

Golden Age Newsletter - April, 2022

Richard Buessing and Carol Pobanz
April 6, 2022

Dear Golden Age Newsletter Subscribers!

God bless you and your families as we enter the reviving Spring season!

Following is the *April 2022* issue of the newsletter. We hope that you enjoy it! Our mission is to help keep Senior Unification Members (60 years plus) connected through sharing God's love – what is positive in our lives as a result of finding Heavenly Parent and True Parents.

The motto of the Golden Age Newsletter is “This is the Dawning of our New Age”. We are always in the process of redefining ourselves as we grow older and as we add experiences to our lives. Therefore, we must consider how God can use us even when we may be decreasing in our physical capabilities!

We invite you to share your own article with us for inclusion in a future issue of the newsletter. See more at [Sharing Articles with the Golden Age Newsletter](#). Please also share the good news about the newsletter with your friends. They can subscribe at [Golden Age Newsletter Free Subscription Form](#).

Thank you!

Rev. Richard Buessing
Carol Pobanz
Senior Pastors Association (SPA)



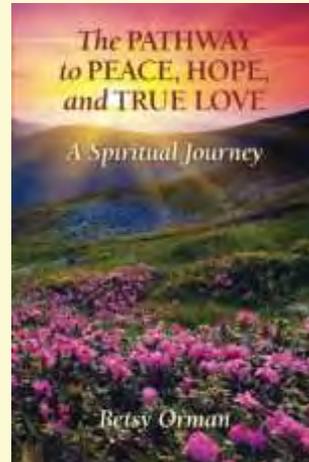
Featured Article

**New Book Release: The Pathway to Peace,
Hope and True Love: A Spiritual Journey**
by Betsy Orman



This book was created as a way to share the heart of God and his love for each of us, and to share what our True Parents really did in America beyond the media hype. The following is a short excerpt from the book:

Even though I had been selling ginseng during the day, one night I was asked to lead a fundraising team in the evenings. We needed to cover our living expenses and selling ginseng could be inconsistent. I had never led an entire fundraising team before and didn't have the confidence to say yes, feeling I would fail at this. I went to the prayer room to ask for God's help. I went to the prayer room to ask for God's help.



I sat with my knees underneath me and my head bowed to the floor in deep prayer. Suddenly, I felt God's presence in the room. It was as though God sucked all the air out of the room, and I could barely breathe. God had taken His love out of the air, and it felt like I was suffocating. God seemed to be standing on top of me, holding down my body until I relented and said I would lead the team. God also showed me in that moment the kind of pain He was in every day, watching His children hurt each other. I realized He had so few people who deeply understood His pain or His love, and who could help Him share that love with humanity. He needed me to stretch beyond my limitations. I felt so ashamed for being afraid to try anything new in the face of the pain God was experiencing; I began to weep deeply in repentance. God's heartbreak was so immense, excruciating, and endless. I begged Him to stop showing me this and promised that whatever He asked, I would do from now on. I learned then that if God can give me air to breathe, He was capable of giving me what I needed to lead a fundraising team or to face any other challenge. After I made that promise, the pain God was showing me, the vision of the world's desperate and miserable situation, stopped. Air rushed into my lungs and love surrounded me again. From then on, I tried not to question what God asked of me. Sometimes the sacrifice seemed too great. However, through that experience I learned that whatever was being asked, I had to figure out a way to get it done. Even if I didn't believe in myself, God believed in me.

The Pathway to Peace, Hope, and True Love: a Spiritual Journey can be ordered via Amazon and reviews are appreciated. Quotes from the back of the book:

Betsy's transition from a child of abuse to a confident, empowered, and articulate spiritual leader, educator, and peacemaker is an inspiring journey. Her memoir of a life transformed is filled with stories of spiritual experiences that led her down an unexpected pathway to happiness.



Overcoming a myriad of obstacles fueled by the visionary leadership of two of the most important spiritual teachers of our time, Betsy shows us what is possible when we all work together as one family under God. She invites you to join her on this journey of personal transformation toward the pathway to peace, hope, and true love, and a world that works for everyone.

"Betsy Orman is a wonderful storyteller. For anyone feeling there are too many obstacles or unanswered questions preventing us from living life to the fullest, Betsy points you in the right direction. Her story is powerful, instructive, and deeply hopeful."

