

Golden Age August 2022 Newsletter

Richard Buessing and Carol Pobanz
August 5, 2022

Dear Golden Age Newsletter Subscribers!

Greetings to you and your families!

Following is the *August 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)



This Month's Message

*["BE HAPPY IN THE MOMENT, THAT'S ENOUGH.
EACH MOMENT IS ALL WE NEED, NOT MORE."
~ MOTHER TERESA]*

What's In Your Basket

by Carol Pobanz



Recently I read an article written by Rev Richard Buessing regarding a talk David Rogers gave about True Father's fishing and ocean activities. It reminded me of a sermon I gave a number of years ago in California titled "What's in Your Basket?" Since I was looking for a "message" to offer for this month's newsletter, I thought maybe God would want me to share portions from that sermon with our Golden Age members. So, here it is.

What is your favorite TV show? You know, I'm not really a TV watcher but, when I do watch TV, I like to watch *CHOPPED*. For anyone who hasn't seen *CHOPPED*, it's a competitive cooking show. Four contestants are given a basket containing four obscure food items and asked to make an appetizer, an entrée, or a dessert. But the basket doesn't have normal stuff in it. Instead it might have, say, peanut butter, squid, mint candies and potato chips, OR flank steak, marshmallows, yellow mustard and green olives – odd seemingly unharmonizable ingredients. Then the contestants make all these amazing things with the strange stuff. I really like this show because it celebrates human creativity, and creativity is something that I'm very excited about.



I think our lives are like the *CHOPPED* basket. We are all endowed with talents and abilities encountering many different people and circumstances in our lives which are like the *CHOPPED* basket. Our basket ingredients also change with location, and they change with our physical age and development of new abilities. So, very systematically I'd like to share what's in my basket.

What's in my basket? – My love for service; My Hometown, in Nutley, NJ in North America; Honduras in Central America; and art. Put that together and I'm creating an Art Park in Central America that reflects the unity of the Americas.

Let's look into the basket of David Rogers, the brother Richard Buessing gave testimony about. In his basket, he had a love for the

ocean and ocean-related activities; experience in the Navy and Naval Academy; he lives in Washington state and also has an association with a Yacht Club. He is a retired National Oceanic and Atmospheric Administration (NOAA) ship deck officer, safety manager, and longtime Kodiak fishing guide. If you put all that together, he has a wonderful platform to speak to an amazing group of people about the Ocean enterprises pioneered in our movement.

Some people have an interest in religion, they like cooking, they like service and they have two like-minded friends. They can surely work in a Church food pantry or kitchen.

Others might enjoy reading, gardening, living far from other church members and longing to share with others. They can certainly start an online book club focused on indoor gardening.

Sometimes people ask me: Do you miss doing art? Drawing? Painting? etc. And I tell them "NO" because I am always involved in art. The medium has just changed. The people are like dots that I connect with a relational "line." I connect one group of people with another, introduce a joint activity and we are doing a project together. Life, I think, is an art form of sorts.

Our founder, our True Father, Rev. Moon was an incredible life artist. And he was doing a great work setting up activities in this part of the world and other parts of the world – activities involving art and science, fishing and farming, religion and gambling, always creating relationships with and between the people he met and the things he did. He was wrapping the entire world up in a web of goodness. However, his life on earth, as we know it, has ended and many of the dots still need to be connected. You may even discover one of those loose ends, one of his dots in your basket. Put that together with some of your talents and abilities, add a friend or family member, maybe add your hobby or interest, and then do something, make something happen. See what's inside your basket; then begin to create!

As I mentioned before, we all have been endowed with talents, abilities, and strengths, no matter what age we are. We all have something to give, something to share, and something that someone else doesn't have or understand. It's time now not to simply follow. It's time to use our creativity to develop our ideas and act on them, offering them up to God and our True Parents. When we take ownership of our ideas, when we take ownership of our projects, God will bless even our smallest efforts abundantly.

