

Golden Age September Newsletter September 2021 Issue

Richard Buessing and Carol Pobanz
September 2021



A Message from Reverend Buessing



I am honored to be asked to write for the Golden Age Newsletter. Even though I no longer live on the East Coast in New England, I feel living in NYC for two years during my church presidency I got to know so many of you. One of my greatest pleasures was to attend the Golden Age banquet every year in NJ. The honoring of those turning 60 was a special moment. I think we all remember when True Father turned 60 and we celebrated in NY. It is a significant milestone in our lives and should be honored and celebrated.

This newsletter is the heart of our senior members expressing themselves through the written words and testimonies of their lives. Every community once a year would be wise to honor and appreciate those elders in their community. In Korea, in December of 2018, True Mother spoke to a number of American leaders at breakfast. Among those present were the current and former security members from East Garden. She said, "You are an important group as elders. You lived with and saw the True Parents for many years. Your experience and testimonies are important to share with others. You have an important position as elders. Please work toward National Restoration." We are all in that position because we attended True Parents for so many years.

Like all of you, our lives have revolved around our love of God, our True Parents, and the tenets of our faith. As we age that doesn't change, but our physical abilities to do things has slowed down for a lot of us. This is also a time of reflection on the life we have lived. We need to remember that God has been with us through all the ups and downs. His love is unchanging. Ours might have changed but a parent's love for children never ends no matter what they have done in their life. After all, we are all God's children.

Two years ago, I became a grandparent for the first time. It was life-changing to see my daughter go through her pregnancy, give birth, take care of a newborn and work at the same time. We were very much there for her and her husband through the whole process. It brought back memories of all the things we went through raising a family. The fruit of all of it was to see my daughter, after one child, say to her mother, "How did you do it with four?" We found ourselves chuckling inside as she connected the dots that her mom and dad went through all this same stuff.

Currently, I am President of the Senior Pastors Association – SPA for short. We are volunteers from all 14 districts around North America. Our purpose is to be a plus to the communities in which we live. We try to support our younger pastors, take care of elders by helping them stay connected and finish their life well, and give honest feedback to our leadership here in America. We encourage elders to share their lives with others inside our movement and with all those they meet. There is so much to get involved with wherever we live. People are everywhere. Opportunities abound for learning, creativity, and education. I just recently moved to Loveland, CO and I've met so many new friends. I joined a senior bowling league once a week. After the first bowling meet I told Marjorie, "Everyone is sure old in this league." She said, "Yes, they're your age." She was right! I've met a retired Methodist minister and an Associate Pastor of a Lutheran church so far and it's been fun. People are amazed when you begin to tell them what you have done in your life. Most of us have traveled overseas, visited a lot of states, eaten all kinds of food, played every kind of game, know all kinds of different faiths, and know people from all around the world. We have so much to offer to others and the apex, of course, is the Blessing. We all treasure our Blessing, and it is the greatest gift we can give to others.

My wife Marjorie and I are both in our 70s. We relocated to Colorado three months ago, following our children and grandchild. It was a big switch after 30 years in New England. We are active in a lot of different things in our Colorado community and supportive of the activities on the national level. It is a great feeling being older, loving your children and grandchildren, being part of a larger community of close brothers and sisters and sharing the spiritual gems given to us by our True Parents.

My closing words to you are: Take care of your health, be prayerful in your mind, tune into the Word, remain engaged in relationships with others, and always remember Heavenly Parent loves you more than you can ever imagine.



A Special Request to Elders

Dear Golden Age Members,

We have been invited by Pastor Crescentia to be part of a community effort to offer prayers for all second generation, totaling more than 700 in our Region, who vary in spiritual closeness/distance from our movement.

The prayer lists are being developed and will be distributed in the near future.

No specific condition has been set, but daily prayer from your own home or other venue of choice is suggested.

I am reminded of the stories of grandmothers from an earlier time in our movement who sat under the table praying as our True Father lectured. Now in a grand parenting role ourselves, it is our time to "go under the table: and offer our sincere prayers for our children and children's and our grandchildren.

Please contact Christine Libon at: cclbns70q@gmail.com if you are interested in participating in this ongoing prayer effort. A list of names will then be forwarded to you for whom you will be asked to pray.

Most Sincerely,

Carol Pobanz

Sharing with Friends & Neighbors

Places To Go

Happy Picking

I think summer is a great season. I love the heat (and the air conditioning), the beach, swimming, and BBQs with friends. I love the park and getting out in the sunshine, but summer is almost over for 2021. But, fear not friends, because we have autumn to look forward to. Just thinking of autumn causes the beauty of autumn leaves to come to my mind. As a matter of fact, I don't think there is a nicer part of the country to be in than to be in the Northeast. We are surely blessed!