Senator Mark Boitano
Former New Mexico State Senator

"A beautiful spiritual memoir that clarifies the confusion in our secular world while providing a pathway to develop a more empowered and unstoppable spiritual life."

Mose Durst, Ph.D.
President of The Principled Academy
Berkeley, California

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History Bytes

I am not a Moonie

by Richard Buessing



In the 1980s I was the Pastor in Boston, MA. It came to my attention that there was this statue in Davis Square in Somerville, Ma across the river from Boston. The statue was part of a display of several statues in the Square. The statue was of this man holding a bouquet of flowers with a bucket of flowers on the ground by his feet. On the statue it read, "I am not a Moonie." Of course, I and others were not pleased at all with this statue and wanted it removed. I called all the agencies I could in Somerville and finally got someone who I could talk to about it. The man on the phone was very defensive and said it was not intended to be offensive to anyone.

I said that you would never allow another religious or racial group to have their name on a statue in such a fashion. I asked the city to remove it, or we would file a discrimination suit against the city. Eventually the city through the artist, or whoever, got the name Moonie removed. In preparation for this article, I googled the statues in Davis Square and found an article where the artist said that the name had been removed because of political correctness. I do not think that those words were even used back then, but in the 2018 article he mentions that term. He says there was a person who sold flowers there with that kind of writing on his shirt. I do not know how true that is, but what one wears on a shirt is far different than memorializing a bigoted slur on a statue situated in a public square. From reading the article on Google, it seems most of the statues have been vandalized, relocated, or removed. You can also see the before and after pictures of the statue.



Culture & The Arts

My Quilting Journey

Cathy Williams



I grew up learning many fiber arts – knitting, crocheting, sewing, embroidery – that were mostly self taught. When I joined the church, my crafting was put to the side except for the occasional crocheted baby blanket. I’d stash my project under the MFT van seat and manage to complete a few rows at a time or late at night.

It was after I was married that my quilting journey began with a casual comment by my sister-in-law Barb. She has several quilts in her home and, one day, she mentioned that she had always wanted a schoolhouse quilt made with only two colors, red and white.

In my mind, I thought, “What could be so hard? It’s been years but I know how to sew. Choose a pattern, cut out the fabric, and sew the pieces together. Yes, it would take some time but, a piece of cake, I can do it and surprise my sister-in-law.” I asked Barb, “What size?” (More about that later.)

I bought some material to practice and, after several attempts, my roof peaks and chimneys would not align. I learned that quilting can be unforgiving; accurately cut pieces and perfect $\frac{1}{4}$ -inch seams are a must. “Measure twice, cut once”—Any jeweler, carpenter, or knowledgeable quilter will tell you that! With tears of frustration, I shoved my pieces in a drawer.

Was it one year later? Five years? I don’t recall, but when Barb was turning 60, I wanted a special present for her. I dug out the schoolhouse project and asked my spiritual daughter, Laura Esquilin, for quilting lessons. I also asked my husband and brother-in-law if they could recall what size quilt Barb wanted. The consensus was queen-size, about 7 by 8 feet. That meant 42 pieced schoolhouse squares, or blocks as they’re called, plus border stripes. While working full-time. (Big breath.) Okay.

After much sewing, ripping, and sewing, I made headway, some blocks more perfect than others. I did not redo as many seams as Laura would have recommended, but gradually, it took shape, though it got harder and harder to push the material through my tiny machine. My husband and daughter were amazingly supportive because I totally dominated our dining room table, the only work surface in our small apartment. Material billowed all over the floor, fabric strips covered a side table, and the ironing board was always up. The family was relegated to eat and study in the living room for months.

When it came time to actually quilt it, that is, to decoratively stitch together the top, batting and back, I gave up and used a professional. When she took a look at my project, she was shocked: "This is your first quilt?!"



Here is the quilt right after I presented it to Barb. Later, I asked her, "By the way, what size quilt did you want?" "A wall hanging." Agh! I could have made a decorative quilt with four blocks of schoolhouses instead of 42!

Oh well, I learned a lot and fell in love with the craft. The quilt now hangs in her hallway.

Did I learn from my mistakes and tackle only small projects to develop my quilting skills? No. My next project was a log cabin quilt with more than 2,100 pieces.



