

## FFWPU USA: One Unificationist's Journey Inspires New Global Health Ministry

Demian Dunkley  
September 7, 2023



*Photos courtesy of Manhattan Family Church*

"I believe everybody has a mission," says Phil High, a Unificationist in New York City. For Phil, that mission took root in the field of public health and safety. However, the longtime EMT and certified first responder didn't always know his calling. In fact, his struggle with mental health took him down a difficult road - before finding faith and the Unification movement in 2019.

"When I was younger, I was diagnosed with Bipolar I disorder," recalls Phil, who said the mental health condition created a "strained relationship" with his family. Raised in a non-religious Jewish household, the Fort Lauderdale native felt lost and alone with his internal struggles. "It was on me to make my own religious pathway," he says.

As a teen, Phil attended a local Baptist church, and stayed at a Catholic shelter for young people. Still, there was "something missing," he says, in his pursuit of meaning and purpose. Then, in the summer of 1992, Hurricane Andrew hit. The Category 5 storm devastated the Florida area, as well as Louisiana and The Bahamas.

"I always wanted to do something with public safety as a kid," Phil recalls, pointing to the hurricane as a "jumping off point." He quickly began working with the Red Cross to provide disaster relief, and soon became a member of a volunteer fire department. But it was "ride alongs" with city ambulances, he says, that inspired him to become an EMT.

Shortly thereafter, a move to New York City opened his eyes in a new way. "I saw on a daily basis how much poverty and inequitable access to healthcare affected people on a personal level," Phil says. Working nearly 25 years in the Bedford-Stuyvesant-Bushwick area, Phil witnessed firsthand the effects of untreated mental health, including homelessness, crime, and drug and opioid addiction. Still wrestling with his own mental health, the epidemic hit home.

"I was working for years in the emergency medical services field before seeking help," Phil says. "I was living half a life." He says shame and stigma associated with mental health often prevents people from dealing with it head on, as well as the obstacles of the nation's healthcare system. "This formed my belief that access to good healthcare is not only a good policy, but also a human right," Phil says.

In late 2019, Phil was hospitalized when his pacemaker stopped working. "I almost died," he recalls,

being rushed into the ER to prevent cardiac arrest. It was during recovery in the hospital that Phil says he had a "spiritual awakening." With only three free television channels available to patients, he settled on Trinity Broadcasting Network - a Christian station.

"As I am watching the TV, all of a sudden I start bawling," he says, "and I'm asking for God's forgiveness." After being discharged from the hospital, Phil prayed to be led in his newfound Christian faith. Soon after, he met a Unificationist - Richard - in his assisted living community. Together they attended the [Manhattan Family Church](#), where Phil's passion for mental health care deeply touched Rev. Miilhan Stephens.



"Mental health is not only a New York City and New York state problem, it's a national and international problem," says Rev. Miilhan. "In many places around the world, there isn't mental health care."

In the US alone, one in five adults and one in six children [experience mental illness](#) each year, including anxiety and mood disorders, according to the National Alliance on Mental Illness ([NAMI](#)). About 75% of all lifetime mental illnesses begin by age 24.

To address this prevalence, the Manhattan Family Church recently launched a new [Global Health Ministry](#). "Phil has firsthand knowledge of the medical world," says Rev. Miilhan, "so he can find good people to connect us with as we build this ministry."

And Phil's vision is big to say the least - already partnering with two non-profit organizations: the Dallas-based International Relief Friendship Foundation ([IRFF](#)) and International Medical Relief ([IMR](#)) in Loveland, Colo.

"We want to address the Maui wildfires and provide some form of relief and assistance through fundraising or donating," Phil says.

An exploratory trip to Thailand in late November or early December is also part of the plan. A special EMT training course will be available online and in-person, Phil says, with hopes to eventually open a clinic and provide medical equipment, as well as medical and non-medical volunteers. "Mental health is a part of overall health," Phil says, "so we pivoted to make this Global Health Ministry. We're looking for people who are able and willing to fundraise ... We want to have global medical missions in the future."

The new ministry is a great opportunity for young Unificationists pursuing the medical field, or anyone with interest and looking to serve. "Our [movement] is a family where everyone loves each other unconditionally," Phil says. "That's why I'm passionate about this new ministry. Healthcare is a God-given right to help all God's children ... "This is not my mission," he says. "This is God's mission."

You can support the new Global Health Ministry [here](#), and get involved by contacting Director Phil High at (917) 933-4802 or [philiphigh707@gmail.com](mailto:philiphigh707@gmail.com), and Rev. Miilhan Stephens at [mstephens@uniifcation.org](mailto:mstephens@uniifcation.org).



