

CARP Officer's Training at the University of Bridgeport

Naokimi Ushiroda
January 10, 2014



Dr. Michael Balcomb, the president of the Family Federation for World Peace and Unification (FFWPU)-USA, shared Rev. and Mrs. Sun Myung Moon's vision for CARP as well as their respective college/training stories.

Despite the heavy snowstorm that lambasted the United States at the start of the New Year, a group of 40 young people comprised of Unificationists and friends attended the Collegiate Association for the Research of Principles (CARP) - USA Officer's Training that took place at the University of Bridgeport from January 3-10, 2014. This training marks the launch of CARP's new campus model. The following is a compilation of daily highlights by CARP-USA core staff members.

Friday, January 3, 2014

A serious snowstorm blew through the Midwest and Northeast Thursday evening, leaving five to eight inches in Connecticut. This caused schools to close, flights to be delayed, and posed a dangerous, icy condition as the temperature dropped to the single digits.

For safety reasons, we [CARP-USA] postponed the official start of the CARP Training to the next day [Jan. 3rd], giving participants the ability to travel when safer or to coordinate new flights that had been cancelled.

For those that were able to arrive on Friday, we offered registration, pizza, and games for participants to bond and create a warm atmosphere. All participants were provided lodging and dining through the University of Bridgeport (UB) dormitories and dining hall.



A serious snowstorm blew through the Midwest to the Northeast at the start of the New Year. (Picture copyright of NYdailynews.com)

Saturday, January 4, 2014

Our official Welcome Orientation began Saturday morning at 9:30 a.m. in the UB Student Center, which is the heart of the UB Campus. Greg Breland, a first-generation Unificationist and the Projects Coordinator employed at UB, offered logistical advice about the university and safety tips for the surrounding community.

Naokimi Ushiroda, the president of CARP-USA, offered his direction and vision for this week's training and the development of CARP in the United States. The schedule and training design were shared before taking a short break.



To the 40 young people assembled at the CARP Officer's Training at the University of Bridgeport, Dr. Balcomb encouraged them to take chances, take risks, and be an activist on campus, just like Rev. Moon was as a student.

Afterwards, Dr. Michael Balcomb, the president of the Family Federation for World Peace and Unification (FFWPU)-USA, shared Rev. and Mrs. Sun Myung Moon's vision for CARP as well as their respective college/training stories. Dr. Balcomb encouraged students to take chances, take risks, and be an activist on campus, just like Rev. Moon was as a student. He reiterated that each person has a unique gift to offer and that the resources and education we are receiving are meant to give back to others and the world.



The participants were quite inspired to work on their goals so concretely and effectively.

In the afternoon, Ushiroda shared a short "CARP Life Talk" about "Purpose-Driven Life" with a small

group discussion to follow. This was followed by a “W.I.S.E.R. Goal Setting Seminar” developed by Ushiroda, in which participants were guided through the acronym’s steps:

1. Clarify **What** you want and by when you want it
2. Make sure your goal is **Inspiring**
3. Create a comprehensive **Strategy**
4. **Execute** your strategy daily
5. **Review** your progress weekly



The participants partook in games to create a warm atmosphere.

For dinner, CARP hosted an appreciation dinner for Josie Hauer, a retiring CARP Board member who had served for the past four years. Dinner was attended by Naokimi Ushiroda, Victoria Roomet (previous and first-female CARP – USA President), and Teresa Ferrete.

That night Roomet facilitated an ice-breaker where participants were paired up with someone they didn’t know. After several minutes, they introduced their partner to the group, including the reason why they came to this CARP training.

Sunday, January 5, 2014

Our first full day started with Hoon Dok Hae (HDH). She offered a Christian song, showed a short video clip by a famous mega-church pastor, Joel Osteen, and gave a personal reflection on living on faith versus fear.

A young Unificationist from Hunter College, said of the morning activity, “Hoon Dok Hae was a great way to start my day. I was immediately pulled into a pool of emotions after being emotionally numb for several months before this.”

Afterwards a young-Unificationist led a 30-minute meditation session and explained the meaning and value of taking time to be fully present in our daily life. Participants expressed their desire to learn and practice further.

In the morning session, Ushiroda gave the second CARP Talk on the topic of “Spiritual Health,” emphasizing the importance of nourishing and exercising our spiritual self as much as we should nourish and exercise our physical self. After discussing the presentation, participants reflected on personal application of the principle and then practiced giving a mini-talk on the topic in small groups themselves.

“I used to think beauty was an external concept,” said young Unificationist student of Barrytown College. She continued, “But through the talk I came to see that the essence of beauty is harmony, and the highest form is in relationships. Particularly I saw how women and mothers are important in creating a harmonious home, and that’s why they are considered beautiful- because they nurture harmony in their family. It’s truth. It is so true.”