If you look at the left-hand picture, not even carefully, you can see that I learned the hard way. Have you ever looked at something so often that you don't really see it anymore? I know writers can miss obvious mistakes. So can quilters. See how the pattern doesn't repeat? I mismatched two rows, disrupting the pattern. Even after many months of sewing, constantly putting it away and taking it out, I was totally shocked that neither John nor I noticed until after it was finished!

I had lived with this mistake for several years. Finally, this winter, with help from my sister-in-law, we removed all the striped border and undid the mismatched row. I patiently reassembled and rebound the quilt. It looks so much better, don't you think?

From the removed striped border, I made pillow shams for a custom headboard.





Over the years, I have made gifts for others, trying out new patterns on quilts. And yes, I now make smaller projects, such as small wall hangings, tablecloths or runners, lap quilts, and pillows. I've dabbled in applique, too.

A fun part of this hobby is having John choose fabrics with me. He loves working with color, I value his opinion, and we have fun doing the planning and shopping. This has become a wonderful, shared activity for us. We also enjoy attending quilt shows, enjoying the feast of colors and creativity and doing our own Williams' critiques. I am grateful for John's support and enjoyment of my crafting.

A hobby or hobbies are a great way to calm the spirit, relieve stress, and meet people. When I am crafting, John says that our home feels like home.

Here is my most recent project, a patchwork quilt with stars and a patchwork pillow from the scraps.



And, throughout the last two years of COVID, I made and donated more than 200 masks. (May they soon be a relic of the past!)



Gotta go now—my latest project is calling to me. God bless you and your families!

Indoor Gardening

by Christine Libon

While some readers may be blessed with an outdoor area for gardening, we are not. Over the years, I have successfully maintained various decorative green plants indoors, which have reached great heights. Our large living room window faces southeast, so it brings in lots of morning sun, through which many plants thrive.

I especially like Sanseveria because these dark green spearlike plants, native to Africa, not only require little watering but also are unique in that they give off lots of oxygen both during the day and night! Having live plants in your home improves indoor air quality. Plants are also intriguing. I am fascinated by how they grow and multiply. You will do well to research the unique needs of each to be sure you will be able to properly care for the plant.



This year, in the autumn, I was inspired to expand from decorative plants to vegetables. I carefully selected seeds that would produce dwarf plants suitable for container gardening. The whole experience was packed with learning, much more than can be shared in these few paragraphs. The thirsty Bush Beans grew and produced fruit very quickly. Japanese Bunch Onions needed trimming to stand upright and matured slowly.

The round Parisian Carrots (which should grow to a two-inch maximum diameter) never sprouted, despite trying a few different sprouting techniques. I read later that carrot seeds are notoriously difficult to sprout. The basil plants grew beautifully. The dwarf cherry tomato plant required much patience. And I should have pinched it back continuously from the first few branchings because it grew much too tall. It's February and I'm still waiting for the green fruits to ripen.

The worst part of this experience was using organic soil indoors. Don't believe the claims of "gnat-free"! I read many articles on gnat control and followed all the advice. But the infestation of compost-loving fungus gnats became so bad that we finally had to discard the plants in the organic soil. I initially thought I'd have less natural pests to battle indoors than outdoors. Considering the total cost of our indoor vegetable garden, including grow lights, planter pots, shelving and the actual yield, it will be more economical for me to leave this activity to professional growers and simply purchase produce.



Considering the total cost of our indoor vegetable garden, including grow lights, planter pots, shelving and the actual yield, it will be more economical for me to leave this activity to professional growers and simply purchase produce.

For families who are concerned with minimizing common wasteful practices in the US, there are services like Misfits Organic Produce Delivery from which you can buy imperfectly shaped but perfectly good fruits and vegetables.

Healthy Living

During the next few months we will be running a longer article by Dr. David Carlson in several sections. We hope you will enjoy it.

Wholeness, Health and Healing

by David Carlson



David met the TPs in 1972 while serving in the US Army in Korea, and studied UT with Dr Sang Hun Lee. Returning to America he taught UT at Belvedere, helped with MSG, YS and WM campaigns and was selected by True Father to attend UTS. Upon graduation, he worked in Upstate NY and was then called to UTS to teach DP, UT and world religions. In 2004 he returned to Korea, teaching at the Cheongshim Graduate School of Theology in Cheongpyeong until 2014. He presently lives in Indianapolis, engaged in church outreach.

