

February 2026 Golden Age Club Newsletter

Richard Buessing and Carol Pobanz
February 1, 2026



Golden Age Newsletter

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Hello Goldies, Welcome! We hope you enjoy!

We welcome all our readers to a new year! This month's Message is from Minister Donna Avey titled The Miracle of Oneness, Dr. Lewis' article titled Spiritual and Physical Compliments, a short story contributed by Larry Moffitt centering on two senior friends, the 10th installment of a History of Korea by Michael Downey and health pointers from Ichinori Tsumagari on starting your day off right! Lastly the Bulletin Board contains guidance for GAC articles.

This Month's Message

The Miracle of Oneness



By Donna Avey

What does it mean to live in a world where we are truly one?

The miracle of oneness is the grace-filled realization that we are not separate—from God, from ourselves, or from one another—but held together in a single, living body of love. When we awaken to this truth, personal peace expands into something larger: a shared life of heart that connects us across traditions, generations, and cultures.

I first tasted this oneness in a quiet place called Elizabet Nay Park. During a difficult season of my life as a divorced single mother, I found myself crying out to God. In the stillness, my heart seemed to sing with the birds, and my veins felt as though they flowed with the water of the brook. In that moment, I knew I was one with myself and with my Heavenly Parent. Though I did not yet have language for it, my soul recognized it as home.

A Lifelong Question

The seeds of this experience were planted long before that day. My grandmother, Perle, moved from Baptist faith to the Presbyterian faith to the Unity faith, always seeking a deeper experience of the body of Christ as one. I was raised Methodist and received my first Bible at age ten, with my parents' prayer that I would grow "in wisdom and stature, and in favor with God and man."

Even as a child, I carried a question in my heart: *What did Jesus really mean when he taught us to pray, "Thy kingdom come, thy will be done on earth as it is in heaven"?* That question has quietly guided my entire faith journey.

Discovering a Vision of Oneness

Years later, that search led me to the Unification Movement and to True Parents. When I first encountered the revelation of Reverend Sun Myung Moon, I felt that the questions I had carried since my teenage years were finally being answered.

Through the Divine Principle and later the teachings of True Mother, I discovered a vision of oneness that embraces heaven and earth, spirit and flesh, and the

restoration of God's original dream for humanity. I came to believe that through True Parents, the heart of Jesus was being revealed anew—calling us toward deeper unity within the body of Christ and the wider human family.

Oneness in Action

This conviction naturally drew me into ministry with clergy from many denominations. Through the American Clergy Leadership Conference and through life in prayer houses and churches in Washington, DC, New York, Texas, and Alaska, I met ministers from diverse faith traditions.

While we did not always agree on doctrine, we could stand together as brothers and sisters before God—praying for our nation and seeking God's will. In those moments, I often felt the same quiet miracle I had known in the park: underlying our different languages and customs, one Spirit was moving us toward a shared destiny.

God's Dream for Our Time

Today, as a woman in ministry and a member of the Unification Movement, I believe more deeply than ever that the Kingdom of Heaven on earth will be born through the miracle of oneness in the world of heart.

This oneness grows when we choose love across denominations, generations, and even our differences within the Unification family itself. It deepens as we seek unity with our Heavenly Parent, with True Parents, and with one another.

My prayer is that our children, grandchildren, and great-grandchildren will inherit not our divisions, but this spirit of unity and love—and that together we may reveal, in our time, a living foretaste of the Kingdom Jesus promised.

Unification Thoughts

Spiritual Reality

Spiritual and Physical Compliments



by Richard Lewis, PhD

Fifty years ago, I was sitting on a sidewalk in San Francisco in the pouring rain, having an existential crisis. Seven months earlier, I had left my position as a senior scientist in London, intending to take a five-week paid vacation in America. Instead, I found myself fundraising on Castro Street—selling flowers that no one wanted to buy, while some passersby mocked me. I began to wonder if I had made a terrible mistake.

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

Arts and Culture

The Liar's Club



by Larry Moffitt

Here's a short story the older generation can relate to. Takes place in 1935. Two old guys, fishing and telling tall tales. It's cute, but also revolves around some deep sadnesses, as the elderly often carry. Definitely fits our generation. It will make you think about the nature of time, something I do a lot of as I transition from being an obscure early twenty-first century essayist, to being an obscure early twenty-first century short story writer and poet.

At the start of every catfish season, Earl and Jesse bushwhacked their way from the road down to the bank of the Angelina, clearing the footpath overgrown from last summer. The now faint trail wandered through a stand of black walnut trees down to the water. They had left early from Jesse's farm south of Nacogdoches, proceeding carefully for two hours along East Texas dirt one-laners in Jesse's Ford Model A pickup, beat up and road-worn in 1935.

