



This book is dedicated to In Jin Nim our Senior Pastor
and all those that made this unforgettable year possible.
-GPA 2011-2012-



You are the hope and strength of our movement

-TRUE FATHER

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GPA LIFEBOOK

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FOREWORD

Dear Generation Peace Academy Graduates,

I am honored to offer my congratulations to you, on behalf of our entire Lovin' Life Ministry national team, as the graduates of the first class of Generation Peace Academy! We are so proud of each and every one of you and are grateful for all of your heartfelt investment and great achievements over the course of this past year. I know that you have all grown in many amazing ways through your experiences this year, and I want you to know that all of us here at LLM Headquarters, in church communities across America and in overseas mission areas have grown and benefited greatly just by being able to work together with you and get to know you. You are awesome and on the foundation of this year, you will go on to do great and incredible things for God and True Parents in your lives.

You have brought so much joy and hope to our True Parents this past year (and really, there is nothing more significant than that!) and you have fulfilled the vision of our senior pastor, Rev. In Jin Moon, for what is now Generation Peace Academy. You have laid a great foundation for those who will come after you. I know it is not easy being a pioneer and you have undoubtedly faced countless challenges as well as enjoyed many wonderful moments. All of these contribute to the overall victory that you have earned this year.

I wish you all the greatest possible success in all that you do and I look forward to continuing to be with you as we build ideal families and save this nation together.

May God bless you and thank you from the bottom of my heart.

In True Parents' Love,
REV. JOSHUA COTTER
Vice President of HSA-UWC USA





Dear Generation Peace Academy Students,

I want to offer my congratulations on your great accomplishment, as you graduate from the first class of Generation Peace Academy. There is no better preparation for life than a year lived in pursuit of internal and external excellence and an exploration of the values that define Generation Peace.

You are part of an important transformation within our movement. In Jin Nim is leading us into a new era and you are playing a vital role in expressing what it means to be a proud Unificationist, as you live a balanced life rooted in a profound love for our True Parents and a deep appreciation of the inheritance that is yours through the Blessing. Nothing will make In Jin Nim prouder than to see you excelling in school or your chosen career and living a life of integrity.

In Jin Nim always stresses that each one of us has unique, divine value so as you go forward into the next chapter of your life believe in yourself and your potential. True Parents, True Children and Lovin' Life are always there for you. We want to hear about the amazing things you are doing to make this world a better place.

Thank you for sharing yourselves with us this year. I am going to miss you!

With much love,

MRS. HEATHER THALHEIMER
Director of Education
Lovin' Life Ministries



Dear brothers and sisters, friends and families,

It is with great excitement that we present this first Generation Peace Academy Lifebook. As you go through the challenges of life (and you will!) I hope and pray that the images and words in this book will re-ignite your passion and give you strength to persevere.

To all of you who took part in pioneering this first year of Generation Peace Academy, it has been a truly historic achievement. Each one of you contributed to the great success of this year, and none of it would have been possible without our Heavenly Parent, True Parents, True Family and especially In Jin nim and her family guiding and watching over us.

A year is composed of countless moments, lived out by over 150 participants. In this book we have attempted to capture moments; moments of joy, victory, love, as well as moments of challenge, struggle and effort. Through the photos, and testimonies, you can re-live the moments as if they were yours.


Going through the pages of this book you will look back upon the thousands of miles covered by the fundraising teams in their desperate quest for their goal, the adventure and novelty of the overseas trips, embracing foreign cultures and touching people's lives, and the many lessons learned as you journeyed through the Lovin' Life Leadership Program.

Throughout the course of this year we have grown to become more than just 'program participants', we have become family and the bonds that we have created will remain. My hope is that just as you have learned to care for, support, and value one another throughout this year; you will continue to do so.

In Jin nim has loved and personally invested herself, her family, and her resources into every aspect of the program. She has genuinely loved and raised the children of GPA as her own, just as Father asked her to do. Having been personally touched by that love, you can now share it with others.

It is with this heart that we offer to you the first Generation Peace Academy Lifebook.

ROLAND PLATT
Director of Generation Peace Academy



From Kick-off to Conclusion and everywhere in between . Workshops were the moments that pieced everything together. After being away, in different parts of the world, we were always able to come back as a family. Here we could share our experiences, gain a new understanding of our purpose, and prepare for our next adventure.

WORKSHOPS

WORKSHOPS

KICK OFF TO CONCLUSION

As STF transformed with In Jin Nim's vision to become the Generation Peace Academy, the new and eager group made their way to New York. On September 15th, over one hundred first years came to UTS by train, bus, or plane for a full impact, high power 2011 Kickoff Workshop to set the tone for the year to come. The first week at UTS was filled with team building games as well as guidance to educate the GPA participants of In Jin Nim's vision for the program. The first week went by quickly, filled with a schedule to jump-start everyone into a consistent spiritual life. To end the first week, they were split up into teams with whom they would spend the next twelve days fundraising.

During the twelve-day fundraising condition, the GPA members got a taste of what was to come this year. Some teams fundraised via subway from 43rd street, while others traveled to neighboring states in a van. When everyone returned to UTS, gratitude filled their hearts as they welcomed back their fellow GPA members for the final week of the kickoff workshop.

During the last week of kickoff, GPA experienced an unexpected request from In Jin Nim to send all of the second and third to Las Vegas in order to attend and support True Parents. After having only been on GPA for three weeks, the first year members had the opportunity to lead themselves during a week long Divine Principal Workshop lead by Rev. Compton. The first year participants rose to the challenge and proved to be very self-sufficient and responsible. When the Staff returned, the first years had gained more gratitude towards all of the investment it takes to make a workshop possible. The

Kickoff Workshop ended on Sunday after attending Lovin Life and receiving a sermon given by In Jin Nim. GPA said their goodbyes as they parted into their first module of the year.

After three months of three different modules, the GPA participants were once again united at UTS during the First Quarterly Workshop. Everyone was filled with happiness and gratitude. After being apart from each other for quite some time, the GPA members were eager to share their experiences with each other. The workshop was one week long, consisting of lectures on Father's course given by Rev. Compton. Each module gave a presentation of what they did during their module, as well as testimonies of moving experiences people had. It was an opportunity for everyone to connect and gain a deeper understanding of what their brothers and sisters accomplished in the last three months. Before they knew it, they were saying goodbye and making their way into the second module.

After another three months of new experiences, GPA came together, this time at CFA in Hunt, Texas. The workshop lasted a week during which GPA held a Divine Principal Lecture tournament in which all one hundred fifty members participated, the contestants were narrowed down to twenty and eventually four contestants were left. They finalists each gave a twenty-one minute lectures on a section of the Divine Principal. The workshop was a good opportunity for everyone to share their memories and experiences, and also gain a new and deep understanding of the Divine Principle. Everyone was sad to say goodbye, but also eager to experience their final stretch of GPA.



Below: The Green Team supporting members as they play a game of “human geometry”.



The year was kicked off at the Unification Theological Seminary in Barrytown New York.



Above (Left): “Ah that tickles!”, giggles Hyonam Heller.
Above (Middle): Micah Jumongi gets team spirit face paint.
Above (Right): Rosaka Wagner paints Layla zomorod’s face for the Dark Knights .

Below (Left): The Yellow team creating the “Twleve Gates” symbol during human geometry.



On our first day together as GPA we spent time doing many fun activities, including such classics as the “diaper relay race”, the team chant competition and Akira san’s bizarre brain child: “Super Dragon Tails”.



Above (left): Kyoko Biddle gets her ears painted blue by Rebecca Nishida. Above (right): Natsha Honey and Rosia Kittel share a bonding moment over some white paint.

Below (left): Young Bok Gomez reveals his secret identity: “bat face”. Below (right) Miwa Ishikawa paying immense attention to detail as she paints her teammate’s face green.



Below (Left): Justine Spicciani and Hiro Ando sprint for the ball during the annual Kick-off Volleyball Tournament. Below (Right): James Galvin, no mercy.



A lot of time was spent outdoors getting our daily dose of physical activity. Above: Elijah laying out for a frisbee as Marina Stana looks on from the sidelines, unimpressed.

Katherine Williams and Michelle Han "Lovin' Life" during the volleyball tournament at kick-off workshop.



Above (Left): Katrina Morgan, she's out for the kill. Above (Middle): Jeff Schmidt strutting his stuff after a long day on the volleyball courts. Above (Right): Aaron Roppoli stretching during morning exercises.

Below: Hannah, Satoe, Kyra and Hana V. singing before the ballroom social at UTS



Above (Left): Sunny, Brian and Matt Rogers exhibiting their enthusiasm for holy songs through their graceful movements. Above (right): A row of sisters praying before a lecture.

Below (left): Lym Hwa Kim and Young Hi Townsend enjoying each other's company during a song session. Below (right): Mathews Bello, the king of unconventional dance moves, upholds his reputation in the aisle during a song.



Above:(left): Katerina Morgan and Melissa Joyce exchange a unique glare during entertainment night. Above (right) Ross Ward and Joe Giampaoli join JJ Schmidt as he belts out, what seems to be, a particularly soulful passage during a song session.



Above (Left): Jin Sung Nim and Eika Davis show everyone how to properly dance the Viennese waltz. Above (Right): Generation Peace members throwing up their peace signs.



Above (left): Aika Greenidge getting into frame for the first dance of the evening. Above (right): Mary Roman and Joshua Hunter do the "New Yorker" like its never been done before.

Below (right): Jeongeel Hlady and Michelle Han looking stunning at the first ballroom social of the year at the UTS Kick-off Workshop. Below (left): Misook Mendonca and Masa Abe dance the night away.



Above (right): Jon Cook and Gracie Becker give the camera a dose of their Mid-Western attitude.

Below (left): Back off ladies, this one's taken! Mark Hill and his mom share the last dance.



Above (left): Younghee Somemoto, Miwa Ishikawa and Yemi Harford taking a break from ballroom dancing. Above (right): Layla Ziomorod turns heads with her "stop and go" dance move.

Below (left): Sonic Cult performing "Rolling in the Deep" at the 2011 CARP Winter Gala. Below (right): Young angelucci and rosia kittel: Nepal and Afghanistan dance like they are in Vienna



Above (left): Ami Stair and Nadia Schwyter: best friends since middle school. Above (right): Ending the CARP winter gala with the traditional "Waka Waka" dance. "You know its over when you're doin the Waka Waka" -Joe Giampaoli



Above (top): A group of second year sisters, with a few friends from their first year. "yall are mah gurls" -Marina Stana. Above (left): James Kernan, Harumi Miyakawa, Rosia Kittel erika Hiromitsu, Trevor Davies and eiko Sullivan reliving the morning runs from kick-off workshop. Above (right): Elijah Whitore, Marc Hill and Kengo Inoue "Who needs 2 bros when you have 3 bros" -Marky

Below: Johanna Fleischman jotting down some inspirational God's words to decorate her fund raising box.



GPA gathered at UTS for the 1st quarterly workshop, where the participants received lectures on True Parent's life course. Above (left): Gracie Becker and Hana Mansur making boxes for their next condition. Above (right): Ken-go Inoue and company listening diligently to the lectures on True Parents' course, given by Rev. Compton.



Above (Top): Marcus Hill checking out the online sales on crocs and corduroys. Above (left): Klein Gauthier and James Galvan getting comfy during singing time. (middle) Yoshiko Miller ready to go with her most fierce box-making face. (Right): the upperclassmen taking a well-deserved rest in the break room.

Below: Melissa Joyce rejoicing on the ski outing during the Second Quarterly Workshop "A smile can warm you up on a cold day"



During the first quarterly workshop GPA went on a ski trip where participants snowboarded and skied for a day of wintry delights. Above (Left): August Lindsay, Seiichi Nagai, and Hope Schmidt best friends for life. Above (right) Kenzo san making a hot winter fashion statement with his hat made of 100% beaver pelt.

Below (left): Sachie Kawachi lookin' cool, just for the camera. Below (right): Kyra Moyer and Karina Sutker all bundled up during their ski lesson. "It was my first time skiing, so I was scared. But being with everyone and learning with the other newbies was fun" -Kyra Moyer



Above (Left): Rebecca Wiltermood flirts with the camera. Above (Right): Jinil Fleischman reflecting deeply before his first ride down the mountain.

Below (left): Josh Hunter is Victor-ious over Victor Muleki in this intense game of bandana wars. Below (right): Misook Mendonca is surrounded! as Yemi Hardord and Mie Osaka go in for the kill. Below (right bottom): Lara de Oliveria delivers a striking perspective on the purpose of the Messiah.



After completing the second module this year the whole program visited Camp Flaming Arrow. This camp is located in Hunt, TX and it has hosted GPA workshops every year for 8 years. This year we held a Divine Principal workshop centered on ownership. Not only did the participants become the DP lecturers, they also competed in a tournament to see who could give the best twenty-one minute lecture. They also played some very interesting games that they themselves created. And they experienced a thunderous hailstorm.

above (top): Kengi Sawada giving a very humorous Principle of Creation lecture. Above (left): Young-Man Ashworth hugs Justin Hughes for all he's worth. Above (middle) Erika Hiromitsu praying at Morgan Ranch.

Below: Ross's group and Klein's group are looking great after fundraising in California.



Above (right): Emma Tecun and Sarah Lea listen appreciatively as Joanna Clive sings choir songs.

Below: Second overseas module singing Tongil after their closing prayer at the Morgan Ranch



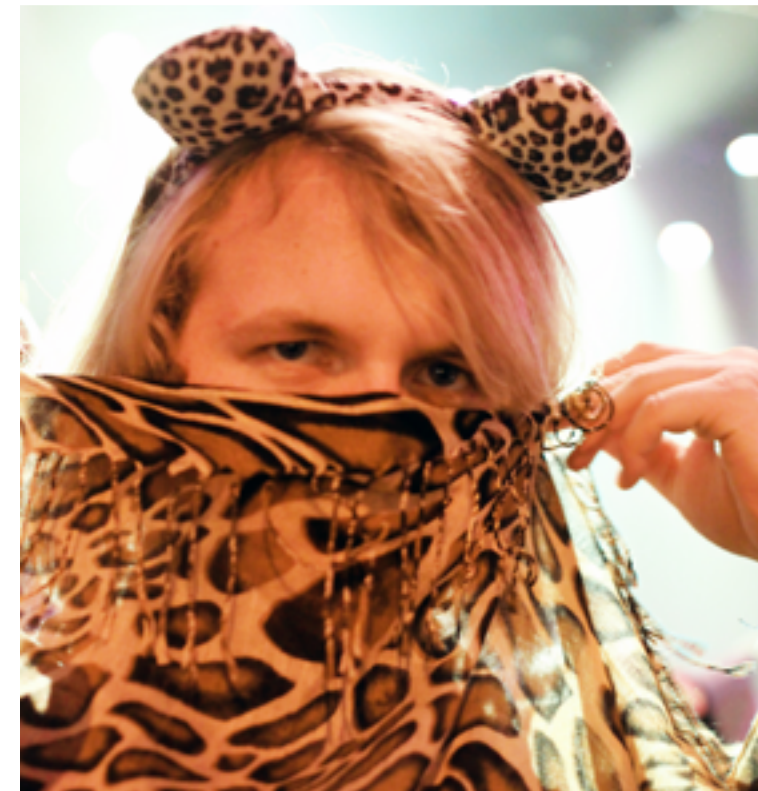
Above (left): Hirokuni Ashino, Kohsuke Yoshimune, Felicia Bratti, and Justin Art participate in the touching flower ceremony at Morgan Ranch in Texas.

Expressing yourself can be hard when you don't have the means to do so. The Leadership initiative, however, gave us the tools that allowed us to pursue our passions. From ballroom dancing to internal lectures, we experienced the fast paced life of the city and created an atmosphere in which everyone would be able to focus on their strengths, whether it be video production, ministry, or even the culinary arts. We learned to work independently but also, come together and celebrate the joys of loving your life and finding happiness in every moment we are given.

LEADERSHIP MODULE



Above: The first 43rd module of the 2011-2012 GPA Year.



Above (left): Ryan Steinbrom, behind his sheer veil lies a fierce jungle cat. Above (right): Yastaka Ishida, Kuni Ohama and Kahael Lange dressed to impress in their J-pop outfits.

Below (right): The Hamburglars, (Teddy and Youngman Ashworth) steal the spotlight at the Lovin' Life Halloween Party 2011. Below (Left): Billy Joe aka Mike Love, and his fellow rockers: Rebecca Nishida, Johanna Flieschman, Satoe Sakuma and Sarah Lea.

Below: Nastasha Honey, Sarah Lea, Youngbok Gomez, Becca Nishida, and Joanna Clive, having a Kodak moment after their energetic performance of Lollipop by Mika.



Above (left): Seiichi Nagai, Yoshiko Miller and Anthony Hagen playing "Gravity" by John Mayer at the Thanksgiving day celebration. Above (Right): Kenzo San and Michelle Han as happy as can be.

Below: InJin Nim, Johanna Fleischman, and Arianna Moon showing their thanks through a smile on Thanksgiving.



Above: Kyoko Biddle and Young Angelucci strike a pose during their tango date. "When I was feeling down, ballroom always picked me back up again" Kyoko shares. Above (right): The 43rd 1st Module Dance Crew performing to "Party Rock Anthem"

Below (left): Hana Mansur and Katsu Maeda competing in the waltz competition... either that or giving each other an incredibly awkward high-five.



Above : GPA 1st Module Leadership was able to participate in the first Ballroom competition of the year at the Sheraton Towers Hotel in the Heart of New York City. Top to Bottom (Left to Right): Eiko Sullivan and Young Angelucci, Eika Davis and Christopher Hall, Sarah Lea and Yemi Harford.

Below (left) : Jin il Fleischman and Stephen Galvan patiently awaiting seconds on Thanksgiving. Below (right): August Lindsay and Emily G, "corte" the night away!



Above (left) : Johanna Fleischman, Eiko Sullivan and Kahael Lange all mesmerized by the ballroom dancing at the Gala at The Grove in New Jersey. Above (right) Seiichi Nagai rocking out during an open mic.



Top: The second 43rd module at United Nations. Above (right): Catherine Meyer, Patrick Morgan, Aaron Lee, Nathan Hallal, and Younghee Somemoto says, "It was a privilege to be able to take part in the interfaith meeting."

Below (left) Melissa Joyce Singing at Junction, the mid-week New York youth meet up. Below (right): Layla Zomorod, Lisun Francisco, Hyo Nam Heller and Nathan Triggol taking the UN by storm.



Above (right): Gregory Couweleers, Irina Miller, Kuni Nagata, Rosako Wagner, and Melissa Joyce take a team picture showing their love for their brother Kuni.

Below (left): Seito Yamamoto has good form while chucking the tomohawk at Morning Garden. Below (right) Chun Hee Kudo and Shinai Cox playing a game of foosball in the living room.



The Second Leadership module was able to attend the first ever GPA "Create a Life You Love" Workshop at the Morning Garden Property in Gloucester Massachusetts. The time was filled with sports, friends and enlightenment.

Above (right): Layla Zomorod, Rosako Wagner, Catherine Meyer, Margaret Golden, and Mary Roman show their true colors. Above (left): Jordan Anglin, Hideaki Otsubo and Aaron Lee take turns on the tomohawk range.

Within the leadership module, participants were able to take part in different practicums, including, design, video, ballroom, CARP and more! Below: The design practicum 2nd module.

Below: The Service Practicum walking across Manhattan to deliver care packages to college students.



Above (Left): Arianna Moon and the public affairs practicum. Above (right) Takahiro Sakaguchi thinks about his moves a little too hard while he tries to lead Alexa Sensini across the dance floor.

Above: The 2nd Leadership module at their graduation.



Above: the Third Leadership Module sporting their brand new GPA hoodies. First-year participants in light blue, Second Year Participants in royal blue and 3rd year and staff in Navy Blue.

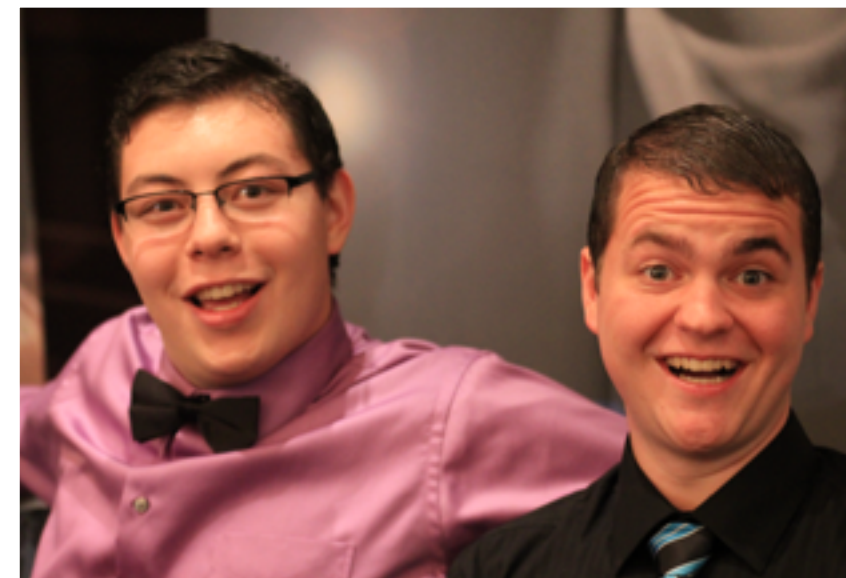
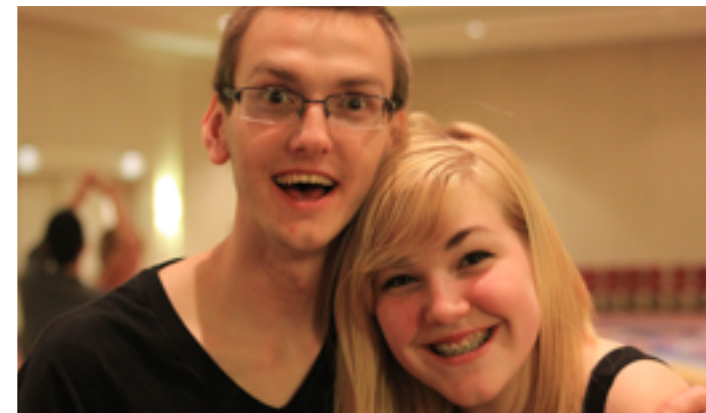
Below: Jin Sung Nim giving a talk about "Heart of Attendance" in the Oak room at 43rd street.



Above: Lovin' Life on Sundays was a huge part of the leadership module and you will always see GPA occupying the front rows. Above-middle (left): Rachel Boothby at Morningside Park. Above-middle (middle): Marc Hill getting ready to board the B train. Above-middle (right) Simon Hochmuth has a blast at Junction NYC with friend, Riky Johnson.