Introduction

Everyone wants to be happy, but no one can be truly happy if they are in poor health. Undeniably, health is one of our most precious possessions, and yet we don't seem to miss it until we no longer possess it. When young we often take our good health for granted. Yet, as we age, health concerns become increasingly important to us. A well-known medical doctor, Andrew Weil, has observed "that old people often torment themselves with three general concerns: a) they

don't want to suffer; b) they don't want to be a burden to others; c) they want the remainder of their lives to be meaningful. (1) As I said, no one can be fully happy if they are sick in mind, body, or spirit, but truly we do not appreciate our good health until after we have become ill. It is better to take care of our health (health maintenance) before we have problems, and so we need to elevate our awareness about our health. This is the purpose of this essay: to reflect on some of the current thinking about health and healing, and to suggest certain habits we can adopt in order to live a healthier lifestyle. As has been said, "an ounce of prevention is worth a pound of cure."

There has been an elevation of awareness. At the present time we are witnessing a blossoming interest in every conceivable kind of healing therapy, from acupuncture, to crystal therapy, to guided imagery, to massage therapy, to sound therapy, to tai chi, to yoga. (2) More people, of all ages, are becoming health conscious than ever before. And yet, sadly, for many people health is still an elusive dream. Obesity, which might be even more dangerous to health than smoking, is on the rise, and with it many related diseases. The fast-food industry continues to make effort to improve the food they serve, but many people, especially teenagers, are still "fast-food junkies." To add insult to injury, the cost of health care is increasing, and the prices of many drugs and medications are increasing. What is to be done in this situation? In the opinion of this author, our best strategy is to practice a healthy lifestyle. Good health is within the reach of most, if not all of us, if we simply adopt healthier habits.

Of course, in the original pattern of things, being created by God and living according to the original principles of life, we would be well capable of living in a state of optimal health, both physically and spiritually. Because of the fall, however, we lost that original standard, and our physical body has become subject to various sicknesses and ill health. Thus, we must now heal ourselves. The meaning of "healing," in its most general sense, is "to make whole" and the present essay is concerned with basic ideas and fundamental practices which can empower us in our efforts either to recover our health, or to maintain it, if we are well; in short, to make ourselves "whole" again. Andrew Weil says

One of the tenets of the integrative medicine that I practice is that health and illness involve more than the physical body; good medicine must address whole persons, meaning bodies, minds, and spirits. (3)

[To read the whole article, please click here!](#)

for the Taste Buds

Tyne Cookies

contributed by Christine Libon

Just one (or even a half) cookie is a nutritious breakfast for me. I've fiddled with this recipe over the years, starting with a basic recipe from the oatmeal container. I wanted the taste to be different from the usual and to be very nutritious. By adding raw walnuts, organic peanut butter (or almond, or other nut butter), molasses and sesame oil (expensive), you definitely create a totally new cookie with an interesting texture. Sesame seeds add even more protein. Raisins also contribute

moisture and sweetness. I hope you enjoy these flavorful cookies as much as I do. I have not patented this recipe; but if you decide to sell these cookies for profit, I'd like a royalty, please.

THYE Cookies (the healthiest you'll eat)

¼ c sesame oil or other oil
¼ c applesauce or a little more
¼ c molasses (extra sweetener can be added)
4 egg Whites, or 2 whole Large Eggs
½ c to 1 cup peanut butter (I put 1 cup) natural, unsalted, with no other ingredients
6 TBSP whole nuts (walnuts)
½ c or less flour (less makes them fudgier & moist)
1 tsp baking soda
4 tsp cinnamon
½ tsp salt
3 c oats
¾ c raisins
¼ c toasted sesame seeds
(Optional, 2 TBSP Turbinado sugar, or other sweetener)

Using creaming technique, mix wet ingredients.

In a separate bowl, mix only dry ingredients.

Combine wet and dry ingredients together.