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

Testimonies, Tributes and Thoughts

A History of Korea, Part 10

By Michael Downey



The first president of the Republic of Korea was Syngman Rhee. Rhee was born into an upper-class family during the Joseon Dynasty. He received a traditional Confucian education and later attended a Methodist high school, where he converted to Christianity. From a young age, he demonstrated leadership

potential, becoming the head of several civic and literary clubs during his school years.

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

Health and Recipes

Simple Morning Habits To Start Your Day Off Right



by Ichinori Tsumagari

Morning is the most important part of the day, and how we start it sets the tone for the rest of the day. The first hour or two of our morning impacts our mental health and physical state for the entire day.

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

Bulletin Board

Looking for more Articles

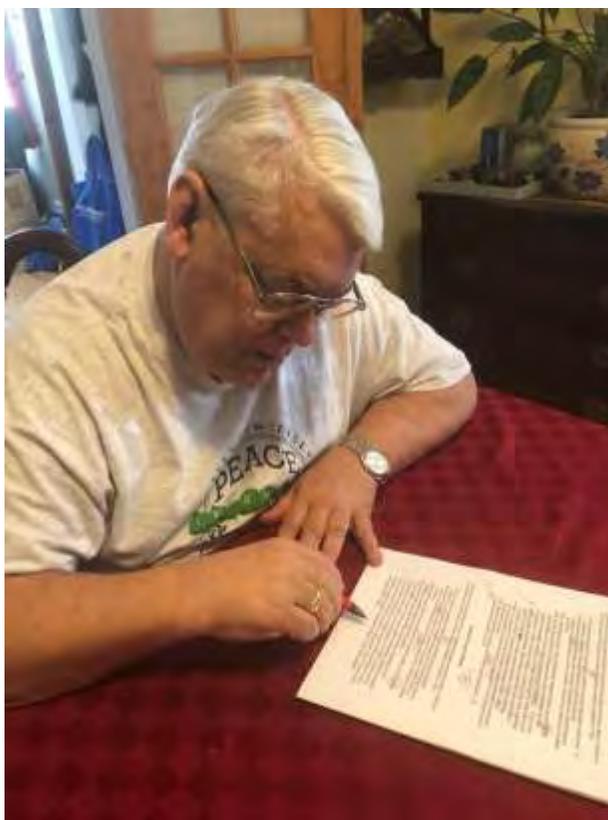


Photo credit: Carol Pobanz

The Golden Age Newsletter began as a small Clifton Senior newsletter about 3 years ago.

ARTICLE GUIDELINES

Purpose: The Golden Age newsletter has been created as a means to keep our elder community connected to one another. Articles are not in any way meant to proselytize or push a point of view.

It is a place to share God's Love – what is positive in our life as a result of finding our Heavenly Parent and True Parents.

Motto: "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.

The e-newsletter is broken down into eight sections:

1. A Featured Message of Inspiration – Helping others to feel hope and inspiration for the establishment of CIG.
2. “Unification Thoughts” – any educational article on the "Fifth Realm of Heart" – Grandparents’ heart
3. History Byte – A short article on a positive memory, a funny or affectionate story about experiences in the church with True Parents or with brothers and sisters or an article about the development/experience of helping to develop one of True Parents’ providential projects or events.
4. Arts and Culture – A sharing about one's talents, hobbies or interests and how this relates to sharing God's love (to family, community, nation or world).
5. Tributes and Testimonies- a personal testimony of one or more life learning experiences or a Tribute to a spouse, friend, or leader
6. Health – An article that relates to health (physical or mental), possibly providing a link to an article you think might be interesting or important to other seniors.
7. I Love being a Grandparent – stories about grandparenting or about things to do with grandchildren
8. Recipe – Preferably a healthy recipe along with 2-3 paragraphs about what makes it a good or memorable recipe.
9. Book Review – report on a book that inspires thoughts toward a world of peace
10. Bulletin board – reports on personal activities, or request help on a project

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Spiritual and Physical Complements



By Richard Lewis, PhD

Fifty years ago, I was sitting on a sidewalk in San Francisco in the pouring rain, having an existential crisis. Seven months earlier, I had left my position as a senior scientist in London, intending to take a five-week paid vacation in America. Instead, I found myself fundraising on Castro Street—selling flowers that no one wanted to buy, while some passersby mocked me. I began to wonder if I had made a terrible mistake.

Suddenly, I was surrounded by a golden light in human form. I felt deeply loved and completely known. In astonishment, I asked, “Who are you?”

As the light faded, the reply came: “I am you.”

That answer has puzzled me ever since. Energized and uplifted, I sold all my flowers and returned home feeling triumphant.

