

Golden Age February 2023 Newsletter

Richard Buessing and Carol Pobanz
February 2, 2023

Dear Brothers and Sisters!

Happy Cheon Il Guk New Year!

Following is the *February 2023* issue of the Golden Age Newsletter produced by the Golden Age Club of the Clifton Family Church. It is filled with great news, inspiring stories and healthful tips especially designed to keep our beloved 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 good news about the newsletter with your friends, or complete a gift subscription for someone special at [Golden Age Newsletter Free Subscription Form](#).

Thank you!

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



This Month's Message

Early Memories
by Betsy Jones



I had three special experiences with True Parents in my first years in the church. I had been in the church for 1 1/2 years, waiting to meet True Parents. Finally, in early 1969, the day came, with many of us gathering in Washington D.C. Standing and waiting in line with others in the Upshur House main hallway, I wondered what they would be like. After entering and receiving our welcome, Father and Mother started to make their way down the lines, warmly greeting and shaking hands with each person.

I felt great excitement when Father came to me. He stopped, looked me in the eye and asked, "Where are your ancestors from?" He had such a bright face. "Ireland!" I said, relieved by the simplicity of his question and feeling some pride in my Irish ancestry. "Oh! Irishee," he replied, with a twinkle in his eye. I felt like I could do an Irish jig but restrained myself and at the same time felt this was a type of providential meeting – confirmation for me that I was in the right place with the people I was meant to be with.

True Parents had come to bless couples for the first time in America and I was helping with the preparations in Washington. After the blessing of 13 couples, True Parents came to New York City where Diane, our center leader, prepared accommodations for them outside our apartment-center. Still, they wanted to have their meals with us. Hearing a loud knock on our front door, I thought, "I can't believe it. The Messiah is knocking at our apartment door."

That morning on a card table in the living room we prepared breakfast for them – a humble meal of boiled eggs and bacon and a few other items. At some point, Father seemed to be looking around for something, evidently part of the boiled egg. In fact, unbeknownst to him, the yolk had somehow fallen on the floor, a development I had noticed.



Seeing it there under the table, I couldn't imagine being so disrespectful as to return it to him, so before he had started looking for it I reconciled the problem by picking it up and popping it in my own mouth. Noticing Father and others looking everywhere for the missing yolk, I realized I needed to fess up. Pointing to my mouth, and with a few words in English, I tried to explain that I had already swallowed the yolk. As Mrs. Choi started to translate what I was trying to say, the tension in the room was replaced with gales of laughter. The good feeling was palpable. Such a happy moment that we were blessed to enjoy with Father in those early days.

On the last day of their visit to New York, True Parents wanted to take us to the top of the Empire State Building. Again, Diane Fernsler, Wesley Samuel, Helen Ireland, others and I gathered with them there. Looking over the city, Father talked about his hopes for

the future, including rallies in Washington and Moscow. We couldn't believe the scope of his heart and vision, going far beyond New York to the world. After we returned to the center, Father and Mother began to take their leave. Father shook each of our hands and as Mother followed him, she turned towards me and others, giving each of us a small gift. In my case, she handed me a scarf and asked me to "work hard", a gesture which touched me deeply.

Sitting in the back seat as the car moved away, Father took Mother's hand in his and they lifted their clasped hands as they turned to look at us through the car's back window. Seeing their smiles and hands clasped together, I felt their strong determination – that they would dedicate their lives to this mission. I felt that I would be privileged to help them.

The image continued to give me strength and hope, knowing that America has, and the world has, True Parents.