Divided into groups, the participants discussed and reflected on the presentations they heard.

After lunch, the staff divided the group into groups of three for an impromptu Public Speaking Training where each participant had to share a talk for one to two minutes on a question that was asked on the spot. Peers offered each other accolades and suggestions for improvement. Participants continued to talk about their exciting experiences during the break.



Naokimi Ushiroda, President of CARP, (left) congratulates a participant after he presented his impromptu two-minute speech on an issue he wanted to address on his college campus.

Afterwards, they were given guidelines on how to organize an effective speech based on Toastmasters (a renowned public-speaking organization in America) and were asked to prepare a two-minute speech on an issue that they wanted to address on their campus. The experience was mixed with laughter with causes like removal of a smelly “skunk” tree, as well as tears as they shared personal reasons why they felt called to address certain issues like drunk driving, loneliness, and abuse.

One participant said, “The ‘project cause’ ideas were revolutionary.” He added, “Through them we will change the world one campus at a time. Even the comical suggestions could succeed on college campuses.”

Over dinner, Ushiroda and Ferrete, full-time CARP staff members, met with Mr. Michael Giampaoli, the Dean of the IDEAL (Innovative Degree Excellence in Accelerated Learning) Program at UB, and discussed ideas on how to expand CARP’s reach to a broader market.

The evening program featured a documentary called, “I Am,” where a Hollywood director shared his personal life transformation from an externally-driven world to a deeper understanding and appreciation

of the value of connection to the natural world and each other. It highlighted the power of one person to make a change. Many participants were moved to tears and discussed in pairs. Afterwards Roomet, led a short session introducing the process of creating a “This I Believe” statement and invited participants to write a one-page statement on what they believe.



A small group took time to discuss a topic after one of the presentations.

Monday, January 6, 2014

Many students gathered early in the morning to receive insight from selected readings from the Quar’an, prepared by a non-Unificationist CARP Officer at UB. The morning HDH emphasized how we should respect other religions, care, and look out for each other, regardless of background or status.

Then Ferrete offered a brief yoga class that encouraged participants to develop graceful control within yourself as she led the yoga poses and sequences. She emphasized taking deep breathes and breathing out to get rid of negativity.

In the morning session, Roomet presented on “Integrity” and the participants had a chance to give their own presentations on the topic. Six representatives presented in front of the whole group and the top three were awarded prizes. Their presentations will be edited and posted on the CARP website as a resource for CARP members nationwide.



Participant practiced the skill of constructing and presenting speeches.

After lunch, Ushiroda gave tips on how to organize effective events. He started with the importance of defining the event’s purpose, and identifying three clear outcomes. He also shared a budget template and

explained how to properly prepare a budget for an event.



Participants engaged in discussion about the topic of effectively organizing events).

Mrs. Alexa Ward, the Vice President of FFWPU, attended the afternoon session and offered her support for the participants. Her husband, Dr. Thomas Ward, the Dean of the International College at UB, shared his insights on how CARP could work effectively with school administrations. Afterwards, he met with Ushiroda over dinner and offered his support and encouragement in fulfilling CARP's mission.



Dr. Thomas Ward, the Dean of the International College at the University of Bridgeport, shared his insights on how CARP could work effectively with school administrations.

In the evening, Roomet led a high-energy, theme-developed activity that made teams work together to acquire materials that could be used to promote their own campus impact events. Different teams had to compromise and work together to have access to more materials, teaching them that working together is the best way to bring about greater and more positive results.

Tuesday, January 7, 2014

Tuesday morning started with a scripture reading from the Torah, led by Ree Ae Jordan from Kansas. David Young again conducted a meditation practice that encouraged participants to consider how to embrace and control their emotions.

For the morning session, participants were given time to “check-in” with their small groups about the previous day and to report what goal or applied principle practice they had promised to do. This sharing is part of a model CARP meeting which allows students to be accountable and help each other grow.



Teresa Ferrete, a CARP core staff member, gave a short presentation about “Healthy Relationships.”

Then, Ferrete, one of the core staff, gave a short presentation on “Healthy Relationships.” She encouraged participants to think about what kind of relationship each person has among the different layers of connection (God, self, family, community, nation, world, and cosmos) and from that, to choose one today to focus on and improve on for it to be truly thriving and healthy.



Participants took time to reflect on the presentation they heard before sharing among their peers.