Ballroom dancers from third module pose for pictures in between heats at their ballroom competition. Below (left): Partners, Yoshi Okabe with Hye Shim Soto. Below (right): Marina Stana, Karina Sutker, and Nadia Schwyter put their best foot forward. Below (bottom): Partners, Young Kwon Hirata with Alexa Sensini

Below (left): Nisha Lipowcan, Misaki Ando, Christi Immel, and Hana Hendricks. Below (right): Rebecca Mock and Masa Abe wait nervously for the music to start. Below (middle): Tommy Wojcik and his sister Natalia are reunited at Lovin Life, DC.



Above (left): Hope Schmidt, Jae Mulabunga, Kazu Omori, and Yoshi Okabe. Above (right): Kendal DiLorenzo and James Abendroth looking fly suave classy

Below (left): Life Lounge practicum on the job. Below (right): JJ Schmidt playing Three Hack Whack with Marina Stana.



Above (left): Sam Ferete, Rebecca Mock, Josh Hunter, Masa Taka Asaoka, and Aika Greenidge have fun in the sun at Morningside Park. Above (right): Felicia Bratti, Karina Sutker, and Naidia Schwyter lookin' sketch.

GPA 3rd module had the opportunity to participate in the 2012 Peace King Fishing tournament. Below (left): This fishing team comes home with a few keepers. Below (right): Klein Gauthier just wanted to slap the bass, but he caught a bluefish.



Above (left): Marc Hill shows some love to everyone's favorite bronze boat captain Mitsurusen. Above (right):
 -Joe: "what do you call a fish with no eyes?"
 -Aileen: "I don't know what?"
 -Joe Giampaoli: "Fshhhh"

During the experiences in the van at Wal-Mart, or out on the frontline; fundraising captured the raw moments of our lives of faith, and put it to the test. Through the times of bonding with our team, the times of challenges internally, and the moments of victory with our relationship with God and True Parents, we were able to find our true selves and discover pure happiness.

FUNDRAISING

FUND RAISING

STATES VISITED: 49
CITIES VISITED: OVER 3,000
MILES DRIVEN: OVER HALF A MILLION

SUNCATCHERS SOLD: OVER 70,000

TOTAL DAYS OF FUNDRAISING: 231
MORNING SERVICES GIVEN: 2,310
HOURS OF HDH: 1600+
LAUNDRY DAYS: 33

DROP-OFFS: 59,927
RUNS: 34,244
BLITZES: 25,683

WORKSHOPS HELD: 34

OUR CARAVAN:



13 FORD E350'S



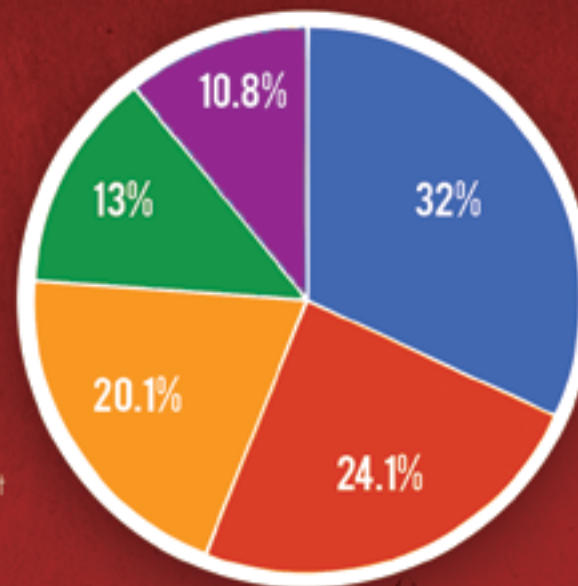
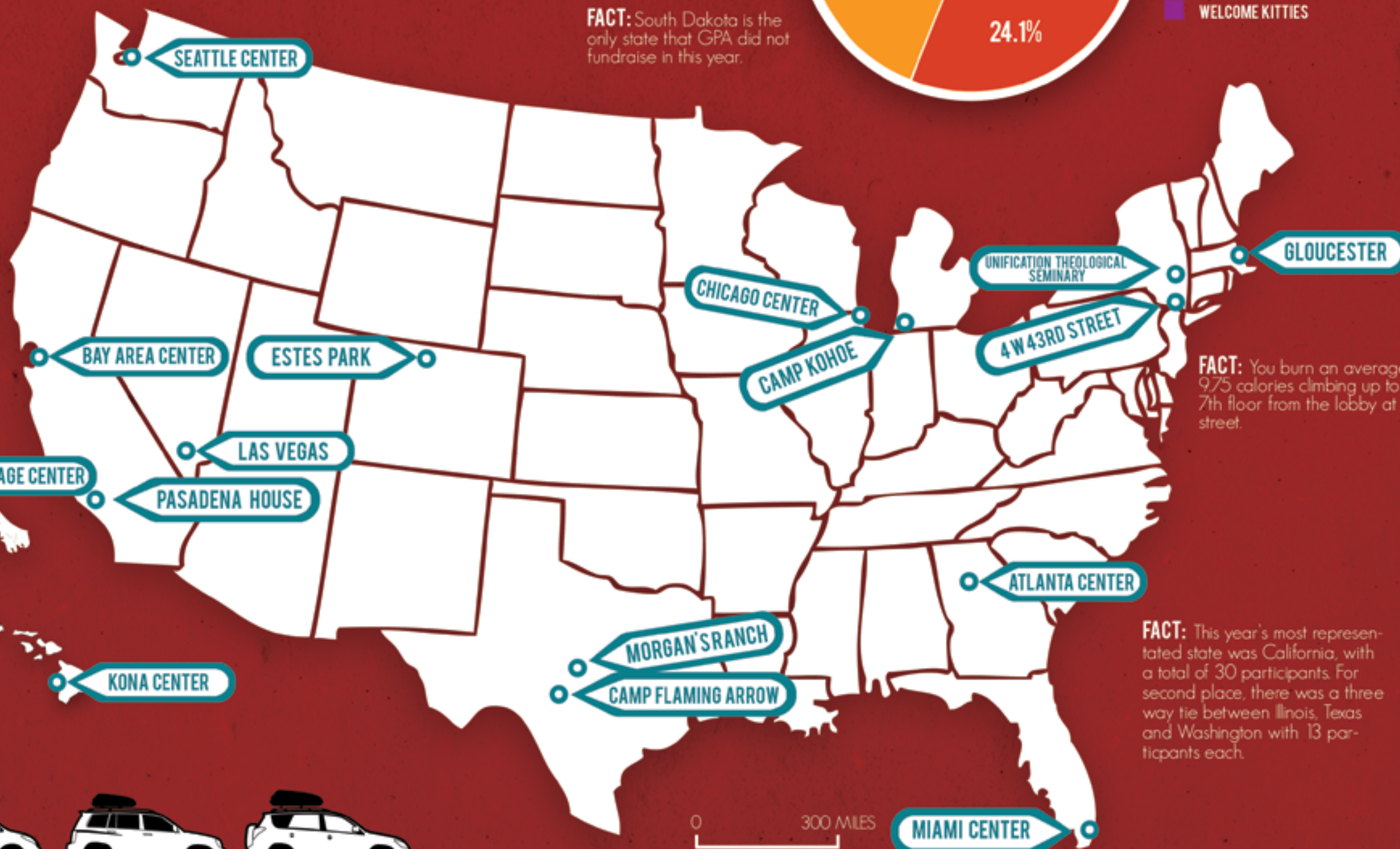
2 SIENNAS



1 HIGHLANDER



1 TOYOTA RAV 4



TOP 5 SUNCATCHERS

Percent out of total of the top 5 sold (26,202 suncatchers)

- BLUE HEART BUTTERFLY
- RED HEART BUTTERFLY
- LIGHTHOUSE
- DOLPHIN CHIMES
- WELCOME KITTIES



FUNDRAISING

SELECT TESTIMONIES

MAKE GOD
AND TRUE
PARENTS
PROUD

NATHAN TRIGGOL

MMy goal was to Make God and True Parents Proud. I made this goal because this whole year I had wanted to see if God really cared about me. I realized that I need to show God I want to know Him and that I was going to take the step to show Him that I want to do my best for Him, whether or not I feel Him around me. Elijah Hyung asked me, "Are you going to do your best, or just hoping?" I was scared in answering that question because I feared making a promise and not living up to it, but I said I wanted to do my best. I really saw the power of just believing in yourself. I fully believed with my whole heart, that I could do this.

During a mall blitz, I was heading back to the van for pick up, but I got there early so JJ Hyung told me to do one more approach. I ran to the first people I saw. It was two younger women. I asked if they would like to help and they said they would donate if I would answer their question. They asked me if I was going to go to heaven. I said, "I got some more growing to do." They then asked if they could pray for me. Usually these kinds of things are weird or time killing but I did it anyways. I was actually moved by the prayer. She told me to repeat after her and there was a part where I

asked Jesus to forgive my sins. Even though you can't just go to heaven for believing in Jesus, I felt this weight just come off of me. I thought of all the horrible things I have said to God, and how now I am so grateful to God for letting me be here and have this time to turn around and find Him.

"I REALIZED THAT I NEED TO SHOW GOD THAT I WANT TO KNOW HIM AND I WAS GOING TO TAKE STEPS TO SHOW HIM THAT I WANT TO DO MY BEST FOR HIM"

Many times I thought like oh maybe I will make top 21 and Mike Bonini will see me and be proud then everyone will think I am cool, and parents will want me to marry their daughters etc. But I just shot those thoughts down because I was doing this for a higher purpose. I kept going no matter what happened in a run. I thought of how I wanted God to see that I want to change and want True Parents in my life. Even if my body hurt I wouldn't stop. My legs were in a lot of pain but when I started running every worry in the world washed away. I felt like I was the guy from the movie "Chariots of Fire" just running and feeling God.

The whole night I pushed through everything coming my way. In the end I was able to restore \$551.

Everyone on our team broke their records. It was awesome. We all shared something at closing, and we also promised that we would break our PR's tomorrow because real men break their PR's on Saturday. I promised even if tomorrow was the most difficult day I have ever had I would stay motivated and positive and still strive for my goal.

In the end I just wanted to offer this experience up to God. I did this for Him and I wanted to forget it and move forward to the next week with the same strength and belief that I can still do more. I took a small step in building a relationship with God and True Parents and I felt they were proud of me. I am going to keep this strength, this belief in doing my best for them this condition no matter what the situation is. I feel so unworthy to be here because of all the times I have given up on God, but I have put those times behind me. Just like any relationship, you need to build on it, you don't just immediately know a person. I want to show God that I want to have a relationship with Him, so I am not going to wait around to see if He loves me. I am going to love

THE
LANGUAGE
OF LOVE

SATOE SAKUMA

TToday, March 2nd, I broke one thousand after a morning blitz. I know what a big deal breaking one thousand can be, but I didn't think it would happen so quickly. My spiel was the same my clothes were the same, my area was pretty much the same, what was different was my heart.

I didn't run, I never do, I took some time thinking and singing holy songs. I could appreciate God's creation as the sun beat on my back; the

Him even if I don't feel Him. Because I want a purpose in my life, I don't want to sit in my hatred and pain and by giving my love to Him by loving his children out there I can overcome my want to just feel love.

My goal for the year was to give and receive love. I feel like I am learning to give, love one step at a time. Now I just need to let God's love into myself. In the end I learned if you just believe, push, and have the right motivation, you will be victorious.



wind whipped through my hair the grass softened my steps. I stopped caring so much whether or not they would buy a sun catcher, and starting to care more about them as people. I asked them how they are feeling, what they love, what their ideas are. It made my runs more meaningful and inspiring.

"MY SPIEL WAS THE SAME, MY CLOTHES WERE THE SAME...WHAT WAS DIFFERENT WAS MY HEART"

When people ask me what my story was, I realized it was simple. Gratitude. I didn't have anyone donate an obscene amount or a \$400 blitz. I just had people consistently buy sun catchers. I learned to trust spirit world. I would declare a goal, feel it deep in my heart, invest in each approach, and spirit world did the rest.

People know the language of love, even if they can't explain it. They recognize it and cling onto it because of their lack of Gods love. When I can align myself to God's frequency and let Him use my body to love His rebellious children, the people respond back with love. I realized that there is hope for Cheon Il Guk, that people are hiding behind heir cement masks to protect themselves from the pain, Inside each person, there is a divine spirit. We just need to tap into it with sun catchers of love.

COMMITMENT
TO THE
GOAL

REBECCA MOCK

Thank you Heavenly Father and True Parents for this wonderful first day of fund raising competition, in the beautiful small town of Snyder in Texas!

I really wanted to begin well and start out my day with an attitude of gratitude and determination, believing I could make Heavenly Father and True Parents proud today. The first thing our team did after waking up was to scream "Good morning Heavenly Father and True Parents!" out in the parking lot. It was

"PEOPLE KNOW THE LANGUAGE OF LOVE, EVEN IF THEY CAN'T EXPLAIN IT. THEY RECOGNIZE IT AND CLING ONTO IT BECAUSE OF THEIR LACK OF GOD'S LOVE"



such a good team action step, it helped everyone to be wide-awake and start the morning with a good attitude.

The morning service we received was "Commitment to the Goal" by Felicia onni. During my 7-minute prayer, I had a hard time thinking of a commitment that I could give to God and True Parents, a commitment that could make them proud. At the end I committed to my internal goal: to See Everyone from God's and True Parent's Perspective. My action step was to pray before and after each approach, hold hands

with God, and include "God and True Parents" in my spiel. I also did an extra action step of running, which was an inspiration from Kaoru and Simon.

Through multiple challenges I can say I claimed some victories. It was raining today. I don't like rain very much, but I saw it as a challenge from God, so I embraced it. Also I didn't run on inspiration but on my commitment to God. I challenged myself by running even though it was tough. That really kept my fire and determination going. I was glad to do it because I got to meet people who donated and bought. Without running I would have never met them.



But I needed to do my best no matter what, no matter the circumstances. I noticed that I was always attached to the external results that I forgot to offer my runs and investment to God and True Parents, forgot to dedicate each approach to God, and to have a heart of offering.

"I NEEDED TO DO MY BEST NO MATTER WHAT, NO MATTER THE CIRCUMSTANCE"

I got an unexpected donation of \$100 dollars and from a person. I was questioning what God is trying to tell me through that, Felicia onni said to me, "Investment is never wasted." I would like to offer this day up to God and True Parents, even though it was full of mistakes, challenges, and personal limits. Felicia onni told me, "There are good days and there are bad days, but don't ever think that you have let God down and therefore think that your efforts are not worth offering up. Because of your being here, doing what you're doing, God is already so proud of you."

FIGHT
DESPERATELY
FOR GOD

JUSTIN ART

My internal goal was Fight Desperately for God, it was a really good goal for me. I felt by keeping my goal in mind I was really able to push past my limits. I remember talking to a friend the day before the condition started, she was saying that with an internal goal like that I would really have to try to give it my best. She was so right when I look back at it. It felt good having no regrets and knowing that I gave

it my all. One thing I was able to overcome with this goal was the feeling of complacency. This happened during our second run. I was really close to my run goal within the first 20 minutes, just a couple of dollars away. So I decided to take a bathroom break. As I was sitting on the toilet I remember thinking, "What the *@#% am I doing." I should have been out there fighting desperately for God and working to exceed my goal. So I cut my break short and went

back out there. I really pushed myself for the remainder of the run and with the help of Heavenly Father and True Parents I made a new run record.

“IT’S ‘MIND BOTTLING’ TO SEE HOW GOD WORKS THROUGH YOUR CENTRAL FIGURE.”

Another thing I was able to do during this day was set conditions. Our area for the day consisted of many parking lots. I wanted to invest deeply



LET GO AND
TRUST GOD

MARGARET GOLDEN

On Thanksgiving we had a 21-minute prayer, I was trying to prepare myself for the upcoming condition. I noticed I had lost the strong connection I had with my internal goal, Be Someone God Can Trust. I thought about focusing on realizing my value from God and True Parents, but I was having a hard time deciding if I should focus on that or work on my main goal consistently and let the rest come naturally. Because of my prayer I thought I had already had something figured out, but throughout the day I lost connection to that too. I thought about it all day but the hours kept passing and soon it was the end of the night.

in them. I knew that God had prepared each and every approach for me. So to make sure that I didn’t leave any parking lot too early I set a condition, if I got seven straight rejections or I get kicked out, I would move onto the next parking lot. This worked out really well for me. I basically spent the whole day in parking lots. By setting that condition, God knew that I really tried to fight for Him, which lead me to believe that I was making True Parents proud and smile.

The faith that my team leader, Mr. Nathan Hallal, had in me also helped me out. The day before the condition, when we were all at the Houston church center, Nathan hyung said with confidence that on the second day of this condition I would break \$500. I had doubts but Nathan hyung put a lot of faith in me and helped me break 500. It is mind boggling to see how God works through our central figure.

This was the first time I had not fallen asleep in less than 20 minutes on GPA and it started to scare me. I could hear snoring coming from my team and I began to feel very lonely and frustrated. I spent the majority of the time that night praying and trying to prepare my heart for the condition and find an internal goal I could connect to. I was doing everything I felt God wanted me to do, including opening my notebook to look at past guidance for an answer. I was thinking, maybe I’m awake because God really wants me to be prepared and have a certain focus for the condition. Maybe the lights are

brighter than ever because He wants me to look through my notes.

I flipped to a random page and I read, “Move in the opposite direction.” At first it didn’t have any importance to me but then I tried again and what I read, “True Father doesn’t hear God, he feels Him.” And this helped me to realize that I should trust my inner instinct. I shouldn’t be making my internal goal something that sounded good or something I thought I should work on, but something that I really connected to in my heart. The first line “Move in the opposite direction” came back to mind and it all made sense. Instead of trying so hard to be someone God can trust, maybe He just wants me to let go and trust Him. I began to pray again and decided that my focus for the condition should be trusting God and letting go of what I feel like I could control.

Finally my heart began to feel more at ease and the burning feeling that had built up for two hours was starting to fade. The next day, I started off the condition with a lot of determination, feeling way better than

START
EVERYDAY
POSITIVELY

KYOKO BIDDLE

The day I broke my PR was a Friday. I knew that so many people had concepts about Fridays, because it is payday people would just be willing to give. I didn’t want to leave the van with that kind of attitude so instead; I decided I would think about the external as little as possible and just go out there focused on loving the people. It was difficult to not think about the external because I really wanted to break my PR and had been waiting a long time for it to happen.

Our whole team was in a really good mood waking up on Friday morning. We all felt excited for Fri-

the night before. During my runs, my action step was to stay in tune with my instinct and treat my thoughts as God given, to let Him guide me. Which led me running across parking lots, to businesses I hadn’t initially seen, and even running across the street. I can say that the whole day I was pushing away thoughts about home or the end of the condition, and trying to have give and take with my internal goal and have positive thoughts. I was more focused than I had ever been in my life. If I could say anything about breaking my record on the first day of condition, I would have to say it had everything to do with the night before.



day for some reason. Usually I wake up with the attitude of not wanting to go out, but Friday I felt really positive. Then, at the end of the day I realized that the attitude that you start your day with can make a huge difference. If you’re negative then you will have really negative spirits around you, but if you can decide to be positive, then positive spirits will be able to help you out a great deal. Even though it can be really difficult, I want to learn to start everyday positively, and remember that we are not out there for our own sake, but for the sake of God, True Parents and the world.

Below: Nathan Hallal, Youngbok Gomez, Kenzo san, and Marina Stana get the vans ready before going out.\ on their second year fund raising trip.

Below (Left): Paint balling it out in California. A good stress reliever and fun sport to play with new teams. Below (Right): Team Men of Man Diego enjoy a day of sailing and getting rid of their fundraising tans.



Above (Left): Jess Sattinger at the wheel and getting ready for a fundraising trip. Above (Right): Tadaaa!!! Mary Roman and Kenji Minagawa go out on their approach.

Above (Left): A team poses with the mountains of Albuquerque, New Mexico in the background. Above (Right): Michelle Han and Karina Sutker taking a break in the flowers.

Below (right): Fairy Godmother and Solicitor. Below (Bottom): Masahiro Abe and Altus Szalowski before morning service.



Above (Top): JJ's group plus Emily Iseda in the middle of nowhere on their way to Las Vegas. Above (Bottom): Team "Pillow Pets of Navajo ft. MEMORY FOAM" moving onward through the endless roads of Texas.



Below (Left): Jessica Sattinger's team Victorious Cripples aka VicsCrips. Below (Right): Team Righteous White T's pull ahead in the competition.



Above (Left): "Our car got stuck, but God provides always. This time with a shovel and laughter. We broke through that day despite the late start and rerouting. That's a Life of faith baby! That's what it is every day!" -Joanna Clive. Above (Right): Felicia's team finds a beautiful mermaid washed ashore during morning service.



Below: They say that the characteristic of the whole group and captains reflect the group leader. True or False?



Above (Right): "In JJ Oppa's Group, we had a tradition where whenever a van arrived somewhere first, the other people from the vans later, would join the people in the first van. It was fun getting on top of each other with all the B.O. and taking group pictures like this." -Yong-Sung Masuda. Above (left) Kohta Nishioka and Rachel Boothby playing a game of peekaboo before pick-up.

Below (Left): Morning stretches outside of Pasadena House. Below (Right): Marina Stana and her team didn't want to miss an opportunity to take a team picture, especially in this storybook, castle setting.



Above: Youngbok and his Team The "Heart Crushers" standing on the edge of the Earth, ready to save it.

Below: Klein Gauthier and several others take a lesson in surfing before they hit the waves with STF Alumn, Raymond Gallagher in Los Angeles, California.



Above (left): Elijah's fund raising team making incredibly efficient use of budget at an upscale restaurant. Yes, that is 28 Mc Doubles. Above (right): Cynthia's team, "The Fuzz Shots" sporting facial hair made of Spanish Moss. Fun Fact: Ticks, chiggers and other unpleasant parasites breed inside of Spanish Moss.

Below (Left): These brothers have a special relationship due to the fact that Youngkwon had one and only one brother captain this GPA year. Marcus Hill. Below (Right): a feast of fund raising porportions.



Above (Left): Akira san and his team traverse the islands of Hawaii and return with heavy tans and many memories. Above (Right): Third Module Captains' Training Leaders include August Lindsay, Kenzo san, Cynthia Jones, Rosia Kittel, and Kyra Moyer.

Below: "'Ask and you shall receive.' At last, the Soul Gaz-ers finally frolic in the Texan flowers." - Rosia Kittel Left to right: Johanna Fleischman, Rosia Kittel, James Kernan, Young Angelucci and Eiko Sullivan.



Above (Left): "We went through some tough times, but we went through them together. We're not afraid to ask each other for help or help others. We know that we got each other's backs." - Original Team Wok n' Roll. Above (Right): "We called ourselves Gigibaba because we found out that Becca nuna's nickname is Gigi, which means 'old man' and so we called Nathan hyung 'baba' because that means 'old woman' and he was like our mom. Put it together and you got GIGIBABA." - Masahiro Abe

Below (left): Kim Dickerson's original team spent a couple conditions together. Below (Bottom-left): "Sometimes you just gotta break the ice with some hilarious pictures." -Becca Wiltermood.



