

CARP hosts **MOMENTUM 2016** international student workshop in New York City

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January 8, 2016



The Collegiate Association for the Research of Principles (CARP) started off the year by hosting an international student workshop, **MOMENTUM 2016**, in New York City. Over 40 participants gathered at the 43rd street learning center from across the country and the world to join the leadership training from January 6 to 10, 2016.



The first day kicked off with a welcome and orientation given by Teresa Rischl, CARP-USA's national program director, who shared the vision given to CARP by its founders, Dr. Sun Myung Moon and Mrs. Hak Ja Han Moon: "At every major turning point in history, the power responsible for a new culture originated with young people." The participants were enlivened by the incredible history and purpose of CARP, knowing that they are being trained to make a real impact on their family, friends, school, community and, ultimately, the world.



CARP introduced its newly revised mission statement:

“To inspire and empower students by engaging them in the study and application of Unification Principles.”



Based on the mission statement, CARP introduced seven basic Unification Principles that the workshop would focus on for the next few days. The first principle to be discussed, “Each person is a valuable part of humanity,” gave participants a chance to discover their own sense of value and to discover what the world would look like if each person’s value were fully acknowledged by others.



Naokimi Ushiroda, CARP USA president, then guided participants to create their own affirmation statements that honored their personal strengths and the unique value each person offers. Here are a few examples from the participants:

“I am an unrelenting creator, and I feel so complete as I interact with my family more, continue to create my spiritual habits, and clean the church (internally and externally).” – Kensho Kaneko, New Jersey

“I am an open-minded friend, and I feel so joyful as I listen to their story and put myself in their shoes.” – Hitoe Hiraki, California

“I am a confident risk-taker, and I feel so accomplished as I build up CARP at University of Bridgeport greater with other CARPies!” – Yasutaka Ozawa, Connecticut



Lunch was sponsored by the Universal Peace Federation USA. Director Richard de Sena interacted with students and gave his testimony on the value of young leaders guided by a clear purpose. He also encouraged participants to be open to learning more about UPF, as someday they may find themselves

called to its mission as he had.



The next session, led by Justin Okamoto and Teresa Rischl, focused on the principle “We can develop genuine relationships through sincere, selfless interactions.” They distinguished between self-centered and selfless interactions and explained how focusing on the other person takes away discomfort, fear, concern, worry, etc. Being present with others and truly listening to the words, emotion and deeper commitment of the other person are essential to developing the kind of relationships we want with others. Participants were moved by the possibility that listening and being with another are some of the greatest gifts they can give.



For the last principle of the day, “We all come from the same common source, a God of love,” the presenters took a different approach. Participants were challenged to formally debate for and against the existence of God. Olga Majitova, a guest facilitator, organized the group into two sides and asked them to debate in the activity, no matter their personal belief. For many it was the first time students had the chance to debate in a way that put their listening training to good use. At the end of the debate, participants were left to consider how their beliefs could help them become the fullest, best version of themselves—or, conversely, prevent them. The ideal of a perfect source of love encourages us to engage in a deeper, more profound and connected state in which exemplifying love (or God) is an access to being the best version of oneself.



Participants concluded the night by engaging in genuine relationships through fellowship, icebreakers and exploring the excitement of New York City. Many participants expressed that their experience of discovering and engaging in Unification Principles was new, unexpected and exciting. With Day 1 down, students have more to look forward to in the remaining days: going deeper into the principles that bring about unity and that are worth living.

Stay tuned for more CARP updates from ***MOMENTUM 2016!***