Unification Thoughts

Rearing Monarchs - Part 12

by Prof. Gerry Servito

A Third Focus of Education

Unification Thoughts August 2022

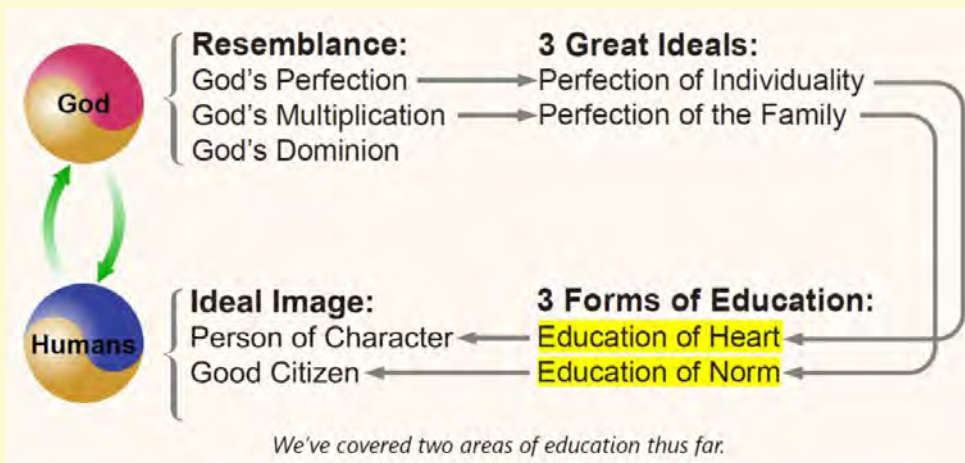
Welcome back

As the title above might suggest, this time we'll be moving into a new area. But in case you're joining us for the first time, please take a

moment to read about the *purpose* and *focus* of these *Rearing Monarchs* series, of which this article is the 15th.)

Where we left off and where we're going

Last time, we'd looked at the application of family ethics in politics. That was the final part of explaining Godism's perspective on **family ethics** as well as its extension into society (articles 8-14). That addressed the *second* focus of education. And before that, we looked into Godism's perspective on nurturing a child's **individuality** (articles 1-7). And that addressed the *first* focus on education.



With this article, we'll turn to the nurture of a child's "dominion", i.e., the third focus of education.

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

History Bytes

The Strength of Woman Inspires Strength in a Man

by John Gehring.



At the Upshur House, during the Washington Monument campaign, I had one of those special heart-to-heart showdown prayers. With utmost intensity, I pleaded, demanded, beseeched God to give me the confidence, the faith and the strength to do the important things I felt called to do. The prayer ended in a peaceful quiet and my inner voice responded with an acknowledgment.

I walked away from that prayer with an understanding that God had accepted it. The inner voice inside me whispered, "Confidence will come through a step-by-step process. A time of trials lies ahead."

Building Confidence

I was assigned to the MFT just days after the September 18, 1975 event and met a world where challenging yourself and being

challenged were a part of everyday life. To grow, I had to work on my heart, my attitude and patient endurance so as not to give up during those periods when nothing seemed to go right.



As an MFT fundraiser, I had a slow start. I was on teams in the Los Angeles area and found it hard to make the kind of result I hoped for. When my confidence was at a low point, I was assigned to a traveling team led by Steve Sechrist.

It was a very good team and I started to offer up better results. A renewed confidence came with the results, but challenges remained. And that is where my hero Jean Jonet came into my life.

Captain Jean was a good leader and a great person. Somehow, she saw more in me than I saw in myself. I joined her team in Denver and fulfilled a high monthly monetary goal (of \$200 a day), in part because of the confidence she inspired. In Denver, the fundraising proved hard for me. I fell far behind the pace needed to reach my monthly goal. As days passed, it was getting increasingly difficult to realize the results I needed. My confidence was shrinking.

Seeing this, Jean sat me down and went on to share an optimistic insight with me. "In some parts of Colorado one could make with the right conditions, \$60 an hour selling mints!" She wanted me to have that kind of "unbelievable" experience. She believed in me and she understood something about how the spiritual world can offer us help. Her encouragement was received but her words seemed like a dream beyond my reach.