Below (Middle): "What I like about fundraising in teams is that even though we are completely different, we find a way to get closer to each other. Our team is so quirky and we all have funny laughs." - Team FeFe's F.A.R.M.Y



Below (left): James Kernan Frolicks on the side of the highway. "The purpose of fundraising is to give God's love back to the people on the front line so they can experience what we receive from God and True Parents. So today, I really just tried to focus on giving unconditional love to everyone I met because I knew it would make God happy to see me making his children happy." - James Kernan. Below (right): Joe Giampaoli looking extra-happy.




Above (Left): Jeongeel Hlady holding a Chameleon that she found out side of the church center in Kona, Hawaii. Above (Right): August Linday and his jubilant team; It's a love-hate relationship.

Below (Left): Team "Snow and Cold Winds" spend the first months of the year fundraising in states around Texas. Below (Right): Kentoku Kato enjoying a hot meal after a cold day's fundraising.



Above (Left): Catherine Meyer, Natasha Honey, and Hyeshim Soto chilling out at the beach. Above (Right): Captain's Training Sisters are the boss. (Left to right): Cynthia Jones, Jin Ae Sakai, Erika Hiromitsu, Harumi Miyakawa and Rosia Kittel.

A photograph of four young adults at a construction site. Three young men and one young woman are posing with shovels. One man is standing on a pile of dirt, another is standing to the left, and a third is sitting on the dirt in the foreground. The woman is standing to the right, holding a water bottle. They are all smiling and looking towards the camera. The background shows a clear blue sky with some clouds and a building under construction.

Looking out the window of the airplane as we left America behind and headed out to different corners of the earth, we didn't know where our journey would take us. As we left our country and grew broadened our horizons, we also grew our hearts from ones that simply received love, to ones that could serve and give back. During our time overseas we found a deeper meaning in helping others and realized that we could make a difference by simply touching the lives of those we see every day. Through the amazing friendships we made in other countries, we began to understand how we could make an impact anywhere, with anyone at any-time. Whether in Latin America, or in Asia, and our hearts grew to a new understanding of the world around us.

OVERSEAS

ST. LUCIA

Upon finally arriving in St. Lucia a few days later than expected, due to missing their first flight, a warm tropical breeze and balmy 86 degree weather welcomed the GPA group. This was not a bad way to enjoy late November.

In the heart of the fishing village of Anse la Raye, the GPA members quickly settled into their new humble abode for the next three weeks. As soon as they arrived, they jumped right into service by cleaning the house they were staying in and bringing it to pristine conditions. Afterwards they met with and received education from Remy Taupier, who is the National Messiah of St. Lucia. Akira san also welcomed them, as he had flown in three days earlier, and gave them a sense of what was to be expected, as well as the attitudes they would need to have.

As the group began to settle into St. Lucia they discovered two things; the beauty of the country they were serving in, as well as the need for love to be spread throughout the community there. GPA focused mostly on the internal aspects of service in order to bring back a feeling of belonging to the community as well as a sense of family. The GPA members learned valuable lessons during their time in St. Lucia, one being, the simple act of service can touch another person in unforgettable ways. Another lesson they learned was that little things could make a large difference. GPA was able to spread God's love throughout the community they spent 3 weeks with, and left a lasting impression.



Below: Ami Stair says, "I loved the children, they kept me company while I worked, and made my experience there all the better."



Above: GPA in St. Lucia. 1st- Year Participants: Aaron Roppoli, Ami Stair, Greg Couweleers, Jackson Floyd, Johnathan Barker, Kenji Sawada, Kentoku Kato, Layla Zomorod, Mari Inaba, Patrick Morgan, Raphael Fish, Tommy Wojcik, Unmi Yank. 2nd-Year Participants: Cynthia Jones, Hiro Ando, Hye Jun Suzuki. Staff: Akira Watanabe.



Above (Top): Hye Jin Suzuki renovating the beach front: "Service isn't only about serving, but inspiring others to do the same." Above (bottom): Aaron Roppoli painting a deck on the beach-front.

Below (Right): Raphael Fish giving piggybacks and hugs to his new St. Lucian Brothers. Below (left): John Barker brushing off paint, with love in each bristle.

Below: The GPA St Lucia Team moving spirits at a local church with their rendition of the song "The Climb."



Above (Bottom): Layla Zomorod exclaims, "I wanted to take the kid home with me!"



The GPA team in St. Lucia visited a primary school where they sang, danced and did arts and crafts with the students there. Above (left) Kengi Sawada and a new friend wearing the paper chain-link necklace that they made together. Above (right): Jackson Floyd teaching a class about the importance of community.

Below: Patrick Morgan raises St. Lucia's children up to stand on mountains, and stormy seas.



Above (Top): Cynthia Jones having a quality photoshoot. Above (Center): Unmi Yank taking the a couple of the schoolgirls out on a field trip. Above (Bottom): Tommy Wojcik loving his younger brother.



Below (left): Greg Couweleers and Hye Jin Suzuki all ready for their boat ride out on the tropical St. Lucian waters. Below (right): Kentoku Kato and company smile at the camera while treating themselves to a soothing mud bath.



Above: Kenji Sawada and Jackson Floyd walking back home after a long days work.

TRINIDAD

One of the most valuable aspects of serving in foreign countries is learning how to adapt. The GPA members who went to Trinidad and Tobago experienced that lesson the first day they arrived. It was originally intended that they take a short tour on their first day, but because of the political unrest within the country, their hosts thought it would be wiser for them to stay at the church center in Diego Martin. Instead of the tour, they decided to take on a mini project and paint the church. Despite the slight shuffling of their schedule, the team was still able to enjoy a Thanksgiving meal with many guests from the local community that same evening.

On the next day they headed to their main service location at the St. Barbs Community Center. The members were greeted by a chain drum performance by five little boys and the President of the lower St. Barbs community, Mr. Brown. After all the introductions, the team surveyed the upper St. Barb Community Center, which was in dis-repair and even had a caved-in ceiling. However, the GPA members, previously empowered by the positive attitude and the high-spirit of the people they had met, felt confident enough to tackle this task.

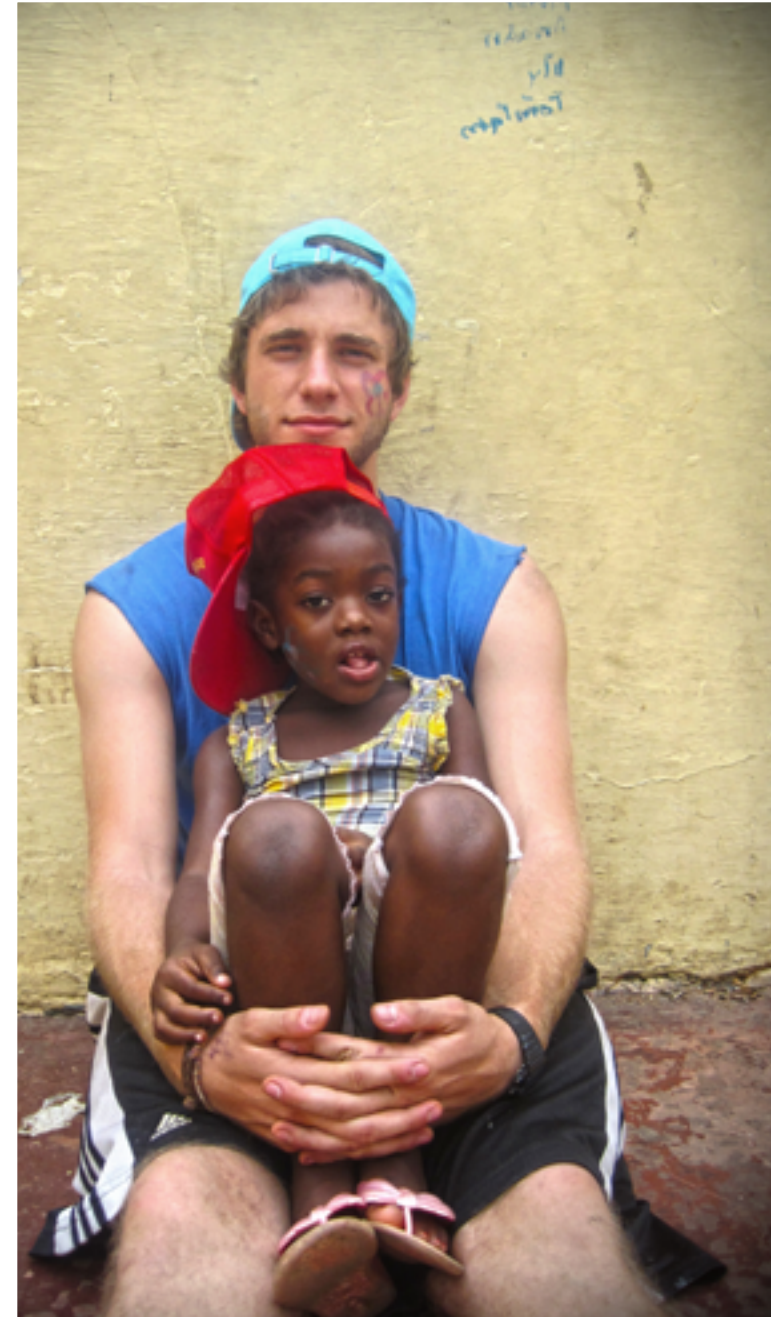
They also had a chance to bond with the local youth from the community and engaged in some cultural exchange through sports. Several representatives of GPA were interviewed on a live radio talk show. All these experiences contributed to the team's appreciation and love for the culture and for the people of Trinidad. The people did not have much in terms of material wealth, but they had so much spirit and heart in a country where the music was always playing.





Above: Trinidad mon! 1st-Year Participants: Alexa Sensini, Daniel Allen, Hideaki Otsubo, Hye Shim Soto, Kendall Dilorenzo, Masataka Asaoka, Nisha Lipowcan, Rachel Boothby, Nicholas Kiefer, Young Kwon Hirata, Simon Nagle, James Abendroth. 2nd-Year Participants: Karina Sutker, Nadia Schwyter, Marcus Hill, Jon Cook. 3rd-Year Participants: Izak Hernandez, Klein Gauthier. Staff: Keishu Greene.

Below (left): Marcus Hill and his new friend take a break from painting to chill out with trucker hats on. Below (right): Rachel Boothby Loving up the children of Trinidad.



Above: Karina Sutker, Rachel Boothby, Nadia Schwyter, and Alexa Sensini show off their bright white smiles.

Below: Klein Gauthier chillin old school on the streets of Trinidad.



Above: Nadia Schwyter spending time with the Trinidad children. "The warm hearts of the Trinny people is what I'll remember most."



Below (Right): Youngkwon Hirata, after shaving his head, gets painted to resemble an oompa loopma. "This is what I'll look like when I'm old."



Above: The "Trinimam's" all lined-up ready to go to the Spiritual Baptist Church on Sunday. "Does my hair look nice?" -Karina Sutker

GUYANA

In Guyana, the GPA overseas team received the blessing of connecting with highlevel politicians and had the opportunity to connect them to True Parents. On their first full day in Guyana, the GPA members met with the current President of Guyana, Bharrat Jagdeo. The President was inspired by the group's commitment to Foreign Service

The main project that the GPA members were involved in during their twenty-one days in Guyana included construction projects at the Joshua House Orphanage. The Joshua House is an orphanage operated by the Unification Church in Guyana that houses over 60 children. The team worked at the Joshua House to build an on-site laundry facility.

In addition to construction, GPA members were able to interact with and take care of the orphan children staying there. 'Heart' seemed to be the theme to their overall experience. The project became more than simply doing physical labor. The GPA team was given the chance to connect to the children who hadn't, in their entire lives, felt a sense of what love truly means. The children taught the GPA team valuable lessons on the importance of loving and caring for God's children in order to show them that they are important. The GPA members came to the country to serve, but came home feeling as though they had received more.





Above: GPA in Guyana. First-Year Participants: Catherine Meyer, Hyo Nam Heller, Jeongeel Hlady, Joshua Hunter, Justine Spiccianni, Kazuhiro Otori, Kohta Nishioka, Kwonji Reese, Masahiro Abe, Misaki Ando, Sachie Kawachi, William Nguyen. 2nd-Year Participants: Aileen Granstrom, Chiyo Tanimoto, Takahiro Sakaguchi, Yoshi Okabe. 3rd-Year Participants: Soogin Ogden



Top (Left): Kohta Nishioka shares, "In Guyana I had the opportunity for the first time to be an older brother, because I'm the youngest in my family. It was a brand new experience."



Above (middle): Jeongeel Hlady and a little boy stick out their tongue in rebellion. Above: Sisterhood goes beyond the lines between countries as Sachie Kawachi and her new sisters pose for a picture.



Below (left): Justine Spicciani shows enthusiasm for her favorite color green. Below (right): Yoshi Okabe hugs a little Guyanese girl as she reminds him what sibling love is all about



Above (left): Catherine Meyer and Aileen Granstrom show off their muscles as they shovel rocks during their service project

Below (right): Aileen Granstrom takes a break from her work for a moment to pose for the picture. Below (left): The gang gets suited and ready for their boat ride.



Above: Soogin Ogden helps to clear out sand for the new laundry room. "I was motivated by the progress we were making. Also the hard work of my team members pushed me to keep going. It was amazing to see the laundry room come to life". Above (right): Hyo Nam Heller leads the way as his posse follows him to see the sunset



Below: Masahiro Abe and Kwonji Reese take a break from the burning Guyana sun.



Above (left): Chiyo Tanimoto holds her younger sister up high so that she can see her full potential in the world. Above (right): Hyo Nam Heller smiles for the camera receiving a thumbs up from his little helper



Below (left): The group takes a break from work to bask in the beautiful Guyana sun. Below (right): Josh Hunter laughs as he tackles two Guyanese boys at once holding them both in his arms.



Above: Sachie Kawachie, Jeongeel Hlady, and Cathrine Meyer posing with a beautiful sunset.



KOREA

On January 23rd, GPA arrived in South Korea along with over three hundred young-adult CARP members from all over the world to partake in all the events during the Cheon Bok Festival. On January 25th, Kook Jin Moon kicked off the event with a speech. Afterward, Hyung Jin Nim spoke to the CARP members about faith.

On January 27th, GPA made their way over to Cheong Jeong Gung along with six other choirs from Korea and Japan for the second annual choir competition. After hearing the beautiful performances from the other choirs, the GPA choir walked onto the stage nervously. However, when they set their eyes on True Parents and True Family, all their nerves vanished and gratitude overwhelmed their hearts. After the judges revealed the results, the GPA choir embraced each other with tears in their eyes, for they had just won the grand prize.

The GPA choir spent the next week touring Korea and exploring the unification church's roots. They made their way from the Unification church headquarters, back to the very first unification church ever built in Busan. They explored Father's history, and gained a deeper understanding of his heart. The GPA choir, was able to receive so much blessing, but although the competition was over, the music carried on, as they went on to perform at the Cheon Bok Gung, and many other places. They expressed In Jin Nim's love in America, through the songs they sang.



Below (Right): Daniel Hirano, waving the Peruvian flag on the stage of the Cheon Bok Gung with unparalleled fervor. Below (Left): Victor Muleki and Eika Davis march down the streets of Seoul holding a giant UC flag during the Cheon Bok Festival.



Above: After their performance at the Cheon Jeong Gung for True Parents, the Choir got to sing at Hyung Jin Nim's church, The Cheon Bok Gung. First Year Participants: Anthony Hagen, Christopher Hall, Daniel Hirano, Eiko Sullivan, Emily Giampaoli, Erika Hiromitsu, Gracie Becker, Harumi Miyakawa, James Kernan, Jin Ae Sakai, Johanna Fleischman, Johanna Shoultz, Katerina Morgan, Katsu Maeda, Kuni Ohama, Kyoko Biddle, Lara De Oliveira, Lym Hwa Kim, Matthew Rogers, Misook Mendonca, Miwa Ishikawa, Satoe Sakuma, Seiichi Nagai, Stephen Galvan, Sunny Jones, Trevor Davies, Victor Muleki, Yemi Harford, Yoshiko Miller, Young Angelucci and Young-Man Ashworth. Second Year Participants: August Lindsay, Emma Tecun, Joseph Giampaoli, Joanna Clive,, Michael Love, Natasha Honey, Rebecca Nishida, Rosia Kittel, Sarah Lea, Youngbok Gomez. Third Year Participants: Kyra Moyer,, Eika Davis and Yastaka Ishida. Staff: Christopher Stair, Keishu Greene, Roland Platt and Thanh Le.



Above (Left): James Kernan, Katerina Morgan and Stephen Galvan representing different nations as they marched in the Cheon Bok Festival Parade on their first full day in Korea. Above (Right): GPA Performing their Cha Cha routine on stage at the Cheon Bok Gung during the World CARP Assembly.

Below (left): True Parent's holding hands as they listened to the other choirs. "I was so happy when I was taking this picture, Father slowly felt for Mother's hand and then started moving it to the beat. It was beautiful" -Chris Stair



Above (left): Lara De Oliveira the during dress rehearsal. "I was shaking as I made eye contact with Father...The music started and suddenly all my worries left me... I just wanted to offer my whole heart to True Parents through my voice"



Above (left): The GPA Choir looks on excitedly as Kevin Yoon makes a phone call to In Jln Nim after they found out that they had won the grand prize. Above (right): Joanna Clive smiles brightly after taking the grand prize in the choir competition. "What a blessing. I never imagined id be on a stage in front of true parents, singing. and when i think about that experience, i asked myself, did i deserve that opportunity? and my answer was "no". then i asked True Parents, did i deserve that blessing? and their answer was "of course you did". thats God's heart" -Joanna Clive

Below (left): The GPA choir on one of Father's fishing boats in Yeosu Korea, with love and gratitude in their hearts. Below (right): Jin Ae Sakai, Eiko Sullivan, and Harumi Miyakawa embrace each other for warmth on a cold winter day at the Yong Pyong Ski Resort.



Above: After the competition the Choir toured Korea. They visited many places including the Gyeong Bok Palace, the church-owned Yong Pyong Ski resort and the Little Angel's school.

Below (right): Matthew Rogers receives a back massage from his new adopted "Halmuhni."



Above: The GPA choir had the amazing opportunity to serve at a local nursing home while in Korea. There they sang songs for the residents, bringing them so much joy and energy. After the singing they got to spend a lot of time interacting with the people there, "Being able to speak with them and love them was such a moving experience, I really felt as if I were there granddaughter and they were my grandparents." -Natasha Honey

JAPAN

On February 6, 2012, 44 members of GPA arrived in Osaka, Japan. During their eight-day stay from February 6-13 they left a lasting impression on their fellow Unificationists in Japan. Their time was spent visiting local churches and doing relief work in Ishinomaki, a city heavily damaged by the Tohoku earthquake and tsunami on March 1, 2011. The morning after their arrival, they traveled directly to the devastated site of Ishinomaki. 46 percent of which had been inundated by the deadly tsunami, which was where they were scheduled to do service work for the following four days.

On February 10 and 11, GPA participated in a cultural exchange event at the Sendai Church. The GPA choir offered several songs and showcased their ballroom-dance routines. Japanese members sang and danced as well. The friendships that bloomed between the GPA members and the Japanese youth members were proof that language barriers did not exist. Somehow, these international youth found a way to communicate and build everlasting friendships that went beyond just the time that was spent there. Not only was GPA able to contribute to the tsunami disaster relief in Japan, but also, they were able to touch the hearts of the Japanese members and break down any barriers that had previously been put up.

Japan was an opportunity for two countries that worked so hard to build god's providence, to unite once again through the new generation of youth working both on bonding, as well as helping the country to recover, following a devastating natural disaster. With young energy, a young and stronger unity in heart came about, that crossed beyond any cultural limitations.





Above: The GPA service group in Japan with some of the Japanese CARP Members. First Year Participants: Anthony Hagen, Christopher Hall, Daniel Hirano, Eiko Sullivan, Emily Giampaoli, Erika Hiromitsu, Gracie Becker, Harumi Miyakawa, James Kernan, Jin Ae Sakai, Johanna Fleischman, Johanna Shoultz, Katsu Maeda, Kuni Ohama, Kyoko Biddle, Lara De Oliveira, Lym Hwa Kim, Matthew Rogers, Miwa Ishikawa, Satoe Sakuma, Seichi Nagai, Stephen Galvan, Sunny Jones, Trevor Davies, Victor Muleki, Yoshiko Miller, Young Angelucci and Young-Man Ashworth. Second Year Participants: August Lindsay, Emma Tecun, Joseph Giampaoli, Joanna Clive, Natasha Honey, Rosia Kittel, Youngbok Gomez. Third Year Participants: Kyra Moyer, and Yas-taka Ishida. Staff: Keishu Greene, Roland Platt and Thanh Le.

Below (left): August Lindsay stands strong leading others in work with a shovel in hand. "I was digging through the remains of what used to be someone's home. Their life was now buried beneath the mud I was standing in. It could have been my home. I felt a connection to the Japanese people like never before. It brought the experience to a whole new level."



Above (right): Lara De Oliveira and Nastasha Honey contribute to cleaning trash and debris. "Sitting in the dirt, cleaning up the rubble from the devastation in Japan opened my heart to want to love and appreciate every moment in life that I am given" Natasha explains.



Above (left): Anthony Hagen sorting through the rubble left behind from the tsunami. "I had never seen with my own eyes the horrific aftermath of a disaster comparable to the tsunami. Entire towns were made into pools of concrete littered with scrap metal. So to play, even a small part in the relief efforts was truly a meaningful experience. The photos of terror of what we saw are burned in my mind and are an ever reminder to be grateful for the blessings I have. To feel that we were able to make an impact in the lives of the Japanese people, brings me, such solace and peace and that, I will hold onto forever" -Anthony

Below (left) Lymhwa Kim leads the way for the Japanese members in the Waka Waka dance. "There was no need for words, just dance. It connects you to people". Below (Right): Miwa Ishi- "Kawaii" posing with an extra-young, extra-cute Japanese Unificationist.



Above (left): "It was amazing to see the difference in culture between Tokyo and the countryside in the north. I love observing the fashion and trends in Tokyo" says Johanna Fleischman as she and Gracie Becker smile for the camera during their adventure in Tokyo, Japan

THAILAND

On February 22, 2012, the Generation Peace Academy overseas team arrived in Bangkok, Thailand where they were warmly greeted by many smiling members and almost as many flashing cameras. Although it was clear that the Thai members were ecstatic to meet these foreign Americans, the greeting reminded the GPA group that they had the responsibility of representing In Jin Nim and the American movement. GPA members also carried a heavy heart, as they remembered that their purpose in being there was to address the human trafficking issue in Thailand.