The final experience with True Parents I would like to describe came after our blessing in 1970 during their visit to the United States, just before the first speaking tour was to begin in 1972. We had been married about a year and a half and were living in the National Headquarters in Washington, D.C. One morning several days before the beginning of the tour, Miss Young Oon Kim asked me to bring tea to the Moons in their bedroom on the second floor of Upsher House. Arriving with a large pot of barley tea and several cups on a tray at 5:00 AM, I found True Parents and Mrs. Choi sitting on the floor looking up at me with friendly smiles. "Betsy," Father said, "please sit down and have some tea." I soon learned he had something on his mind. I was worried someone may have complained about us. "I heard you and Farley have been fighting" he said with a kindly look. "What do you think the problem is?" Knowing the question reflected a genuine concern, my intuitive sense was to look first at myself rather than any perceived failings of Farley. "Well," I responded, "I guess I want him to be more like me." Father laughed and then offered some guidance with much warmth and love: "Your personality is only 50%," he said. "Farley's is the other half. You need to make space for both."

His words touched me and something in me shifted. Making psychic space for who Farley was, I recognized the value of his quiet personality, his depth and commitment, and his need to spend most of his time on the mission. I also heard in Father's comments that gentle invitation to sacrifice some of our family time for the sake of a higher purpose and let go of some private desires in favor of our public mission. I left the room with a grateful heart for the path of my life and the person with whom I was walking this path. I decided to find Farley and apologize to him. I climbed up to the third floor, I found Farley in a deep sleep on our full mat. Standing over him with tears streaming down my face, I asked for forgiveness for my part in our difficulty. My tears landed on him but he remained asleep. Still I felt I was sharing my deepest heart and repentance with him and even though I had an urgent desire to speak with him, I didn't wake him. I left the room. This is the personal way that Father would guide us in the early days, offering comments that were so tailor-made for our needs. That was the turning point in our marriage. I stopped fighting for something that was really of the old world and tried to embrace the new.

Unification Thoughts

Rearing Monarchs - #21

by Prof. Gerry Servito

Welcome back

Last month, we closed our discussion on Dominion and Creativity. And we'd promised to next summarize the three kinds of education we've been discussing for the past 16 months. You'll likely recognize the ideas that were discussed before, so they won't be repeated in full here. (But if you do want a refresher, there will be links for you to access the relevant articles.) And in case you're joining us for the very first time, it'd be helpful for you to take a look at the *purpose* and *focus* of this *Rearing Monarchs* series, of which this article is the 21st. Otherwise, let's get started.

What we've been doing for the past 16 months

We unpacked Unification Thought's Theory of Education

I say "unpacked" because we've not presented the Unification Theory of Education as succinctly as it's written in *New Essential of Unification Thought*. Rather, we've broken it into its parts and tried each month to explain one or two that are relevant to Golden Agers.

We defined parents' and grandparents' primary responsibility to children

The Theory of Education explains that:

"...in its most fundamental form education is the guidance that parents give to their children so that their children may fulfill the three great blessings. ...Therefore, the original place of education must be the family where parents and children live."

• *New Essentials of Unification Thought*, pp. 248–249

Since the ideal of a family is three generations, this means that a family's grandparents are entrusted with the main responsibility of educating its young ones.

But first, a personal observation

When I sought concrete examples to help explain Unification Thought's Theory of Education, two came to me. The first was the teacher-student relationship I'd experienced through studying martial arts. The second was through my participation in the movement. This led to an epiphany for me, because I realized that the Theory of Education revealed the goals and methods which Father and MOther MOon had used to help me understand the heart of God as well as the depth of marriage and family.

Being sent out to meet people - through pioneering especially - was intended to help me attain my first blessing; through that kind of field experience, I could start to grasp how God experiences people and feels about them. And Father Moon's long discourses about marital

love in the many sermons I'd sat through at Belvedere, reinforced by constant immersion in team experiences, were aimed at preparing me to attain my second Blessing. The epiphany I experience was that Unification Thought's Theory of Education broke it down for me - it made it clear to me what was happening to me and why it was happening. And by clarifying this, it made the experience replicable! Otherwise I'd have only been able to marvel at how I was developing while remaining mystified at why and how it was happening!

To explain this epiphany, I'll start by explaining how Unification Thought describes the two aspects of what it calls a Balanced Education. The two are

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

History Bytes

Pioneer Stages, Pioneer Days, Remarkable Beginnings: The New Hope Singers International

by Randolph L. Remmel



Pretty well everyone in the “Family Federation for World Peace” knows of the New Hope Singers International. The name belongs to the Washington, D.C.-based choir established in 1972 — during the “Unified Family” presidency of Farley Jones — to support the first public speaking tour Father would make to address audiences in seven major American cities.

