

Connect

Report of the
Europe Chapter
on the work of High Noon
in the EUME region

2024



HIGH NOON
life without shadows

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Connect with us!

High Noon Summit 2025

Designed by: Sandra Karagezian-Skrodzki

Compiled by: Sandra and Andranik Karagezian-Skrodzki



Andranik with some of the participants and staff of the 2-day workshop in Minsk, Belarus (October 2024).

Our first full year as a chapter has been truly special. This year our team set out for ambitious goals month after month, which has led us on a remarkable journey of meeting many members and communities across the region, fostering new friendships and deep connections with brothers and sisters. I am beyond grateful to the talented and persistent Europe Chapter team, and to all volunteers, community leaders and friends without whom our work would not be possible.

2024 engraved in me a very valuable lesson - connection is the only true cure to addiction. **Deep connection to God, self, and others is the foundation of spiritual, emotional and physical health.** Attempts to substitute this connection with “cheap” alternatives will inevitably compromise our integrity to the values we strive to promote.

Helping to build this empowering connection all around the EUME region has been our driving force as a team. We believe that there should not be a single corner of the continent where God’s love does not reach. As we continue our quest, we invite you to look back on the past year of our journey.

Andranik Karagezian-Skrodzki
Europe Chapter Lead

TRUE PARENTS' VISION

"High noon settlement is possible when **there is no shadow**. When the mind and body become one, the shadow disappears. When a couple becomes one, the shadow disappears. Thus, you should each become a mother or father, husband or wife, and son or daughter who can find high noon settlement."

— Rev. Sun Myung Moon

WE CHAMPION TRUE PARENTS' VISION FOR **HIGH NOON CULTURE** & **ABSOLUTE SEX**



WHAT WE DO

Gain sexual integrity and experience life without shadows



Sexual Integrity for Individuals

We offer education on the effects of pornography and provide recovery support to individuals through small groups, courses, and accountability.



Sex & Intimacy for Couples

We offer interactive educational content on sex for married couples through retreats, courses, and webinars.



Support for Parenting

We empower parents to have authentic, ongoing conversations with their children about love and sex through the School of Love curriculum and parent support community.

WHO WE ARE



High Noon is a grassroots organization founded in 2017 by David and Mitsue Wolfenberger, a longtime Unificationist couple. Since its inception, High Noon has been creating a culture of sexual integrity, openness, and heavenly sexual intimacy based on Unification Principles helping countless people along the way all across the globe.

High Noon helps people be ready for marriage through living without shadows – as God intends for us.

EUROPE CHAPTER



David
Huish



Andranik & Sandra
Karagezian-Skrodzki



Julia Ana
Irgl

The Europe Chapter welcomed 3 volunteers in 2024: David and Sandra in January, and Julia in October. As a team, they have been actively organizing workshops and events across various European countries, focusing on educating participants about maintaining a high standard of **sexual integrity**, preparing for marriage, and creating the space to experience **life without shadows**, through the practice of 5 High Noon virtues: courage, honesty, grace, accountability and integrity.



EUROPE CHAPTER

Activities in 2024

EVENTS

Events in numbers

15

total in-person events held

400+

people reached

Collaborations with:

- EMPOWER
- BFD
- CARP
- National leaders and community leaders



Workshop in Prague



EMPOWER Workshop



Workshop in Warsaw



Blessed Couples Retreat



Workshop in Glanów



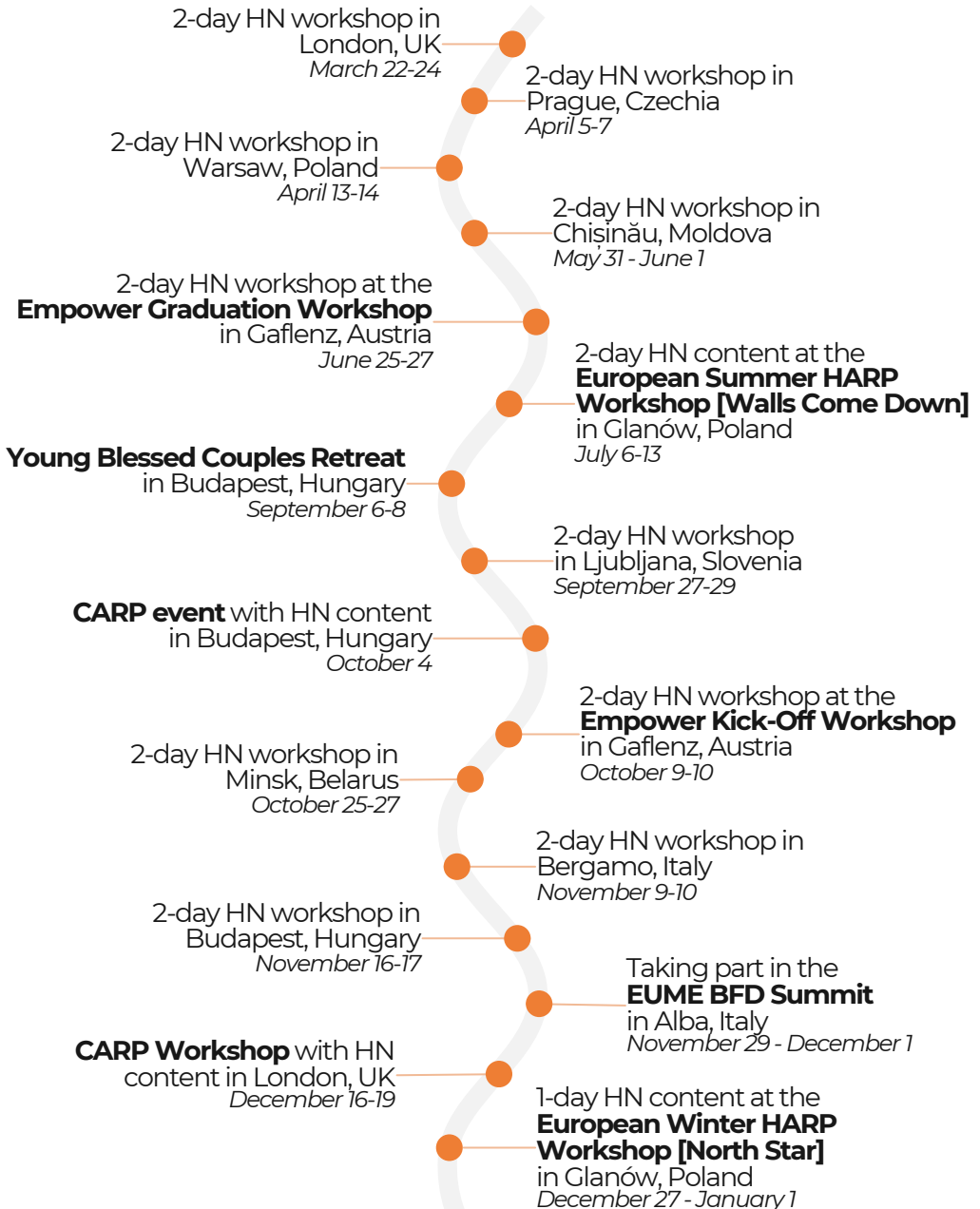
Workshop in Minsk



EUROPE CHAPTER

Activities in 2024

TIMELINE OF IN-PERSON EVENTS



2025

TESTIMONIES

FROM OUR WORKSHOP PARTICIPANTS

"I got back in touch with myself. Sometimes I forget who I am and don't put enough effort in understanding my actions and feelings. [...] High Noon helped me in reconnecting to my original self that has always been there, but for a time like covered with a blanket so that it was less visible."

"It made me realize that through living a life without shadows, we can resemble True Parents. Answering the many profound questions posed during the workshop was by no means easy, but as I shared with brothers and sisters, I felt a deep sense of joy in my conscience."

"It always feels like a familiar place, we're all brothers and sisters trying to improve ourselves and live for the sake of others. In this short workshop, shame was put aside and I loved the positive vision they gave us; everything was full of hope and based on growth."

"It was an interesting workshop, very different from the ones I've been to before. The lectures, which I had never heard before, were short but informative and I liked that we had more time than usually to discuss in groups. This way, I felt as if we were the "lecturers", in the sense that everyone could receive something precious, a lesson from the others. It was comforting to know and understand that I am not alone in my struggles, that many other 2nd Gen have the same difficulties as I do. Talking with them made me feel more close to them, even though it's been only a day since we met."