One of my favorite activities in autumn is apple-picking – a great

activity for the whole family. I've included below some information about fruit picking in New Jersey and I've included some locations to pick-your-own. It's good to check ahead of time to see if the location has any Covid precautions set in place. I've heard that some places are requiring reservations. Happy picking!

Here are some helpful links!

www.pickyourown.org/NJharvestcalendar.htm

www.riamedefarm.com/

appleridgeorchards.com/

stoneyfieldorchard.com/

People We Meet

Photography now after more than 30 years at New Future Photo

by Ken Owens



Having been blessed in being one of True Parents' photographers for more than 30 years, I easily found another venue for my photography that made people happy after New Future Photo was closed in 2009.



Having been born and raised in the US and having served in the United States Navy, the Navy had been a very important part of my life. My dad was a veteran of World War II and the Korea War, and I grew up surrounded by veterans and those who served our country. Then, I served four years as a radioman on a ship that went to Vietnam and many places in the Pacific and Indian Oceans. So, my love and admiration for the Navy and all veterans lies deep in my heart.

After I moved to Fort Lee in 2001, I was finally able to join the Veterans of Foreign Wars organization. There, I was able to again be with those who served our country, some who were in very terrible battles and survived. Hearing their stories and seeing that they were still smiling made me feel at home again. I offered my services as a photographer for their events. Now, many of my photos are in photo albums and some even decorate the halls in the post. I am also now the photographer for the VFWs here in Bergen County. I'm glad that I can make them happy in their

twilight years.

If you are interested in buying Ken's book, it can be found on Amazon: www.amazon.com/Memoirs-Unification-Church-Photographer-Owens/dp/1533047758/ref=mp_s_a_1_6?dchild=1&keywords=ken+owens+book&qid=1629060103&sr=8-6

Culture & The Arts



Building the Kingdom through Creating Harmony

by Akemi Hirose

There are many different musical instruments, but I think human beings' voices are the most beautiful. Throughout history, we've been singing whenever we're happy, sad, or suffering in order to share our feelings.

In Japan back in the 60s and 70s, as children we students all learned how to sing as a choir from first grade, because we used to have about 40+ students in each class, that could make one large choir. And we used to compete with each other. When I became a high school student, I joined a mixed-voice choir and we challenged difficult songs even though we had only a handful of people. I tended to pay attention to back-up singers or accompanists more than the main singer or solo player for some reason.

I recall when True Father came to New Jersey for a speaking tour, we formed a 100-voice choir. I still remember he remained so focused listening to us, but I hope he enjoyed our performance. Since that experience, my wish has been to create harmony that could heal the heart of the audience.

After Loving Life Ministries' large choir ended its term, Joe Young (currently, a young Florida pastor) held an audition for back-up singers. I auditioned but I was not selected at the beginning. I joined a couple Sundays later, feeling I had been selected as a representative of all Japanese members. At almost the same time, I joined a Japanese choir to perform at Carnegie Hall. It was my first time joining a group outside our church community, which stimulated in me mixed feelings of excitement and anxiety. While we were practicing for the concert, I heard the news that an enormous earthquake had hit Tohoku and thousands of people died because of the tsunami. Everyone thought it was impossible and inappropriate to have a concert under such circumstances (most of the choir members were from the Tohoku area), but these choir members in Japan were the ones who had wanted to come to the US to sing to overcome their hardships. We were so moved by their words. Therefore, the theme for the concert was revised and the event became instead a charity concert for the relief of Tohoku. We prayed for those in Tohoku and they prayed for us. In the beginning of the concert, I felt that the Tohoku choir members were suffering in their hearts, but by the *encoré* piece, which we sang together with Alexander Harmonizer from Virginia, their hearts were completely

liberated. They were so happy and grateful, and they stood proud of themselves that they could participate.

From that time, we named ourselves Japan Choral Harmony (TOMO), and we have sung on various occasions, especially while engaged in charity and ambassador work, such as the 9/11 Memorial Concert, and the 400-year anniversary of the international friendship of Japan and Spain.

There is a well-known saying: “The pen is mightier than the sword”. In the same spirit, I would say: “Music is mightier than the sword”. We cannot change the heads of the nation, but I believe we can move and heal the hearts of the people through music and art. We are able to hear the sound of healing if we are united together in harmony. These harmonic sounds are called overtones in musical terms. I truly believe we can change the world to the original state that God wanted to create in the beginning of time through the sounds of harmony.

[To view the complete article, please click here!](#)



Japan Choral Harmony TOMO

Please see attached link for “**Ruri iro no Chikyu**”. This song is about our wish to protect our beautiful earth (5:19 length)



youtu.be/ZV1t1Hw4JDc



Creating Love in the Shape of a Bowl

by Tokie Hessel

Since I moved to Glen Ridge three years ago, I have gotten to know some of my neighbors. I started to walk a mile each day for 2 to 3 days per week, together with one very friendly lady. She invited me to go to a pottery class with her. She has been making all the dishes and cups for herself and her daughter's family. I hesitated at first, because I am not really artistically inclined and I was not interested in pottery making at all.