This was one of only a few spiritual experiences I have had, but it left a lasting impact. Along with the *Divine Principle's* explanation of the spirit world and the living testimonies of church members, it convinced me that the spirit world is a real dimension of life—one that my scientific training had never addressed. Science education in the 1960s was still largely Victorian in outlook, offering little hint of the deeper revolutions already underway.

The *Divine Principle* teaches that creation is built on complementary pairs that interact according to law. When these complements unite, they produce new qualities that neither possesses alone. This is expressed in the Unificationist concept of Origin Division–Union (ODU): the One divides into complementary parts, which then reunite at a higher level.

Convinced by Father Moon that science and religion are destined to merge into a unified understanding of reality, I began a personal search to understand the spirit world from a scientific perspective. What follows is a brief account of how far that search has taken me.

Scientific “Loose Ends”

Modern science is far more advanced than its Victorian predecessor. It has explored reality with extraordinary precision and enabled the technologies that shape our modern world. Yet beneath its success lies a set of unresolved mysteries—known unknowns—that suggest the existence of a realm complementary to the physical world.

In summary, these scientific mysteries point to something that:

- Makes up about 70 percent of the universe
- Has anti-gravitational properties

- May involve negative energy
- Allows for supersymmetric structures
- Fits naturally into a complementary spacetime geometry

Two of these are experimentally observed; the rest arise from theory.

Dark Energy

We are constantly in motion—rotating with the Earth, orbiting the Sun, circling the galaxy, and moving toward large-scale cosmic structures—yet we do not feel it. Scientists detect this motion by measuring it against a stable background: the Cosmic Microwave Background (CMB), the ancient light released shortly after the Big Bang.

Using well-understood astronomical “standard candles,” scientists expected to find that the expansion of the universe was slowing down due to gravity. Instead, they discovered the opposite: the expansion is accelerating.

This unexpected force was named dark energy. It acts against gravity and is far more abundant than both ordinary matter and dark matter combined. Roughly 70 percent of the cosmos appears to be made of this expansive, anti-gravitational component, while the remaining 30 percent consists of the familiar gravitational physical universe.

Beyond the Speed of Light

Physics teaches that nothing can travel faster than light. However, when Einstein’s equations are written in natural units, they reveal two complementary possibilities:

- Ordinary matter has positive energy and cannot exceed the speed of light.
- Hypothetical particles, called tachyons, would have negative energy and could exist only beyond the speed of light.

While tachyons have never been observed, they are mathematically allowed. Importantly, particles with negative energy would naturally produce anti-gravitational effects, making them consistent with dark energy.

Supersymmetry

At the most fundamental level, physics divides reality into matter and forces. Supersymmetry proposes a deeper balance: every particle of matter has a corresponding force partner, and every force has a matter partner.

Although these supersymmetric particles have not yet been detected in our physical realm, the mathematics strongly supports their existence. Once again, theory points to a complementary realm that mirrors our own but operates under different conditions.

The Geometry of Spacetime

Einstein’s spacetime cannot be fully described using ordinary numbers alone. Instead, it requires a mix of real and imaginary numbers. In our physical universe, time behaves like a real dimension, while space behaves like three imaginary ones at 90° to the real axis.

Mathematically, this structure implies a missing counterpart: a complementary spacetime with one imaginary time dimension and three real spatial dimensions. Such a geometry would naturally support a realm very different from the physical world, yet fully consistent with known mathematics.

Conclusion

Modern science—both experimentally and theoretically—allows for the existence of a complementary realm to the physical universe. Such a realm would be dominated by anti-gravity, negative energy, and supersymmetric structures, existing within a complementary spacetime geometry.

Seen in this light, the spiritual and physical worlds are not in conflict, but form two complementary halves of a single, unified cosmos.

So don't let anybody fool you by telling you there's no room in modern physics for a spiritual realm; for there is plenty!

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The Liar's Club >

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Find the answer

Airtable Questions

Q: I registered but it says I need to create an airtable account, how do I do that?

Find the answer

System Questions

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The Liar's Club

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by Larry Moffitt

At the start of every catfish season, Earl and Jesse bushwhacked their way from the road down to the bank of the Angelina, clearing the footpath overgrown from last summer. The now faint trail wandered through a stand of black walnut trees down to the water. They had left early from Jesse's farm south of Nacogdoches, proceeding carefully for two hours along East Texas dirt one-laners in Jesse's Ford Model A pickup, beat up and road-worn in 1935.

They stared at the waist-high thicket of brambles, thorns and poisonous plants. Having done this every spring going back nearly 20 years to the end of The Great War, they knew the drill. With hedge clippers, machete and rake they set about clearing a new path for this season.