Through Jean's words and support, I gained confidence that my poor start would not prevent me from making my goal. Soon after our team left Denver and hit the road, we found the kind of area and people that could turn fundraising into something very special. Our hard work was accompanied by an attitude of appreciation and our results gradually improved.

As, we approached the last weekend of the month, we looked at the numbers. Though I was doing much better, the gap to achieve a \$200 average required me to make \$1,200 on the last three days. Outside of Christmas, I had never had a single day's result of more than \$300. How could I do it? Jean broke it down to the numbers. I needed to average \$400 a day, including a traditionally slow Sunday. "John, here's how you do it, Jean shared. Make \$400 on Friday, \$600 on Saturday and \$200 on Sunday." That became "our" plan.

Like a prophetess, she shared that I would make \$60 an hour with chocolates in a parking lot on Saturday. I discovered that for myself that Saturday. I felt I was being used by heaven to collect the material blessings that the people felt moved to offer.

Sunday was the last day of the month and we were going to make a long trip back to Denver. It seemed possible to reach our goal but the

day was rather slow, nothing like the day before. We were all rather tired and pushing when we reached the town's last set of bars. In the last remaining bar, still short of the goal and nearing the last customer, a voice shouted out, "How much for the bucket of flowers!" I replied \$47 as that was what I needed to make my monthly goal. With no more customers left, I prayed. The man looked at me and then at the remaining flowers in my bucket. He nodded to show agreement.

As I left the bar, and my final flowers with the man, I realized that my goal was accomplished. Somehow, God had used me and Jean to create a unity where blessings could come. Through the power of unity, our whole-hearted effort and a willingness to continue till the end, we learned something precious about the nature of God's love and our own power to be a difference maker – a valuable lesson that has helped me throughout my life

Culture & The Arts

Paintings of the Word

by Catherine Ichinohe



About five years ago, I traveled from Colorado to UTS for a meeting. I had arrived a day too early and took the opportunity to spend time to reflect and read the book I had brought with me. The book was *Rev. Sun Myung Moon - The Book of Genesis*.

While reading this book, the ideas for "Paintings of the Word" came rushing to my mind. In the span of one day, I drew about 40 sketches of potential paintings, illustrating True Father's words on the process of creation according to Genesis.

I felt that, except for True Parents, no one had understood throughout history that there was an original plan according to which God created the world. Only one page and half in the Bible talks about the process of creation.

I also realized that many people are not necessarily inspired by words, but would be inspired by unique paintings. The first seven paintings follow the six days of creation and the seventh day of rest. They each illustrate Father's words and have a main theme, and some more than one. For example, in the painting titled "The Beginning of Time", which is the second day, I used the hourglass

as a symbol for the passage of time leading to the passage of the four seasons, and so forth.



After reading True Mother's book *Mother of Peace*, I dedicated one painting to her touching words on the different dimensions of love, and titled it "Beautiful Love".



The next 14 paintings are about the main points of the Principle of Creation. For example in the painting illustrating give and take action, titled "From Harmony to Eternity", I featured different aspects of give and take action, from the macrocosmic universe to the smallest parts of creation, with the give and take between man and woman at the center.



For me, God's Word translates into images that I hope will inspire people to appreciate the depth and beauty of True Parents words.

After completing the series, I will publish these paintings in a book that can be used for outreach.

Journaling Within

by Jeanne Carrol



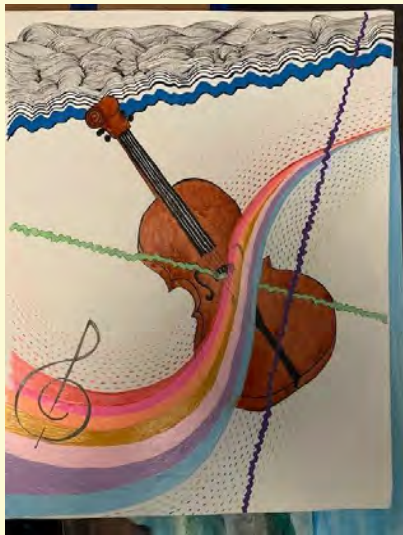
Life has stages. I know that. So why was it so difficult to adjust to my husband becoming disabled and Covid happening in the same month? I am not sure but it threw me into a deep and scary depression that lasted longer than I care to remember.