The choir would accompany Father to New York, Philadelphia, Baltimore, Washington, D.C., Berkeley, San Francisco, and Los Angeles.

What most don't know is that the ensemble's “official” name — dating from 1973 — simply arose spontaneously as of the ad hoc rearrangement of a phrase that figured into the Singers' first introduction in Baltimore that year.

Early in 1973, Neil Salonen had inherited the presidency, and when, in his capacity as “master of ceremonies” for Father's second speaking tour, Neil announced a few minutes' entertainment that would precede Father's appearance, he concluded his remarks with, “Ladies and Gentlemen, please welcome the international New Hope Singers.”

The audience response to an ensemble that had never before performed in Baltimore was as polite as could have been expected, but both the choir and the overall event would have benefited markedly from an introduction focusing attention more centrally on the uniqueness of the presentation the audience was about to experience.

As specified by a program note reading, “All music composed or arranged by members of the Unification Church,” the selections about to be sung were the result of visionary young people’s creative responses to the same message the audience was shortly to hear.

A mention of the performers representing nations as disparate as they were distant, moreover, would have highlighted the universality of the evening’s message.

After the program I suggested to Neil that the international character of the group could be advantageously highlighted by a simple change in the order of a couple of introductory words.

I’d been thinking that, coming at the end of the title “New Hope Singers” instead of preceding it, the word “international” would resound as the concluding element of an established ensemble’s formal name — instead of sounding like just an incidental adjective.

Neil took the suggestion and changed the introduction from then on, and the title “New Hope Singers International” always rang strongly and memorably, making the distinctive point that it did.

It was a good name, and it stuck.

But there is a more obscure back story, still more intriguing, that dates from several months earlier. That one relates to the name . . .

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

Culture and Art

Winning an Olympic Medal

by PierAngelo Beltrami



PierAngelo Beltrami was art director for Global Image Associates, an advertising agency founded by Jim Gavin, Michael Smith and PA (PA was Dr. Pak’s favorite nickname for PierAngelo) in the Washington D.C. area. He was asked to tell the incredible story of how he won the bronze medal for cycling in the Paralympics in Seoul in October 1988. The Paralympics, a division of the Olympics for disabled athletes, which drew 4,000 competitors from 65 nations in that year. This testimony reflects how we all have the ability to adjust to many new circumstances in our lives by applying the Principle plus an element of tenacity.

Walking into the elevator to the CAUSA International office at the Tiffany building, on a cool April morning in 1986, I bumped into Rick Swarts a coworker. "Hi, PA," he said. "I had a dream about you." "Oh yeah? What was it?" "I dreamed you were going to the

Olympics." "What?" "Yeah, I actually saw you competing in the Olympics." I chuckled. "Thanks, Rick. You made my day." I thought it was a good joke and didn't give it a second thought.

By 1987 my family and I left NYC and moved to Annandale, Virginia to join Dr. Bo Hi Pak who was recruiting members for HQ to help the "TOP Gun" mission. One night while watching the Winter Olympics at Calgary on TV, they showed Diana Golden, a one-legged disabled skier who was skiing like a "bat out of hell" in a downhill competition. It was a stunning performance and I was very inspired because she had the same right leg amputated above the knee just like I did after a motorcycle accident in 1969. That really gave me the impetus I needed to start wondering if there was any other sport for disabled athletes to compete in. I thought about it for several months till one day I picked up the phone and finally called the US Olympic Committee.