Poison ivy snaked along the ground and climbed the tall trees. Razor-like sawgrass and stinging spurge nettles had to be clipped and raked aside. Impenetrable blackberry brambles entangled everything in their thorns. It was worth the effort because the secret ingredient in this river bend was the breeze that favored it, keeping the mosquitoes moving on.

After clearing they brought down rods, tackle boxes, and two rickety wooden chairs. Together, they carried the steel milk can filled with iced Pearl Beer. A church key opener hung from a string on the handle, and the cold condensate all over the outside felt refreshing just to look at.

Earl, skinny as a bundle of sticks, beard gone white as bone, settled into a deep melancholy brought on by the morning's exercise of clearing the brush. As Jesse thought it might. Strange how something ordinary can hair-trigger a person's thoughts into a very unwelcome place. The tangled undergrowth took Earl back to 1918, to a hundred newspaper and radio accounts of the Meuse-Argonne Offensive, all laden with the most vivid descriptions of fighting in the bramble thicket, the steep valleys, the mud and barbed wire and the stinking death in which the 47 battle was fought. One journalist wrote that for weeks afterward, long after the Germans, Americans and French had left, no birds could be heard in those woods.

Earl, who was 48 when the Argonne was being contested, was not there, but his son was. His son who never came home. What did come home was a telegram so succinct and hard it could have been a note wrapped around a stone:

War Department regrets to inform Corporal Robert Earl Lawrence killed in action in France. Letter follows.

With the telegram dangling loosely in his fingers, Earl had walked out to the weathered front porch of his house and cried until his legs gave out, then sank to his knees and fell over onto his back. He lay sobbing in that position for most of the afternoon, until Jesse found him by chance on a social visit.

Thinking he had been injured, Jesse ran onto the porch and knelt beside him. He saw the telegram Earl held pressed to his chest, pulled it from Earl's grasp and read it. Bobby, as much a son as his own. Jesse lay his head down on Earl's chest and cried like he would die.

A letter from Bobby's commander arrived the day before Christmas with details and some compassion. But nothing could resurrect Earl's spirit. Now, whenever Earl dealt with thicket undergrowth of any kind, or slogging through mud high on his boots, it primed his imagination in ways that put him into the Argonne forest, experiencing the fighting and the suffering death he feared had been his son's fate. Today, 17 years later, long after everyone told him Bobby had moved on to join Jesus in the clouds, Earl was still immersed in the final days and moments of Bobby's life in the longest, bloodiest battle Americans ever fought.

Earl sat in his wooden chair, looking blankly at the river as he spoke. "Bobby, best friends with your two sons... I could never get over to France to claim his body. War Department said many of them were unrecognizable, buried by the thick forest. By Christmas, the army stopped lookin'. As time went on, dog tags ended up bein' planted with the wheat. He died almost the last day of the war. Killed for nothin'. The war was over. *It was over! It was over!* God, what a damned mess."

Jesse maintained a respectful silence while the story played out, part of the price for the honor of being Earl's friend. It was a liturgy, Earl's eulogy for his son, forever, and a plaintive cry against war's waste, repeated at unexpected moments many times over the years. There was no way Jesse could utter a word or even move, or bait his hook during this. He sat, mindful of his role to just listen. Listen and wait for an opening in the dark clouds. After a long silence, while Earl sat wiping his eyes, and the only sounds were the faint ripple of water against the bank and the buzz of flies, Jesse reached down to fetch a beer from the can. He church-keyed it open, handed it to Earl.

Jesse began the process of extracting Earl from the Argonne and the brambles, and back to the everyday. "Ever wonder what Nacogdoches means?"

"Injin word."

"Ever'one knows that, but what's it mean? Tell you what it means in Injin language. It means 'place of the hairy armadillo.' Truth."

"No it don't."

"Gospel truth. And we got plenty of 'dillos 'round here. Makes a damn fine soup, ifin it don't give you the leprosy."

Earl looked up and seemed to realize he had let himself slide back into bottomless sorrow again, the kind there's nothing you can do about. Struggling to respond to Jesse's opening, he managed, "I'll say one thing for them Injins, they sure knew how to grow corn. Never had no leaf blight."

Earl downed the beer in three long pulls. He let out an enormous, unrestrained belch, worthy of having drained a can of Pearl. "Thanks. Guess I let myself go off again."

Jesse said nothing, watched both their lines for movement. He fiddled with the button on the bib pocket of his overalls and retrieved the square, flat plug of Red Man Chewing Tobacco that lived there. He broke off a pinch and stuffed it far back into his left cheek. Each one checked their bait, put fresh doughballs on the hooks and tossed them back in. The tobacco came due in Jesse's cheek and he leaned over to spit out the dark brown juice. The wad hit the dirt with the viscosity of motor oil, and a distinct plop. He wiped the excess off his beard and scratched his chin while he pieced his words together in his mind. "Had an interesting run-in with Bonnie and Clyde Barrow a couple years back."