The group worked directly with the human trafficking issue at the Pavena Center, a foundation focused on preventing the issue and supporting those who have been affected. Thailand CARP members were alongside the GPA team through the whole experience, showing that despite where you come from or what language you speak, an impact can always be made. As GPA stood side by side with the Thai CARP members as well as the volunteers in Thailand, addressed the issue. Although they weren't able to end it, it brought them hope to know that they had touched the lives of people there, and made some sort of impact no matter how big or small it may have been.



Below (Left): Mitsuhide Abe and Justin Art picking up dead lotus plants. Below (Right): Robert Martin painting steel rods for DEPDC.



Above: JJ's group experiencing God's divine beauty and love in Thailand. First year Participants: Aika Greenidge, Brian Tassey, Hirokuni Ahino, Hope Schmidt, Junka Honda, Justin Art, Kohsuke Yoshimune, Mitsuhide Abe, Rebecca Mock, Rebecca Wiltermood, Ren Bishop, Robert Martin, Simon Hochmuth and Young Sung Masuda. 2nd year participants: Elijah Whitmore, Felicia Bratti, Jon Cook, Marina Stana, and Naomi Froelich 3rd Year Participants: Jeffery Schmidt. Staff: Elissa Allen, John Gehring, Kenzo Tanaka, Yoshiko Gehring.



Above (Left): Elijah Whitmore digging a foundation for a plant nursery. Above (Middle): John Gehring having a heart to heart with a Thai member. Above (Right): Aika Greenage, Brian Tassey, Jon Cook help to plant seedlings.

Bottom (Left): Junka Honda and Robert Martin giving love and attention to their team mates on sports day. Bottom (Right): Simon Hochmuth and Mitsuhide Abe teaching young students soccer.



Above (Top): Naomi Froelich taking care of a local student. Above (Bottom): Marina Stana spending quality time with her new friend. "She really reminded me of how I was as a child; wild, picky, curious, and she loves to braid hair too. I've always wanted a little sister, so I was grateful to God to have this experience. I hope Nungtip grows up healthy and happy."



Above (Left): Schmidt siblings cheer on for their sports team. Above (Right): Rebecca Mock and Marina Stana cuddle with some new friends.

Below (Left): Rebecca Mock discovering her innerself with natives. Below (Right): We see the promise land, I see it, there it is.



Above: Brian Tassey, "Geez, it's not everyday you get to ride an elephant." Above (Right): Yong Sung Masuda caring for his elephant.

Above (Left): Aika Greenage and Rebecca Wiltermood take in the beauty of the Thai White Temple. "Before coming to the White Temple, I had already Googled it! The Temple was so peaceful and calm. I could see how much effort was put into the Buddhist traditions." Above (Right): Kohsuke Yoshimune and Hirokuni Ashino taking their elephant for a walk.



PANAMA

Upon arriving in Panama, the GPA team was greeted by Patrizia who is in charge of AVACA, a program that teaches those in Panama the importance of disposing their trash properly and being able to take care of their environment. She spent a great deal of the first morning sharing with the GPA participants the goal of this entire project, as well as some history of the town Casco Viejo, and Panama as a whole. She gave them a tour of the community center and expressed the two major issues that the country of Panama is facing: First, the trash problem within the neighborhood streets, second, the government wants to tear down the town and build a highway cutting across the city, instead of helping with the trash tanks and the cleanup in general.

The GPA members quickly got to work creating gardens to teach the Panamanians how to grow their own food. They also focused on a different street every day in order to clean up all the trash and paint the curbs to create a godly environment for the people living there, who weren't aware of how much happier they could be with cleanliness in their lives.

The GPA team, during their time in Panama, were able to educate the Panamanians on the importance of keeping a clean environment, and along the way were able to bond with the natives and understand their hearts more. The GPA team was able to leave the country having made an impact on the people and the streets and also filled with new insight.



Below: Kahael Lange, Jessica Sattinger, and Kengo Inoue's reaction after finding out they can't live in Panama forever.



Above: Welcome to Panama! First Year Participants: Altus Szawlowski, Emily Cornier, Emma Scazerro, Gloria Morales, James Galvan, Jin Sung Kuroha, Kahael Lange, Kaoru Enami, Katherine Williams, Mathews Bello, Micah Jumonji, Mie Osaka, Nathan Triggol, Ryan Steinbronn, Seito Yamamoto and Tadao Bello. Second Year Participants: Jessica Sattinger, Kengo Inoue, Kimberly Dickerson, Michael Bonini. Staff: Hana Villafania and Karin Miller.



Above: Seito Yamamoto and KB Williams giving the streets of Panama a makeover as their new friend joins in to lend a helping hand.



Below: James Galvin, attempts to be as beautiful as the native Panamanians. He succeeds as he puckers his lips



Above (Left): Mr. Steinbrom shows the local kids how to handle a paintbrush.. Above (middle): Micah Jumoni Paints the curb in bright yellow so that everyone, even the ants, can feel a sense of sunshine. Above (right): Emma Scazzero cuddles with a stray dog to give him the love he has been lacking

Below (left): The Panamanians show off their leprachaun hats as the Americans stand by them with hope in their eyes to one day be as cool.



Above (left): Gloria Morales screams as KB William attacks her with love. Above (right): Mie Osaka "Peek-a-boo"!



Below (left): Ryan Steinbrom, Nathan Triggol and Kahael Lange show up to the airport ready to turn heads. Below (right): Mike Bonini makes being good looking look easy while taking a break from painting "It felt good to see visible change in our hard work," -Mike Bonini.



Above (right-middle): Mathews Bello, Tadao Bello, and Altus Szawłowski find their inner cool as they stand in front of a painted skull. Above (right-bottom) Kaoru Enami's smile makes the world go round.



Below (left): Sleepy in Panama... hard days work really wears you out. Below (right): GPA learning how to properly take care of green plants.



Above: Happiness can come from the most unexpected places. GPA poses on the site of their painting service project. Above (right-top): Ryan Steinbronn shows his soft side as he embraces a mangy mutt to show that beauty goes beyond the external.

PERU

After an eight hour plane ride from New York to Peru, the GPA team arrived and were greeted by Anatoly Kazak and Elissa Allen who had flown in a few days earlier. They made their way to the Lima church center where they stayed for a few days doing service projects before moving on to Puno.

GPA members and CARP students drove to the edge of Lima into the slums, which are located on the mountains surrounding the city overlooking the Pacific Ocean. There was a very heavy atmosphere as the GPA team took in the state of the poor Churillo community. Most people who visit Peru aren't even aware that this part of the city exists. Their service project comprised of taking apart the old roof of the Tario family's house made of tarp and straw and throwing the debris down the mountainside. The team set off cleaning the floors and counters, which had become filled with dirt. Their supplies were limited but they did their best to create a happy atmosphere. In Puno, the GPA team had the opportunity to help in an excavating project for future foundational use. After the service project, the team visited the abode of native Uros people who live on floating islands. It was quite a blessing for them to be able to reach out and touch a culture so ancient and humble.

The Unification Church community in Peru, who were filled with so much respect and reverence for the blessing, moved the GPA team. They saw that the Peru member's fire and zeal to spread the blessing was insurmountable. After seeing how strong their faith and passion were, the GPA team became inspired to strengthen their own faith and be more passionate.





Above: GPA in Peru. First Year Participants: DJ Carnasky, Hitoka Sato, Isaac Jones, Jin Il Fleischman, Jordan Anglin, Katrina Morgan, Margaret Golden, Yemi Harford, and Younghee Somemoto. Second Year Participants: Irina Miller, Nathan Hallal and Sarah Lea. Third Year Participants: Emily Iseda. Staff: Anatoly Kazak and Elissa Allen



Below (right): Sarah Lea meets the Peruvian community for the first time. Below (left): Nathan Hallal moves some earth on site of the service project.



Above: Nathan Hallal, Yemi Harford and Isaac Jones joining in a traditional Peruvian dance.

Below (left): Katerina Morgan smiles and the elderly Peruvian man tells her she looks beautiful. Below (right): Nathan Hallal alongside a Peruvian shopkeeper with his new purchase.



Above (right): Dinner is always much nicer when shared with the company of friends. Jordan Anglin, Isaac Jones and DJ Carnasky enjoying some fruits.

Below (left): A bonding moment with Elissa Allen and a loving Peruvian grandmother. Below (right): Emily Iseda laughs as she shares secrets that go beyond language barriers.



Above: Margaret Golden, Yemi Harford, Katerina Morgan and Younghee Somemoto posing with an authentic llama.

Below (left): DJ canarsky is amused by the texture of the wall "I was grateful just knowing that their reality is so different now. The people here are so kind, to think that such hardship happened to them so recently is astonishing". Below (right): Margaret Golden on the cliffs by the sea!



Above (left): Jin il Fleischman observes in awe the beautiful architecture of Peru. Above (right-middle) Jordan Anglin starts off his Peruvian experiences with a new hairstyle. Above (right-Bottom) Yemi Harford in her natural habitat..



Below (left): Tolik oppa proves he is cool no matter what part of the world he is in as he poses in shades. Below (right): Younhee Somemoto, Emily Iseda and Irina Miller all poised and ready for a hearty Peruvian meal.



Above: Happiness takes over the GPA team as they admire the landscaping of Peru

TRINIDAD

The Trinidad team departed from UTS and made their way to a new and exciting adventure, the transition was smooth with no dilemmas to halt their trip. Upon arriving in Trinidad, they made their way over to the church center in Diego Martin, where Aunt Myrna Adams and Aunt Virginia Olivevel greeted them with so much immediate love.

The group drove to the Sogren Trace community center, where they met their international service partners, Mr. and Mrs. Belgrove. The couple founded the Rose Foundation that the GPA team worked with during their three weeks in Trinidad. The team joined a community meeting, where they discussed ideas pertaining to the improvement of the community through crime prevention, social change, and enhancing the quality of life for the people of the area.

The GPA team quickly got to work in order to make all those visions possible in the community of St. Barbs and the neighboring communities. They helped clean the Monrepo community facility, by picking up garbage, unclogging a waterway and sweeping the streets. After realizing that Trinidadians are able to give so much regardless of any situation, the team became inspired and was able to develop a deeper sense of gratitude. The foundation that had been laid from the previous GPA team, allowed the next team to make an even greater impact.



Below: Michelle Han peeling a mango during some down time. "Working in the sun was hard, but some of the locals came out and were very appreciative, some even helped us with the project. It really helped us push through." Below (right) Lisun Francisco looking cool with her new friend riding on her back.



Above: The GPA ifamily n Trinidad. First-Year Participants: Chun hee Kudo, Hannah Mori, Hideaki Yamamura, Justin Hughes, Kenji Minagawa, Kotei Whitmore, Kouta Sato, Kunihiro Nagata, Kunikazu Nishimura, LiSun Francisco, Mary Roman, Matthew Holden, Michelle Han, Miles Garwood, Rosako Wagner. Second Year Participants: Michael Love, Rebecca Nishida, Shinai Cox, Jon Cook. Third Year Participants: Ross Ward. Staff: Robert Garwood



Above (left): Rosako Wagner reaches way up high to get that hard to reach place on the wall that she is painting. Above (right): Jon Cook poses with a stray puppy. Who is cuter? Above (right-middle): Chunhee Kudo receiving a much needed hand massage from on of the local youth.



Above (top): Family goes beyond countries as the Shinai Cox bonds with the Trinidad children.

Below (left): Matthew Holden cuts into a fresh coconut with his machete. "It was hard work, but I kept in mind everyone we were doing this for, and that helped me push past my limitations". (Below (right): Kenji Minagawa poses with his shovel as he takes a break from digging.



Above (left) Kuni Nagata helping paint a mural with his superb art skills. Above (right) Justin Hughes, brush in hand, gets to work on a wall in desperate need of a paint job.

Below: Some of the GPA girls posing with the local youth. "It was really inspiring to see members of the community coming out to support us. Seeing kids playing in the clean water system was really cool, when before it was a hazardous playground full of snakes, broken glass and rubbish they couldn't enjoy." -Lisun Francisco



Above (left): Kuni Nishimura finds the frog prince of Trinidad and kisses him to turn him into a man again. Above (middle): Chunhee Kudo, Ross Ward, and Jon Cook take a break from work to enjoy the Waka Waka dance. "Its always a good time to break into dance, and it's the perfect way to take a break after a long day of work". Above (right): Teamwork gets the job done quicker as the Trinidad community members work together with the GPA team to get the job done

Below (left): Kouta Sato pours paint into another jar in order to be more efficient with the resources he has remaining in the painting project "It was a great way to meet the community, while working with them". Below (left): Bright in yellow, some of the GPA team takes a break crossing over a bridge.



Above: Below (bottom) : Getting down and dirty during service work. (Left to right): Hannah Mori, Kuni Nishimura, Kuni Nagata, Chunhee Kudo and Kenji Minagawa.

MESSAGES

It is important never to stop advancing in your spiritual journey and to never to stop in your quest for knowledge. Within these last pages of the Lifebook is an accumulated wisdom, a careful arrangement of words on paper, from luminaries throughout history, as well as your mentors from this GPA year. Our hope is that these words will help you gain insight and form healthy habits, that they will help you become brighter and more whole people twith each read. You have many great things ahead of you and today is the first day of the rest of your life, so hit the ground running.

INTRODUCTION OF “A RETURN TO LOVE”

Marinne Williamson

“When we were born, we were programmed perfectly. We had a natural tendency to focus on love. Our imaginations were creative and flourishing, and we knew how to use them. We were connected to a world much richer than the one we connect to now, a world full of enchantment and a sense of the miraculous.

So what happened? Why is it that we reached a certain age, looked around, and the enchantment was gone?

Because we were taught to focus elsewhere. We were taught to think unnaturally. We were taught a very bad philosophy, a way of looking at the world that contradicts who we are.

We were taught to think thoughts like competition, struggle, sickness, finite resources, limitation, guilt, bad, death, scarcity, and loss. We began to think these things, and so we began to know them. We were taught that things like grades being good enough, money and doing things the right way are more important than love. We were taught that we’re separate from other people that we have to compete to get ahead, that we’re not quite good enough the way we are. We were taught to see the world the way that others had come to see it. It’s as though, as soon as we got here, we were given a sleeping pill. The thinking of

“When we were born, we were programmed perfectly. We had a natural tendency to focus on love.”

the world, which is not based on love, began pounding in our ears the moment we hit shore.

Love is what we were born with. Fear is what we have learned here. The spiritual journey is the relinquishment – or unlearning – of fear and the acceptance of love back into our hearts. Love is the essential existential fact. It is our ultimate reality and our purpose on earth. To become consciously aware of it, to experience love in ourselves and others, is the meaning of life.”

“The spiritual journey is the relinquishment – or unlearning – of fear and the acceptance of love back into our hearts.”

TWO WOLVES

An old Cherokee chief is teaching his grandson about life:

“A fight is going on inside me,” he said to the boy. “It is a terrible fight and it is between two wolves.

“One is evil - he is anger, envy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority, self-doubt, and ego.

“The other is good - he is joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion, and faith.

“This same fight is going on inside you - and inside every other person, too.”

The grandson thought about it for a minute and then asked his grandfather, “Which wolf will win?”

The old chief simply replied, “The one you feed.”

THE FERN AND THE BAMBOO

One day the man decided to quit...

He quit his job, his relationship, his spirituality... “I wanted to quit my life.”

He went to the woods to have one last talk with God.

“God”, he said, “Can you give me one good reason not to quit?”

His answer surprised him...

“Look around”, God said, “Do you see the fern and the bamboo?”

“Yes”, he replied.

When I planted the fern and the bamboo seeds, I took very good care of them.

I gave them light. I gave them water.

The fern quickly grew from the earth.

Its brilliant green covered the floor.

Yet nothing came from the bamboo seed.

But I did not quit on the bamboo.
 In the second year the Fern grew more vibrant and plentiful.
 And again, nothing came from the bamboo seed.
 “But I did not quit on the bamboo,” God said.
 In the third year, there was still nothing from the bamboo seed.
 But I would not quit. In the fourth year, again, there was nothing from the bamboo seed.
 “I would not quit,” God said.
 Then in the fifth year a tiny sprout emerged from the earth.
 Compared to the fern it was seemingly small and insignificant...
 But just 6 months later the bamboo rose to over 100 feet tall.
 It had spent the five years growing roots.
 Those roots made it strong and gave it what it needed to survive.
 I would not give any of my creations a challenge it could not handle.
 God said to man, “Did you know, my child, that all this time you have been struggling, you have actually been growing roots.”
 “I would not quit on the bamboo. I will never quit on you. Don’t compare yourself to others.”
 God said, “The bamboo had a different purpose than the fern ... Yet, they both make the forest beautiful.”
 “Your time will come,” God said to him. “You will rise high!”
 “How high should I rise?” he asked.
 “How high will the bamboo rise?” God asked in return.
 “As high as it can?” he questioned.
 “Yes,” God said, “Give me glory by rising as high as you can.”
 The man left the forest and brought this story.

A happy and meaningful life requires our continuous input and creativity.
 It does not happen by chance. It happens because of our choices and actions.
 And each day we are given new opportunities to choose and act and, in doing so, we create our own unique journey.” Keep going...

AN INTERVIEW WITH GOD

Unknown Author

I dreamed I had an interview with god
 “So, you would like to interview me?” God asked.
 -“If you have time,” I said.
 God smiled. “My time is eternity... what questions do you have in mind for me?”
 -“What surprises you the most about humankind?”

God answered...
 “That they get bored with childhood, that they rush to grow up, and then long to be children again.”
 “That they lose their health to make money... and then lose their money to restore their health.”
 “That by thinking anxiously about the future, they forget the present, such that they live in neither the present nor the future.”
 “That they live as if they would never die, and die as though they had never lived.”

God’s hand took mine... and we were silent for a while.
 -And then I asked, “As a parent, what are some of life’s lessons you want your children to learn?”

God replied, “To learn they cannot make anyone love them. All they can do is let themselves be loved.”
 “To learn that it is not good to compare themselves to others.”
 “To learn to forgive by practicing forgiveness.”
 “To learn that it only takes a few seconds to open profound wounds in those they love, and it can take many years to heal them.”
 “To learn that a rich person is not one who has the most, but is one who needs the least.”
 “To learn that there are people who love them dearly, but simply do not yet know how to express or show their feelings.”
 “To learn that two people can look at the same thing, and see it differently.”
 “To learn that it is not enough that they forgive one another, but they must also forgive themselves.”

“Thank you for your time,” I said humbly. “Is there anything else you would like your children to know?”

God smiled, and said... “Just know that I am here.” “Always.”

THE GREATEST SALESMAN IN THE WORLD

Og Mandino

This is a principle by principle breakdown of the key aspects to approach goal setting and challenging oneself for a purpose and goal.

Only principles endure and these I now possess, for the laws that will lead me to greatness are contained in the words of these scrolls.

Principle #1 – Failure will never overtake me if my determination to succeed is strong enough.

“He who has never failed is he who has never tried.”

Keep it always in mind and you will overcome seemingly impossible obstacles that are certain to confront you as they do everyone with ambition. Never feel shame for trying and failing for he who has never failed is he who has never tried.

Principle #2 – I will form good habits and become their slave.

If I must be a slave to habit let me be a slave to good habits. My bad habits must be destroyed and new furrows prepared for good seed.

Each principle in these scrolls will drive a bad habit from my life and replace it with one which brings me closer to success. For it is another of nature’s laws that only a habit can subdue another habit.

“Love is the greatest secret of success in all ventures.”

As I repeat the words daily contained in these scrolls they will soon become a part of my active mind. Eventually I will find myself reacting to all situations which confront me as I was commanded in the scrolls to react. Thus a new and good habit is born.

Principle #3 – I will greet this day with love in my heart.

Love is the greatest secret of success in all ventures.

I will laud my enemies and they will become my friends; I will encourage my friends and they will become my brothers. Always will I dig for reasons to applaud; never will I scratch for excuses to gossip.

I will love all manners of men for each has qualities to be admired even though they be hidden.

But how will I react to the adversity of others? With love. For just as love is my weapon to open the hearts of men, love is also my shield to repulse the arrows of hate and the spears of anger.

Principle #4 – I will persist until I succeed.

I was not delivered into this world in defeat, nor does failure course through my veins. I am not a sheep waiting to be led to the slaughter. I am a lion and I refuse to talk, to walk, to sleep with the sheep.

I will remember the ancient law of averages and I will bend it to my good. I will persist with knowledge that each failure to sell will increase my chance for success at the next attempt.

Principle #5 – I will increase my knowledge of the world.

Within me burns a flame which has been passed from generations uncounted and its heat is a constant irritation to my spirit to become better than I am, and I will.

I will increase my knowledge of mankind, myself, and the goods I sell, thus my sales will multiply. I will practice, and improve, and polish the words I utter to sell my goods, for this is the foundation on which I will build my career... Also I will seek constantly to improve my manners and graces, for they are the sugar to which all are attracted.

I have been given eyes to see and a mind to think and now I know a great secret of life for I perceive, at last, that all my problems are in truth great opportunities in disguise.

Principle #6 – I will live this day as if it is my last.

Yesterday is buried forever and I will think of it no more. Forgetting yesterday neither will I think of tomorrow. Should I torment myself with problems that may never come to pass? No!

I will avoid with fury the killers of time. Procrastination I will destroy with action; doubt I will bury under faith; fear I will dismember with confidence. The duties of today I shall fulfill today. I will maketh every hour count and each minute I will trade only for something of value. And if this day is not my last, I shall fall to my knees and give thanks.

“For just as love is my weapon to open the hearts of men, love is also my shield to repulse the arrows of hate and the spears of anger.”

“all my problems are in truth great opportunities in disguise.”

“Procrastination I will destroy with action; doubt I will bury under faith; fear I will dismember with confidence.”

Principle #7 – Today I will be master of my emotions.

All nature is a cycle of moods and I am a part of nature and so, like the tides, my moods will rise; my moods will fall.

If I bring joy and enthusiasm and brightness and laughter to my customers they will react with joy and enthusiasm and brightness and laughter and my weather will produce a harvest of sales and a granary of gold for me.

“Weak is he who permits his emotions to control his actions”

Weak is he who permits his emotions to control his actions; strong is he who forces his actions to control his emotions.

- If I feel sad I will laugh.
- If I fear I will plunge ahead.
- If I feel poverty I will think of wealth to come.
- If I become overconfident I will recall my failures.
- If I feel complacency I will remember my competition.
- I will master my moods through positive action and when I master my moods I will control my destiny

Principle #8 – I will laugh at the world.

I will chuckle and my burdens will be lightened; I will laugh and my life will be lengthened for this is the great secret of long life. And most of all, I will laugh at myself for man is most comical when he takes himself too seriously.

Four words I will train myself to say until they become a habit so strong that immediately they will appear in my mind whenever good humor threatens to depart from me. These four words are: This too shall pass.

“I will laugh at my failures and they will vanish in clouds of new dreams”

And with my laughter all things will be reduced to their proper size. I will laugh at my failures and they will vanish in clouds of new dreams; I will laugh at my successes and they will shrink to their true value.

Principle #9 – Today I will multiply my value a hundredfold.

