

Everyone at some point has stumbled upon the phrase, “Be the change you want to see in the world.” Whether or not Gandhi did say those words, the fact that they are so often repeated in modern culture is a testament to their inherent wisdom. Now with Foundation Day just around the corner, each Unificationist is taking his/her own approach to preparing for it. One’s contribution to this momentous day could involve the individual, the family or even the entire community—whatever the case, it’s one’s unique way of offering their efforts to God that makes each contribution invaluable.

MY FOUNDATION

Standing on Solid Ground

BY JAGA GAVIN

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Over the past few years, I have had the opportunity to travel all across the country and the world. Everywhere I go, my international community welcomes me into their homes and makes me feel like family. They drive me through their neighborhoods and take me hiking, dining at the local hot spots, fishing in streams, eating exotic fruits, surfing, playing games... and then at some point we get to talking.

A common question that comes up in these conversations—and that is on many people’s minds around the world—is, “What is going to happen on Foundation Day?” There are many uncertainties surrounding this historical day, and with all the apocalyptic TV. Shows like the *Walking Dead*, *Jericho*, and *The Colony*, people seem to get carried away with their ideas and thoughts about the future.

Will Foundation Day be like these end-of-the-world theories, or will it be the start of a new era? Is it going to involve external changes on this planet, or is it purely internal in nature? What does Foundation Day mean for our community and the world? What does Foundation Day mean for you?

What do you think is going to happen on **February 22, 2013?**



For a printable version of this worksheet to use for Sunday school, Youth Ministry, small groups, or personal use, visit UClifestylemagazine.com

What images does Foundation Day bring to mind?

EXERCISE

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On foundation day, my family will:

■

My community will:

■

I will:

■





My response to these questions is, “Well, on Foundation Day I think I’m going to wake up, go to the bathroom, brush my teeth...” The point is, February 22, 2013—Foundation Day—is not the end. It’s the beginning.

I used to build houses, and there usually was a lot more work to do after the foundation was laid. The foundation is just the first step, and from a strong foundation will come a strong house. God and True Parents—the Reverend and Mrs. Sun Myung Moon—alongside many saints and sages of past days and present days have laid a solid foundation. Now, it is up to us to build the rest of the house together.

“So what is the foundation?” I have heard that follow-up, I have pondered on it, and this is what I realized; Instead of wrestling with this big question, think about what your own personal foundation can be in helping to build a better world—what we call *Cheon Il Guk*, or God’s Kingdom.

What is my personal foundation?



What am I personally offering as a foundation before **God, True Parents, and this world?**

MY VALUES

My top 3 values in life are:

- 1.
- 2.
- 3.

EXERCISE

MY GOALS

To actively manifest one or more of these values in my life, my main goal is to:

-

I don't think it is something True Parents want to define for us. In fact, I think they are waiting for us to define what it is for us on a personal level. That is when real ownership happens, and that is when True Parents can become truly proud. I have seen the greatest joy in my parents' eyes when I made decisions on my own which brought honor and love to them.

At the end of the day, we still have our own personal responsibility. What we need to ask ourselves is, "What foundation am I taking responsibility for?" Imagine if each of us defined our own personal foundation and then together offered everything up on February 22, 2013. How glorious could we make Foundation Day?

My personal foundation is to bring balance back into my life: my spiritual, physical and social life. I am going to lay the foundation of balance.

On the spiritual level, I will connect to my Heavenly Parent more deeply and regularly, letting God's love flow unrestricted through me. I will also develop my hobbies—such as woodworking—which contribute to my spiritual balance and are important to me.

Physically, I will exercise and work out, keeping this precious gift (my body) in good, working condition and honoring my body as a place in which God can dwell.

And finally, my social foundation of balance is to connect to my family and friends—the people who have loved and supported me throughout the years. I have been too busy recently to include them as a part of my life, but that is now changing.

For me, balance is about priorities. It may seem selfish to some, but how can I share the love and message of God and True Parents effectively if I am not in balance? How can we build a house on a foundation that is not solid, level, and square?

This is the foundation I am working on to offer up on February 22, 2012. It is my prayer and hope that my foundation can be offered up together with True Parents' foundation and yours'. Make Foundation Day personal to you. Ask yourself, "What is going to be my personal foundation?" and imagine the house God is going to build on top of this foundation.

It's going to be beautiful.

How will I change the world?

What aspects of this goal, beyond my personal gain, can benefit...

My family?

My friends?

My community?

The world?



I COMMIT TO MY GOAL,
AND FOUNDATION TO BUILD A
BETTER WORLD.

SIGNATURE:

X



...Where do I **begin** ?

Begin with God.

We all develop a relationship with God in our own way, and this relationship stems from a place within us that is organic and sincere. Understanding this authentic, personal style of connecting to God helps you develop ways to bring God into every facet of your life. Not only do you discover how you connect to God, you discover how God connects to you—how God communicates with you and feels joy through your life. The following nine categories are the different Spiritual Styles through which your relationship with God may flourish. You may already know your style, but if not, you can find out by taking the **Spiritual Style Survey online at UClifestylemagazine.com.**

How do I **connect with God** ?

INTELLECTUAL **Loving God with the Mind:** You feel closest to God as you come to understand Him and gain knowledge about His Creation and His Words.

CONTEMPLATIVE **Loving God through Adoration:** You feel closest to God in quiet reflection as you express your pure, joyful love for Him.

ENTHUSIAST **Loving God in Celebration:** You feel closest to God through active devotion and inspiration from moment-by-moment experiences.

CAREGIVER **Loving God by Loving Others:** You feel God's heart when you are serving others and caring for people in need.

ACTIVIST **Loving God through a Cause:** You feel closest to God as His Warrior, fighting a battle against evil or injustice.

ASCETIC **Loving God in Simplicity:** You feel God through solitude and prayer, letting go of material distractions in order to focus on the internal.

TRADITIONALIST **Loving God through Tradition:** You feel God in rituals, symbols, and sacred experiences, which throughout history have built a disciplined devotion for God.

SENSOR **Loving God with the Senses:** You feel closest to God as you are entirely enveloped in His Sound, His Image, His Smells—you can feel His Splendor and Beauty through your senses.

NATURALIST **Loving God through Nature:** You feel closest to God in the places and things that God Himself has created. **UC**

What can I do



Based on my spiritual style(s), some action steps
I can take to build up from my foundation are:

next?

EXERCISE

[Large white rectangular area for writing answers to the exercise question]

WHO CAN HELP ME?

To hold myself accountable for my Foundation Day offering,
I will share my vision with:

[White rectangular area for writing names of people to share vision with]