

## Golden Age Newsletter March 2024

Richard Buessing and Carol Pobanz  
March 5, 2024



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*Hello Goldies, Welcome to the new look! It's all the same content with a simpler format. We hope you enjoy!*

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This month's contribution are a Colorado Seniors Luncheon, Memory from one who moved with True Family in the earlier years in America, Testimony from an early Japanese missionary, and Sourdough adventures.

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## Colorado Family Church Seniors Luncheon

by Richard Buessing



*Photo credit: Richard Buessing*

The seniors here in Colorado get together for lunch every two months. We meet in the coffee shop of the Colorado Family Church in Denver. We invite everyone over

60 years old at church to join us. Our church has a lunch for everyone each Sunday, so we just go through the line and get what we want and then take our plate to the café to eat together. We decorate the coffee shop tables to make it special like with Christmas or Valentine tablecloths. We have a fun discussion question to talk about at our small table, provide dessert and always give out a couple of gift cards to add a fun element. The last two meetings we asked everyone to send in a couple of pictures when they were very young, right before they joined the church and when they got Blessed. It is a delightful experience.

To read more, [please click here!](#)

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## History Bytes



*Photo credit: Nicholas Buscovich*

## Embarrassing Moments With True Parents

By Nicholas Buscovich

I was a part of East Garden security from July of 1976 to January of 1978. Eighteen months of many experiences with True Parents and the Family. I saw behind the curtain how True Parents lived their daily lives, what made them “tick”, their dedication to God’s Providence and their love for all our members. I was given this mission because of my ancestors. However, I realized that I was not there for myself, but instead to represent all brothers and sisters and to share with them what I experienced with True Parents and their family.

To read more, [please click here!](#)

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## Testimonies & Tributes



*Photo credit: Haruko Kitanaka*

## My Experiences with True Parents

*by Mrs. Haruko Kitanaka*

I was born in July 1946, in a small fisherman's village on the coast of the Pacific Ocean. I always wished to go overseas because, after the end of World War II, life was not easy. Everyone had to work hard to simply live and eat. My father worked every day and often didn't come back home. I was never troubled though because everyone around me was in the same situation. My mother opened something similar to a convenience store and raised our family with so much love. For that reason, I never felt lonely. I was happy and enjoyed my life.

To read more, [\*please click here!\*](#)

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## Health & Recipes



*Photo credit: Marjorie Buessing*

## Best Christmas Present Ever

*By Marjorie Buessing*

Last year while I was in Seekonk, Massachusetts, helping care for our youngest granddaughter, I loved spending time in the kitchen making soups, in part because my son's family had a device called Aura that played a family slideshow all day long on a 6 by 8 inch screen. I mentioned to Melissa how much I loved it and it is just like her not to forget.

This January we were in Peru visiting two of our granddaughters and, upon return, we found a mystery package waiting for us. Inside was our very own Aura, our Christmas present. Our son had had it shipped to his house first and completely set it all up while we were away, so we just had to plug it in. (Now that is a true gift. If you know me, you know I'm NOT tech savvy at all.) He had all his siblings connect to it by a phone app and they had all uploaded pictures. It's been three weeks now and I've been cooking up a storm, even a Peruvian dinner, and baking three loaves of sourdough bread a week just so I have an excuse to watch my ever-changing slideshow. Our children keep adding more pictures, especially because this month our first grandson was born!

Our children live all over the world. One on each coast here in the USA, one in Europe and one in South America! This Christmas present makes the distance far less. Sometimes I think for a moment of what our parents and grandparents had to stay connected to family and friends or to record events, and I am so very grateful.



## My Adventures with Sourdough Bread

*By Marjorie Buessing*

Sourdough Bread is alive. Each and every loaf is unique. It is affected by its environment. Temperature, altitude, humidity, timing and everything can make a difference in your loaf of sourdough bread. At the same time, this bread is resilient. Think of it, when our west was young the chuckwagon on every cattle drive carried sourdough starter to make the bread to sustain the hard working cowboys. I find that sourdough adapts to the rhythm of my life. I love the science of it, the chemistry. Changing different variables and checking to see if I like the outcome.