Again, participants were given the opportunity to reflect on their own experiences on the topic of healthy relationships and to share among their peers. Six representatives presented to the entire group and had their testimonies recorded. Based on a democratic voting process, three finalists were chosen, awarded prizes, and will have their presentations edited and posted on the CARP website for other CARP participants to use as a resource.

After the lunch break, we held a professional photo session to take individual and group shots of all the participants. Some of the participants from the same school or state were also able to take group pictures and will receive professional head shots that can be used for their own professional use, which is another service that CARP offers to students.

The evening concluded with an Open Mic hosted at Knight’s End, a lounge area used for student group events. The atmosphere was ideal for a student gathering with comfortable seating, a relaxed atmosphere, and an area for snacks and materials. Many participants shared music, dance, spoken word, and one group even hosted a push-up challenge that six young men participated in- even CARP President Naokimi Ushiroda! Many participants also offered songs in other languages, emphasizing the diversity of the

group.



Participants huddle together before starting going out on the multi-level laser tag field.

In the afternoon session, we traveled to a laser tag facility to participate in an experiential learning activity on the principle of “Teamwork.” Participants were very excited to engage in a very active application. It was also much fun, and something many had not experienced before.



Six men competed in a push-up competition at the Open Mic Night. How creative!

One of the greatest parts of the evening program was the involvement of the local Bridgeport second-generation Unificationist community. Thirteen guests attended, many of whom currently attend UB and who were exposed to CARP culture. They were also invited to attend the campus events on Thursday where participants will lead a one-hour meeting that aims to address a need on campus.

Wednesday, January 8th, 2014

Wednesday morning began with three parables based on Buddhism. Afterwards, Ferrete led a complementary yoga practice.

The morning session was on “Inherent Value.” Co-pastor for the Ohio Family Church, shared a talk about how he was able to gain a deeper sense of personal value through breaking through with his relationship with his wife and his father. Discussions and principle practice followed the message and five finalists were chosen to present to the entire group, offering emotionally-riveting personal accounts about their journey to understand their own value.

In the afternoon, Barrytown College CARP Faculty Advisor, Rachel Curry, led two sessions on Mentoring and Communication, respectively. The mentoring session encouraged participants to consider being a mentor to others as well as finding a mentor to continue their personal growth. The communication session focused on effective listening.



Participants embraced each other in support after sharing their extremely personal “This I Believe” statements.

The evening session featured the well-known activity, “This I Believe,” led by Jaga Gavin. He introduced the activity and shared three sample videos. Participants were given time to reflect and write their own statement about their core beliefs.

One by one, participants shared deep and touching stories exposing their innermost thoughts and feelings. The vulnerability with which participants shared their statements was awe-inspiring. The last person to share broke down in tears as she shared her belief that someday she would become the person that she wants to be. What happened next was something that no one could have planned or expected. The whole group surrounded her in a giant group hug and one participant offered a prayer to God expressing gratitude for his love for each of us. The encouragement and love in this room at this moment was unforgettable.

We are so grateful for the prayers and support for this national event that allowed these CARP Officers to have such deep insights and experiences.



One group called their event, “Marriage is HOT!” and passed out hot cocoa with cards of “7 Reasons Marriage is Hot,” promoting the value and importance of marriage on campus.

Thursday, January 9, 2014

Today's morning reading was based on Hinduism, prepared by Alban Gaval. Everyone took turns reading scripture followed by short discussion. David Young led a meditation-session afterwards.

Ushiroda gave a short presentation on event reporting in the morning. Afterwards participants had the opportunity to give their final pitches to encourage other participants to attend their Campus Impact Events, which was the focus for the rest of the morning and afternoon. In the new CARP model, chapters are encouraged to host an event that addresses a need on campus.

At this training, participants had three days to prepare with groups of 3-5 people. Between 10am and 5pm, ten teams presented on their respective issues, of which many UB students and staff—outside of the workshop—had attended, thereby already making an impact on the local university.

The events focused on the following issues: drunk driving, healthy relationships between men and women, the harm of labeling people, the importance of marriage, the opportunity to get unplugged from technology and connect to relationships, the exploration of one's passions, the issue of food waste, advice on effective event advertising, and the importance of spending time outdoors.



At one event, attendees were encouraged to get “unplugged” from their phones and technology to focus on real relationships.

Despite the short time for preparation, the events were all organized and meaningful. Participants expressed feeling empowered that they were able to host a campus impact event, even with limited time and resources, giving them confidence to do similar events on their own campuses. After dinner, participants shared reports and constructive criticisms with each other.

In the evening, participants were divided into small groups based on regions and discussed plans on their next step to build CARP in their respective local areas. The night concluded with a slideshow of pictures from the training. Participants were given time to reflect and complete the training survey online.