# WELCOME TO MANHATTAN FAMILY CHURCH



## PASTOR MILHAN STEPHENS

Here at Manhattan Family Church, we believe that your spiritual potential is limitless. Whether you're joining us from behind the screen, or in person, we invite you to become a leader in this community. The building block to a nation is the family, step into a greater purpose with us!



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DELITE**



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AN  
APPOINTM  
ENT WITH  
THE  
PASTOR**



**MORNING  
EVOTIO**

Prayer & Pastor's Reflection

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PASSCODE: 2027

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your top  
priority”***

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LINK



**PASTOR**

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***“Your feedback  
is paramount to  
how I can  
better serve  
God”***

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## LATEST MESSAGE

Pastor Miilhan walks us through a window of the life of Keisetsu Nakamura, a recent college graduate with a burning heart to save the next generation of youth.

## “The Path to the Greatest Love”

May 21 , 2023

WATCH NOW

# STAY CONNECTED

To stay up to date on everything happening  
in Manhattan, sign up for our weekly e-news.

SUBSCRIBE!



“ONE WHO GIVES WILL NEVER PERISH”

## COLLEGIATE ASSOCIATION FOR THE RESEARCH OF PRINCIPLES (CARP)

CARP is a student movement that seeks to progress society through the study and application of the universal values based on the teachings of the Divine Principle. Through our meetings, seminars, or social events, CARP strives to educate the hearts of young people to train them to become peace-loving global citizens in an environment and culture that prioritizes their growth. Visit our national [website](#) to learn more!

[DONATE](#)

**CARP NY Director**

**Keisetsu Nakamura**

## LATINO MINISTRY

The Latino Ministry focuses on serving and ministering to the Latino community. This ministry provides spiritual guidance, support, and belonging for individuals and families of Latino background. Through various activities, such as workshops on the Divine Principles of the Bible, worship services, community events, and volunteer opportunities, the Latino Ministry strives to create a welcoming and inclusive environment where everyone feels valued and loved.

[DONATE](#)

**Latino Ministry Director**

## JAPANESE BLESSED FAMILIES FOR WORLD PEACE

The Japanese Blessed Families for World Peace serves to spread hope and love to the greater community with the heart of a mother. The ministry focuses on supporting Japanese individuals and families, offering support and guidance through various programs, events, and opportunities to serve. The goal is to connect people to God and provide them with a sense of belonging in a loving community.

### Japanese Blessed Families for World

#### Peace Director

**Mimi Yukawa**



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## CARIBBEAN MINISTRY

The Caribbean Ministry is dedicated to serving the communities of Caribbean origin. Our mission is to create a vibrant community of Caribbean people that fosters spiritual growth, builds meaningful relationships, and provides opportunities for service and outreach. Our vision is to be a thriving and culturally diverse church community that reflects the unique gifts growing towards the Blessing Culture from the perspective of the Caribbean people and serves as a beacon of hope in the heart of Manhattan.

### Caribbean Ministry Co-Directors

**Rev. Desmond Green and Rev. Beryl Green**

#### Caribbean Ministry Coordinator

**Minister Joel Green**



[DONATE](#)



## GLOBAL HEALTH MINISTRY

Global Health Ministry focuses on raising awareness of the global healthcare crisis and helping to increase the capacity of the healthcare system that serves those in need of mental, physical, and spiritual care. Some activities in development are online forum discussions with expert panels and opportunities to serve hospitals and international healthcare relief organizations.



[DONATE](#)

**Global Health Ministry Director**

**Phillip High**

## CHESS MINISTRY

Chess Ministry is all about making a fun space for different generations and cultures to come together. Some activities in development are workshops with grandmasters, tournaments (online or offline), and mentorship programs.

Like us on Facebook at  
[Facebook.com/ChessMinistry](https://www.facebook.com/ChessMinistry)

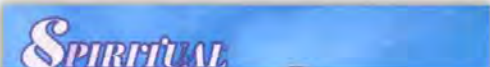


[DONATE](#)

**Chess Ministry Director**

**Pastor Miilhan Stephens**

## SPIRITUAL



# SCIENCES MINISTRY

We liberate and empower the true self through a universal healing system and the establishment of environments conducive to spiritual growth. Current activities include online forum discussions on spiritual sciences.