And how will I accomplish this? First I will set goals for the day, the week, the month, the year, and my life. Just as the rain must fall before the wheat will crack its shell and sprout, so must I have objectives before my life will crystallize.

The height of my goals will not hold me in awe. If I stumble I will rise and my falls will not concern me for all men must stumble often to reach the hearth.

I will always announce my goals to the world. I will always raise my goals as soon as they are attained. Yet, never will I proclaim my accomplishments. Let the world instead, approach me with praise and may I have the wisdom to receive it in humility.

Principle #10 – I will act now.

My dreams are worthless, my plans are dust, my goals are impossible. All are of no value unless they are followed by action. I will act now.

I will act now. I will act now. Henceforth, I will repeat these words again and again each day until the words become as much a habit as my breathing and the actions which follow become as instinctive as the blinking of my eyelids.

“I will act now. I will act now. Henceforth, I will repeat these words again and again each day until the words become as much a habit as my breathing”

Only action determines my value in the market place and to multiply my value I will multiply my actions. I will walk where the failure fears to walk. I will work when the failure seeks rest. Success will not wait. If I delay she will become betrothed to another.

The Salesman’s Prayer

I will pray, but my cries for help will only be cries for guidance. Never will I pray for the material things of the world. I will pray as a salesman, in this manner – Oh creator of all things, help me. For this day I go out into the world naked and alone, and without your hand to guide me I will wander far from the path which leads to success and happiness.

I ask not for gold or garments or even opportunities equal to my ability; instead, guide me so that I may acquire ability equal to my opportunities. Help me to remain humble through obstacles and failures; yet hide not from mine eyes the prize that will come with victory.

Spare me sufficient days to reach my goals; yet help me to live this day as though it be my last. Guide me in my words that they may bear fruit; yet silence me from gossip that none be aligned.

Discipline me in the habit of trying and trying again; yet show me the way to make use of the law of averages. Favor me with alertness to recognize opportunity. Bathe me in good habits that the bad ones may drown. Suffer me to know that all things shall pass; yet help me to count my blessings of today.

But all these things be only if thy will. I am a small and lonely grape clutching the vine yet thou hast made me different from all others. Guide me. Help me. Show me the way. Let me become all you planned for me when my seed was planted and selected by you to sprout in the vineyard of the world.

“Bathe me in good habits that the bad ones may drown. Suffer me to know that all things shall pass; yet help me to count my blessings of today.”

Help this humble salesman. Guide me, God.

FEAR AND FAILURE

Michael Jordan

I never looked at the consequences of missing a big shot. Why? Because when you think about the consequences, you always think of a negative result.

Some people get frozen by the fear of failure. They get it from peers or from just thinking about the possibility of negative results. They might be afraid of looking bad or being embarrassed. I realized that if I was going to achieve anything in life I had to be aggressive. I had to get out there and go for it. I don't believe you can achieve anything by being passive. I'm not thinking about anything except what I'm trying to accomplish. Any fear is an illusion. You think something is standing in your way but nothing is really there. What is there is an opportunity to do your best and gain some success. If it turns out my best isn't good enough, then at least I'll never be able to look back and say I was too afraid to try. Failure always made me try harder the next time.

That's why my advice has always been to "think positive" and find fuel in any failure. Sometimes failure actually just gets you closer to where you want to be. If I'm trying to fix a car, every time I try something that doesn't work, I'm getting closer to finding the answer. The greatest inventions in the world had hundreds of failures before the answers were found.

I think fear sometimes comes from a lack of focus or concentration. If I had stood at the free-throw line and thought about 10 million people watching me on the other side of the camera lens, I couldn't have made anything. So I mentally tried to put myself in a familiar place. I thought about all those times I shot free throws in practice and went through the same motion, the same technique that I had used thousands of times. You forget about the outcome. You know you are doing the right things. So you relax and perform. After that you can't control anything anyway. It's out of your hands, so don't worry about it.

RULES FOR BEING HUMAN

Cherie Carter-Scott

1. You will receive a body. You may like it or hate it, but it will be yours the entire period.
2. You will learn lessons. You are enrolled in a full-time informal school called Life. Each day in this school you will have the opportunity to learn lessons. You may like the lessons or think them irrelevant and stupid.
3. There are no mistakes, only lessons. Growth is a process of trial and error: experimentation. The "failed" experiments are as much a part of the process as the experiments that ultimately "work."
4. A lesson is repeated until learned. A lesson will be presented to you in various forms until you have learned it. When you have learned it, you can then go on to the next lesson.
5. Learning lessons does not end. There is no part of life that does not contain its lessons. If you are alive, there are lessons to be learned.
6. "There" is no better than "here." When your "there" has become a "here," you will simply obtain another "there" that will again look better than "here."
7. Others are merely mirrors of you. You cannot love or hate something about another person unless it reflects something you love or hate about yourself.
8. What you make of your life is up to you. You have all the tools and resources you need what you do with them is up to you. The choice is yours.
9. Life is exactly what you think it is. You create a life that matches your beliefs and expectations. There are no victims, only students.
10. Your answers lie inside you. You know more than you have ever heard, read, or been told. The answers to life's questions lie inside you. All you need to do is look, listen, and trust.

MAXIMUM ACHIEVEMENT (EXCERPTS)

Brian Tracy

“You can’t hit a target you can’t see. You can’t accomplish wonderful things with your life if you have no idea of what they are, you must first become absolutely clear about what you want if you are serious about unlocking the extraordinary power that lies within you. “

“Refuse to compromise your answers. Be perfectly honest with yourself. Define your ideal in each situation before you allow yourself to get bogged down with all the reasons it isn’t possible for you. All great achievement begins with your deciding what it is you really want and then dedicating yourself wholeheartedly to attaining it.”

“Nothing really worthwhile is easy. It’s an erroneous belief that, if a thing is right it should be easy, like a relationship. If you gave to really world at it, some people say, then there’s probably something wrong with it. This kind of thinking is fatal to happiness.”

“First, life is hard. It has always been and it always will be. It’s never been any different for you or me or anyone else. The good thing is that is if you accept this truth, life becomes a little easier because you don’t suffer so much from feelings of frustration and injustice. “

“Second, everything you are or ever will be is up to you. You are where you are today because that is where you have chosen to be. You are always free to choose your actions, or inactions, and your life today is the sum total of your choices, good and bad. If you want your future to be different, you have to make better choices.”

“Third, and perhaps the most important, you can learn anything you need to learn to become anyone you want to become, to achieve anything you want to achieve. There are very few limitations and most of them are on the inside, not on the outside.”

“Thought by thought, action by action, you will learn how to make your life a masterpiece. You will learn how to create something truly beautiful out of your efforts. You will learn how to take complete control of your destiny. You will learn how to accomplish more than you might have ever dreamed possible. Just don’t expect it to be easy. “

“One of your major responsibilities is to get and keep your life under control. This

sense of control becomes your foundation for building greater happiness and success in the future. Make sure its rock solid.”

“The German philosopher Goethe said, “One must be something to be able to do something.” You must change yourself. You must become a different person on the inside before you see different results on the outside, and you can’t fake it for very long, if at all.”

“Most people try to improve or change aspects of their lives by trying to get other people to change. They don’t like what they see reflection back to them in the mirror of their lives so they work at polishing the mirror instead of going to the source of the reflection.”

“One of the most important questions you can ask it, “What kind of person do I have to be to earn the respect of people I care about and live the kind of life I want to live?”

“The comfort zone is the great enemy of human potential. Your comfort zones become habits of living that are hard to break. And any habit persisted in over time eventually becomes a rut. Then, instead of using your intelligence to get out of your rut, you use most of your energies making your rut more comfortable. You justify and rationalize your situation as being unchangeable. You feel and say, “There’s nothing I can do.”

“The more you like yourself, the better you do at everything you put your mind to. The more you like yourself, the more confidence you have, the more positive is your attitude, the healthier and more energetic you are and happier you are overall.”

“Be calm, patient, supportive, sensitive, clear and constructive rather than angry or destructive. Build the person up rather than tearing him or her down. There’s probably no faster way for you to build self-esteem and self-efficacy in others than by immediately ceasing all destructive criticism. You will notice the different at once in all your relationships.”

“The key to making these methods work for you is for you to demonstrate yourself, in a specific area, that you can develop one important habit or attitude of your choosing. Once you have proved this to yourself, you will have the self-confidence and the conviction to make any change, or to accomplish any goal that you could set for yourself. Instead of wishing or hoping, you will know that your possibilities are unlimited.”

ON RISK

“To laugh is to risk appearing the fool.
To weep is to risk appearing sentimental.
To reach out for another is to risk involvement.
To expose feelings is to risk exposing your true self.
To place your ideas, your dreams, before a crowd is to risk their loss.
To love is to risk not being loved in return.
To live is to risk dying.
To hope is to risk despair.
To try is to risk failure.

...You may avoid suffering and sorrow if you don't risk,
but you simply cannot learn, feel, change, grow, love, or live.
The greatest hazard in life is to risk nothing.
The person who risks nothing, does nothing thus has nothing.
Only the person who Risks is Free.”

THE INVITATION

Oriah Mountain Dreamer

It doesn't interest me
what you do for a living.
I want to know
what you ache for
and if you dare to dream
of meeting your heart's longing.

It doesn't interest me
how old you are.
I want to know
if you will risk
looking like a fool
for love
for your dream
for the adventure of being alive.

It doesn't interest me
what planets are
squaring your moon...
I want to know
if you have touched
the centre of your own sorrow

if you have been opened
by life's betrayals
or have become shrivelled and closed
from fear of further pain.

I want to know
if you can sit with pain
mine or your own
without moving to hide it
or fade it
or fix it.

I want to know
if you can be with joy
mine or your own
if you can dance with wildness
and let the ecstasy fill you
to the tips of your fingers and toes
without cautioning us
to be careful
to be realistic
to remember the limitations
of being human.

I want to know if you can see Beauty
even when it is not pretty
every day.
And if you can source your own life
from its presence.

I want to know
if you can live with failure
yours and mine
and still stand at the edge of the lake
and shout to the silver of the full moon,
“Yes.”

It doesn't interest me
to know where you live
or how much money you have.
I want to know if you can get up
after the night of grief and despair
weary and bruised to the bone
and do what needs to be done
to feed the children.

It doesn't interest me

who you know
or how you came to be here.
I want to know if you will stand
in the centre of the fire
with me
and not shrink back.

It doesn't interest me
where or what or with whom
you have studied.
I want to know
what sustains you
from the inside
when all else falls away.

I want to know
if you can be alone
with yourself
and if you truly like
the company you keep
in the empty moments.

LET US THANK GOD

True Father, May 29, 1977

Where did your life come from originally? Your own parents invested themselves in you, and nature also gave you the food to make your flesh and blood and bone. If you were to repay all those to whom you were indebted you would have nothing left. In addition, you are also indebted to God who originally gave you life. What do you have left then? God, your parents and nature invested themselves in you, and therefore you are a chunk of indebtedness. The important thing is, have you been grateful for that investment? An indebted person can be nothing but thankful. God, your parents and nature will say, "You don't have to give anything back. You keep it for yourself." What a wonderful gift your life is! Throughout your entire life you can be thankful. Have you ever thought about that?

Jesus told a story that parallels this, about a cruel man who had been forgiven a debt he could not pay, but who then threw a man into jail who was indebted to him. His lord spoke angrily to him for being so cruel after he himself had received mercy. We have nothing that is inherently ours; God gave us life unconditionally, without requiring that any contract be signed or interest paid or any loan paid back within a certain number of years. The only way we can repay Him or show our gratitude is by giving to others.

We can say we have parents on three levels; nature is one level of parent, as well as our physical parents who gave birth to us, and God is the ultimate parent. We are in the position to be thankful to all of these parents, and since everything we have does not really belong to us, we must be ready to give it out at any time, saying, "Nature, this is from you; my parents, this is yours; Heavenly Father, this is all Yours."

Instead of being thankful for all the universal gifts which God has provided people are many times impatient, cursing nature and cursing God's work when something interferes with their desires. The wintertime brings cold weather and people complain about inconvenience, but nature needs both cold and hot weather. Different temperatures cause certain changes in the soil, and cause shrinking and expanding in nature. All things are harmonized and regulated by nature's laws.

By only complaining about the creation we not only offend God but all of these great gifts. First of all we must be thankful to God; that is the beginning

point of our lives. Then we can talk about being thankful to our own husband or wife and children and parents. Without God we could not exist for even one second. This world has become devoid of thanksgiving to God. Once you broaden your life of thanksgiving and gratitude to God then you will find that a more loving relationship between God and yourself will develop.

When you live in thankfulness here on earth, you can go with love to God's own dwelling and live there in infinite love for eternity. When you train yourself through nature to live in gratitude then the universe will help you grow into a wholesome personality of love so that you can eventually reach the level of God's glory. This is God's dream.

WHAT WE SHOULD DO IN OUR LIFETIME

True Father September 27, 1970

You should not be reluctant to grow old. You should not lose your hope even if the life you have been living up until now has not reached the level of your ideal. Instead, you should reflect on your entire life in order to make more effort and preparation to offer yourself for the sake of the race, nation and world. Young people who are 20 or 30 may have great hope for the future of the nation and for the sake of the history of the human race. However, to have hope itself is not enough; the point is that you should not be controlled by the environment, but rather you should control it. You should give influence to the environment, console lonely people, give power to the powerless, and present the hope for the future. Therefore, you should think deeply about what kind of life you should lead.

If the members of the Unification Church are given such a heavenly mission to offer themselves for the sake of the world, what kind of life should we live? This is a serious problem.

At this point, you should become a person who can resurrect history. Let's think about our ancestors who lived their life in this country and passed away. Do you suppose they desired their country to be a weak country? No, they certainly hoped for this nation to be much stronger and more prosperous. If that is the case, then when can we realize the ideal on earth that our ancestors have been longing for? We must create conditions on the earth by which we can realize their hope.

WHO AM I?

True Father, January 23, 1977

The important thing is that God is already involved in these events. He has His own schedule, His own master plan. He knows of the circumstances in which we live in the world of despair; He knows of our searching. Therefore, God's plan will emerge through a new religion and a new leader to let us reach the ultimate conclusion of our search. 'Tis particular solution has been manifested in the concept of the Messiah.

Let us concentrate our thought on the Messiah. Why does the Messiah come? What is the content of his work? First of all, the Messiah tackles the problems of all humanity, not just one group. The Messiah brings to this world the fundamental solution for the problems of all mankind. The Messiah comes not only with the key to solve human problems, but also the key to solve heavenly problems, God's problems.

Since the source of every problem has been the separation between God and man, the Messiah comes for one single purpose: to bring God and man into unity. This will solve both man's and God's problems. Where will this unity between God and man begin? What is the starting point? An American President might say that this unity must start in the White House here in this country because, after all, America is the greatest nation. Maybe communists would want to possess God themselves, and their unity would probably begin in the Kremlin. But even if there is tranquillity in the White House, if the people of America are suffering and desperately unhappy, then this has not truly solved the problems of the nation. And even if the people in the Kremlin can enjoy a rich life, as long as the people of that nation are suffering, that certainly does not represent happiness.

Unity between God and man does not begin in high places, in the office of the sovereign or head of state. It begins with the individual at the very bottom of human life. Even within the family a father and mother may have reason to be jubilant, but at the same time their happiness may not be shared by their children; the children may be desperately unhappy...

There are three choices: to go forward, to stand still, or to retreat. Which is your choice? I want you to know one important thing: It is your destiny to go forward. Whether you like it or not, whether at your own will or someone else's will, regardless, you must get there. As you go forward your achievement is

greater, you are entitled to higher heaven.

God is so willing to push you because this is your only opportunity. In His love God is ready to push you, even club you. If a person will accept it and persevere through such pushing, even crying but still striving to go forward, God will push. There is no mercy in this situation. The problem is that God hesitates to do it because if He pushes you too much, you might just collapse, and that would disappoint Him so much! He is inspired by the kind of person who can take a beating, saying, "Father, come after me; push me all of the way. "You men and women are dynamos; you must always have energy for thrusting yourself forward, for running within yourself.

OPPORTUNITY FOR HAPPINESS OR UNHAPPINESS

True Father March 2, 1975

When you attain your goal, you feel real happiness and find yourself a victor. You must overcome all the difficulties which you encounter on the way, and when you attain your goal, when you look back to your past, you feel real happiness. Then our conclusion is that our happiness can be felt only after winning the victory.

Then what is unhappiness? What must the definition of unhappiness be? It is when you are a failure. Where is the boundary between happiness and unhappiness? There is no ready-made place of happiness or unhappiness; your actions are the sole determinants of your happiness or lack of it. Thus, you are always placed on the boundary line between happiness and unhappiness.

Every moment you are there. Step to your right and you become happy, but the moment you step to the left, just one step, you will fall into unhappiness. Step by step, you walk on the path of life. So, to step one step forward is very important. When you want to step forward, it is always your mind that controls. When you look for happiness, you must always study carefully in your own mind, because your mind is the subject, which must decide where to go. Everybody knows when they themselves are happy. You know the direction you must follow in order to gain that happiness. It is not that you don't know, not that you cannot carry it out.

There's no single person in the world who doesn't know what unhappiness is, and in what way we should act to avoid unhappiness. Isn't it true? (Yes!)

Then with the knowledge of what is happiness and what is unhappiness, why do you still follow the path of unhappiness? In a word, when we separate from God, we are unhappy. When we have God in our heart, we are always happy, in all of our actions. Now your path is clear.

Your happiness or unhappiness: when do they come, and when do you have a clear picture of where you are? From what point would happiness or unhappiness begin? You can never be sure. Throughout the 24 hours in a day, every moment, you will decide whether you are going to be happy or unhappy. Most of you may say that while you are asleep, you don't decide whether you are going to be happy. Who knows?

IN JIN NIM'S WORDS

RESPONDING TO TRAGEDY: OVERCOMING THE BLAME GAME

In Jin Nim, November 27, 2011

Taking Responsibility for Ourselves

Some of us are stuck in the idea of being a martyr. It is very unhealthy taking responsibility for others and really is a detriment to our own well-being. People suffering from this martyr complex might be telling themselves, "My poor life! Why was I born in this family? Why was I born so destitute, with no prospects for the future?" Many African Americans might have felt like this before the civil rights movement: "Why was I born black?"

When we decide to take responsibility for ourselves, instead of just seeing ourselves as prisoners of our fate or our present circumstances, we realize we can do incredible things. African Americans have begun to realize, "I am no different from white Americans. God created me in his and her image, just like my white brothers and sisters. I have the right to live my life as a dignified and divine being, and I have the right to not blame my misfortunes on my race or its history. I have the right to look toward the future and my glorious destiny, to pull myself up by the bootstraps and become that great person and agent of change." It's this kind of thinking that allowed a black man like President Obama to sit in the White House.

Let's not be resigned to our fate or our particular situation, but rather understand that we can be that agent of change, that instead of waiting for God to send us a miraculous cure for all our ills and problems, let us know that God gave us the spirit within. In fact, God resides in the very spirit that is within, as it says in I Corinthians 3:16, where Paul said, "Do you not know that you yourselves are God's temple, that God's spirit dwells in you?"

We are not a product of the circumstance that we find ourselves in. Regardless of where we are born, what tragedies we find ourselves faced with, what difficulties are in our path, the spirit of God resides within. If we truly believe that we are God's temple, then we have a duty and a responsibility to live that holy life, to live that grateful life. Instead of feeling sorry for ourselves, thinking, "Poor, pitiful me, or, if only my parents were this way, if only my friends were this way, if only my grandparents were this way," we realize that instead of blaming others for our misfortune, God lives within us and we have the responsibility to live for the sake of others by supporting, encouraging, inspiring, and tapping in to the divinity within us.

I always remind the people that I find stuck in this martyr complex, blaming everybody else for their misfortune, that if we are true martyrs, it doesn't matter how much we are suffering, dying, or persevering. If we are true martyrs, we would not be blaming others. We would continue to pray for others. We would continue to wish well-being on others. We would continue to want to empower others while we are suffering, while we are dying.

"Blaming Others Leaves You Perpetually Lame"

Usually what I do when I'm faced with a difficulty or obstacle is I like to write. One of the things I wrote down for myself that seemed to help me in this process of desiring to overcome this impulse to blame others was this sentence: "Blaming others leaves you perpetually lame." It leaves you or me or anybody perpetually lame, in that you feel like you're handicapped. You cannot do anything but continue to blame, continue to be negative, continue to not see hope or

meaning in your life. Blaming others leaves you perpetually lame.

You realize that only when you can really discover or uncover the inner flame within, with the courage to change. So instead of blaming others who keep you lame, if you can uncover the inner flame, meaning the divinity within, with the courage to change – not change others, but with the courage to change yourself – that’s the way you keep yourself ahead of the game, meaning dealing with all of the things that life puts in front of you, all the trials and tribulations or the tricks that life might play upon you.

Only by uncovering your inner flame with the courage to change do you stay ahead of the game. That reminded me again of the Bible verse where Paul said that God dwells and lives within you.

When I was confronted with the desire to blame others, I asked myself, how can I get myself out of this rut? How can I get to a point when I start looking toward the road I’m driving down and not be stuck in the rear-view mirror, always stuck to what has gone on, always stuck to the reasons why I should be miserable?

Determining Our Own Destinies

The first thing you have to do is have a clear vision of what you want. You may find yourself in an un-ideal family or relationship, but in order to change or get yourself from the rut you are in, you have to have a vision of the family you want to build. We have to understand ourselves in relationship with God, understand why we’re here, and understand that God is our Heavenly Parent who created us not just to suffer and wither away and persevere and die, but he really wants us to be that brilliant light bulb casting glorious light into the world. When God created you and me, his eternal sons and daughters, as divine creatures, he had a vision for all of us, for the kind of life he would like all of us to enjoy and feel fulfilled in. When we have an understanding of what we want in our life, then we realize that the next step is to come up with a course of action. We have to have a clear plan in being able to identify what we do not want in our lives and what we do want.

Instead of blaming others, petrifying ourselves into a miserable state, we start looking at our individual circumstances and say, “This is a tough situation. These are the things I’d like to get rid of, but these are the things that I would like to work on. These are the things I’d like to see in my relationship or in my family”. So you identify what you don’t want and what you want.

Then there has to be a commitment to be responsible in that we are going to be responsible for the change in our lives. We are going to be the agent of

change, regardless of how difficult, regardless of how unbearable our situation is. If we have the vision, and we have the plan, and we are committed to being responsible – meaning, carrying out that plan diligently and with commitment – then we will be able to see the fruits of our labors.

When we say we’re going to be responsible, it means that just like the way blaming others and gossiping about others takes a lot of practice and a lot of hours over coffee, in living a proactive and positive life, where we can determine our own destinies, being responsible means also practicing this each and every day. By being responsible, we are agreeing to commit ourselves to daily practicing.