"Gospel?"

"Gospel. My truck was broke, so I walked over to Andy's to pick up some bread, and see if he had any eggs. He did, so I bought four. Walk took me most of the morning; wanted to stock up."

"They rob the place?"

"Nope. They was parked out front. Clyde was in the car, and Bonnie was standing by the sody pop machine on the porch. I knew who they was; seen their pictures all over, at the bank... post office. As I was goin' in, she said, 'Pardon me, sir,' just as sweet and polite as anything. Not like a gangster. She asked me ifin I had two nickels on me for a couple of sody pops."

"You never have two nickels."

"I know, but that morning it happens I did. So I gave her my two nickels and she bought a couple bottles of Dr. Pepper, ice cold. She took one over to Clyde and he asked me if they could give me a ride to anywhere. I told 'em I live 'bout three miles, past the other side of town, and if that's too far, they don't have to take me. She said, 'That won't be no trouble at all.' So I bought my bread and eggs and got into the back seat. Just before they let me out at home, Bonnie reaches back and hands me a rolled up wad of \$1 bills. I didn't think to ask them why they didn't just go into the store, get change and buy the sody pops. But as I thought about it later, I think they didn't want to be recognized. Ifin I knew who they was, I imagine proolly ever'one did."

"How much money was it?"

"There was forty bills in the roll."

"Forty dollars?!"

"Yup, kept it in a box under the bed. Took me the better part of a year to spend it all."

Earl saw his line move and reeled in a ten-inch cat. "Looks like blues are bitin' this morning. Guess we'll see some flatheads later this month or next." He put it in the water pail beside his feet. "I ever tell you about the time I met Amelia Earhart?"

"No. The flyer?"

"Yup, came through here a while back. Landed in that patch out back of the barn."

"No way! Gospel?"

"Four square," Earl said, holding up his right hand. "Three or four years back. Outta nowhere, quiet at first. Then the airplane gets close and there's noise and dust everywhere. Cows scared half to death, like to folded up from fear."

"She landed an airplane? In your pasture? An airplane?"

"Floated outta the sky, circled around and set 'er down pretty as you please. Wheels like dragonfly legs, slicker'n shit on a shovel."

"Well, ain't that somethin'."

"She's lookin' at me through them goggles. Turns off the motor and gets out. Asks me how to git down to Port Arthur. I tell her it's that way, 'bout a day's drive in a car. We look at her Texaco map."

"She can just follow the roads."

"Well, there was a problem with a highway map. When she's flyin' she can't read the road signs, and the roads all look the same from up there. So she's thinking she could follow a river, if one goes there. I said well, head southwest. First river you'll come to is the Angelina, not very big. Take a left and follow it south. I told her all the rivers go south from here, and the Angelina is a good one. It gets bigger when it runs into the Neches. It winds all over itself, but will take you all the way down to Beaumont and Port Arthur at the Gulf."

"Lot quicker'n drivin'."

"She used the privy afore she took off. Cows come over, start nosin' around the airplane. You know how they are. Shooed 'em away. First time I seen an airplane that close. I got to touch the wings. Made her a sandwich to take along. Some of that smoked ham and soda bread, wrapped it in a clean bandana. She took it with her."

"Shoulda offered her some of your shine. Keep her warm while flyin'."

"Well, I did; I had some fresh jars. But she don't drink. Anyway got in the airplane and took off, headed for this river right here."

"Well don't that beat all? You coulda got your pitcher in the paper."

"Proly coulda."

"Wonder why she was headed to Port Arthur?"

"Meetin' someone. To git money to fly 'round the world. That's what she said."

"Hope she found the river. Last time you made me a sandwich, I had to spit out the wood."

Morning came and went. Their lunch of fried chicken from Earl's Pauline went well with the soda bread and cheese Jesse had brought, all washed down with cold Pearl. Jesse thought it would be hard to imagine a better place to be on earth than right here, on this bend in this river, fishing these fish. and he told Earl so. Earl engaged fully, his eyes bright. He nodded, said "Yup." He had two in the pail, and Jesse one, all blues, ready for cornmeal and frying.

Jesse spoke. "Found out my ex-wives have all been sending Christmas cards to each other."

"Hell, Jess, that's what you git for marryin' sisters."

"Guess so."

"What kinda damn fool would marry a woman, and when that was over, go and marry her sister?"

"Yeah, but—"

"And then after that was done, go and marry their other sister?"

"Well, they was all within easy reach."

"Their daddy woulda shot you ifin he hadn't been dead."