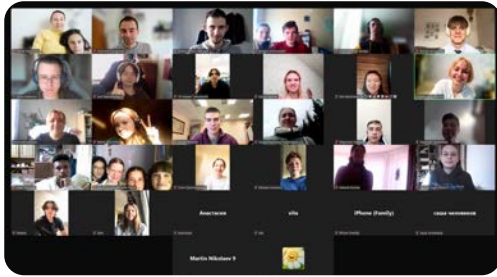
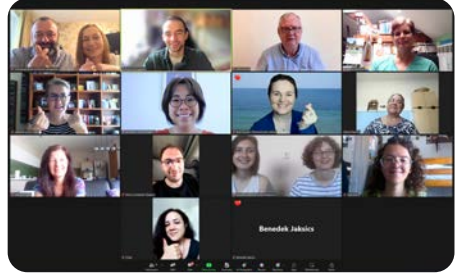
EUROPE CHAPTER

Activities in 2024

ONLINE EVENTS

August 17:

Lecture given at the **East Europe Blessing Introductory Course** organized by BFD, with the title “World Peace Starts from the Family”



October 20:

Youth Sunday Service held for the Russian Community with the title “Pure Water Culture”



Belarus is a gateway for meetings to happen between East and West.

(Photo: Minsk, Belarus; October 2024)

ONLINE PROGRAMS

European participation in 2024

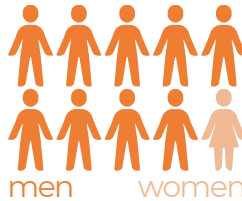
ASCEND

Porn & masturbation recovery program

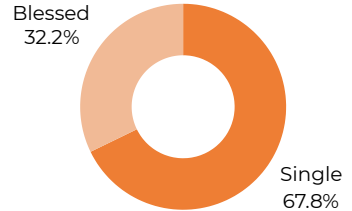
[click to learn more](#)

The Ascend program is a 13-week transformative journey designed for both men and women to **overcome unwanted sexual habits**, such as porn and masturbation, and **develop sexual integrity**.

Gender split



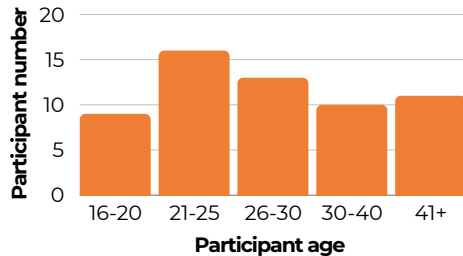
Participant relationship status



Major components:

- Weekly group calls
- 1-on-1 mentoring calls
- Daily accountability check-ins

Age chart



Finding Hope through High Noon

"I started to have problems with pornography when I was 15 years old. Porn caused a lot of issues in my life, but the biggest problem for me was the fact I couldn't talk and pray to God honestly. Every time I would pray or read True Parents' words, I felt ashamed. This problem also blocked me from being honest with my parents, siblings, and friends at church. Over time I started to feel that I was alone, that I was different from other second generation, and that I didn't want to be in the church anymore.

However, through High Noon, I learned that purity is not something that you lose but something I could nourish, and I determined to start by confessing to my parents. Through the conversation with my parents, I could feel God's love. I realized that God wanted to help me, but I wasn't opening my heart to Him. After that, the first change that I experienced was that I could pray to God honestly, and my relationship with my parents and siblings became closer."

Ascend in numbers

59

total number of European **participants**

12

European **facilitators**

3

European **mentors**

CORE

[click to learn more](#)

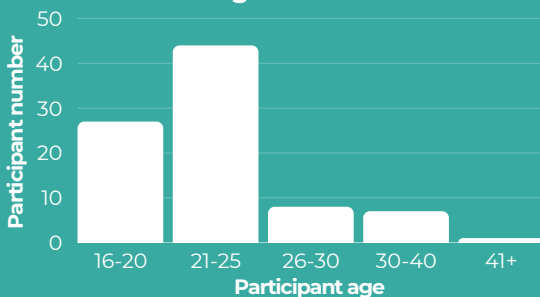
Marriage preparation program for singles