The greatest form of practice is prayer, daily reminding ourselves why we are doing what we’re doing because we’re committed to accomplishing the vision that we have set for ourselves. We have a plan of action; we know exactly what we don’t want, what we do want. We know what we need to do to get there: by deciding to be responsible and committed to the process by practicing. Just as we practice blaming others and therefore create a negative attitude toward life, what we need to do proactively is practice thanksgiving and practice being grateful so that we can concentrate on a daily basis on all the reasons we have to be grateful and inspired. This is the reason why, young men and women of the movement, we need our parents.

DEALING WITH EXPECTATIONS

In Jin Nim, January 1, 2012

Transitioning Into the Time of Settlement

We often talk about this as the time of settlement, when we are not called just to suffer and be miserable and die for the sake of others, but when we are called to fulfill God’s providence, to fulfill God’s original ideal of creation by creating that beautiful family, society, nation and world. This is a time when – because we are internally excellent and externally excellent – everything we do can be anointed and blessed by God, resulting in the golden touch by which we can prosper and be successful. We can be fulfilled and satisfied in the work that we do.

This is what loving life is really about. It’s about building on the sacrifice, suffering, and difficulties that the first-generation have laid as that foundation. They have dug well, creating a deep and wide foundation. Now what we need to do in this era of settlement is to reap and harvest all they have given up for the sake of this movement – and with a grateful attitude and loving heart to build

that beautiful house for God and humanity.

For me this is a profoundly exciting time. I've often thought how wonderful it would be if the different teams or organizations in our movement could come together realizing that the different organizations – like UPE, Women's Federation, and CARP – are not just independent organizations but represent different facets of our universe and our movement. They are like different fingers on a hand in that they need to work together to reap, create, and substantiate the kind of results we'd like to see.

“God Always Delivers”

Brothers and sisters, this is an immensely exciting time. We as a community are now going through the transition process of changing our survival mentality of the wilderness to the mentality of prosperity and settlement. I know a great many changes have taken place, and I promise you that changes will continue to take place, whether we are comfortable or not. Many times changes are extremely difficult for those who are set in their ways. But this is not a time to be petrified or set in our ways. This is a time when God and our True Parents are saying, “Look, this is a time when we can enjoy unprecedented growth and opportunity – but things might not come in the ways we have expected, nor in the ways that we have pled for in our prayers.”

I'm sure a great many Christian men and women have begged and pleaded to be living at the time of the Second Coming. Perhaps they were hoping for another Jesus Christ. Perhaps they were looking for somebody with Western features or Middle Eastern features, or, if they were inundated with the Hollywood version, a Jesus with blonde hair and blue eyes. But God delivered on the expectation that we've had for the Second Coming. God always delivers. It's just that this time around, the Second Coming is a Korean man. This time God gave us not just half the picture but the total picture, with our beautiful True Mother.

So the world was not ready. It was not expecting an Asian man and a beautiful woman who together would symbolize the True Parents of humankind as agents through whom we can graft on to the heavenly lineage of God. But whether we're ready or not, they're here. They are with us, and they continue to do great work.

Even though they may be different from the expectations we have had of what the Second Coming might be – “Is he going to ride the cloud down into our midst? What is he going to look like? Will he be like an alien, a superhuman?” – thank God our True Parents are human because they give us hope that we can have a role model in them, knowing that if they can do it, so can we. If they are telling us that we are divine and eternal sons and daughters of God, then we are.

When we think about all the things we expect of God, or, when we look at ourselves as children expecting our parents to be a certain way, we have to realize that many times the expectations that we project on God, our Heavenly Parent, or even on our own parents are very much our own. Our own expectations are not necessarily what God is prepared to deliver or what God is delivering. Many times if we get stuck on our expectations of what I want from my God, my parents, my senior pastor, my spouse, my brothers and sisters, or my best friend, those expectations have a tendency to override the blessing that may be given in very small and sometimes very unassuming ways. We may expect the big, only to forget and not appreciate the small blessings that God gives to us every day in many mysterious ways.

“Lean on, Trust in and Be Confident in the Lord”

In Proverbs 3:5–6, Scripture tells us, “Lean on, trust in, and be confident in the Lord with all your heart and mind.” Lean on, meaning you can be vulnerable because you're in good hands. You don't have to be afraid of True Parents. You can lean on True Parents. Don't be afraid to trust in God. Don't be afraid to trust in True Parents. They are our parents. They're going to be there for you, for me, for all of us. And be confident in who we are. Be confident Unificationists. Be confident in that we are their children.

The same passage also tells us not to rely just on our own insight and understanding. Again, at the time when we feel the need to call SOS – if we find ourselves floating on a cinnamon tree in an open sea, wondering, “How am I going to find my deliverance?” and we're waiting for the Coast Guard to zoom in and save us – well, perhaps the deliverance may come in a different form than what we expect. Perhaps our own understanding of how we might be saved from our predicament, or our own insights into what would be necessary at this time – “If only God would send me the Coast Guard.” “If only God would send me Jesus on a cloud” – might not exactly be what God sends us. It might be a school of ants. It might be a swarm of annoying mosquitoes.

I think when we're young teenagers, trying to grapple with our identity, many times we can look at our parents as creepy things that make us miserable. “Why don't they just get out of my hair?” It's like trying to get ants out of your hair. But what we need to realize is, “Parents are God's way of saying, ‘It has been delivered, and in the course of your life you will realize that the very ant that you and I tried to get out of your hair will be the source of your deliverance, the source of your blessing and great fortune.’”

Often we might look at our parents or brothers and sisters as annoying mosquitoes: “Get out of my face!” Or we might have a pesky younger brother

who's constantly annoying us, as though they're sucking the living daylights out of us. Family relations are difficult.

But sometimes God sends a school of mosquitoes in an annoying form just to help make us better on our road by truly rubbing up against us to reveal the beauty and treasure within. Then we need to realize that God always delivers in his and her mysterious ways. It takes maturity and life experience to realize that God was always there from the beginning and will always be there throughout our lives – and that's the same with our True Parents.

The Bible says, "Lean on, trust in, and be confident in the Lord, with all your heart and mind, and do not rely on your own insight or understanding." It says if we do so, then God is there to direct, to make straight and plain our road. God is there not to make our life difficult, but God has prepared the road. He continues to pave the road for our future. The only thing we need to do is to walk that path as a dignified and grateful son or daughter of God.

If we do so, we will realize how much God truly loves us and how much God continues to love us, every day of our lives. Just as it says in Buddhism, in Garland Sutra 10, "all conflagration burns things to a crisp." Every different conflagration burns all things. But in the field of Buddha's blessing, the conflagration or the fire basically burns away all the fabrication, all the superficialities, all the things that are meaningless that need to fall by the wayside as we come to seek genuinely and see the truth.

Likewise, the process of shifting our lives, our faith, and our growing families from the time of the wilderness to the time of the settlement, from a survival mentality to an understanding that we are to be fulfilled, prosperous, satisfied, and successful individuals of God, is going to take some work. But just as fire and the burning process can be extraordinarily painful, in the field of Buddha's blessing all conflagration reveals and burns up the fabrication that exists, to reveal the beauty within.

That's really the beauty of our lives: Being able to come to a place in our lives – you and me, every man and woman here – to truly see what we're made of. When we can do that, we realize, "Yes, God really loves us. Our True Parents really love us." And we realize that with all the suffering we've gone through, if only we can have the heartistic attitude of the boy being endlessly compassionate and loving, living for the sake of others, and sharing in his safety with others, then we can be amazing people.

A BALD HEAD AND A STRAWBERRY

Hyung Jin Nim, January 1, 2012

The Pond

As I looked into the pond -- depending on my focus -- an entirely different picture emerged. As I relaxed my eyes I could see the reflection of the vast blue sky, the cool canopy above, and birds drifting by with an occasional chirp. But as I focused into the water and not merely at the surface, I saw the profound world beneath. I saw rocks, animals, an entire ecosystem, but I had to maintain my focus, because if, for even a second, my focus relaxed that world beneath would disappear and the illusion of the reflections would re-emerge and dominate my reality.

It occurred to me that this very moment, this very insight, did in fact mirror the reality of our existence. Without the proper focus, with just the relaxed vision, the world of appearances would overpower any deeper, more profound, reality. What lies beneath the surface of this thing we call life? Most, unfortunately, will never penetrate it. The surface's reflection is powerful, showing us our houses, cars, accoutrements to success, our dogs, etc. We can ineluctably begin to believe that this in fact (what we are able to see in our relaxed vision -- what we encounter on a day to day basis) is the reality of the entire world, universe, or Hananim for that matter. But what lies beneath?

This lingering question is of the utmost importance. Just as with the pond, we could never imagine dwelling below the surface with its slippery algae slopes, and dark, dank, wet, cold. The water is a fearful thing as we

are substantially impeded within it. Our natural instincts of fight or flight are substantially affected when we are immersed in water. Our movement is encumbered, we cannot breath under water, we are in the most alien of environments, our vision is literally taken away (human beings process 90% of information through the visual field), etc.

This is also the case with the reality of the pond we call our world, our cosmos, our Hananim. There are children whose lives turn to shadow before them, as death lowers its veil over their eyes, as the mother weeps, wailing for someone to help. There are our fellow human beings, wading in feces-ridden homes, coughing up their insides only to die on the, cold dirt floor -- alone. There are those with nothing to eat; those with no sight, no hearing, no limbs. There is a Hananim that weeps with the mother seeing her emaciated, drooling child gasping for air ... for hunger ... for life. How much the world under the persistent reflection of our comfortable lives, suffers. It is cold, dark, suffering, filled with pain, anguish, illness, and death. We are in the pond, in the cold, in the alien world, we are in fear. But what is the true existential nature of fear? It is an emotion -- a feeling or a combination of many states and feelings.

And who really has control over our emotions and feelings? We do. This world beneath the surface, this reality of our fellow brethren, and of our Heavenly Father is fearful to us because it forces us to look past searching for just our own happiness (What is happiness? -- To be discussed.) How convenient it is to cover our eyes when we see children in Africa dying or people walking in Manhattan as the living dead? How convenient it is to shield our eyes from our brethren's fetters of spiritual imprisonment. How convenient it is to forget about the world, cosmos, Hananim, or our interconnected suffering?

There is a sparkle though -- a sparkle of hope in these murky dark waters, however. If we can learn to control our fear, to direct it, it can be used as a companion. We can use that sense of fear, not to run away as usual, but to propel us with courage to embrace, to love, to serve this suffering side of the world. Fear itself can be transformed. If we live like this, with the constant awareness of the world beneath the reflections, we can lift people, lift humanity, lift Hananim from these suffering conditions. We can transform suffering into freedom.

NOTES



AILEEN GRANSTROM

GPA only happens once in a lifetime. But the training and the growth stays with us forever. I'll never be able to pay True Parents and True Family back for what they've freely given to me, but I can say with confidence that because of their investment into me I've gained a deep, personal relationship with my Heavenly Parent that will only continue to grow. In Jin Nim and her family have made me feel like I am a part of True Family. Now I know for certain my value as a blessed child. I hope I can make my parents proud by becoming the best I can be. I love them so much and I hope they see that. They're my inspiration and I learn the most about God and True Parents love for me through them. The only way I can pay off everything I've been given is to love my life, be the very best at whatever it is I choose to do in the future, and love God and True Parents with everything I do. I wouldn't trade these two years for anything. I hope I can read this paragraph thirty years from now and smile knowing I've accomplished these things.

This is my advice to all future GPAers. The dollar menu is your friend, Walmart is your home, and God and True Parents will always love you.

"Take the first step in faith. You don't have to see the whole staircase. Just take the first step."

- Martin Luther King Jr.

I've loved theses past two years! I can honestly say they were the best two years of my life. I don't know if anyone who's ever gone through this program can truly express how lucky they felt to have been so loved. I know I can't. But I can say that every memory I made; every fundraising run, spontaneous Vegas trip, ballroom dance class, sharing, morning service, call back home, Lovin' Life service and person holds a really special place in my heart. Thank you Heavenly Father, True Parents, Mama, Papa, Leon, Julia, Irvin, Miyuki, Issac, group leaders, core staff, and team leaders. You're the best!

"Learn anything you can, anytime you can, from anyone you can - there will always come a time you'll be grateful you did." - Sarah Caldwell



AUGUST LINDSAY

"And in the end it's not the years in your life that count. It's the life in your years."

- Abraham Lincoln



CHIYO TANIMOTO

I guess what I want to say to the GPA graduates is to trust God. When you set your determination to do something, no one else is accountable but you alone. It's between you and God. When you love someone, you have to be able to show it. Let them know. If you don't love someone, then you get the chance to work on it. No one automatically knows how much love there is for them or exists around them. That's why when I feel like I have love, I can be grateful to all those who God has worked through. I feel grateful for the people who connected with God and tried to show His love to me. Ultimately, True parents are that connection and our mission in life is to be the same for others.

One quote that got me through the year was, "Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us. We ask ourselves, 'Who am I to be brilliant, gorgeous, talented, fabulous?' Actually, who are you not to be? You are a child of God. Your playing small does not serve the world. There is nothing enlightened about shrinking so that other people won't feel insecure around you. We are all meant to shine, as children do. We were born to make manifest the glory of God that is within us. It's not just in some of us; it's in everyone. And as we let our own light shine, we unconsciously give other people permission to do the same. As we are liberated from our own fear, our presence automatically liberates others." -Marianne Williamson



CYNTHIA JONES

First, I would love to sincerely thank God and True Parents for fighting for me every moment that I was fighting for them. Thank you In Jin Nim for being a second mother to me and always having the best interest of second generation in mind. You have inspired me in ways you will never know, and have allowed me to realize my value. Thank you Roland oppa, Kenzo san, Akira san, Tolik oppa, the Nadya unnis, all the second years, third years (esp. Izak oppa), and the fourth years, for your investment into this program, and for contributing to my experience this year and the last. I want to thank my parents—Mama and Papa Jones for your constant love, support, and belief in me. I am who I am today because of all of you.

These past two years have been more than I ever could have expected. Of course it was difficult at times, but the hope, love, joy and gratitude I now feel for my life, without a doubt outweigh any difficulty I have faced. One thing I feel I have come to learn is that when you are broken down, it is only so that God can build you up stronger than before, happier than before, and able to experience more of His love than before. My experience this year, in taking care of members, has shown me the frustration, the fear, the sadness, but most importantly the love God has for all of us. I am determined to make my life a gift to God and True Parents, who have given me everything, and be someone they can trust to carry on their legacy and all they have invested into.

To all those returning next year—thank you. This will be a year you'll never regret.

"I never said it would be easy, I said it would be worth it." - True Father



EIKA DAVIS

The reason I am here, in the embrace of our incredible movement and our True Parents, is all the hard work and investment that the True Children have put forth across the world to make True Parent's Dream a reality. I want every moment of my life to reflect the incredible fruits of their labor and the vision that they work to impart to us. In the future, I envision myself as world class. I have yet to understand which path destiny will lead me towards, but I do know that whatever path I take, I will work to become the best. I determine to do this over and over again, because In Jin Nim, Jin Sung Nim, Shin Myung Nim, Shin Kwon Nim, Shin Sun Nim, Shin Yul Nim, and Shin Pyung Nim have all showed me and pushed me to become a beautiful flower in God and True Parent's Garden. They tell me not to do this for myself, or even them, but for our beloved True Parents and the raising up of our international Unification community. My mark on the world is a product of their love for all the young Unificationists across America. GPA has given me this opportunity and for that I am grateful.

First of all, I feel that gratitude is a good point to start with. I am eternally grateful for God, True Parents, In Jin Nim and her family, my family and my extended GPA family for making these last two years of my life awesome! I want to give a special shout out to the core staff (Roland hyung, Akira san, Kenzo san, Tolik hyung) for making this happen year after year. They have been the ones stressing meeting after meeting to make sure everyone could have the best experience of growth towards God and True Parents. I also want to express my gratitude to my older brothers and sisters who personally guided me through these years. Thank you Ross hyung for always believing in me and pushing me beyond what I believed I could do. Thank you Klein hyung for always bringing me back to the root of our faith, which is True Parents, and for reminding me what a privilege it is to be their son. Thank you JJ hyung for being there for me all year long, and guiding me to experience the heart of God and True Parents. There are so many other people that supported me and the ones around me, you know who you are! Thank you so much.

If I were to leave one point behind from my experience in GPA, I would say that if you want a relationship with God and True Parents, it isn't about how many hours you pray or how much Hoon Dok Hae you read. More than anything you need to understand God and True Parent's heart, and the way you can do that is to strive to live like they do. Once you experience the joy and pain of caring, loving and sacrificing yourself for others, that is when God comes in. I had several moving experiences regarding this point this year and I really hope that you, who are reading this, can have a similar personal experience as well. So I would suggest trying your best to make an extra effort to extend love to those around you. Eventually you will make that effort not out of pressure or obligation, but from your heart. You can change someone's life and you and it will change your own!



ELIJAH WHITMORE

"Most people who fail in their dreams fail not from lack of ability but from lack of commitment."

-- Zig Ziglar, Motivational Speaker

So it's really all over... the traveling, the late nights, the long runs, the smelly feet, the bench or crack, the crazy blitzes, the ballroom classes, the food box, the dorms, the pt's, the welcome backs, the team meetings, and living out of a duffle, but I miss it already. These two years have literally been the hardest I have ever had to push myself, but by far have been the most fulfilling times of my life. Although frustrating at times, it's personal growth and understanding, in my own life of faith that has taken me from being just another student or teenager to a person who is trying to understand really what I can offer to a bigger picture and why it's so significant. I am SO overwhelmed with this thought of gratitude. I never thought there could be something that I cared so much about as this program, in every sense, the relationships the environment, the experiences, everything.

In particular the relationship I have with my commander Kenzo san, has literally changed my life. Thank you for always doing what was best for me, and not what would always necessarily make me a happy captain. You really are my second dad, I love you so much. You are someone I will always be able to depend on. Also, all my past captains and those who have taken time to care and worry about me, thank you so much, I really do have to testify to you for praying for me and teaching me so much. I absolutely have to thank my 2nd years. I love you all, so much more than words can even begin to express. You all have been with me since the beginning of my 1st year and maybe our relationship didn't grow till this year, but you all have really had such an impact on my life and have given me an incredible amount of hope and inspiration for this movement, in showing me that there are people who believe in the same things as me. I do really want to thank my trinity! Natasha. Yes. We definitely are different people but you have shown me so much and have made me laugh so hard. I am so incredibly grateful for the love you give to everyone around you and your carefree spirit. I am so amazed by you and how you fight through so much for the sake of something way bigger than yourself. Youngbok! We have been through SO much, you, Natasha, and I. Thank you. Just for being there for me always. Thank you for always calling me out, and not doubting me through anything. You have so much integrity and sincerely care for not only me, but so many others, even if you tell yourself you don't.

The only advice I can give to you who are reading this is to believe that when you're in a really awful place, you really can only go up. Don't wait for something to happen or simply push an issue away from you. Fix the situation you have gotten yourself into, even if it's tough. It will be only for your benefit. Now is when your GPA year really comes into play and you see the advantages coming into your life. So just be proactive.

I will never be able to thank God, True Parents, and In Jin Nim enough for what I have been taught through my two years on GPA. But I know I am not here only to be grateful but to continue on in my growth. So I sincerely want to thank GPA, for giving my life a beginning.

"More important than what you know, is how you live." - In Jin Nim

If there's one thing I would hope for people to understand, it is the amount of liberation that comes with understanding True Parents, because that's where we come from. Words cannot describe how grateful I am to have learned lessons of love, respect, and patience - and how I feel free to be myself because of them. Thank you GPA for being my home for the past three years and for giving me endless opportunities to discover myself. It is only because of the unyielding love I felt that I was able to come as a naive idealist and leave a more understanding and confident person. Thank you True Parents for giving me a world-wide-community and for being the example of love I see all around me: through my elders, impact training, my parents, group leaders, In Jin Nim, and Jin Sung Nim.



EMMA TECUN

"A loving person lives in a loving world. A hostile person lives in a hostile world. Everyone you meet is your mirror."
-- Ken Keyes



EMILY ISEDA

I want to express my deepest thanks to our Heavenly Parent, True Parents, In Jin-Nim, True Family, and my incredible husband for giving me the most valuable three years of my life thus far.

To everyone graduating this year, congratulations! My wish for all of you is that you go on to bigger and better things with a sense of accomplishment in your lives. Accomplishments in developing your relationship with our Heavenly Parent and True Parents, your life of faith, leadership abilities, and self-discovery.

After graduating as a second year team leader last year and moving on to be with my husband, Ju Heon Jung, in Korea, I realized the value of my time on GPA. Because of GPA, I felt a need for having God in the center of my own personal and married life with my husband. Even after I graduated, there were some things that I couldn't seem to digest or fully appreciate. I'm sure there are some of you that feel the same way in one aspect or another. My advice for you is to keep an open mind and heart and still look to our Heavenly Parent, your parents, and friends-of-faith for answers and guidance.

GPA is training ground and more challenges will be lying ahead for you to take on in college, your career, married life, etc. and are MEANT for you to conquer. I'm sure of that. After discovering that myself, I felt like I could do anything as long as I had my heart and investment completely into whatever it was. Coming back to GPA in January to work at the Learning Center, with that in mind, I was ready to do whatever I was needed for. I don't think I would have been able to see my time being back on GPA in the same way as I do now if it weren't for that point.



EUN HWA MOUDA

"Success is waking up in the morning and bounding out of bed because there's something out there that you love to do, that you believe in, that you're good at - something that's bigger than you are, and you can hardly wait to get at it again."

- Whit Hobbs



FELICIA BRATTI

These last two years have been too exciting, memorable, deep and challenging to possibly explain in a paragraph. But if I were to give it a shot I would have to start with the people who nurtured and guided me the whole time: Tolik oppa, Kyra, Misha, Neal, Danny, Maryam, Kimisei, JJ, Akira san, Soogin, my parents and of course God. Honestly, when I think of these people and others I grew close to, the places I've been, the obstacles I've overcome, how much I've come to understand True Parents, and how much I've grown myself, all I can feel is gratitude. My biggest lesson this year has been that somewhere, somehow, God is always taking care of me. It's not all about what I do, what I accomplish. You've just got to do your best and remember God's your parent. Yep, there it is man. I've got a lot ahead of me this next year and after, and I just hope I'll always remember this. Thank you GPA.

The one thing that I've realized is that our life is not for ours alone. Every personal challenge and obstacles are speed bumps. If we don't go over the speed bumps then there is traffic waiting for you. You hold the line back. Basically we hold our line of legacy back. If you are not able to want to go and grow through challenges when it comes or when you approach it, then you don't care about that legacy. Each person is helping you to become that awesome dad or that amazing mom in the future. So basically, life becomes joyous because everything is not for us but for our future spouse and future children and family. We don't live our life for ourselves but for others. Life then becomes exciting and worth it.