Earl gazed up at clouds beginning to thicken from the southwest. Having looked into the sky many times a day his entire life, he knew its moods like he knew his old friend. "Think we might git some rain later on?"

"I 'spect we will."

Jesse took his final pinch of Red Man for the day. Without another word, each stood and began packing up to go. They always tried to take everything up in one trip, but it always took two. "All takin' into account, we been fortunate to live in these times in the modern world," Jesse said as they walked up the hill. We seen a lot."

"Sure have," Earl nodded, "Ever'thing's already been invented."

Jesse added from out of nowhere, "Hey, know who made the best damn blackberry cobbler I ever ate in my life?"

"Who's that?"

"It was by--god Calamity Jane, up in Deadwood."

"Afore she was shot dead, I reckon," Earl surmised.

"I 'spect so," Jesse said.

Earl carried the day's catch up the slope to the car. The man with half his heart carved out smiled and then chuckled his first chuckle of the day. Likely his first of the month.

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A History of Korea, Part 10



All photos submitted by M. Downey

By Michael Downey

The first president of the Republic of Korea was Syngman Rhee. Rhee was born into an upper-class family during the Joseon Dynasty. He received a traditional Confucian education and later attended a Methodist high school, where he converted to Christianity. From a young age, he demonstrated leadership potential, becoming the head of several civic and literary clubs during his school years.

By the time Rhee graduated, Japan had established a pro-Japanese government in Seoul. Rhee joined the resistance movement and was imprisoned for his activities. After his release, he emigrated to the United States, where he dedicated himself to the Korean independence cause. He came to believe that the United States offered the best chance to liberate Korea from Japanese rule.

Rhee actively organized within the Korean diaspora, building networks and lobbying American political leaders. He met with many U.S. politicians, including Presidents Theodore Roosevelt and Woodrow Wilson, to raise awareness of Korea's plight. He also raised funds and supported himself through literary and educational work. After a brief return to Korea to assess conditions, he relocated to Hawaii.

Following the failure of the March 1st Independence Movement, various resistance leaders formed the Provisional Korean Government (PKG) in Shanghai, China. Although Rhee was still in the United States, he was elected president of the government in exile and served for about six years. For more than two decades, the PKG functioned as Korea's voice for independence, constantly relocating to evade Japanese military police.

Over time, ideological divisions fractured the leadership. Kim Gu aligned with right-wing Chinese Nationalist leader Chiang Kai-shek, while Premier Yi Dong-nyeon began accepting assistance from Soviet agents operating in Manchuria and shifted leftward. Rhee remained firmly committed to American sponsorship. By 1925, Rhee was impeached and forced out, and the PKG gradually lost influence.

After Japan's surrender at the end of World War II, many leaders, including Rhee, returned to Korea, formed political parties, and competed for power. Rhee's English fluency and pro-American stance made him appealing to the U.S. military government. His marriage to a Caucasian woman further distinguished him. He was effectively assured election as the first president by the newly formed National Assembly.

Despite his credentials, Rhee appeared disappointed from

Despite his credentials, Kise appeared disconnected from popular sentiment. His leadership relied heavily on American backing rather than grassroots support.

Meanwhile, in the North, Kim Il Sung, a Soviet-backed anti-Japanese guerrilla leader and founder of the Democratic People's Republic of Korea, consolidated power. Although initially aligned with Marxism-Leninism, Kim developed his own ideology known as Juche, meaning self-reliance. His ultimate ambition was to reunify the Korean Peninsula under his rule—an impossible task without Chinese and Soviet support.

After Mao Zedong's victory in the Chinese Civil War in 1949, Kim's prospects improved. Mao sought global communist dominance, with the Soviet Union as sponsor, but Joseph Stalin as both ally and rival. As Mao lobbied for Soviet military support, Kim likewise sought backing for his invasion plans.

Between 1945 and 1948, the Soviet Union poured money, technology, and expertise into North Korea to counter American influence in the South. In the spring of 1949, Kim traveled by train through Siberia to Moscow to secure Stalin's approval. Stalin, cautious due to tensions with the United States, offered tacit consent—"a nod is as good as a wink to a blind horse." Kim returned to Korea prepared to act.

Communist unrest was not limited to the North. Anti-government and anti-*yangban* sentiment was widespread in the South, particularly among those returning from Manchuria and China who had been exposed to Marxist-Leninist ideology. Under President Rhee, conservative forces adopted a harsh policy toward leftists, communists, and suspected sympathizers.

On Jeju Island, tensions between police and civilians erupted when police fired into a crowd, killing six people. A general strike followed, supported by the Workers' Party of South Korea. Armed rebellion ensued, aimed at provoking a violent response and disrupting upcoming elections under the American military government.