The Core program is an 8-week marriage preparation program that gives space for participants to understand God's ideal, the value of the Blessing, and the profound **vision of sexuality presented by True Parents.**

Major components:

- Weekly group calls
- Reading and discussing the Core of the Universe book
- Lively group chat with participants from all around the globe

Age chart



Gender split



87

total number of European participants

10

European facilitators

RADIANT

[click to learn more](#)

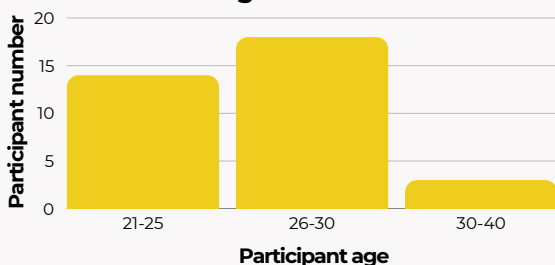
Intimacy for young Blessed Couples

The Radiant program is an 8-week marriage enrichment course designed to help couples **build strong, spiritually intimate relationships.** It emphasizes understanding God's vision for sex and encourages couples to work on cultivating open communication to achieve deeper levels of connection.

Major components:

- Weekly group calls
- Educational video content
- Couples check-ins
- Ongoing Q&A with High Noon staff

Age chart



Gender split



35

total number of European participants

3

European facilitators

PODCAST

Hosts and guests from Europe



Episode #259
Shinchul Moon's Story



Love, Life, Legacy: A Show About Sex

European guests joined Andrew, Benjy, and other hosts to dive deep into topics like porn, masturbation, romancing your spouse, and anything to do with real, practical insight on healthy sexuality.

Available on: Spotify, Apple Podcasts & YouTube

Episodes held by Europeans or with European guests:

- #213 Choosing Love Over Ego (with Andranik and Sandra Karagezian-Skrodzki)
- #216 The Danger of Mediocrity (with Jude and Andranik)
- #222 A Man on Fire for High Noon (with David Huish)
- #227 Kings in Training (with Andranik, David, Robert Karagezian, Alex Almeida, Jonasz Czystczon, Eddie Cooper)
- #229 Porn is Just The Symptom: Healing the Roots of Unwanted Habits (with Andreas Pock)
- #231 The Future is Bright (with Rafael Guignard)
- #233 How to Be a More Radiant Couple (with Peter and Polina Deininger)
- #236 High Noon's Expansion in Europe (with Andranik)
- #245 How Our Marriage Prep Program is Shaping High Noon (with David and Andi)
- #247 How Teamwork Creates Change (with the HN Europe Team)
- #258 How to Create Love & Joy in Marriage (with Daria and Sebastian Mahler)
- #259 Shinchul Moon's Story: There's Always a Way Back (ft. True Mother's Grandson)

24 Hour LIVE Podcast on April 6-7 (Sat-Sun)

This year we welcomed more European guest like **William Haines** (The Biblical Roots of Our Shadows & High Noon Living), **Nicole La Hogue** (Prepping for Forever: Women on Preparing for Marriage), and **Phillip Schanker** (Porn is Just the Symptom: Healing the Roots of Unwanted Habits).



SCHOOL OF LOVE REVIVED!



SCHOOL OF LOVE

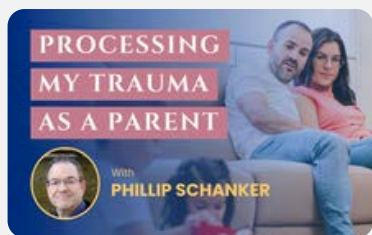
Your child's learning begins in the home. You are your child's first teacher and we are here to help you.

www.schooloflove.org

"In the middle of February I started to work for School of Love. I didn't have any experience to work from, just simply my love for family and being a mom. I dived into topics that used to make me squirm, like talking about sex, pornography, and the countless questions that come along with that. Since then taking on this mission has truly blessed myself and my family. I recognized the importance of our role as parents to **support our children in learning about all things to do with sex, especially so they can learn God's original plan.** Now I'm excited to have these conversations with my kids, grateful for their questions, and so happy to share this culture with other parents."