To read more, [please click here!](#)

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## Bulletin Board

The Golden Age newsletter was created two years ago but has just moved to a new location. The newsletter was created as a means to keep our elder community connected to one another. Articles include a message of hope and inspiration, Unification Thoughts on the 5th Realm of heart (grandparenting), testimonies and shared memories, stories about: talents, hobbies and interests used for God and, a few ideas regarding health and recipes.

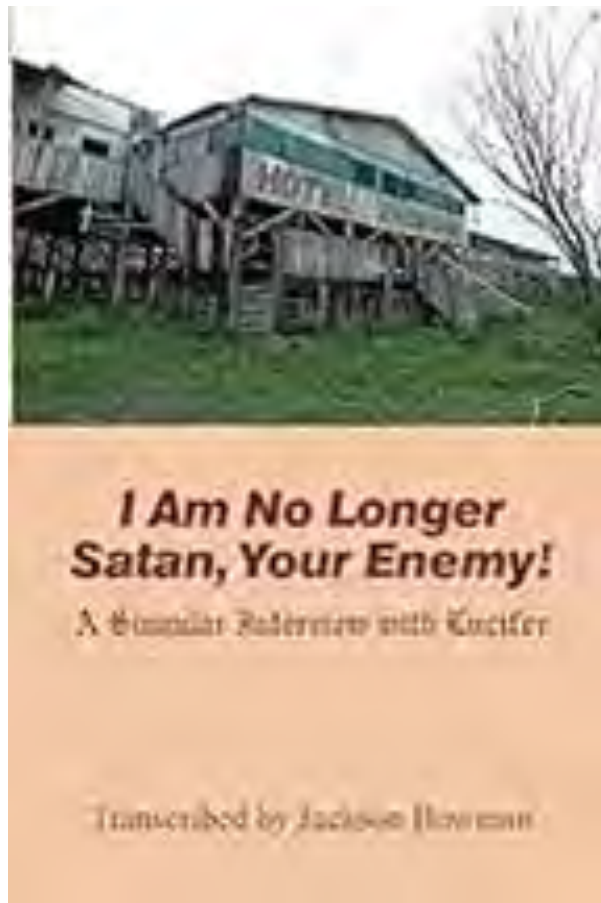
To subscribe please click [here](#).

If you would like to contribute an article, please contact Carol Pobanz at [carolpobanz@gmail.com](mailto:carolpobanz@gmail.com).

This newsletter is being made available to all members in the Unification Movement regardless of their group affiliation. Please share with all senior brothers and sisters (age 60 and over).

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## New Books



## Jackson Bowman's Book: I Am No Longer Satan, Your Enemy!

“Archangel Lucifer, formerly known as Satan, the original creator of Evil, has been approached by God's representatives and has formally repented of his malevolent deeds. Through a series of questions and answers, he explains what his motivation was to become the mortal enemy and opponent of God and Humankind. He reveals precisely, and in great detail, how he and his comrades have worked to subvert, deceive and manipulate the minds and actions of human beings such that, rather than becoming beings of light and love, they have devolved and descended into creatures of unfathomable darkness and despair, themselves becoming opponents of God and Humanity.

In this manuscript he takes responsibility for all the misery and pain that he and his compatriots have caused humankind to suffer. He describes how he accomplished it. How it was that we got into this mess and, most importantly, how we can get out and back into the light of God's Love eternally. Here is his story and advice.”