Right-wing youth groups were sent to Jeju, where widespread abuse of civilians occurred. In October 1948, Rhee ordered the eradication of all communists and traitors on the island. Villages more than five kilometers from the coast were burned, paramilitary forces carried out mass executions, and bodies were dumped into the sea. An estimated 15,000 to 30,000 civilians were killed. Many survivors were imprisoned and later disappeared during the 1950 war.

While anti-communist violence was not uncommon globally at the time, the indiscriminate slaughter of civilians can never be justified.

On June 25, 1950, Kim Il Sung launched a full-scale invasion of South Korea. The South Korean army, caught by surprise, collapsed quickly, and Seoul fell within three days.

The international community suspected Soviet and Chinese backing and brought the issue before the United Nations Security Council. At the time, the Soviet Union was boycotting the council over the refusal to seat the People's Republic of China instead of Taiwan. This absence allowed the council to authorize military action. A UN force, led by the United States, was dispatched to aid South Korea.

General Douglas MacArthur, Supreme Commander of Allied Powers in Asia, was appointed commander of UN forces. Sixteen nations contributed troops, medical personnel, or supplies, though the United States bore the overwhelming burden of manpower, resources, and casualties.

While some American soldiers behaved poorly, the vast majority served honorably. They are heroes deserving of respect.

About ten years ago, my wife and I visited the UN Cemetery in Busan. The memorial walls list the fallen from each participating nation. Some countries had only a handful of names; the United Kingdom had several thousand. The American section required seven walls to display the names of more than 38,000 dead.

We spent three hours there, touching every name. I wept openly. Those names represent the greatest treasure of my country—young men who often did not even know where Korea was, yet gave their lives defending it.

During the bleak summer of 1950, UN forces were pushed into a defensive perimeter around Busan. Reinforcements arrived, including the re-formed First Marine Division, veterans of Guadalcanal, Peleliu, and Okinawa.

In September 1950, MacArthur executed a bold amphibious landing at Incheon. On September 15, Marines stormed Green, Red, and Blue Beaches, overcame extreme tidal conditions, scaled seawalls, and defeated North Korean defenders. Within two weeks, Seoul was liberated, supply lines severed, and Busan relieved.



UN forces advanced northward. By mid-October, X Corps captured Heungnam, liberating prisoners including Sun Myung Moon. Troops believed they would be “home for Christmas.”

At Chosin Reservoir (Lake Changjin), Chinese forces intervened. Mao committed 120,000 troops of the People’s Volunteer Army, surrounding 30,000 UN troops, including 25,000 Marines. In the coldest winter in a century, the Chinese demanded surrender.

Instead, the Marines advanced. Over 13 days, they fought their way to Heungnam under constant attack, carrying their wounded, recovering most of their dead, and saving much of their equipment. More than 20 Chinese divisions were destroyed.

The breakout from Chosin is regarded as one of the greatest feats in American military history. X Corps evacuated by sea and returned to Busan to continue the fight.

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Find the answer

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Simple Morning Habits To Start Your Day Off Right



photo submitted by I. Tsumigari

By Ichinori Tsumigari

Morning is the most important part of the day, and how we start it sets the tone for the rest of the day. The first hour or two of our morning impacts our mental health and physical state for the entire day.

Think about that: if you wake up rushed, you find yourself rushed for the rest of the day. If you wake up tired or grumpy, typically you are grumpy and tired for the whole day. "Start as you mean to go on."

Research shows that consistent morning habits regulate your circadian rhythm, improve mental clarity, and help you make better decisions throughout the day. When you prioritize your health first thing in the morning, you're building the foundation that carries you through every task and challenge you face all day long.

Become a morning person

The early bird catches the worm! I am a bit of a hybrid; I love to stay up late for the same reasons that people like to get up early. But I also wake up every day between 5:30 and 5:45 no matter how late I stay up.

Instead of hitting the snooze button on your alarm clock once or twice, then jumping out of bed, frantically rushing around why not wake up early?

Waking up early gives you time to take things slow and get ready for the day. When you aren't rushing around, you have less stress. It gives you a little extra time for yourself and is the perfect time to write in your journal, to have a peaceful moment or two to read a chapter of a book, meditate, or whatever else you like.

That said, a good night's sleep is very important, so be sure that you are getting at least 7 hours of sleep every night – it is the first step to a successful morning routine.

Hydrate

Before you pour your morning cup of coffee, drink a large glass of water first thing. You have been sleeping for 8 hours and your body is dehydrated. Your body loses water overnight through breathing, so you wake up mildly dehydrated. Drinking water as soon as you get up restores hydration, jumpstarts your metabolism, and helps flush out toxins that accumulated while you slept.

