

Get "On Trak"

for your Personal Spiritual Growth and Realize the First Blessing.

Trak Member

- Overview of local, District & Nat'l Church structure & activities
- Completion of the Educational Classes for TRAK Member Level (2-day DP contents)
- Home study of DP or Father's Words
- Tithing education
- Service Projects
- Social Activities (UPN, programs, events, etc.)
- Participation in a Small Group or committee
- The meaning and partaking of the Holy Wine*

Doer

- Weekly personal study of DP or Father's Words
- Service Projects
- Social Activities (UPN, programs, events, etc.)
- Tithing
- Participation in a Church Committee, Department or Ministry
- Participation in Choir or Music Program
- Completion of the Educational Classes for Doer Level (In-depth Ch. 1 and deeper study of the rest of DP)
- Regular participation in a Small Group
- Study of Heart and way to make offerings (prayer, fasting, etc.)
- Understanding in-reach and out-reach
- The Meaning of the Family Pledge
- Development of Wisdom and Virtue in the Cain side of a Cain/Abel relationship

Leader

- More in-depth study of DP with a focus on the role and heart of Abel
- Discovering my S.H.A.P.E. (Sp. Gifts, Heart, Ability, Personality, Experiences)
- Outside reading on Leadership Skills
- Father's and Mother's Course and life
- Marriage and Family class participation
- Teaching DP
- Hosting Small Group meetings
- Spiritual Children
- Active Advanced Training (STF, MFT, UTS, Foreign Missionary, etc.)
- The Mission Field
- Tribal Messiahship

Owner

- Completion of the Educational Classes for Owner Level
- More advanced DP study
- Unification Thought study
- VOC study
- Internal Guidance
- Marriage and Family class participation
- Teaching DP
- Coaching Small Group Hosts
- Creating and developing a new Church Ministry, Committee, or program
- Completion of CSG reading
- Independent study (Practical skills, Leadership, other Religions, etc.)
- Making a Personal Life Plan

* 2nd Gen don't need to take Holy Wine

NOTE: All steps are NOT required in each Level of the TRAK. A Point System determines completion of each Level.



Family Federation for World Peace and Unification

TRAK-Member Covenant

Today I have decided to open a new chapter in my life with God. I have now come to understand more clearly what God is doing in this world and how He is working in my life. I have decided to be part of the solution instead of part of the problem. I have come to understand the profound life and work of Rev. Dr's. Sun Myung Moon and Hak Ja Moon and I believe God is working through them to bring True Peace and healing to this world.

I have begun to transform myself as a son or daughter in **God's family**. I will be a participant and not just an observer. I have made a decision to grow up spiritually, heartistically, intellectually and practically, so that God can celebrate what I have done with the potential He gave me when I was born.

I am grateful for the life God has given me, and I am sorry for any mistakes of the heart that I made in the past. I know that He wants to forgive and forget all that I have done before that might have caused Him pain and heartache.

I have decided to become a Supportive-Member of the Colorado Family Church community and I will find my place to contribute and participate in love and action. I will act in love toward brothers and sisters, invite others to come to **God's family, and support the efforts and activities of my church community.**

My Name: _____ Date: _____

Start Date: _____

WILL = HEART X INTELLECT
Work to achieve points in both areas.

Name: _____

Buddy: _____

The *TRAK*

First Blessing Personal Growth Record:

“Trak Member” Level (Completion requires 100 points) **Accomplishments:**

Partaking of Holy Wine – 10 pts (mandatory [2nd gen exempt]) _____

Learn about Tithing – 10 pts _____

Service Project -- 10 pts _____

Social Activities (pancake bkfst/spaghetti dinner, etc) – 10 pts _____

Participation in a Small Group or Church Committee – 10 pts _____

Church attendance – 10 pts _____

Weekly study of DP or Father’s Words – 10 pts/wk _____

Bible Study – 10 pts _____

Completion of the Educational Classes for Membership Level (mandatory) – 20 pts _____

Participation in District or Natl. Workshop Camp – 10 pts _____

TOTAL POINTS: _____