member, Rus Walters, who stopped by.

During the next three years, I witnessed to a number of people, some who joined and became good members, others who couldn't stay and some who broke my heart. We had no Divine Principle book, but I did have some lecture notes from Pres. Young Whi Kim. He taught us during our tour with True Parents. In the second year, the first DP book was printed. I did have amazing inspirations about the DP while I taught, so I kept a notebook and pen with me to jot down notes which were then integrated into my simple lectures.

The One World Crusade (OWC) was created and touring across the country, with several bus teams with international members, who came to visit. They brought in more new members whom I got to teach and raise up. I had no real plan, nor experience on doing this missionary work, but somehow God provided His guidance and helped me. Spiritual experiences came through earnest efforts and trials to help me grow. It was amazing.



I think we are all imprinted with impressions we receive during our time growing up. I spent a lot of time outdoors on excursions that were physically refreshing but also precious times to reflect on my life and find balance. When we are in nature, we can see and discover in new and fresh ways.

I enjoy fishing, hunting and hiking where I can revel in God's creation. Here I experience the spontaneity of God. God is present in the moment without competition from any of the daily distractions of life.

Knowing this Principle inherent in pure, simple, natural existence opens one up to a deep experience with God. As a child, I had unforgettable experiences of beauty, wonder and discovery in nature; as an adult, I continued to have these experiences at yet deeper and deeper levels.... And after joining the church and understanding the Divine Principle, the experiences became even more profound.

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Health and Recipe

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

Wholeness, Health and Healing (Part 3)

by David Carlson



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

Let me now turn to Andrew Sell, who speaks of the body's "healing system" and asserts that the body, rather than being a (merely passive) recipient of our thoughts and feelings, actually wants to be well and, indeed, seeks to be well. Andrew Weil is a Harvard-trained physician who became disenchanted with some of the attitudes and

practices he observed being followed by doctors trained in the Western medical tradition. Thus, following his own instincts and interests, he left in pursuit of a more meaningful understanding of the ways of healing. He has written a number of books about health and healing, (44) and is now recognized as one of the leading figures in the alternative health area. Indeed, he has been called "America's best-known doctor" (45).

In his book Spontaneous Healing, he writes about "the healing system of the body.

The main theme of this book is very simple: The body can heal itself.....

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Quick Summer Entrees

contributed by Christine Libon

In hot weather, who wants to heat up the house even more by using the stove? Not me! Even if you don't have the option of using an outdoor grill, here are some ideas to lessen your time at the stove.

Make a salad from canned beans (always drain & rinse the beans first). I regularly do this, using chickpeas (garbanzos) or black beans. Just mix together a dressing (my favorite is vinegar, oil, a pinch of sugar, a little fresh garlic); then add some veggies like onions, tomatoes, cucumbers, green beans, red bell peppers or corn. Toss and Voila! A nutritious cool meal.

If I make potato salad, I cut the potatoes into chunks first, bring them to a boil in very little water, and turn off the fire almost right away, letting them cook until done in the hot water. It works. To cook corn on the cob, use the same technique and don't bother to cut the corn!

Make macaroni salad with shrimp; yum! Boil macaroni early in the cool of the morning. Then add your choice of canned, frozen cooked or freshly steamed shrimp. I always add finely chopped celery; but the key to this salad is to add Old Bay Seasoning, and to get the right proportions of mayonnaise, vinegar and sugar to taste. Adding grated carrots tricks the eye by giving the salad a pinkish, shrimpy color ... very appetizing (My mom knew how to cook!)

Eggs! There are two ideas I love.

1) From the Japanese cuisine, beat eggs, add dried bonito flakes, a little soy sauce, a pinch of sugar and a tiny bit of water. This should be spread thinly into the oiled, hot pan. When done, it can be rolled into a cylinder and sliced. Or just eat it in whatever form you like.

2) From my mom's Italian cuisine, use leftover homemade spaghetti sauce if you have some, or jarred sauce like Prego. Warm the sauce in the pan and add whole eggs letting them poach in the sauce. Your tastebuds will delight! Serve it with Italian bread.

Another thing we do is to buy a precooked rotisserie chicken from Costco or any supermarket and then prepare the meat in various ways. My husband will slice and saute mixed peppers, onions, perhaps a tomato and add in some deboned meat. Serve it with rice or as a sandwich.

Cold chicken salad, chicken tacos, chicken with broccoli and walnuts,

any usual fare can be assembled quickly if the chicken is already cooked.

I hope you enjoy these cool tips on a hot day.



Peruvian Potato Salad

In Peru, this popular potato salad is known as Russo Salad.

Prepare the potatoes by boiling (skin on or off as you prefer). Also peel and boil chunks of red beets. One savory tip is to use one bay leaf in the water to boil the potato and also the beets. The ratio can be as much as 50/50 or less beets to potatoes.

The dressing is made of both oil and mayonnaise, a bit of sweetness, a touch of vinegar, and salt to taste.

Additionally, a choice or combination of cooked green beans, frozen mixed vegetables, or broccoli are added, making it colorful, tasty and nutritious.

Unification Thoughts

Rearing Monarchs - Part 10

by Prof. Gerry Servito

Welcome back

In this article, we'll continue looking into the scope of family ethics - meaning its expansion into the real world beyond a child's family. (But just in case you're joining us for the first time, please take a moment to read about the *purpose* and *focus* of these *Rearing Monarchs* articles, of which this one is the 13th.)

As we'd established, practically speaking, the values and ethics that a child or grandchild learns from the backbone of their life and work as adults....

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

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