Try to drink at least 8 to 16 ounces of water within the first 20 minutes of waking up. Room temperature or slightly warm water is easier on your digestive system than cold water. You can add a squeeze of lemon juice for flavor and a small boost of vitamin C, but plain water works just as well. Or warm the water and add a frozen slice of lemon.

Keep a glass or bottle of water on your nightstand so that it's the first thing you reach for when you wake up, not the phone. This simple habit takes less than a minute but will make a difference in how energized you feel first thing in the morning. Many people report clearer thinking and less brain fog when they start their day with water instead of jumping straight to coffee or tea.

Make Your Bed

Making your bed sets the tone for the day; it is the first task you have accomplished and you haven't even left the bedroom. A beautifully made bed is a welcome place at the end of the day and a peaceful place to lay your head.

Years ago, I read the book *Make Your Bed: Little Things That Can Change Your Life... And Maybe the World* in which Admiral McRaven shared his thoughts on the matter.

"If you make your bed every morning, you will have accomplished the first task of the day. It will give you a small sense of pride and it will encourage you to do another task and another and another," he said. "By the end of the day, that one task completed will have turned into many tasks completed. Making your bed will also reinforce the fact that little things in life matter."

Journal

I have always kept a journal, actually two – one for my thoughts and one as a gratitude journal. In the past I wrote in them each evening before bed. But recently I started to write in the quiet of the morning and it has made a world of difference in my day.

Each morning, I write 3 things in my journal; my intentions and positive affirmations for the day, what I am grateful for and my goals.

Starting the day this way helps to prioritize your tasks, boosts your mood and puts you in a positive mindset so that you are ready to seize the day no matter what the world throws at you. Not only that – it helps you start the day with a more positive outlook.

Exercise Your Body

Physical movement in the morning doesn't have to mean an intense workout. Gentle activity increases blood flow, loosens stiff muscles, and releases endorphins that boost your mood. It also helps regulate blood sugar and supports cardiovascular health.

Choose something that feels good, that you enjoy and fits into your schedule. A 10-minute walk with or without your pup, light stretching, yoga, a short workout on your treadmill or Peloton bike or even dancing to a favorite song all count. The goal is to get your body moving in a way that energizes rather than exhausts you.

Consistency is key and matters more than intensity. Moving your body every morning, even for just five minutes, creates a habit that compounds over time. You'll notice improved flexibility, better posture, and a more positive mindset as you start your day with intention.

Exercise Your Brain

EXERCISE YOUR BRAIN

If you like to wake up slowly, instead of reaching for the phone, exercise your brain. Play Wordle, Free Rice, learn a new word (word of the day) do a crossword puzzle or something that fires up your brain and is great for personal growth and development.

Read a few chapters of your latest book or the Bible.

Keeping your mind sharp and active is something people of all ages need to do, not just seniors.

Whatever you do, stay off social media and your phone in the morning; they are a time suck and if you want to have a productive day it's best to do something more mentally stimulating.

Feed Your Body & Break Your Fast

Breakfast is the most important meal of the day! You are breaking your fast after a long night, sleep and a healthy breakfast provides the fuel your mind/body needs to function throughout the day.

A balanced meal that includes protein, healthy fats, and fiber stabilizes blood sugar, reduces cravings, and supports sustained energy. The healthy fats and fiber will fill you up and aid in digestion. Skipping breakfast, eating only refined carbs or a sugary breakfast often leads to energy crashes and poor food choices later in the day.

Try to focus on whole foods rather than processed options. Eggs, Greek yogurt, oatmeal, nuts, seeds, fruits, and vegetables all make excellent breakfast staples. Eat a meal that keeps you satisfied for at least three to four hours without feeling overly full or sluggish.

If you're not hungry first thing in the morning, that's okay too. Listen to your body and eat when you are ready, but try to have something within two hours of waking up. Preparing breakfast the night before, such as overnight oats or a smoothie, makes healthy eating easier, especially if mornings are hectic for you.

I will be honest; I don't like to eat breakfast. If I could, I would love to eat a cinnamon roll or a donut. Typically, I drink a cup of hot chocolate and have a yogurt parfait with chia seeds, a sprinkling of granola, and with flax seeds topped with blueberries and strawberries. I like to make my parfait the night before by mixing the chia seeds, flax, and granola into vanilla Greek yogurt. Then, in the morning, I top my parfait with berries. Try it, it's delicious!

There you have it, 7 daily habits to help you create a consistent morning routine. There are many other things you can do to start the day right, like setting up your workout gear the previous night, meal prep, getting rid of clutter, time blocking, writing up a list of important tasks, etc.

You do you! Find morning habits and an ideal morning routine that works for you and make it easier and enjoyable to get up and start the day.

Starting the day on a positive note and being intentional about how you do it can lead to a healthier and happier life.

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