DONATE

**Spiritual Sciences Ministry Director**

**Rev. Joshua Gurtatowski**





# INTERNATIONAL RELIEF FRIENDSHIP FOUNDATION

3 Ways to Help

Help Now



Any donation will be useful to equip those who have been affected by the storms with the right resources. Please contribute to the cause today—every penny counts! We have partnered with [Christian Disaster Response](#) to ensure funds reach the place of maximum need and optimum service opportunity.

Help Out



You can facilitate the recovery process by volunteering with IRFF! After receiving training, volunteers will go into the affected area to assist those who have incurred damages to their homes as a result of the disaster. The training is approximately a weekend – 2 days – for basic training.

Help Out



Help meet both the immediate and long-term needs of the people and communities hit hardest by disaster by preparing a recovery kit or "gift of the heart" containing essential items. For more instructions on preparing a recovery kit, click the button below.

Help Out

## OUR STORIES



Japan Disaster Relief

[Read more](#)



Volunteering in Florida – Day 6

[Read more](#)



Volunteering in Florida – Day 5

[Read more](#)

# ABOUT US

In the wake of worldwide catastrophic natural disasters , IRFF is partnering with Christian Disaster Response (CDR) to assist in the recovery process for those who have been affected. We place a special focus on the areas that are often invisible to the civic and governmental agencies and consequently do not get served.

We invite the public to contribute and donate to help those in need during these devastating disasters in one of three ways: financial donations, recovery kits, or volunteering. All donations will go to support those in the affected areas - providing hot meals, clean water, and other essential needs, as well as sending volunteers to directly aid those affected most by these disasters.

Founded in 1976 by Rev. Sun Myung Moon and Dr. Hak Ja Han Moon, the International Relief Friendship Foundation, Inc. (IRFF) is dedicated to finding practical solutions to the global problems of poverty, suffering, and disease while promoting opportunities for long-term sustainable development for communities in need. Thus, IRFF provides immediate humanitarian relief to individuals and families devastated by poverty, illness, natural disasters, and conflict in addition to paving the path for long-term sustainable development through educational and economic opportunities. IRFF also develops and educates the next generation of socially responsible global leaders through our experiential service learning programs that stress cultural, religious, and racial cooperation.

[Donate](#) | [Volunteer](#) | [Give a Gift](#)



International Relief Friendship Foundation Copyright © 2017

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Phone: 917-319-6202  
E-mail: [drkathywinings@gmail.com](mailto:drkathywinings@gmail.com)





# Save & Change Lives

Through medical mission trips, International Medical Relief provides access to sustainable community and public health education and medical services to underserved and vulnerable communities across the globe that will improve the health, wellness, and quality of life of those populations most in need. **Join the mission!**

[View Mission Trips →](#)

## Maui Wildfire Relief

The wildfires that ripped through Maui have killed at least 55 people, razed much of the historic town of Lahaina causing extensive damage, and left thousands without power. IMR has local medical volunteers on the ground that are providing support.

[DONATE NOW](#)

[LEARN MORE](#)



## Impact Aid Tracker

Totals Since 2002

6,127

Trained Community Collaborators

705,311

Patients Treated

84

Countries Served

\$555,921,919

Medical Aid  
2002-2021 Audited Amount

3,140

Community Clinic Impact Sites

\$96,913,192

Sustainable Education & Training  
2002-2021 Audited Amount

\$171,132,362

Medical Equipment & Supplies  
2002-2021 Audited Amount

## Give Now and #BeTheGood

The people whose lives are improved or saved through community health and medical education and intervention are owed to your generosity and charitable contributions.

[Donate Now](#) 🤝

Affecting Change in the World in a Sustainable Way



# Making Change in the World in a Sustainable Way

## Four Ways to Be the Good



### Donate

Make a one-time donation to the causes we support to help fund sustainable community education, training for local collaborators, and treatment for patients in need.

[Donate Now →](#)



### Become a Monthly Contributor

Contributing to the cause each month ensures the sustainability and vitality of efforts put forth to provide education, training, and treatment for communities in great need.

[Contribute Now →](#)



### Volunteer

Donate your time and expertise to the cause. With opportunities to serve globally and domestically, help save lives through research and innovation, warehouse efforts, or start a friend-raiser.

[Volunteer Now →](#)



### Become a Strategic Partner

Partnerships with businesses and organizations are needed to leverage capacity-building efforts and humanitarian aid. This approach leads to greater impact in medical and health education, training, and treatment goals.