I was in uncharted territory and I didn't know what to do. One thing I did remember was the joy I feel when creating art. So, slowly I gathered my dusty art supplies and began a journal myself back to status quo – not normal because that, I find, is relative.

Since my time at the seminary, I have been interested in the Divine Feminine. In 2013, I found like-minded friends at the Ontology Conference at Barrytown. Since then, we have met, studied, celebrated life events with each other and became as close as family. With gentle internal coaxing from them and others, I began to address my proverbial inner beasts.

For an artist, the blank page lights a feeling of wonder and intrigue. It took weeks of looking at my new sketchbook before I attempted to try to put my inner world into a concrete visual expression. Over the last two and a half years, I produced some art that I love and some that helped me see glimmers of what gets me spiraling downward. In

addition, I have taken online classes that also pushed me to further examine my inner world. *Evolving Wisdom, Feminine Power* by Claire Zammit and *The Art of Emotional Healing* by Shelley Klammer are two sources that helped. By keeping an art journal – that is, through artistic expression and writing, I have been able to gather insight and peace. I hope to maintain my artistic exploration and continue the journey of healing and self-expression for years to come.



Health

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 (Part 5)

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 Chung Pyung until 2014. He presently lives in Indianapolis, engaged in church outreach.

A search on the internet reveals more than 20,000 books on the topic of marriage, and the importance of stability, and love. Moreover, there is an abundance of literature now available concerning the importance to one's health of one's relationships with other people. Of particular importance, of course, are our relationships with those people with whom we have deep emotional bonds, the people we love: our family members especially, but also our friends and those to whom we feel close. This should not surprise us. Joan Borysenko, in her work with health and healing, tellingly states that "It's only through our relationships with others that we develop the outlook of hardiness and come to believe in our own capabilities and inner goodness." (76)

What I would like to consider here is a slight variation on the theme of relationships: the importance of ritual in relationships. I am not referring here to esoteric religious rituals, but to the simple rituals of everyday life, rituals in which we all participate, and which we often take for granted. To begin with, and to put things in the right context, consider this statement by Larry Dossey, a physician of internal medicine and former chief of staff, Medical City Dallas Hospital:

Medical researchers have discovered increasing evidence that loneliness is devastating for human health. In a well-known study reported from Alameda County, California, in 1979, about 7,000 people were surveyed about contacts with friends and relatives, church membership, marital status, and many other indicators of social connectedness. Nine years later, the mortality level of the group was assessed. For all age and sex groups, mortality was greatest for those with the fewest memberships or networks, and highest among the loners, those with the fewest relationships. (77)

Continuing:

In addition to the California study, a well-know study in Tecumseh, Michigan, showed that increased loneliness and absence of social networks were not the result of disease and illness, but the cause,

and that social isolation predisposed to disease and increased mortality (House, Robbins, and Metzner 1982). (78)

There really is such overwhelming evidence on the importance of relationships for health, that there is little I feel I need to say about it. Nevertheless, I would like to draw your attention to an interesting article entitled "Ritual: The Foundation for Transpersonal Medicine," by Jeanne Achterberg, executive editor of ReVision magazine, and lead editor for the Winter, 1992 issue. This article focuses on the importance of simple social rituals and relationships, the kind that occur continuously in our daily life. In many cases a healing takes place in a way unexplainable by traditional approaches.

