

The annual One Heart Camp hosted at Camp Seely in San Bernardino Mountains

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From June 23 to July 6, 2019, the annual One Heart Camp was hosted at Camp Seely in the San Bernardino Mountains! One Heart Camp 2019 had 105 high school participants, 33 high school team leaders, 62 middle school participants, 24 middle school team leaders, 5 parent advisors, 8 core staff. The camp was divided into two weeks: first week for high school and second week for middle school. Both weeks focused on education based on Divine Principle's Restoration section and how participants can apply Principle in their lives with lectures and activities to bond as brothers and sisters.



The two weeks of camp was packed with incredibly moving content from the Divine Principle, exciting physical activities, and deep moments of bonding amongst all of the campers. Second Generation came from all over the country to participate in this exciting summer camp experience: Pennsylvania, Minnesota, Arizona, Nevada, Utah, Alaska, Colorado, Canada, Washington, and mainly, from northern and southern California. From the initial stages of planning by the core staff consisting of brothers and sisters from both the Bay Area and Los Angeles to the final testimonies given by the participants and leaders at the end of camp, this high school One Heart Camp was truly guided and blessed by our Heavenly Parent and True Parents.

This year's theme was "Recreating Ourselves," a vision inspired by the section of Restoration in the Divine Principle. The internal coordinators, Sarah Takhar and Gerlyn Quilates, wanted to convey this message regarding the theme: "Often times we aren't as consistent in our lives of faith as we would like to be. We need to learn the process of forgiveness and God's determination, understanding God's grace. This allows us to feel hope and determination for the future. Who we have been in the past does not need to be who we are going forward, we can be better." Pastor George Kazokas delivered the lectures from Monday to Friday going over sections from the Divine Principle to emphasizing the importance of restoration through indemnity in our own lives and on a providential level. Through the theme of "Recreating Ourselves" and understanding God's heart towards His children, the participants could each understand how they could grow in their personal relationship with God, True Parents, and even Jesus.

The first day of camp on Sunday was dedicated to sharing the camp theme and having the participants

build a familial connection with their teams. In the evening, the campers participated in a team-bonding activity where they had to illustrate their ideal community to the rest of their team. The purpose of this activity was to have the participants share and find similarities of what they envision to be the Kingdom of Heaven on Earth, and, in the spirit of heavenly competition, the teams competed amongst one another to illustrate the "best" community.



On Monday, the sub-theme for the day was "God's Hope (For Me)", and the participants received their first set of lectures from Pastor Kazakos, who gave an in-depth introduction to the principles of restoration. Hearing this section of the Divine Principle was a first-time experience for many campers, and the pair-share discussions and ensuing team discussions helped the participants to solidify their understanding of restoration through indemnity and how God has a plan for each of them. Following fun outdoor activities organized by the activities coordinators, Y. Tanaka and T. Kikuchi, the entire camp regrouped to participate in an activity called "Radar." This activity is a non-verbal activity that only uses physical cues to help the participants become vulnerable with where they are regarding several aspects of their lives, such as their family, life of faith, relationship with friends, etc. This emotionally-charged activity was followed with team-by-team discussions to connect the message of restoration from the morning and how it relates to their own lives in overcoming their internal and relational difficulties. Each night of camp ended with "team time" for the teams to reflect on their day and further bond with their brothers and sisters.

On Tuesday, the sub-theme for the day was "Where Am I At?", and the morning began with Hoon Dok Hae and a moving morning service given by M. Nozawa on the topic of forgiveness. Pastor George continued his lecture series on restoration in the morning by introducing the course of indemnity that past providential central figures had to walk. In the afternoon, a spectacular camp-wide relay race took place, where each team competed against another participating in activities like a watermelon-eating contest, water balloon volleyball, human tic-tac-toe, and others to see which team would come out on top.