[Learn More →](#)

## Help Us Save Lives & Bring Hope to the World

International Medical Relief provides sustainable capacity building and direct relief efforts. On our medical mission trips, everyone plays a vital role in saving and changing lives. Our international medical corps of volunteers provides comprehensive large and small scale clinics offering life-saving interventions and high impact training to vulnerable communities around the globe. According to the World Health Organization, approximately 5.3 million children die of preventable diseases each year that could be saved through access to focused, scaleable education, treatment, and diagnoses. With careful integration of the United Nations Sustainable Development Goals, our work creates a blueprint for communities to reach their greatest level of success. We invite you to be the good you wish to see in the world.

## You Can Become Part of the Solution

*There is a Place on our Medical Mission Trips for Everyone*



Volunteer Doctors And Medical Providers



Dental Volunteer Opportunities



Non-Medical Volunteers



Professional Students



Volunteer Nursing Abroad



Undergrad Students





Pharmacy Volunteers

EMS Volunteers

Interpreters



Groups



Families



Complementary Medicine Professionals



Surgical Teams



Ophthalmologists & Optometrists



Videographers & Documentarians



Educators



Disaster Responders



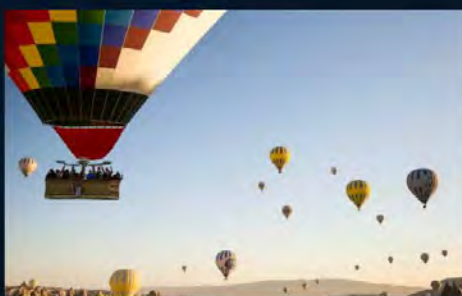
OB-GYN Medical Mission Trips

## Join One of Our Upcoming Medical Mission Trips



### Côte d'Ivoire

[View Mission »](#)

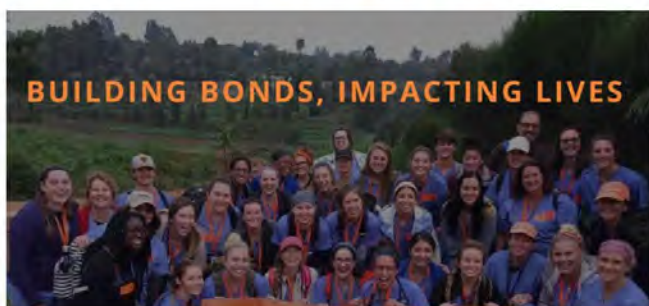


### Turkey – Cappadocia Signature

[View Mission »](#)

[View All Mission Trips →](#)

## Latest News from the Field



### Tweets from @medical\_relief

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International Medical ... @medical\_... · May 2



facebook.com

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#Operativo Un equipo médico de...

💬 ❤️ 1



International Medical ... @medical\_r... · Mar 7







### Building Bonds, Impacting Lives: Traveling with a Group

Medical mission trips with International Medical Relief have been making a difference in the lives of patients – and volunteers ...

[Read More →](#)



Happy #holi festival! As IMR served communities in India this week, the celebration of Holi brightens the spirits of the team with beautiful vibrant colors, dancing, community, caring and celebrating. We mark this special day in Bombay today with those who observe.  
[#HappyHoli](#)

[Follow @medical\\_relief](#)

# Join Us in Making a Difference

[Join the Mission →](#)



(970) 635-0110  
 [contact@imrus.org](mailto:contact@imrus.org)  
 1151 Eagle Drive Suite 457  
Loveland, CO. 80537



[View Missions →](#)

### Give with Confidence



### About Us

- Sustainable Community Health
- Financial Accountability & Transparency
- Testimonials
- FAQ
- Blog: News from the Field
- Join the Cause

### Who Can Volunteer?

- Medical Providers
- Dental Professionals
- Non-Medical Volunteers
- Nurses
- Professional Students
- Pharmacists
- EMS Personnel
- Interpreters
- Groups
- Families
- Complementary Medicine Professionals
- Surgical Teams
- Ophthalmologists & Optometrists

### Volunteer Resources

- Preparing
- Costs
- Getting Ready to Go
- Clinic Guide
- Country Details
- Donation Receipts

### Feel-Good News from Around the World

**Name** \*

**First Name**

**Last Name**

**Email** \*

### CAPTCHA

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Purpose of Donation\*

Mental Health Ministry

Amount\*

\$40

\$70

\$120

\$210

\$400

Other

☐

Make My Donation Monthly Recurring

Total

\$0.00

Billing Information

Name\*

First Name

Last Name

Credit Card\*

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DISCOVER

Month

Year

CVV

Address\*

United States of America

Street Address

City

State

ZIP Code

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