Rituals for healing have the purpose of giving credence and significance to life's transitions; they provide maps of form and guidance for behavior during perilous times when bodies, minds, and spirits are broken. The acts of ritual allow people to share their common experiences and to give visible support to one another. The symbols and events of healing ritual cement the healer/ healee bonds and engender faith and hope that the passage into the place of wholeness, harmony, or relief of suffering will be achieved. (79)

Rituals are able to bring healing because they "reduce the sense of alienation."(80)

Healing...would be that which reweaves the torn fabric of life. Feeling alone, different, unloved and rejected, or having lost a sense of connection to life are cofactors, or even primary factors, in the etiology of many stress related cripples and killers.., as well as psychological disorders and lifestyle problems, such as substance abuse, that destroy health. (81)

Thus, "any ritual that serves to reintegrate a disenfranchised individual or restore harmony will have the healing outcome of 'making whole.'"(82) Furthermore, "any healing ritual that facilitates the positive emotion of hope and reduces depression and anxiety can have a significant impact on a person's total well-being (including the physical). The senses of helplessness and hopelessness are well-known companions of depression and have been repeatedly shown to have a negative impact on health."(83) For someone in need of healing to be told that 'there is nothing more that you can do,' with no further information, is tantamount to prescribing a poison. There is always something you can do..."(84)

"Certain family rituals may also provide an important undergirding of strength during stressful times."(85) The importance of family activities cannot be underestimated:

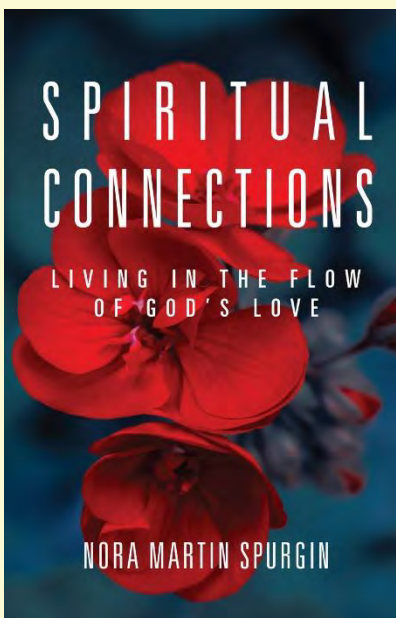
Several important pieces of research have shown that even in families where both parents are alcoholics, if family rituals (defined as meals, vacations, visitors, evening and weekend activities, and/or holiday celebrations) are sustained during the times of heavy drinking, the children are unlikely to become alcoholic. (86)

One can also visualize the situation in a modern hospital, where a sense of relationship (closeness, warmth, togetherness, etc.) can sometimes be lost, unless particular care is taken to ensure some relatedness:

Encouraging rituals of support in hospital settings... not only enhances psychological well-being, but also directly facilitates the healing process. At the very least...studies support the continued presence of family and friends during medical crises, particularly if a person is in intensive care or in a life-threatening condition` — `the very times when they are now surrounded by machines instead of humans. (87)

What is apparent from these statements is the considerable power one's emotional bonds with other human beings have on one's health. If one is engaged in meaningful relationships, one is mentally strengthened in every way, and this has a powerful influence on one's health. Researchers "present studies and documented cases that suggest that nonlocal activities of human consciousness may have an impact on healing that cannot be totally accounted for by current scientific models of energy exchange."(88) We are left with the question: "What can happen emotionally, psychologically, spiritually, and otherwise when thoughts, voices, movements, and/or states of consciousness resonate synchronistically?" (89) The phenomenon of "synchronicity" was first examined by the psychologist C. G. Jung (90) and has to do with "an a causal connecting principle," in short, "meaningful coincidences" which have as one of their chief causes "the emotionality of the human soul."(91) It can be said that "ritual engages the power of consensus."(92) Whenever we feel emotionally that we are not alone, we are strengthened. Andrew Weil recognizes the importance of emotional connectedness when he includes as one of the points of his "twelve point program for healthy aging, "the need to "maintain social and intellectual connections as you go through life."(93) In short, it is very important to stay emotionally close to those you love, and to keep your mind as actively engaged as much and as long as possible.

Bulletin Board





This book review, "[Spiritual Connections: Living in the Flow of God's Love](#)," by Dr. Gordon Anderson, originally appeared on *Applied Unificationism*, a blog of Unification Theological Seminary, on May 30, 2022. Used with permission. A Spotify podcast of the review is also available [here](#).