(Mixture should be moist, not dry; if dry, add 1 TBSP extra applesauce or water)

Spoon form 17 cookies onto cookie sheet lined with culinary parchment

Bake 350 degrees F for 17 minutes



Pasta with Clams (Red)

contributed by Christine Libon

Maybe you've made a similar dish. In my opinion, this one is especially enjoyable because it is not too red, allowing the other flavors to come to the forefront

1 lb pasta (we like spaghetti)
1 Medium Onion chopped
1 med-large fresh tomato cubed
3 large cloves fresh garlic minced
1 14.5 oz can diced tomatoes
season with basil, oregano, garlic, optional spicy pepper
Olive Oil
2 6.5 oz cans of clams including clam liquid
Fresh parsley, ½ small bunch, chopped

* Boil pasta only until it is still very firm (like any good Italian cook knows)

* Remove it from the boiling water so it doesn't overcook; reserve some of this water... 2 ladlesful

- * In a saucepan, sauté the onion, fresh tomato, garlic, canned tomatoes & seasonings in the olive oil for several minutes, lightly stirring.
- * Add the clams and all the liquid.
- * Add the pasta.
- * Simmer for five minutes without a lid, stirring occasionally and adding the reserved pasta Water.
- * Add chopped parsley.
- * Cover it with a lid.
- * Turn Off the fire/heat.
- * Wait 5-10 minutes to let the pasta soak up the flavorful sauce.
- * Add salt to taste.
- * Serve and enjoy, traditionally with a crusty bread and without cheese. Cheese is used with meat-based sauces.

The little technical steps are important to create this most scrumptious dish.

If you like a stronger seafood taste, add a can of sardines to the sauce.

Unification Thoughts

Rearing Monarchs - Part 8

by Prof. Gerry Servito

Welcome back

And thank you for your continued interest in these *Unification Thoughts*.

If you're joining us for the first time, the focus of this series for we Golden Agers is to look into the key role of grandparents in helping to raise our grandchildren. This article is the 11th in the series and its basic premises are from 1) the ***Realms of True Love*** - in which Father and Mother Moon introduce the fifth realm of love - and 2) the ***Three Great Kingships*** - which inspires the title of this series. If you take a look at those two links, you'll understand the perspective of the preceding 10 articles, if not the details.

Where we left off..

We'll continue looking into the 2nd kind of education our grandchildres need - an Education of Norm. Norms are the standards of conduct that they'll need to succeed in life. In January, February and March, we'd been looking at the etical norms of Godism. This time, we'll look into its moral norms and the virtues that express them. First, let's remember Godism's special distinction between ethics and morality:

Morality	Ethics
The norm of human behavior for internal life	The norm of human behavior on the basis of family life
The norm for a person as an individual truth body	Norm of behavior for a person as a connected body (family ethics, enterprise ethics, national ethics)
Perfection of the 1st blessing (norm for the perfection of the individual 4 position base)	Perfection of the 2nd blessing (norm for the family 4 position base)
Subjective norm	Objective norm

Table 1 - Unification Thought makes an important distinction between Ethics and Morality

[To read the whole article, please click here!](#)

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Sharing Articles with the Golden Age Newsletter

Dear Brothers and Sisters!

Thank you for your supportive response to the Golden Age Newsletter! Its purpose is to help our beloved Senior Unification Members (60 years plus) stay connected through sharing God's love – what is positive in our lives as a result of finding Heavenly Parent and True Parents.

We welcome you to share your own article with us for inclusion in a future issue of the newsletter. Following are the monthly sections to guide your contribution.

Newsletter Sections

1. Basic Message of Inspiration – helping others feel hope and inspiration for the establishment of Cheon Il Guk.
2. History Byte – a short article on a positive memory, a funny or affectionate story about experiences in the church with True Parents or with brothers and sisters.
3. Arts and Culture – a sharing about one's talents, hobbies or interests and how this relates to sharing God's love (to family, community, nation or world).
4. Health – an article that relates to health (physical or mental), possibly providing a link to an article you think might be interesting or important to other seniors.
5. Recipe – preferably a healthy recipe along with 2-3 paragraphs about what makes it a good or memorable recipe.
6. "Unification Thoughts" – the final section written by Gerry Servito.

We look forward to hearing from you! Please send your article to Carol Pobanz, our publisher at carolpobanz@gmail.com.

Thank you and God bless you!

Rev. Richard Buessing

Carol Pobanz

Senior Pastors Association (SPA)

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