Here is the URL to sample or purchase the book:

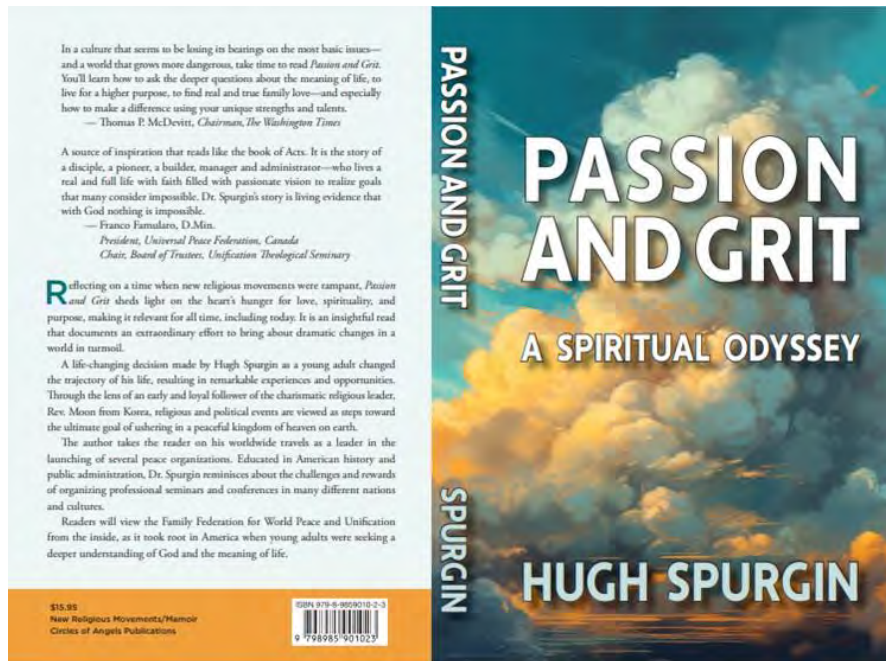
[www.amazon.com/Longer-Satan-Your-Enemy-Interview/dp/B0CN54JB2R/ref=tmm\\_pap\\_swatch\\_0?\\_encoding=UTF8&qid=1699757845&sr=1-1](http://www.amazon.com/Longer-Satan-Your-Enemy-Interview/dp/B0CN54JB2R/ref=tmm_pap_swatch_0?_encoding=UTF8&qid=1699757845&sr=1-1)

If you have any questions or remarks, you can reach me at a dedicated email address: [luciferinterview@yahoo.com](mailto:luciferinterview@yahoo.com).

Sincerely,

Jackson Bowman

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## Dr. Spurgin's autobiography, *Passion and Grit*

The life-altering decision that Dr. Spurgin made as a young adult changed the trajectory of his life, resulting in a passionate commitment to dedicate his life to ushering in a peaceful kingdom of heaven on earth. His passion and worldview were shaped by the profound teachings and vision of Reverend Sun Myung Moon and Dr. Hak Ja Han Moon who were the charismatic founders and leaders of the Unification Church and are prophets for a new age. Hugh was moved by the utopian vision that Reverend and Mrs. Moon had of a God-centered world where people of all races, religions, and nationalities would live in peace and understanding.

Reflecting on a time when such new religious movements were rampant in America, Dr. Spurgin sheds light on his fifty-year journey as an educator and spiritual mentor who undertook challenging educational missions, organized peacebuilding efforts worldwide, set up a peace network that consisted of scholars in more than 80 nations, and shepherded an interdenominational seminary that faced financial and accreditation difficulties.

In *Passion and Grit*, the author has endeavored to present a glimpse of what it was like to have been one of the early leaders of the Unification Church in America. Readers will view that cultural and religious movement from the inside, as the movement took root when youth in America were seeking a deeper understanding of God and the meaning and purpose of life. Motivated by a sincere desire to build a better world and to bring about love and peace among all of God's children, Hugh tells the story of his role as a leader in the Family Federation for World Peace and Unification in the early days of the birth of a new religious movement that has had a profound impact in America and in nations around the globe.



*Photo credit: Hugh Spurgin*

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