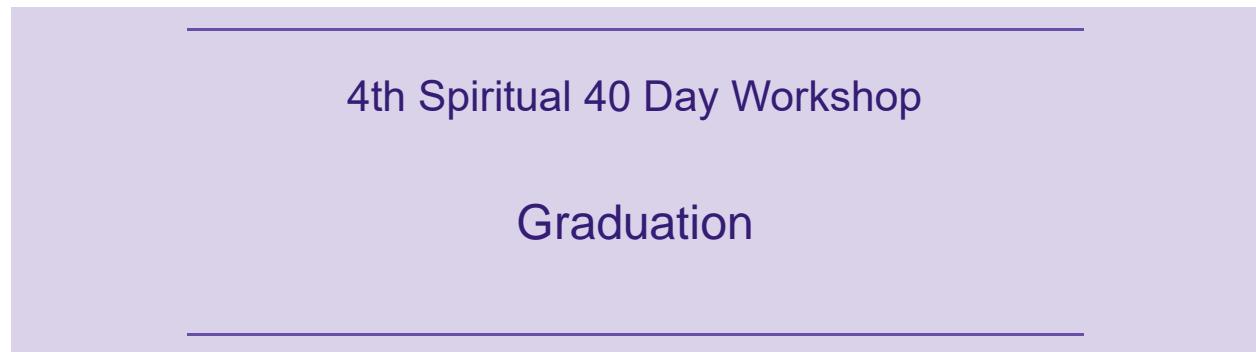


## Cheon Shim Won Heavenly North America Weekly Updates (12.08)

Ki Hoon Kim  
December 8, 2025



### Overall Reflections from a couple of the Volunteers and Trainees

#### K. Medina

2nd Gen Trainee - Attended 4th Spiritual workshop

Hello! My name is Kathryn Medina, and I'd like to share how the 40-Day Spirituality Workshop helped me overcome burnout and rediscover my life of faith.

I arrived here spiritually exhausted. After three years of GPA and a year as assistant pastor in Philadelphia and Indiana, my passion faded. I stepped down, moved home to NJ, and planned to live a more "normal life." But even in that low state, I could still sense Heavenly Parent calling me to attend this workshop before going back to school—a chance for renewal. Honestly, I was scared. Transformation is scary. But with prayer and my husband's support, I

chose to follow God, even though every step—buying the ticket, applying, paying—felt intimidating.

Here, I discovered something important: Heavenly Parent has no negativity. The moment I allow judgment, criticism, or complaint into my heart, I disconnect from Him. But the workshop gave me a safe space to just be myself, rediscover prayer, and reconnect with HP without fear. I prayed freely—loud, soft, high, low—and no one could hear me anyway! But all that vocal prayer left me with a painful throat infection. So I asked HP why. What I kept receiving was: *Use your voice for My Will.*

So for over a week, I prayed: “What can I do for True Mother? How do You need to use me?” With each determination, I offered: “If this supports Mother’s release, I will do it.” Then during a prayer vigil while calling out “Eomonim palli hwangunghaseso,” I made another determination—and suddenly realized my throat pain was completely gone. HP had healed me the moment I committed myself.

This workshop helped me see that HP wants me to use my voice:

- for prayer vigils in NJ
- for public speaking through WFWP
- for loving and reconciling with my family
- and even for singing at church

Going home, I’ll have school, a new admin assistant job, media coordination for NJ youth, plus these new commitments. It seems like a lot. But throughout this workshop—despite only 4–5 hours of sleep a night—I learned how to resonate with HP’s heart. And through resonance, I can always keep going. My passion is renewed, not drained.

Mother once said, “If pure water becomes stagnant, it will become rotten water.” I want to be pure, flowing water that gives life. That’s why I’ve continued making determinations:

- to support NJ young adult ministry
- to find righteous, salt-like people so Mother doesn’t have to witness alone

I believe HP had me make these commitments because He believes I *can* do them—and because our gifts aren’t meant for ourselves. HP wants all of me: the singer, the speaker, the media lover, the fiery spirit in representative prayers. He wants me to develop those gifts and offer them for True Mother and the world.

Through this workshop, I realized I never truly burned out—my fire for God had just grown dim. Resonance taught me that saving energy doesn’t bring me closer to HP. Offering more, pushing myself to reach Him, actually fills me with life and strength. I want to keep living as flowing water, a life of resonance, giving and giving without wearying, just as True Parents have shown.