HIRO ANDO

Dang these past two years have been really crazy. There were so many ups and downs, but I think all of my brothers and sisters finishing second year with me can agree that we learned more than we could have imagined. I know I wouldn't have been able to go throughout this year without God, True Parents, In Jin Nim and her family, my own family, and my future family. I feel like I can't give much advice, except to say "Your experiences make it good, but the realizations make it last." - Yeri McClain
Don't forget the moments you had with your brothers and sisters and with God.

Don't forget all the people who invested into you. Hold onto your friends of faith and develop your relationship with your family. Family is one of the most important words in my dictionary. So remember "WITHOUT GOD AND TRUE PARENTS, WE WOULD BE FRIENDS NOT FAMILY." -Kimisei Miyake.



HYE JIN SUZUKI

I'd love to express my gratitude for my past two years on STF/GPA. These years were not just an expanse of time, but a collaboration of the effort and investment of many. So...what does that actually mean? It means that if not for others, I would never be in this place, never freely granted the patience and opportunity to love my life. So who are the others? My Heavenly Parents, True Parents, True Family, In Jin Nim, my family (Mom, Dad, Ian, Andrea, Alissa, Tobin, the Schmidts), core staff, group leaders, Tolik oppa and the Kazak family, the IWs, my trinity members Shinai unni & Boninisan; Nate oppa & Sarah unni, GPA/STF family-2nd years & 1st years, thank you all my members this year, all my oppas & unns last year. These have been the two greatest years of my life, but also just the starting point! Thank you all so much. Love you!



IRINA MILLER

I'm sure everyone is really tired of hearing this, worded in different ways, but here it is - I can't believe how much I've changed these past two years. It's ridiculous. Eeyore to Winnie-the-Pooh, raincloud to sunshine. In all seriousness, these past years gave me the support, opportunity and strength to transform myself into someone that I never thought I could be. I'm so grateful for all my team leaders and group leaders who invested so much love into me, and helped bring me out of the sadness and hopelessness that I had been in for so many years. Throughout high school and my two years of college, I had dug myself a deeper and deeper ditch of resentment, depression and despair. I had no connection to God or True Parents. I was positive that I was someone who could never give or receive love, and I had no hope for ever being happy. Through the guidance on this program, the many many many talks I had with my leaders, and through experiences I had either at the Leadership College, Overseas, or during fundraising, I now have come so far in understanding how capable I am of loving, how much I am loved, and how bright my future is. I now know that happiness is a choice. It is a decision that I have to choose to make. I know that my life is in God's hands, and I've come to see and trust that, just as God had never left me in my past, God will never leave me in my future. As my favorite bible quote says:

"For I know the plans I have for you," declares the lord, 'plans to prosper you and not to harm you, plans to give you hope and a future.'" (Jeremiah 29:11) I now have trust, hope and excitement for my future. Thank you again In Jin Nim, STF/GPA, my team leaders, group leaders, and everyone who has loved and supported me through the past two years. I love you, and I'll always be here to support you and return the love that you have given to me.



JESSICA SATTINGER

"Courage is not limited to the battlefield. The real tests of courage are much quieter. They are the inner tests, like enduring pain when the room is empty or standing alone when you're misunderstood."

-- Charles Swindoll

"Be who you are and say what you feel because those who mind don't matter and those who matter don't mind."
-Dr. Seuss

I'm done! Good bye GPA! Thanks for the memories. I was trying to think about what the best experience I had during my 3 years... and I didn't feel like thinking so hard. All I know is that my past three years have been such an amazing experience. I experienced the highest of highs and lowest of lows. But every time I hit the low someone always brought me back up. If you're thinking about joining, DO IT! If you're graduating with me I love and miss you already! THANK YOU HEAVENLY FATHER, TRUE PARENTS AND TRUE FAMILY.



JJ SCHMIDT

I can say with 100% confidence these two years have been the best two years of my life. Until now, I didn't realize how much I need god, but also how much he needs each one of us. I've had to face some of the hardest challenges of my life these past two years, and even though at times I wanted to give up when it seemed impossible, God always led me through with a gentle touch. Don't be afraid to be vulnerable, in fact, look for those opportunities. I promise those are the times when you meet god. BUT! You have to be willing to put everything else aside, and go through the poop-storms when they come; and they will. The strawberries are at the end. A standard means a way of life that you are committed to. Don't compromise your standard; it won't help you or anyone. If you work hard, you play hard; that rule is true on GPA but also in life. The small moments are the ones you remember most, so make as many as you can.

I want to thank all my past team leaders and group leaders, and every one of my brothers and sisters who have walked this rocky road with me and believed in me the whole time. Thank you UTS, 43rd, and EWH4273 for being my home away from home. The gratitude I feel for my parents, In Jin Nim and her family, our True Parents, and God, I can't put in words. I know for a fact, that this isn't the end. We are just getting started.



JOE GIAMPAOLI

I always wondered why somebody didn't do something about that, then I realized...I am somebody.

When you are told to take the ox out to the pasture and feed him, but there is no grass in the pasture, what do you do? You say, "Well, there is a spot with good grass up on the hill. Let's go there." And take the ox up the steep hill. But on the way, the ox finds some grass, quite meager by comparison, and wants to settle there. But you have to whip him and kick him without pity. Would the ox's feelings be hurt and would he refuse to eat once you finally get to the place with abundant grass? No the ox would be ear to ear in gratitude and would really go to town on the good grass. - True Father

When we go through hardship, pain, doubt, fear, or loneliness, let us remember that God is always guiding us to some amazing place. Don't give up!



JOANNA CLIVE

If looking back hurts you, and looking forward scares you, then look beside you and I will always be there.

Through my two years of STF/GPA, I feel that my connection and understanding of God, True Parents, and our church family are among the most important things I have learned. I feel that STF/GPA is the launch pad that empowers us to contribute to our church community. I'm so excited to see how we stay connected and how we will work together to really make an impact in the world. We will make God and True Parents proud. Thank you guys! Saranghaeyo <3



KARINA SUTKER

Please don't forget the things you learned this year. Please don't doubt the experiences you had. If I choose to, I can see this experience as complete BS, that they made me work so hard and I hardly got any recognition for it. That they filled me in with all these random ideas to make me work harder. All these experiences were all coincidences, all my emotions were manipulated by the strange environment. That all my experiences were all fake and stupid, just all painful sad experiences. But they're NOT!! I felt so much deep joy in these last two years that I never felt before. I built strong trust with a lot of my friends and elders. I started to understand the desperate, intense, personal love that Heavenly Father gives to me every day. There were times when I cried so hard at the chapel at night repenting to God that I wanted to be the best son to him. Don't ever doubt those experiences. You can be a divine, unique and awesome child of God, or you can be nothing, just another lump of meat. Don't fall into that negative feeling. Thinking that everything was all fake. Remember all the love you felt. Call up your friends in this yearbook. Call me, probably I'm struggling too. I love you guys sooo much, please don't forget this experience here, make this your fuel to get you going harder. Thank you so much everyone.



JONATHON COOK

Thank you for not giving up on me. I remember during the kick-off workshop of my first year, I decided that I would let go of everything except Heavenly Father. Since then, I've had times where I disbelieved in God, in True Parents, True Family, and even my own family. I've also had times where I felt those very people lifted me up and took care of me. Through it all, I've realized more about what is real in my life of faith. Gratitude is real. I will never forget fighting to understand my value and fighting to love for a higher purpose these past two years. I'm not going to let the pain I've experienced in my life stop me from giving. Keep me accountable okay?

When nothing seems real, turn to your friends of faith. I love you Kimmy, Sarah, Cyntira, Hye Jin unni, Murna nurns, Rina, Shin Ai, Nads, Aileen, Rosia, Chiiyo, Jobo, Emma, Becca, Natasha, Jess, Naomi, and Fefe. Holla at'cha girl. Thank you Papa, Mama, Seil, and Lana. Thank you absolute good spirits and ancestors. Thank you core staff and team leaders. Thank you to teams I've been in and to teams I've led. Find what it means to be grateful.



KENGO INOUE

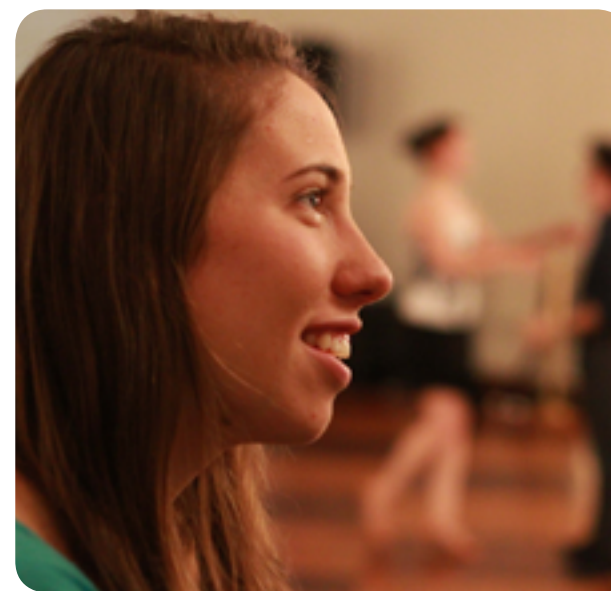
First off, I'd love to thank HEAVENLY FATHER and TRUE PARENTS. I'm so grateful for them because they provided me with everything in my life. Thank you In Jin Nim, Jin Sung Nim, Ariana unni, and all of True Family for the unconditional love you gave me and continue to give me. Thank you to my mom and dad for supporting and loving me every single day, helping me and dealing with me every calling time. Thank you to all the team leaders and group leaders of STF/GPA for providing so much support and guidance and patience (I still don't know how you did it). You helped me connect to something eternal and I can be nothing but eternally grateful for that. Honestly, this gratitude list can go on forever and ever. A paragraph isn't even enough to encapsulate a life-changing two years. These years have given me relationships that I never knew were possible. I learned to understand love in the true sense and share that on a whole new level, with a whole new center. Solid Friends of Faith for sure. It has given me a connection to Hananim, True Parents and True Family that I never thought was possible, and has jump-started my life of faith and my life in general. These two years I've developed points and characteristics within myself and in my heart that I never knew I could hit. Realizing potential I never knew I had.



KIMBERLY DICKERSON

In our lives we experience joy, we meet challenges, we hit walls, we push past any and every limitation, we throw ourselves into the unknown, we get scared, we get knocked down, we find the strength somewhere to get back up, we explore, we question...and along this path we realize that what we have really been searching for is simply...love. Love makes all the ups and downs worth it. When you can't find a reason to keep going, to keep that smile on your face, do it for love. Do it out of gratitude for the endless stream of love that has been poured into you. Do it to bring out the uncovered potential you have to change lives. Do it because it's your God given right to live life to its fullest, to find joy and to give with all your heart. Your life isn't meant to be lived for yourself. Discover Heavenly Father and True Parent's love for you and do whatever it takes to substantiate and spread that love to all corners of this world.

I'd like to say a special thank you to True Family, GPA staff, and members, present and past, that have invested into my growth and helped me develop as a better daughter before God, True Parents, and my own parents.



KYRA MOYER

"Sometimes you don't know the true value of a moment until it becomes a memory"

Only God can turn a mess into a message, a test into a testimony, a trial into a triumph, a victim into a victory.

We have a lot to be grateful for huh? I'm grateful for these past two years of STF/GPA. I'm grateful for being pushed when I didn't want to be by the group leaders and my past team leaders because from it I realized more what it means to truly love someone. I'm grateful for losing the trail for two days during adventure training because our team realized how tough it must've been for True Parents to pave such a beautiful path for us. I'm grateful for the extended runs because my team leader taught me to 'be flexible for God'. I'm grateful for members who left their dirty socks and unzipped jackets "hidden" under the seats (yeah I saw that...) because it gave me a chance to understand mamas' patience raising me. I'm grateful for the one-day notices to Las Vegas because when it's a better home for God, we can say we were there to help. I'm grateful for the times you wash your feet overseas and in the next five minutes they turn black, because you realize, "who cares?! I just gotta love these people!" Most of all, I'm grateful to everyone that was able to help me see God's love in my life-True Parents, True Family, Roland oppa, Akira san, Tolik oppa, Kenzo san, Nadya unnis, group leaders, IW's, interns/staff at 43rd, fellow second years, and precious first years. I believe for that love to be kept alive we've got to push ourselves to live a life of gratitude by constantly sharing everything we've been given, and not just think about how grateful we are. So why not? Let's keep going! We got a train to catch! OFUG!

"Our desire is to become the kind of people the sinful history of mankind has never seen before." - True Father

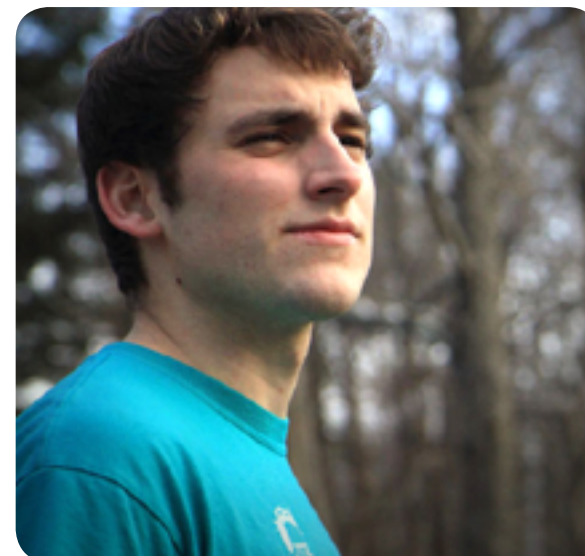


MARCUS HILL



MARINA STANA

"One day in the beautiful city of San Diego during competition, I was really trying to give my team something to work off of in order for them to connect to God or True Parents in any way. Something that I knew would be easier and much more relatable for them was to have a child's heart. Everybody wants to be a kid again and be completely free of worry and all these so called "problems" we have. So as I was giving morning service at the park, I was thinking, what is the best way for the team to connect to this point of having a child's heart? Right then and there I said to them that one of the many ways you can achieve this goal is to PEE YOUR PANTS! That was when the inspiration came to me, I peed my pants right in front of them and the whole park, not feeling ashamed or uncomfortable because in that moment I felt completely free and had no care in the world that my pants were wet and it was more than a few days away from our next shower day. As weird or funny as it may seem, I really learned a valuable lesson that day. That one of the best ways to connect to God and True Parents is to be completely free and having that child's heart that God misses seeing in us so much. Through this symbolic act, I experienced this. You should try it too. Just ask Masataka!



MIKE BONINI

There's only one man that REALLY wishes you a happy life and journey, the one who can be your pocket aces on the river when you've played every card in your hand. The man who can be your life line when you play life's game of "who wants to be Abellionaire?" The man that will answer your prayers when God's prayer hotline is busy. He hopes that your experience has been like an episode of Extreme Makeover (Life of Faith edition). He says to remember that it's all fun and games till someone gets hurt, unless it's Satan...then it's still fun. Remember if you ever Boni-need someone to talk to, just whisper his name into the winds and he'll be there ASAP...in heart. He wants to thank you all for reading this regardless of whether or not these are actually his words, for we are all interconnected beings for we all think the same things just at different paces in life.

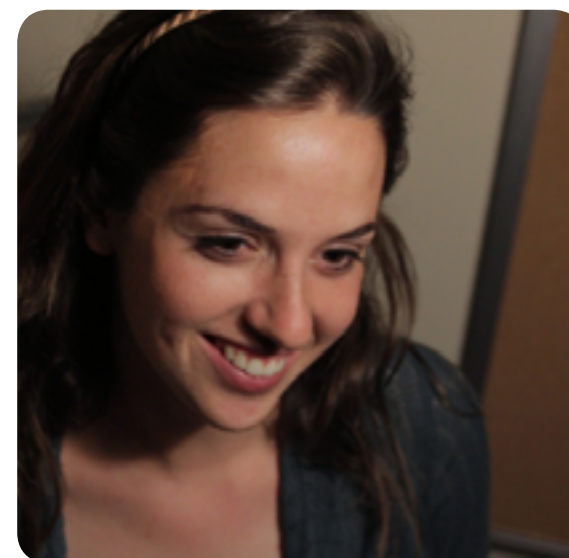
-Excerpts from Mike Bonini's biography written by Youngbok Gomez

"It is worth spending the rest of your life learning one thing, to be grateful under all circumstances." - True Father

Thanks for an amazing two years everybody! GPA has been the jazz. I know it gives God hope to see this many young people dedicating their lives to a better world, and I hope the things we've learned can help lighten True Parents' load. I want to give a shout out to the core staff for all their tireless investment into us, and also to all the third, second, and first years. I don't know about you guys, but I'm leaving GPA a completely different person than when I came. I wouldn't trade my time here for anything in the world. :) I love you guys and I hope that although we may be separating physically, we can always hold in our hearts the ideal we've fought for together.



MIKE LOVE



NADIA SCHWYTER

God gave me the gift these past couple of years of realizing how much I have to offer and accomplish because of True Parents. How much of a unique and beautiful character God implanted in each and every one of us and how much joy it brings him when we do our best to fulfill it. That's one thing I want to keep consistent in my heart and throughout my life. Thank you to everyone who invested so much into me. Even though I didn't always show it much, it means the world to me and I know it has changed my life for the better.

Thank you <3

Thank you Heavenly Mama, Heavenly Papa, True Parents, In Jin Nim, True Family and all GPA core staff. You have opened the doors to a life I can truly say I love.

"As God calls you to go beyond yourself, you'll come up against old habits and attitudes that hold you back. As you meet these challenges of a life of faith, with every step forward, you become the person God knows you can be! To have a life centered on God means to consider new possibilities... Having God at the center provides opportunities for you to transcend where you are now, and grow to where you can be." - Starting Point

Enjoy your offering! Smile. Laugh... and cry (yes crying will be involved). Just see what happens. I promise it's all worth it.
"I can. I will. I do." -In Jin Nim



NAOMI FROELICH

I could never express how grateful I am for every single person on this program. Thank you so much everyone for going on this wild journey with me. I really need to thank Kenzo san so much. I will do everything to prove that all of your love, investment and hours of having to listen to me cry were worth it. Thank you for your years of dedication to True Parents. Cheon Il Guk would never happen without you. Thank you so much to my trinity. We have been through so many ups and downs together. I would never have made it without your love and support. I have never experienced more joy than when I am with you two cutie pies. So thank you for being the best brother and sister any girl could ask for. I want to thank all of the core staff and third years for always believing in us crazy second years, even though we are very different then what you may have been used to. You stuck with us and never gave up. Most of all, I sincerely want to thank God, True Parents and In Jin Nim for their absolute and unconditional love and relentless investment. For always supporting and loving us. No matter how many times we may fall down, no matter how many mistakes you make or how far away you feel from God, never stop looking because they are always there, loving us. God's goal is to make you feel loved, and our goal is to accept that love. There are no mistakes, no coincidences, only God. He is always with you, in every little thing in your day He is there reaching for your hand. Just open your eyes and you will see Him.

"I will stay with you through the ups and the downs, I will stay with you when no one else is around, And when dark clouds arise I will stay by your side, I know we'll be alright, I will stay with you."
Thank you again for an incredible two years, and always remember God loves you.



NATASHA HONEY

When you finally let go of the past, something better comes along.



NATHAN HALLAL

I feel so lucky to have had the opportunity to work on my life of faith with so many others who either paved the path before me or walked it together beside me. "Sometimes the path you are given may look strange or labyrinthine, and you can't see the light at the end. But if the end result is true love, that is the way you must go." - True Father

Thank you God and True Parents!!! Thank you In Jin Nim, Aunt Heather, and Roland Hyung for making GPA possible. Thank you Hallal family back home in Santa Monica. Thank you Mitch Akutsu, David Schanker, Danny Heller, and Keimi Nuna for believing in me my first year. Thank you Hana Nuna, Tolik Hyung, and Naokimi Hyung for investing in me this year. And thank you everyone on GPA for your unconditional love.

In life never doubt yourself. You can do anything you put your mind to. But that's only because we have God and True Parents. When we can humble ourselves to the fact that God is always guiding us we can be attuned to God's blessing and live the blessed life.

"We are created for greatness. Because God exists, we can accomplish anything." - True Father

Favorite quote:
"Perfection is not a destination; it is a continuous journey that never ends." - Brian Tracey



ROSIA KITTEL

With a little love you can do anything. This whole year was a product of people who cared enough to give when they didn't feel like it, who were willing to show love to those who needed it the most, who have found a reason strong enough to give without limits. Never underestimate the power that love has to change lives.

Thank you second years, third years, core staff, In Jin Nim, Jin Sung Nim, and Ariana unni for proving this to me over and over.



REBECCA NISHIDA



SARAH LEA

I would like to share an experience I had this year that changed my relationship with God. It all started one morning when I was praying to God. I asked God, "God, I want to be a true daughter, and I want to be happy. I'm investing into my relationship with you but I don't feel anything." After many days and prayers, I was at a point where I began to question everything. I began to wonder why I loved and cared so much about this church. I was at a point where I was in tears and I no longer cared about anything. After expressing my heart to God, I felt bad and so I called my mom. She began to cry and told me, "Shinai chan, I'm so sorry. Because parents could not give you enough love. That's why I am so sorry." I told my mom not to say that. I told her that she is a great mom and she did her best. And that's all anyone could do. In that moment, I realized, God feels the same way towards me. God wished I didn't have to grow up in this world. He wished he could have given me more love and raised me up more directly. This world was not the way God intended it to be. God is also doing his best. I repented because I could see my mom accuses herself when she hears that I'm struggling. God must accuse Himself too. So I thought, "What can I do?" All I can say is in life we can all find a way to support God by making this world a little better then when we were born into it. So find a way to do that in your daily life when you go home. Ask yourself, "What kind of world did God intend to create?" Then think, "What can I do to support that vision?" Then we can bring God and True Parents' joy together, whether we are on or off GPA.

A God's word that has pushed me a lot these past couple of years is, "A life of faith is not easy. It takes constant discipline, constant dedication, but most of all, constant evaluation and constant desire for betterment." - In Jin Moon

Thank you so much God, True Parents, True family, my family and all my past team leaders and group leaders that have invested into me and making these past two years an amazing experience.

As this year is drawing to a close, I've often found myself remembering those who've been a part of this precious time of my life and who've been here for me for reasons I didn't understand until I found my own relationship with God and True Parents. Thank you so much, all my team leaders and my group leaders and my I.W.'s for choosing to go down this path with all its beauty and hardship so that you could guide me each time I stumbled. Your encouraging faces and words are ingrained in my mind and for me to return to whenever I feel discouraged.

I never imagined I could be so proud and so happy. I never imagined that there would be people in my life who would do so much for me. I never imagined that I could have gratitude this great, or feel love so profound. I never thought that I would discover the source of this love; had it not been for each one of my team leaders and group leaders, each of my friends of faith, and my I.W.s who believed in me and reminded me of what was true and lasting, even when I felt hopeless about myself.

In Jin Nim, thank you for opening my eyes to the profound love of God and True Parents and for expressing true love in a way that is so real and tangible and exciting that I find myself overwhelmed with pride and gratitude for everything I've been given here in this movement.