It was already April 1988 and I wanted to find out how disabled athletes got into the Winter Olympics. The United States Olympic Committee (USOC) told me that they were preparing for the Olympic Games in Korea in September, and the disabled athletes division was currently organizing various regional competition according to each sport discipline to find qualified athletes who would make up the US Official team for the September games. I had discovered that a series of bicycle races for disabled athletes was being held in Nashville, Tennessee, at the end of May, which would be the qualifying race for the Team USA headed for the Olympics in Korea. That aroused my interest, but I felt rather unprepared to even think about competing in a bicycle race, something I had never done before. Although I had been riding a bicycle once a week around Washington D.C. Parks as a way to lose weight, keep in shape, and get some fresh air, I had never considered racing before.

Being the stubborn person that I am, I started to pray about it and felt I was being pushed to give it a try. So, I started to research what it would take to prepare for such an adventure.

Was This God's Will?

With suggestions from a friend I met on a bike path, I began cycling on the Washington D.C. Mount Vernon trail along the Potomac River, biking 50-60 miles a week. People at the bike shop told me that to really prepare for a race, I should be doing 150-200 miles per week. But how would I work up to that distance? I basically trained myself for about 40 days before heading to Nashville at the end of May.

The race in Nashville was on a Sunday morning. After the 5:00 a.m. pledge, I couldn't go back to sleep. Around 6:30 I called the race organizer to double-check the time of the race, which I had been told would commence at 9 a.m. "Everyone's already gone to the venue and the race will begin at 7:00," the man said. They had changed the time of the race and I hadn't been told because I was staying . . .

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

Life Of Service In Our Golden Years

The Cookstove Project

by Mark Johnson

"Even if you are on the right track you'll get run over if you just sit there."

Will Rogers



As we ease into our “Golden Years,” a whole new world has opened up, which I believe to be true for each of us. It is an exciting time, minus the physical challenges that come with aging. But perhaps the silver lining of aging is that these golden years will lead us into the second half of life where we can distill and apply the essence of what we have learned in our younger years. So, during our golden years, what are we to do?

We have been given so much from God, so how do we share these blessings with others. Beyond what is most central to us — our families —there may be other activities where we can use our God-given talents and gifts. I became very excited when Father proclaimed that the age of the church was over and that it was now time for us to take ownership of God’s providence. He would often say that he taught us everything and encouraged us to take more responsibility. I felt liberated to begin to trust God directly and, for me, that meant getting involved in my local community activities and working internationally. It was at that time that I learned about the **Cookstove Project**. Getting involved in this international project has dramatically changed my life and, through this, I have come to understand and relate with God most profoundly.

I learned about this important project through Rebecca Sommer. What Rebecca learned at a convention put on by The Alliance for Clean Cookstoves, was that nearly half the world cooks over an open three-stone fire.



These campfire-style stoves are located inside homes, so you can imagine the amount of smoke that is breathed in each day. This

method of cooking leads to numerous health issues, especially lung, eye and heart problems. Also there are numerous accounts of young children . . .

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

Please visit our website for more details and watch the professional videos of the work being done.

cookstoveproject.org

Health

The Changing Horizons of Health and Healing and The Need for an Expanded Understanding of Mind/Consciousness, Part 2

by David Carlson



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

In Dossey's view, the major new move in the methodology of medicine is to Era III:

There are too many phenomena for which [Era II] cannot account, toomany healing events left unexplained. In order to encompass these healing phenomena, we are compelled to describe yet another era—Era III or nonlocal medicine—Although it, like Era II, emphasizes the causal power of consciousness, there is a major difference: It does not regard the mind as operating only within an individual human body or even within a single lifetime of a person. In the Era III view, minds are viewed as spread through space and time; as omnipresent, infinite, and immortal; and ultimately one...In Era III, mind, not matter, is ultimately considered primary. (11)

In short, the legacy of era III (non-local medicine) was that the mind is not regarded as operating only within an individual human body, or even within the single lifetime of a person. In the view of era III, minds are viewed as spread through space and time; as omnipresent, infinite, immortal, and ultimately as one. Some examples of era III medicine are: distance healing; diagnosis at a distance; non-contact therapeutic touch; transpersonal imagery; and telesomatic illness. Significantly, there are some important implications of this new system for medicine. The non-local manifestations of human consciousness pose enormously important implications, especially in the areas of diagnosis and treatment in

modern medicine. Then, there is the doctor-patient relationship and the importance of empathy, love, and compassion on the part of the healer. Finally, there is the issue of human relationships: “in some sense we are non-local entities who transcend the limitations of space, time, and the physical body—thus unbounded, unitary, and ultimately one.” (12)