Before dinner, group leaders who had graduated from GPA gave a presentation on the gap-year program. Through heart-felt testimonies and a brief overview of the different activities that GPA does, many graduating seniors and even younger youth expressed a desire and inspiration to join the year-long life of faith training program. We're very excited for what the graduating seniors can gain in their relationship with God and True Parents next year! In the evening, the teams gathered to take part in an activity titled "Peace Starts With Me." This activity involved each participant writing down on a note card an individual that they want to forgive and be forgiven by. After sharing with their entire team, the rest of the team would do a chain-prayer for the person who shared. This moment of vulnerability was such a moving experience for the participants; many were moved to tears and, for many, had a breakthrough in prayer for the first time.

Wednesday's theme was "Having a Growth Mindset," and this day focused on how each participant could feel empowered to take action towards the challenges they face in their life. Following a morning service given by E. Jung and the morning lectures from Pastor Kazakos, the highly-anticipated game of Capture the Flag was held in the afternoon. After the excitement of the physically demanding activity, the camp refocused by having an afternoon activity called the "Wheel of Life," which enabled the participants to fill in a circle that was sectioned into different aspects of life, such as life of faith, relationship with God, future career, etc. so that they could see where they can grow after camp in their daily lives. The evening ended with the brothers and sisters splitting off into their respective genders and having their brother-

sister night. This night of bonding was necessary to establish a sense of brotherhood and sisterhood to last a lifetime for the participants and to share the challenges that each gender faces so that they can feel empowered to overcome those challenges.



Thursday's theme was "Inheriting," and this day was an incredibly moving day for many of the campers due to Pastor George's lecture on the Mission of the Messiah. For the first time for many of the participants, they were able to learn about Jesus' heart towards the people during his time, especially to those who persecuted him. To really engrave the message and heart that God wanted to convey to everybody regarding Jesus' sacrificial life, the campers all offered two representative prayers and unison prayer in their respective grade groups to connect to Heavenly Parent in understanding Jesus and deepening their relationship with him. This experience alone helped solidify many participants' belief that the content of this year's camp was incredibly deep and moving for them. This night was the Open Mic night, where over twenty acts from high school youth and college-aged staff performed their talents in front of the entire camp. There was an array of talent, and the night ended with the ultimate team-bonding activity, "Night Under the Stars." Every team grabs their sleeping bags and a tarp and chooses a spot under the beautiful night sky to bond as a team for a couple of hours. Many campers cited this night as being highly energetic and their highlights of the workshop.

On the final full day on Friday, Pastor George addressed the sub-theme, "Creating My Future," by lecturing on the absolute importance of connecting the principles of restoration through indemnity to each participant's personal life. He gave his own testimony of joining the church and leading up to his Blessing to illustrate how God was working in his life through the things he had to clean up as indemnity. Pastor George beautifully conveyed the heart of God's hope to the camp, and we're very excited for future camps for him to speak. After the usual afternoon outdoor activities, the evening program started with the participants creating a dreamboard for their future. This was a substantial representation of what each young person wants to achieve in the future using what they gained from the lectures. The night ended with a praise-and-worship session in which R. Zinke and R. Yamamoto of the LA Family Church HJ Band helped lead, and the following the worship session, everybody joined for the 21-minute prayer. Several participants explained that they were able to have meaningful conversations with God in their prayers due to the opportunities they had after lectures where they would have seven-minute unison prayers to synthesize the content of the lectures.

On Saturday, everybody left the camp with a very high spirit. The sub-theme was "Seizing the Moment," and there were reflections and testimonies for the participants to help people feel inspired in going back to their communities. People shared how they gained so much from the lectures and the internal activities. Over a third of the participants came from communities outside of California, and many shared that they are excited to come again next year! The final tradition of performing and singing to the song "Journey," by In Sup Nim, coupled with the tearful goodbyes, marked the end of a very victorious One Heart Camp for high school. This has been the best year of One Heart Camp yet, and we are so grateful to God and True Parents that this was a spiritually renewing and deeply moving experience for every camper.

Contributed by K. Tamura,
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