There's no way for me to express my gratitude but for me to take who I've become and what I've learned and give it all back by becoming someone greater. I really feel like this is the starting point of my life.



SHINAI COX



SOOGIN OGDEN

We did it! Our GPA chapter is finished but our growing doesn't stop here. This year will not be the same if a single person on this program was missing. That's how important everyone is. So we've all gone through a lot this year and it was packed with lots of laughter with all the new friends we've made and filled with many tears that came from all the struggles and limitations we faced within ourselves every day. Reminiscing on everything that we've gone through I know that we have all become a better son or daughter to our Parents, True Parents and God.

All our experiences that we've had are specifically for us so keep them close to your heart. It's your experience and that's something no one can ever take away from you. Anyway when you're off this program you'll probably look back at this yearbook multiple times when you're going through some hard times in life. You'll think about your year and understand that this year wasn't great because you were on top 21 in fundraising or because you brought back the most guests at 43rd or because you were the best at ballroom or whatever it is.

This year was great because of all the people you were able to love and accept in your heart and the people who truly love you for who you are. We're all going to go through hard times in life. Something everyone faces is loneliness. So give each other a call, ask how they're doing and listen to each other. You can brighten someone's day and we're all just one phone call away. The relationships that we have created this year are something you will always go back to because we're beings of heart. In the world of heart we never forget those who have loved us. Thank You God, True Parents, True Children, True Family, My Michigan Community, Mama and Papa Guchi, All my commanders and past captains Matt hyung, JJ hyung, Yoshi Hyung and Tomeo hyung for teaching me so much. Thank You all of GPA for making this year amazing.

My gosh, where to start? It's been a hell of a three years. All the way from fundraising full time my first year, to leading teams my second year, to attempting to be an "IW" ("ideal woman") my third year...oh my, what can I say? What it honestly comes down to is ... thank you. Thank you for everything. Thank you to In Jin Nim and True Family for allowing me this opportunity to learn and to serve. Thank you to all the core staff of this program—I know that during whatever time in my experience, challenging or victorious, I was always looked after. Thank you to my family who never ever stopped praying for me even if I was far away. And of course, thank you to all of the rest of you guys—you made this year what it is! What I have realized throughout my whole experience is manifold but I would like to share this one thing: we can never give up as the second generation of this movement. You are the hope of your parents, True Parents, and Heavenly Father. So, no matter what you face in your life, whatever challenge or victory, your destiny is to be a son and daughter of God and True Parents. "It is not really the prayer that matters; it is the content of your prayer that matters" (Rev. Cotter's life testimony). Whatever words you utter to Heavenly Father, say it with all your heart and with faith. Through this, whatever experience you are going through, you will come out closer to God and True Parents. My gratitude towards True Parents, In Jin Nim and all the core staff of GPA is beyond what I can express in words, but I will try to express it in how I live my life.



TAKAHIRO SAKAGUCHI



ROSS WARD

I want to sincerely thank God, our True Parents, In Jin Nim and Lovin' Life, our parents, core staff and everyone who fought through this past year, two years, three years, four years, and so forth for making this last year in my STF/GPA career the most memorable year of my life. "There is no limit to what our children can expect." - In Jin Nim. These were the words I kept close to my heart. In the life we live, we have our different paths. Each and every one of us carry a God-given destiny that we are not aware of. We might not see the purpose in life so clearly in front of our eyes. We might go through individual hardships that we don't want to go through from time to time. But amongst all the static and issues we go throughout our day, remember that each and every one of YOU are being loved by somebody, that they are proud of YOU from every degree possible. That they worry about YOU, that they want YOU to become better than who they are, so that in the end you can do the same for others. Never let the reality of society become your standard, but let the standard of those who truly love you become your reality, become your ideal...just because you want to do the same for those you love. I am truly grateful for all the opportunities that God has given me in these past three years in this program to help me become a better brother and a better son. I have been given a chance to realize for myself that it's all about inheriting a heart of true love, true parents. Thank you to all of you guys who toughed it out this year. We made it! ...but it's still not over.

"Go to places that no one has ever gone to, experience places where no one has ever experienced. Don't be afraid and try something new. I am with you, and I will always love you." - God

These past three years have been the best of my life! The only way I got through it was good friends, smiling, dumb jokes, God, True Parents, and a whole bunch of love. So thanks for teaching me about love STF/GPA. And I want to thank the core staff, my past team leaders and group leaders, my present team leaders, my group, and all those who take care of me and raise me up. Let's be the HOPE for God and True Parents!



YASTAKA ISHIDA

"There is only one way to succeed at anything and that is to give everything."
-- Vince Lombardi

Come to the edge, he said. They said, 'we are afraid.' 'come to the edge,' He said. They came. He pushed them... and they flew.

COWABUNGA SONNNN!

Out of these two years I was able to see that if I wanted to be happy I had to stop trying to mold everything around me or the way I wanted it to be. True happiness comes in the form of appreciating what has been given to you. That heavenly father has invested his best to give you what you have. It's just the matter of uncovering that.

"Be thankful for what you have; you'll end up having more. If you concentrate on what you don't have, you will never, ever have enough."
~Oprah Winfrey



YOUNGBOK GOMEZ



Thousands of candles can be lit from a single candle and the life of the candle will never be shortened. Happiness never decreases from being shared.

Character cannot be developed in ease and quiet. Only through experience of trial and suffering can the soul be strengthened, ambition inspired, and success achieved.

-Hellen Keller



YOSHI OKABE

I just wanted to say a couple things. First of all, I'm sincerely grateful you all took a year of your lives regardless of your purpose or reason for coming, to giving this year a chance to change something or simply make something within your life better. What inspires me more than making the decision to come to GPA, is that you made the decision to stay regardless of whether it reached your expectations or not, or whether you were hit by many hardships or bumps in the road, whether or not you achieved perfectly what you came to gain. Just remember to give yourself room to breathe and be patient with yourself and with others around you. The pace of your growth is not what matters. But it is important that you have a clear plan and path set out for yourself. If there's one thing I had to say, it's that a life of faith is only fit for those who can dream about what true love feels like and want to make it reality in their life. For those who only look at what is and has been, will never see what can be. I can only hope and pray that I've been the older brother God wanted me to be for you guys. Thank you Kenzo san, my trinity and all who have been on my teams for making this path that I've chose worth walking.

Thank you GPA brothers and sisters for your contribution. This year was specially blessed by God. God taught me that he wants us to understand that He loves us no matter what. And because we feel so loved by him, we should share that love with others. When we no longer feel lonely, God is also not lonely. I made him feel lonely when my ego drove my life and when I struggled to find every possible way to prove my value through my own accomplishments. I made Him lonely. I did not allow Him to embrace me with His unconditional love. As you move on to next stage of your life, please journey and grow with God. Let joy drive your life, not fear. Once you taste azuki ice cream, you won't dare turn your head back to your old favorite ice cream. Likewise, once you taste true joy with God and True Parents, you will not go back. So taste it first instead of just smelling and gazing at the azuki Ice cream.

Oh! Never forget that God loves you so much, but ... Satan loves you too.



AKIRA WATANABE



CHRISTOPHER STAIR

The world suffers a lot, not because of the violence of bad people, but because of the silence of good people.

"The two most important days in your life are the day you are born, and the day you find out why" -Mark Twain. I hope that somewhere in this long and crazy year, you have have lived your second most important day. If not, then you still have something amazing to look forward to!

I am so proud to have been a part of your GPA year this year. Watching each of you grow into brighter people through a camera lens has been amazing. My work for GPA this year has truly been a labor of love; gathering memories to frame and strengthen your experiences. The reason the Lifebook practicum and I put this book together for you was simple; so you wouldn't ever forget, so you could re-live your times on GPA in the days and years to come. My advice to you is this: don't ever forget what you learned this past year; running down the streets of a town you don't even remember the name of, yelling out an internal goal that you barely understood at the time. Remember everything, remember the love, remember your brothers and sisters, don't ever lose sight of what's important in life; loving each other and helping each other become the best people that we can be for God, True Parents and the sake of the world. When you go back home look at your old world with new eyes and a new hope.

"We shall not cease from exploration,
And the end of all our exploring
Will be to arrive where we started
And know the place for the first time."
-- T.S. Eliot

Push yourself and step out of your comfort zone whenever possible, the only thing to be afraid of is missed opportunities. I look forward to seeing big things from you guys in the future. Make me proud! I love all of you and if you ever need anything, I will always be there.

In my life, I always go back to this:
"The FINAL Analysis: People are often unreasonable, illogical, and self-centered; Forgive them anyway.
If you are kind, People may accuse you of selfish, ulterior motives; Be kind anyway. If you are successful, you will win some false friends and some true enemies; Succeed anyway. If you are honest and frank, people may cheat you; Be honest and frank anyway. What you spend years building, someone could destroy overnight; Build Anyway. If you find serenity and happiness, they may be jealous; Be happy anyway. The good you do today, people will often forget tomorrow; Do good anyway. Give the world the best you have, and it may never be enough; Give the world the best you've got anyway. You see, in the final analysis, it is between you and God; It was never between you and them anyway."

That's the bottom line. When everyone goes their separate ways, it will be between you and God. From the bottom of my heart, I want to say good luck and take care.



HIROSHI SUZUKI



KEIMI KANNO

"the reason we struggle with insecurity is because we compare our behind-the-scenes with everyone else's highlight reel"

-Steven Furtick

If you are reading this, it means you've graduated! Good job! This year has been amazing, and it's been so because you were there to be a part of it!

This is the most important part of the program, graduating and applying what you've learned. Things are going to get tough and overwhelming, but here are a few points to keep in mind:

Take the first step. Don't expect for things to just happen, make that first step happen, only after doing so will things fall into place. That means when you feel distant, take that first step back, go to church, go to a youth group, make that call. When you feel unmotivated, take that first step and go play fris, open that book, read those notes. The important part is making that first step happen. You guarantee that God will work then.

Stay connected to the movement. Make it a priority. There is always time to go to church once a month, or to give a brother or sister a call/text or take them out to dinner or coffee. Make sure you have that someone to talk to after GPA, and if you maintain that, you'll be fine.

Always, always be grateful. Always. Even when things are tough, or go bad, remember that this is exactly where you need to be in order to be the most grateful person.

Love your family, both your physical family and your extended (GPA/Community) family. They are the people there, at this time, at this moment, to help you out when you need it most, no matter what happens. In Jin Nim and her family are part of that family as well, and you are always always welcome back to New York and to Lovin' Life!

And lastly, come back to visit! We always need extra help at various moments in the year, so come back and help us out! Come to Lovin' Life and New York whenever you can, it's always so comforting to see your faces! I wish you all the best and many of God's blessings as you move forward in life.

"I have heard there are troubles of more than one kind. Some come from ahead and some come from behind. But I've bought a big bat. I'm all ready you see. Now my troubles are going to have troubles with me!" - Dr. Seuss
Bat = points listed above. Have fun!



JOHN GEHRING

The Generation Peace Academy attracted an incredible class this year, one that collectively was able to achieve much that can be recognized by the larger society. I am honored to have worked with the GPA staff in putting together service programs in Guyana, Trinidad and Tobago, St. Lucia, Korea, Japan, Thailand, Peru and Panama. Your efforts in those countries not only stimulated our church members but you provided great support to a wide variety of organizations that are contributing daily to the upliftment of society. Your contributions included the precious gift of modeling for communities the true spirit of brother and sister relationships. You served as True Ambassadors of our True Parents. Individually, you consistently move my heart as you are trying so sincerely to be a True Child of God and a responsible citizen of Chun Il Guk. I see your future as bright, full of exciting challenges and rich in things that have true and lasting value.

I feel honored and privileged to have been a part of the GPA staff these past two years. If I could sum up the most valuable things I've learned, it would be this: LOVE is the most important thing in LIFE. Genuine relationships foster love, and knowing and staying true to yourself fosters genuine relationships. In essence, the key to life and love is learning how to see yourself compassionately as you truly are, stripped away from all your defenses, the good things as well as the things you wish you could hide---and to stick to your inner voice. This journey involves commitment, consistent spiritual practice, patience, lots of guts, and ultimately a role model to guide the Way. Thank you True Father, True Mother for walking the path of forgiveness, for lighting my road.

Wishing you all the best in your future. With tons of love,
Keishu Greene Young

P.S.

And by the way, just as in Overseas, in life you can always count on: "Expecting the Unexpected". My advice: embrace it head on.



KEISHU GREENE YOUNG



KENZO TANAKA

Congratulations!! All of you are historical 1st class of GPA. These are graduation gift for you guys. "It is necessary to offer yourself to Heaven unconditionally and entrust yourself to the Will. Since God is your Father, He knows best where you should be and leads you to the place of joy and fulfillment."

True Father

"Always remember one thing, God has never forgotten you. You may have forgotten Him, but He will never forget you. So as long as you are called to go this way, do it, that is the best way for you."

True Father

"I can accept failure, everyone fails at something. But I can't accept not trying." - Michael Jordan

These quotes helped my journey to find God. Honestly, I don't know what to write here for encouragement or advice.

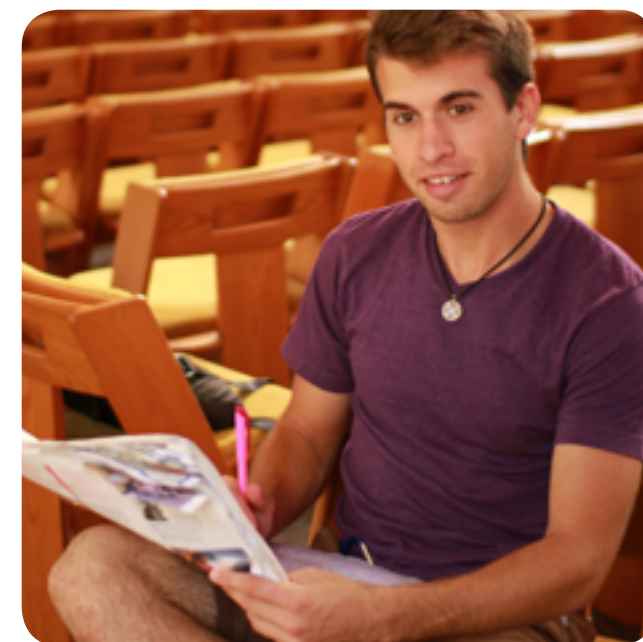
Anyways whenever you need help, just call me up. I'll be there for you.

Let me leave you with my favorite God's Words from True Father.:

"So far I am a lonely runner, running only by myself with nobody beside me or in front of me. After 30 years of running I would like to see someone running faster than I am, saying 'Father, just hold my hand, I will pull you.' Are you going to be that kind of person?"

Are you going to be the kind of person who is kind of a big deal? I know I am. Wherever life takes you from now on, remember, no matter what happens Heavenly Father and True Parents always love you and they are always there to hold your hand. NO MATTER WHAT! In every situation and every obstacle and every choice ask yourself what kind of person are you going to be? Not just for yourself but for your parents, family, community, In Jin Nim, True Parents, Heavenly Father. What kind of person will you be? I have to ask myself this often and it has taken me through the best of times and the darkest and most hopeless of times. In the end we are all becoming that true child of Heavenly Father and True Parents that they have longed for. So let's all go share our lives with Heavenly Father. Thank you everyone for the privilege of these four years. Together we have learned and felt God's love. Especially to the core staff and In Jin Nim for always believing and loving me. Well, Find God and Crush out!

-Rev. Dr. Klein Jumong Gauthier



KLEIN GAUTHIER

Dear brothers and sisters,
 Congratulations on successfully completing a year of training in GPA! We are SO proud of you ALL! Thank you so much for your investment throughout this year. You have left so many beautiful memories in our hearts. I will REALLY miss you! Yet at the same time I am so excited for you as you move on to the next important stage of your life - getting education & following your passion and dream! Work hard, push your limits, never stop learning, and always remember God, True Parents and True Family LOVES you so very much!

I pray that God will bless and guide you in the future always...

May the sun shine, all day long,
 everything go right, and nothing wrong.
 May those you love bring love back to you,
 and may all the wishes you wish come true!
 (~Irish Blessing)
 Love always, Nadya Kamiyama



NADYA KAMIYAMA



I am here because I believe in hope - a hope that there is more to life than just simply the physical, a hope that the world can become a place of community and a place of love, and a hope that the small amount of work that I do will matter to somebody somewhere. Everyone is unique and infinitely precious. What allows me to press forward every day is the awareness that nobody else can do what I do. No other person can sing like I do. No other individual can dance like I do. I am irreplaceable, but you are also irreplaceable. You are the reason for me being here. You are what makes everything I do matter. You are my hope.

THANH LE

Our family sincerely hopes you had an unforgettable time here on GPA. We were happy that we could be there for you. Please never let go of your highest hopes and dreams. Don't be satisfied with anything, but the best. Best school, best job, best church, best you :). If you cannot be satisfied with what you have, create a new and better one. Remember, that you are the light of this world and that it should be you that shines and gives hope to Heavenly Father and everyone around you. Thank you for doing your best and seeking for True Love so sincerely. We know we will be hearing about your great achievements in all different fields soon :)



TOLIK & NADYA KAZAK

THANK YOU

GPA Can Report!

We would like to start by thanking Heavenly Father, and True Parents. A special thank you to In Jin Nim, Jin Sung Nim and their family for investing so much into GPA and providing us with the unconditional love which filled the entire GPA family throughout the year. Thank you to Hyung Jin Nim and his family, Kook Jin Nim and his family and all of True Family.

We would like to thank Heather Thalheimer for her investment, Thank you to Rev. Joshua Cotter, Nao Kimi Ushiroda, Jaga Gavin, and Dave Hunter for all of their contributions to GPA and in their efforts to create an atmosphere in which the youth can deepen their lives of faith in a more practical way.

Thank you to Roland Platt for his direction and guidance this year on GPA. Thank you to Kenzo Tanaka, Akira Watanabe, and Anatoly Kazak, for all of their time and effort into this program and for making GPA the amazing program that it is. Thank you to Nadia Kamayama and Nadia Kazak for providing the love and support that we needed throughout the year as well as always having the patience to listen.

Thank you to Thanh Le, and Keimi Kanno for all of their logistical work. Thank you to Christopher Stair and Joseph Giampaoli for their work in the media department. Also thank you to Klein Gauthier, Hana Villafana, Jeffrey Schmidt, Yastaka Ishida, Ross Ward, Isaac Hernandez, Eika Davis, Eun Hwa Mouada Jung, Soogin Ogden, Emily Iseda, Kyra Moyer, and Glenn Widenhofer. To all of the second years who have dedicated another year to this program in order to give back what they have learned, thank you.

Thank you to Suzuki san for creating a safe and godly environment for all of the drivers in which they could focus on their teams and their growth as they traveled and fundraised throughout the year. Also a big thank you to the drivers; Nathan Presley, Kimisei Miyake, Yoshimi Suzuki, and Kuni Ohama.

To all of the core staff of the overseas work, Keishu Greene, Elissa Allen, Uncle John Gehring, and Jonathan Cook; Thank you for working so hard side by side with GPA in making the overseas experience such a profound and life changing one for all of the participants as well as the locals. Thank you to all of the Trinidad help; Aunt Myrna Adams and Aunt Virginia Olivevel, Sogren Trace community center, Mr. and Mrs. Belgrove, The Rose Foundation, Jillian, Avril, Nicola, Anissa, Khalifa, Alexandra, Uncle Rob Garwood, St. Barb's community, Monrepo community, Marilyn, Thank you to all of the help in St Lucia; The Taupier Family, The Mathurin Family, Amy Stephens, "Sugar", Youth on Fire Youth Group. Thank you to all of the help in Guyana; Georgia Pearson, Mario Glasgow, Susan Rijkard, Brenda Nurse, Seweon McGarell, Dillon Browne, Claud McKenzie. A special thank you to Mrs. Nancy Kubo and Mitsuru Hunter for all of their investment, and hard work into the choir in order to fulfill In Jin Nim's vision. We are so grateful to them for their patience and time. Also thank you to everyone in addition who contributed to Choir and the Korea trip; Sonic Cult, Mr. and Mrs. Honey, Shinnosuke Ono, Winston, Victoria Roomet, Ju Heon Jung, Nina Taupier, Rebecca Hernandez, Misha Greene, Ye Sun Yoon, Bo Hi Pak and The Little Angels' school, Sun Moon University, Cheong Shim Graduate School of Theology, and everyone else who gave GPA tours or contributed to the Korea Trip. Thank you to Luke Higuchi for leading the trip in Japan, also thank you to all those who contributed to the Japan Project; Shizuka Muya, Yumi Tsunagi. To all those who helped with the Thailand project, we thank you; Wasan Yusak, Sankom Netsopa, Niphaphan Sonthet, Suwatchai Sittichat, Sakchai Samtap, Tinnasorn Samptap, Yanatip

Khoa-in, Sutin Sriboonpheang, Mrs. Watcharin, Raweetheewath Srisuthisa-ard, Boontawee Kewlamsak, Narong Chanasiriban, Ranee Patprasert, Naiyanachanok Boonyaratdabhan, Pavena Hongsakula, Wanporin Udhaikanchana Hsinyu "Mai" Lee, Jowa Jeonghwa. Thank you to the help in Peru; Omar Leon, Senor Robinson, the Trujillo community, Trevor Jones, Ana, Jason, Frank, Gladys, the Lima community, CARP students, Tario family, Thank you to the help in Panama Patrizia Pinzon, Escuela de Mexico, Ursula, Frank Ferrer, Rev. Doribio.

A Special Thank you to Ariana Moon, Jana Iparraguirre, and Adam Lerer for dedicating so much of their time in order to teach ballroom. The leadership college would not be what it is without the support, investment and knowledge of so many people. Thank you Rev. Jim Edgerly, Jonathon Gullery, Debbie Guillery John Williams, Dr. Tyler Hendricks, Henry Schauffler, Gerard Servito, Loretta Schauffler, Luis Araujo, Miguel Consoro, George Kazakos, Teddy Sylte, John Lee, LINK team, Rev. David Rendel, Andrew Love, Olga Mazhitova, Bill Miho, Teddy Sylte, Rev. Jessie Edwards, Rev. Tanya Edwards, Rexton Moon Nathalie Franklin, Jatoma Gavin, Doug Berton, Wendy Fiala, Christine Froelich, Riky Johnson, Yoshie Manaka, Koichi Nakai, Toshi Tagawa, Shin Young Chang, Yofred Moik, Ester Allen, Toby Gullery, Tamara Gavin, Sean Kim, Michael Diamond. Additional Thank you to Hope Schmidt, Hye Jin Suzukui and Lara De Oliveira for their work on the Lifebook, as well as Emily Reuter and Judilee King from NGA for their inspiration. Thank you Kaye Allen and Graeme Carmichael for legal help. Thank you to our hardworking bookkeepers: Kiiko Hagishino and Wakami.

With everyone's help this year we wer able to restore Cheon Il Guk.

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