Amelia Lindemann
Director
School of Love



Episode #20

Processing My Trauma as a Parent



This podcast is there to support, inspire and give you tools to help you in talking with your kids about anything - especially about sex.

Available on: Spotify, Apple Podcasts & YouTube



PODCAST: School of Love

We had some great speakers in 2024!

Amelia was joined by a **Christian sexologist, Patricia Weerakoon**, who shared some great knowledge on how important these conversations with our kids are, as well as how these conversations should start much earlier than you think.

Phillip Schanker, a **therapist** who's well-experienced in our movement's mission work, shared valuable insight on healing our own trauma, which is also essential in our parenting journey.

Chris McKenna, founder of Protect Young Eyes, shared his vision in guiding our kids in using technology safely in our podcast interview.

Amelia also got to share some valuable episodes with the HN staff: David & Mitsue Wolfenberger, Andrew, Benjy and Andranik.

SCHOOL OF LOVE REVIVED!

ONLINE BOOTCAMP

This 6 session bootcamp is there to support parents to get the ball rolling to start building the culture around sexuality that God desires and their family needs. Participants join online in a small group, setting intentions for the week to take action in connecting with our children, listening to them and finding ways to get used to having talks about sexuality.

2024 Bootcamp #1

August 24

September 28

2024 Bootcamp #2

November 23

December 14

Finding Hope through the SOL Bootcamp

"As a father of 2 and 4 year old children, I was shocked that children are exposed to the topic of sex at such a young age. Not only from the media, but also from kindergarten and their peers. I was looking for guidance on how to talk to them about sex. I was very uncomfortable and did not know how to approach it. Thank God I was introduced to the SOL program.

*We had regular weekly meetings with deep sharings, goals and actionable steps that kept me on track. I soon realized that **I first had to work on myself and the way I interact with my children.** In order to talk to them comfortably about sex, I had to learn to listen to them first, build a strong bond and be a better example of being honest with myself. In the SOL program we learned new methods & concepts of thinking, like having a hundred one-minute conversations rather than one big one, which helped me to be free to talk to my children about anything and to understand their needs better. I realized that it's a great opportunity to improve my relationship with them and I was able to start a new chapter of my life without this fear."*

Filip Simonyi

*"I decided to sign up with the aim of getting tools to know how to talk about sex, but I realized through all the sessions that it is much deeper, it is creating the foundations for a healthy relationship with our children, with ourselves, learning to give voice for our children and create emotion and connection with them. **Creating space to talk about everything, without shame, even talking about sex as something that connects us with God in a magnificent way.**"*

Carla Vieira

*"The part of the bootcamp that really inspired me to take action was the focus on getting comfortable with uncomfortable conversations. Learning how important it is to communicate openly with my family—especially about difficult topics—was a game-changer. The practical steps we practiced, like creating a connection routine and having open discussions, **pushed me to start having more intentional conversations with my daughter and husband.** It motivated me to step out of my comfort zone and create a more open and trusting environment at home."*

Monica Vallejo

SCHOOL OF LOVE REVIVED!

WEBINARS

Webinars held by Europeans or with European guests:

How Do We Talk With Our Kids About Sex?

with Olga Vakulinskaya

3 Highly Recommended Practices for Families

with Myrna Lapres

How Do We Address Inappropriate Things With Our Kids?

with Amelia and Andrew

Safe Conversations

with Myrna Lapres

COMMUNITY

The **WhatsApp community** (established in 2024) has all the updates that parents need.

Online meetups with the community included:

- Watching an interview with Kerstin Jenson, author of *Good Pictures Bad Pictures*, and discussing the dangers of pornography
- “Breaking the Ice”: Amelia shared a few tips on how to get the conversations about sexuality started



scan or click to join

240

new members



Amelia and her family

CONNECT WITH US

Looking forward to 2025

**Would you like us
to come to your
community?
Contact us!**

Andranik - Europe Chapter Lead



andranik@highnoon.org

Get ready for the

High Noon Summit

in Prague, Czech Republic

JUNE 14-15, 2025

DONATE

High Noon is an international non-profit that runs off donations. All proceeds go towards providing the necessary tools for our global community to cast out their shadows and create a radiant blessed life.



More information can be seen at:

www.highnoon.org

[@highnoonlife](https://www.instagram.com/highnoonlife)