Haneulpumonim, Changi-in Champumonim, Kamsahamnida.

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Abraham Salazar

1st Gen - Attended 2nd Spiritual workshop - Volunteered at the 3rd and 4th

As I reflect about my time at this workshop, I realized that whenever I go back home after the workshops, I go back to how I was before because I don't see life of faith or life in general through the right perspective. Also I don't really have a deep heart for True Parents or for others.

In the past I treated my life of faith as a chore, not really thinking how I can cultivate a relationship with True Parents through life of faith habits or even just daily life. Actually during this workshop I really wanted to achieve a daily life with Heavenly Parent, through everything I do.

So I'm glad I could discover this through the lectures. I also realized that because I didn't have the right perspective/heart towards myself and others and all things I couldn't recognize Heavenly Parent's love in all aspects of my life and therefore I fell into many temptations.

I learned many things in this workshop but I feel really inspired to take my life of faith more seriously, my goals more seriously to learn Korean, and to witness to testify about the Only Begotten Daughter.

I felt many inspirations during these 40 days of many things I could do to serve the providence but I feel called to do teaching to educate people of our generation and younger properly. I thought to myself if our Korean members don't want to teach the Korean people the truth then I must learn Korean to witness and teach people in Korea. I felt this heart that True Father had to save America but for Korea. Of course, Korea has many problems and I can't solve any of them all by myself but True Mother said "If you become one with True Parents, you can overcome and resolve all problems."

When I read True Mother's words I feel uplifted, encouraged, and inspired to achieve great things. I know True Mother wants us to dream big so throughout the workshop I'm constantly reflecting on what I can do with my life to attend her.

She also said in the same speech "Please become sons and daughters that resemble True Parents and realize their hopes." I don't know what Heaven's hopes are for me but I know True Mother's biggest priority is restoring Korea as God's chosen nation starting in Gapyeong. She is building the foundation to establish an estate with CheonWon Gung, the Cheonil Guk constitution, and people to govern this estate.

I think as future leaders of our movement we also have to be educated so I'm thinking about going for further education in doctorates in something to be a teacher or politician or something. But I know I must lead myself properly in my faith and with daily tasks and master myself if I want to manage bigger things in the future. I realized that I have to take things step by step. I want to offer more devotion to receive an answer. That's my determination after this workshop while I continue supporting my community.

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## Cheonshim Won Current Events

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We are in our final workshop of the year - a 7 day English Workshop - together with our American and Korean Academy. Stay tuned for testimonies.

## What is Cheonshim Won?

(from the Chambumo Ron)

On October 10, 2020, True Mother gave Jeongshim Won (情心苑, Garden of Heart and Emotion), the prayer hall at the training center, a new name, christening it **Cheonshim Won** (天心苑, Garden of Heaven's Heart). Establishing Cheonshim Won as a providential organization, she designated it as a place to nurture second- and third-generation spiritual leaders for Cheon Il Guk.

I have brought the third generation forward to establish the tradition of the providence. While I am on earth, I will create all environments to be free-flowing, like running water. I will plan and develop Cheonshim Won as a place to cultivate talented individuals as pure water who can communicate with the pure and clean heart of Heaven.

Cheonshim Won is the worldwide headquarters for jeongseong (devotions). It is the main sanctuary for jeongseong in Cheon Il Guk, the main headquarters for the spiritual providence, and the center for developing the spirituality of Cheon Il Guk leaders and blessed families. Cheonshim Won is a place where blessed families can resonate with the heart of Heaven.

When we are on the same frequency as Heavenly Parent and True Parents' hearts, we experience resonance with them. When we achieve resonance in unity with Heavenly Parent and True Parents, we can hear their voices. Therefore, prayer is not a monologue but resonance with Heavenly Parent and True Parents' heart. ...

## Upcoming Events

Join the community in offering devotion, learning about spirit world, and creating an environment for Heaven to work!



## CSW NATIONAL PRAYER CALL

JOIN US EVERY WEDNESDAY  
AT 7 AM PDT/10 AM EDT!

During these Weekly Prayer Calls, we read HDH with True Parent's Words, share CSW testimonies about the results of praying in CSW Prayer Rooms, and offer devotion as a whole nation to our Heavenly Parent and True Parents.



Join us!



Cheonshim Won  
Heavenly USA