Spiritual Connections: Living in the Flow of God's Love (Circle of Angels Press, 201 pp., 2022) is an engaging spiritual autobiography of Nora Spurgin, who joined what was then called the Unified Family (later Unification Church) in New York in 1967. She served in many central positions as the movement led by Rev. Sun Myung Moon developed into a new global culture. Nora's identity is shaped by her connections to others in her lifelong pursuit to be in the flow of God's love.

Her story begins with her ancestors who came to America for religious freedom. Her sixth great grandfather authored *Confessions of Faith*, which is still used for religious instruction among the Mennonites. She grew up in Lancaster County, PA, in a farming community with large families, connected to her parents, siblings, extended family, and nature. Life was a mixture of hard work, fun play, and worship of God. Personal responsibility and maintaining the community was stressed. Her community was self-sufficient. Nora learned to design and sew clothes and her father even taught her every step in building a house!

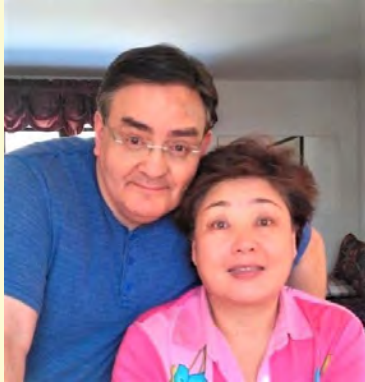
At a young age, Nora's curiosity prompted her to ask questions about her faith in comparison to Catholics and others. She studied the people she met, wanting to learn behavior patterns and whether people were genuine or putting on a façade. She learned to approach others with confidence. While Nora wanted to learn fastidiously, her parents believed outside education would corrupt children's faith. She dropped out of high school after one year and worked at home and in a sewing factory until she turned 21 and became a free adult. Then she grabbed lots of books, studied, passed the GED exams, and set out on the world.

A Mennonite Voluntary Service program caring for children of migrant workers in Florida exposed Nora to poverty and other cultures and broadened her faith. In college, she loved philosophy and history. On weekends she visited and served people in Appalachia, and experienced charismatic spiritual events. Then she went on for her master's degree in social work at New York University. The intellectual confrontations and big city life were far different than life on a simple Mennonite farm. Through all her encounters, she continued her search for connections to God and was prepared to meet the Unification Church.

At a religious meeting at Columbia University, Nora met Barbara and Diane, who had returned from six month's training in Japan and opened a teaching center in New York. They both had been Quakers. She studied the Divine Principle with them and joined in New York in 1967. After completing her graduate work at NYU, she moved to Washington, DC, to further her religious study with Dr. Young Oon Kim, an early Korean missionary and theologian sent by Rev. Moon to spread his teachings. There she engaged in interfaith dialogue with Dr. George Lamsa, of the Eastern Church that began

in the area of Palestine before the Eastern Orthodox Church. He had translated the Bible into English from the original Aramaic language.

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



Literature Corner

Book submitted by Phillip Soai Van: *Children of Cain* by Barbara Grabner

A few weeks ago, I joined a Zoom call. The call was about the presentation of the book "Children of Cain." This book is written by an Austrian sister who has a journalistic background from the University of Vienna.

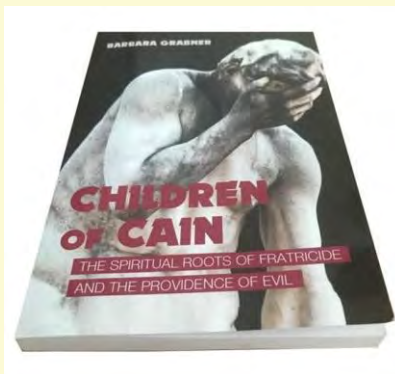
She is a UPF member from Europe, who organized public events on many topics related to God's Dispensation and the original Cain-Abel fratricide moment that led to layers of prolonging God's Dispensation, up until to stand-off between democracy and communism.

I read the book. I must say that a lot of thinking and research have been put into the making of the book. The introduction is by Dr. Andrew Wilson.

The author is Barbara Grabner from UPF Europe.

[Here is the synopsis](#)

[Text Link](#)



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