This essay is concerned especially with the phenomena alluded to here, and seeks to demonstrate how *Unification Thought* can encompass these traditional methodologies (Eras I, II, and III) with its new perspective, and then go on to introduce a completely new paradigm (which might be termed era IV perhaps?), which can account for more healing phenomena than can the traditional perspectives. First, however, let me introduce some of the major characteristics to be found in the new healing therapies generally available.

New Age Health Therapies: Not Your Ordinary Medical Techniques

There are many “alternative approaches” available in new age thinking about health, from acupuncture and aromatherapy to Chinese herbalism and crystal therapy to Indian head massage and iridology to reiki and hydrotherapy to yoga and reflexology. The old adage “an ounce of prevention is worth a pound of cure” never seemed as true as it does now. Increasing numbers of people rely on a mixture of both eastern and western approaches. Even some western-trained medical doctors are leaning this way in their thinking, and especially in their methods of treatment. Of special note is the fact that the importance of the mind and spirit, and especially of one’s feelings, beyond mere consideration of the physical body alone, is more and more coming to be recognized, and not just simply recognized, but understood as playing a vital role in healing. Also, emotional support from other people may help protect us against many diseases. Indeed, one’s mind and spirit are seen not merely as another important factor in maintaining one’s health, but as the most essential and critical factor. One of the most fundamental ideas in *Unification Thought* is that “each person is a dual being of spirit person and physical person...each human being is a being united mind and body...and each human being is a being with a dual mind consisting of a spirit mind and physical mind.” Furthermore, the spirit person consists of “the spirit mind and the spirit body.” (13) This means, indeed, not only that the mind is important, but that the relationship between mind and body is important; furthermore, it means that the (spiritual) health of our spirit self is something which must be taken into account when considering one’s overall health. Health has to do not only with the body, but with the mind as well, and especially in their balanced and healthy interaction. We want to be healthy in body and healthy in mind or spirit. One’s emotional feeling and well-being are understood to be important, even critical, components of good health.

This way of thinking might be a familiar notion in religious circles, where the power of prayer has been recognized and used for many years, but such an idea has not been commonplace in traditional Western medicine (Dossey’s Era I and Era II), wherein even pleasant thoughts about someone many miles away are believed to have beneficial effects. Such a phenomenon is far beyond the explanatory parameters of traditional Western medicine (especially

Eras I and II), but it is slowly coming to be accepted by the medical community.

A. The Mind/Body Relationship

A conspicuous feature of the new thinking in the area of health and healing, as mentioned above, is the conspicuous effort to seek for balance, harmony and/or unity between one's mind and body. It should be kept in mind that this is one of the central ideas in *Unification Thought*. "Today, scientists working in the new field of psycho-neuro-immunology (mind/body medicine) are finding that the health of mind and body are indeed inextricably linked, the state of one influencing the other." (14) The relationship itself is considered important and harmony is sought through a number of different methods, such as meditation. "Learning to relax and simultaneously concentrate the mind through the regular practice of meditation can help lower stress levels, replenish the body's resources, and refresh the spirit, offsetting the strain of illness." (15) Meditation is very popular for achieving inner peace, harmony, and balance, as are counseling, hypnotic biofeedback, relaxation therapy, etc. These are very common practices in Eastern medical practice; not so common in the West.