But, she asked me again and encouraged me to try potting just once. So, I attended the class and I made a mug, which came out thick and not very smooth. As I expected, it was not beautiful. Then my daughter asked me to make ramen bowls for her. I tried to create a bowl but it was uneven and



thick. However, she liked it and asked me to make five more ramen bowls.

Since then, I also have made sushi plates, small Easter egg bowls and more. I feel that when I see my family appreciate the dishes and other things that I create, I definitely enjoy doing it more and I feel inspired to try to make the dishes better.



Healthy Living



Thoughts on Cooking: Theory and Practice

by Barry Geller

Cooking is a great place to put theory into practice. It can be seen as a laboratory where we experiment on our bodies and minds. That is because we are what we eat?

Summertime Food:

Cold Soba



- 1) Cooking Noodles- see pic one bunch of soba/serving.
- 2) Boil 3 cups water, break soba bunch in half and place in water.
- 3) Poor in $\frac{1}{4}$ cup cold water after noodles boil. Then bring to boil 2 more times and each time stop the boil w/cold water and bring to boil again. Taste noodle while still cooking, if tender to your liking poor into a colander and wash in cold water.
- 4) Prepare the cold soba. Japanese style is simple, tasty and refreshing. See the pic for ingredients: Follow directions on the bottle to make the dipping sauce. You can use wasabi to add flavor to the dip. You can shred the nori sea weed on the noodles. You can use plane or flavored nori. I like the sesame oil flavor.
- 5) Side dishes: Broccoli or Spinach w/peanuts and soy sauce – steam the cut broccoli or spinach, drain after cooking to taste. Grind

the nuts to tiny pieces and add soy-sauce to ground nuts. Sprinkle on the veggies and serve.

6) Pickles: Kimchi, Dill pickles (cucumber) or sauerkraut. Any pickle is refreshing and tasty. Here is a suggestion: Quick Cabbage pickle – Cut cabbage into thin strips (like Cole-slaw), put salt in, table spoon for ½ small cabbage. Squeeze cabbage slaw w/hands until water comes out and cabbage is no longer crisp, but soft. Then rinse salt out. Mix in some thin sliced carrot and season with olive oil and vinegar.

7) There are so many noodle dishes in Asia. They are experts at noodle preparations, Fried, in soups w/all kinds of ingredients. This is just one dish that is nice in the summer. Enjoy!!

Eat those Vegetables & Pickles!!

Health Matters for the Golden Agers

Shoulder Pain by any Other Name

Bursitis, Arthritis, frozen shoulder, 50-year-old shoulder? – Whatever it is it hurts. As we increase in age whether from the East or West, North or South shoulder pain is a common complaint, but remedies may vary.

[Please click here to view the website link!](#)

What is Frozen Shoulder?

Frozen shoulder, also known as adhesive capsulitis, is a condition characterised by pain, stiffness and restriction of motion in the shoulder joint. It usually starts with pain, especially with movement of the shoulder. You may have difficulty executing simple daily actions like combing hair, wearing clothes or reaching for something on a high shelf.

[Please click here to view the website link!](#)

Unification Thoughts

Rearing Monarchs - Part 1

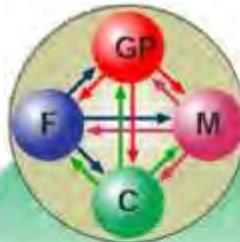
by Prof, Gerry Servito

Rearing Monarchs - Part 1

Unification Thoughts, September 2021

In the previous articles, we'd looked into the interconnected ideas of a *Fifth Realm of True Love* (i.e., grandparents' love) and *Three Great Kingships* (which include the original value of a family's children).

And last time, we'd mentioned some of Abonim's thoughts about *Attendance*. These indicate how parents and grandparents are to attend the children in their family:



".....grandchildren, we have to attend like they are the kings and queens of the heavenly Kingdom of Heaven and earth that will come in the future...."

• *Cheon Seong Gyeong* p. 2451

...three kings in a family refer to grandparents, parents, and children. The grandparents are the king and queen of the past; the parents are the king and queen of the present; and children are the kings and queens of the future.

• *New Essentials of UT*, p. 543

"I am someone who has offered bows even to very small children. I have attended three-year-old children with utmost sincerity, as if they were princes and princesses of heaven."

• *Chambumo Gyeong*, Book 2, Chapter 3, Section 3

"God believes, works and lives in attendance"

• *CheonSeong Gyeong*, Book 11, Chapter 1: Attendance

[To view the complete file, please click here!](#)

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