OCTOBER 23, 2026 • ARTICLES

Sensible Self-denial

Written by Bogdan Pammer



Dear brothers and sisters,

This year's **Autumn Great Works** are underway. We are also preparing for the **67th True Children's Day** and are happy to share announcements about our **HARP Winter Workshops** in the **UK** and **Europe**. **True Children's Day** falls on Monday, November 9, 2026, and Stephen Stacey shares insights into the Holy Day's origin and meaning.

This week, our Scottish community led us in our UK Friday morning Devotion. Through David Rennie's work in Scotland (we hope to share more of his story soon), we were introduced to Kurt Hahn, a German-born British educator whom the BBC describes as "The man who taught Philip to think". He was not only Prince Philip's mentor but also instrumental in setting up the Duke of Edinburgh's Award scheme.

"Reasonable self-sacrifice" or "readiness for sensible self-denial" is a central principle in Hahn's educational philosophy. The emphasis on "reasonable" and "sensible" made us curious.

Our community is built on True Parents' teaching of Living for the Sake of Others (LFSO). We come together for youth workshops or longer educational programmes, a member joins our community or moves into a centre, and we prepare for the marriage Blessing. In all these situations, we emphasise that God's Ideal for human relationships is to **live for one's partner** rather than oneself.

One part of living sensibly and reasonably for others is understanding the other person's goals, needs, and situation. Living for others overcomes the fallen tendency to view others as means to achieve our own goal. Here it does not matter how noble that goal may be. Living for one's partner always respects their space, freedom and responsibility.

In God's Ideal, the other, or the object partner, is the manifestation of God's presence, not a means to achieve my noble goal. True Parents have repeatedly encouraged us to sacrifice, but never view others as mere means to their ends. LFSO is not "I live for you so that I can be happy", but "I live for you so that you can be happy".

Living for one's partner is not:

- I live for you because then I will be seen as a good person.
- I live for you because then I will benefit.

- I live for you because it makes me a good person.
- I live for you because then I fulfil my purpose.

It is something like:

- I live for you because of you.
- I live for you because of heart.

On this basis, we can also be honest and direct to each other, and correct each other.

The **onion approach to living for the sake of others** can help us make it sensible, grounded and sustainable: the individual lives for the family, the family lives for the community, the community lives for the nation, and the nation lives for the world. In other words: We can sacrifice for the nation with our community's support. We can live for the community as a family. It's simply British manners: don't jump the queue.

These points are obvious on paper, but not so easy in daily life. After one year as national directors, we are acutely aware that we still have much to learn about living for the sake of others: our team members, pastors, volunteers, family, and children.

You might feel the same, and that is okay. Heavenly Parent understands that we need time to grow and gives us opportunities to start anew, such as the Autumn Great Works or the upcoming Holy Day.

In the spirit of sensible self-denial, let us ask ourselves this week whether we really understand the people we live with, so we can start to live for them, just a little more. Let us strive to understand the goals, needs, and circumstances of Heavenly Parent, True Father and True Mother, and our brothers and sisters just a bit better.

Warm autumn regards,

Bogdan & Yoshiko

Previous Article: Growing together in Trinities

Words from True Parents

Living for the sake of others is the original ideal

If God were the King of wisdom and the centre of everything, where in the relationship between the subject partner and the object partner would He place the origin of the true ideal, true happiness and true peace?

God pondered whether it was better to make the object partner live for the sake of the subject partner, or vice versa.

If God had made the object partner live for the sake of the subject partner or for Himself, as soon as He had done so, every person in the position of a subject partner would also have made the object partners standing before them live for their sake.

If this had taken place, the path to unity would have been blocked. They would have become divided.

So where is the path that can serve as the origin of peace, through which the subject and object partners truly can become one?

Not only God Himself but also true human beings accept the principle that they need to exist for the sake of others.

That is why true love stems from living for the sake of others, why the true ideal stems from living for the sake of others, and why true peace and true happiness can be found only when one lives for the sake of others. Humankind has not known that this is the basic principle of the creation of the universe.

Sun Myung Moon: A World of Living for the Sake of Others (January 16, 1975)

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