(To be continued in the March issue)

Bulletin Board



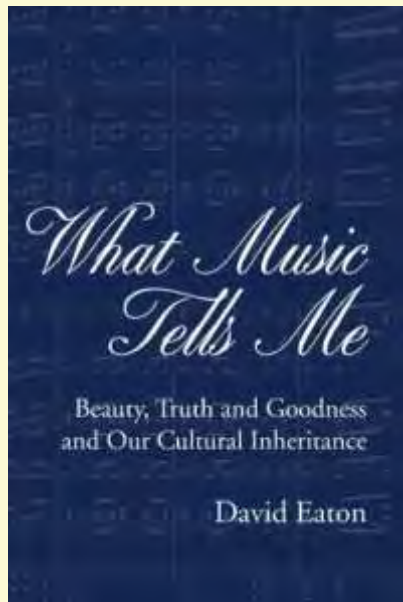
DAVID EATON has been the music director of the New York City Symphony since 1985 and his career as a composer, arranger, producer and conductor has spanned over fifty years. He has worked with orchestras as both a composer and conductor in Asia, Canada, Europe, Russia, Israel, the United States and Central and South America. He has conducted numerous concerts in New York at Carnegie Hall, Lincoln Center for the Performing Arts, the Manhattan Center, the Apollo Theater, the Metropolitan Museum of Art, Merkin Hall and the United Nations.

As a music-for-peace advocate, he has produced numerous events and has performed in international concerts sponsored by the Universal Peace Federation, the Middle East Peace Initiative, the International Cultural Foundation, the Women's Federation for World Peace, the American Clergy Leadership Conference, and the recently established Hyo Jeong Cultural Foundation where he serves as an artist-in-residence and the director of the Hyo Jeong Youth Orchestra.

Historically, music has played a significant role in shaping the attitudes and moral dispositions of virtually every known culture, from the ancient Sumerians to the present day. Because art and music can affect human consciousness in profound ways, the responsibility of creative individuals in the process of establishing a culture of

peace-the hope of all ages-remains an important factor. The effect of music on self and society is a central narrative of these essays.

Greetings from Korea



At long last, my book is available. If you're interested in purchasing it, go to Amazon and search my name and the book title ---*What Music Tells Me*. Below is the table of contents and I've attached the Preface to provide a glimpse into the various narratives.

The essays in this book span several decades and some were written for publications including *World & I Magazine*, the *Journal for Unification Studies*, the *Peace Music Community Blog*, and the *Applied Unification* website, and draw upon many of my experiences as a musician, as well as my interest in music in relation to politics, philosophy, commerce, education and religion.

Also on Amazon is the first of four CDs of music I've composed going back over 40 years and includes the birthday hymn I composed for TPs in 2016 (Music attached).

www.amazon.com/What-Music-Tells-Me-Inheritance/dp/B0B592YNCX

Thanks,
David Eaton



BLESS-ED

Blessing Life Guidance by True Parents' Words

Creating a Blessing Culture

We are looking for volunteers to join our team of researchers who are carrying out a systematic review of True Parents' speeches in order to extract a representative sample of True Parents' Words on the values, conventions, and practices of Blessed Central Families. Our ultimate goal is to create a Blessed Central Family Life Guidance manual.

Since the 'Blessing' is a vertically revealed and initiated sacrament of rebirth and proper growth to the ideal, and 'culture,' which according to Merriam-Webster, is a "set of values, conventions, or social practices" as well as "the characteristic features of everyday existence," we believe that initial efforts to create a Blessing culture should tap into the ultimate vertical source, i.e., Heavenly Parent and True Parents.

Contact Alice Fleisher for details at

Bcfcriculum2017@gmail.com

The Blessed Central Family Life Guidance Curriculum Project is a grassroots initiative started in 2017 by Alice Fleisher and a small team of like-minded Unificationists. Our target is to complete the manual by 2025.

REMINDER FROM LAST MONTH'S ARTICLE ON VALUES and VIRTUES

Dr. Durst and I propose setting up a regular Zoom call where everyone is invited to share insights and input. We hope you will participate by joining us for the first Zoom community forum on Values and Virtues on Saturday morning, February 4, at 10:00 am. Please email me at kseher.tpa@gmail.com to receive the Zoom invitation.

Best wishes and may our Heavenly Parent bless you and yours,
Kristina Seher

[Text Link](#)

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