

FFWPU USA: Sign Up - Your Monthly Subscription to *Golden Age Newsletter*

Richard Buessing
December 16, 2021

Dear Brothers and Sisters!

We're wishing you great blessings during this sacred Christmas Season!

Following is the current issue of the Golden Age Newsletter produced by the Golden Age Club of the Clifton Family Church. It is filled with great news, inspiring stories and healthful tips especially designed for our Senior Unification Members (60 years plus). This wonderful monthly newsletter is now available for circulation throughout America!


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Thank you!

Rev. Richard Buessing
Director, Senior Pastors' Association (SPA)



The graphic features a sunset over the ocean with a couple walking away from the viewer. A circular logo with a sun and figures is positioned over the sun. The text "Golden Age Club" is overlaid in large white letters.

Featured Message

New Horizons
by Hugh and Nora Spurgin
hdspurgin@gmail.com



It is wonderful to have this newsletter for those of us who have entered a new phase in our lives -- living a healthy lifestyle, writing memoirs, living near our grandchildren, reaching out to family and friends, and most importantly strengthening a new kind of relationship with our Heavenly Parent and True Parents. Our lives today are more about *being* and less about *doing*. For those of us who are doers, it takes an adjustment in thinking, in lifestyle, and even in acceptance of self to realize that there is value in the stillness of one's soul – in letting God use us in new ways.



Nora often thinks of the Biblical story of Martha and Mary who hosted a visit from Jesus. Martha, the doer, was busy preparing and serving Jesus' meal, while Mary sat at Jesus' feet letting her heart of love flow freely. When Martha complained about Mary not helping her, Jesus responded, "Mary has chosen the greater part."

We are discovering the value of being in a place where God's love can flow freely and deeply and can allow things to happen that we have not planned. Sometimes, good things just suddenly happen when we are fully present in the love of our Heavenly Parent. God can use our spiritual energy to affect the atmosphere, and we are able to give of ourselves just by being here. After having had many front-line, church missions for five decades amidst a whirlwind of activity, we are finding quieter ways to serve God's Providence during this historic period.

We moved to Clermont, Florida two years ago, in order to be near our youngest son, daughter-in-law and two grandsons. Florida offers us a lovely opportunity to enjoy a warm climate in a 55 plus residential community with like-minded people who share many of our age-related interests. The beautiful blue skies, lush green lawns, bright flowers, and warm weather have created a beautiful place to spend the rest of our lives. Sometimes we ride a golf cart to the hilltop by a lake and watch the Florida sunset with other couples. We thank God every day to be able to live with many, new friends with whom we can share our lives. Some residents refer to our community as "God's waiting room," a place near heaven.

Through various clubs and activities we have had extensive opportunities to meet many neighbors. Hugh enjoys playing golf, having played only sporadically for the last fifty years. Nora is grateful

to be able to do regular exercises in the swimming pools. Through the quilters club she keeps her creative juices flowing by making quilts for needy children and in ceramics club by making clay pieces. Both of us are members of the writers' club where we meet with other authors, share stories and ideas and receive advice on writing our memoirs.

Reviewing the stories of our lives has provided us with new perspectives as we look at the totality of our unusual lives, weaving the threads into a tapestry of events that have resulted in a journey of love and service. Nora has completed the content of her memoir and is in the process of finalizing photos and captions. Hugh has completed an extensive chronology of both of our lives and is now working on his memoir.

We have found our environment to be a comfortable place to make many new friends with whom we meet regularly. Nora's book, *Circles of Angels*, is often an easy and effective way to initiate religious discussions. Recently the editor of a local magazine interviewed her and wrote an extensive article on her life, including a cover photo. Nora was surprised by the extensive coverage, but it has opened many doors for deeper relationships with neighbors.

One local resident announced to the quilters' club that soon after reading Nora's book she was informed that her one-year-old grandson was scheduled to have surgery to remove a mass on his forehead. She felt God had placed the book in her hands in order to help her grandson. She prayed for help from the angels and her daughter asked members of her congregation to request angelic help. On the day of the operation, the little boy was prepared, and the surgeon was ready to perform the surgery, but the mass had disappeared and there was no need for an operation. The family believes that calling on the angels for help resulted in a miracle. It is events like this that encourage us to continue to promote the book and to do more writing.

Our lives have been a journey toward oneness with God, our Heavenly Parent. With each step forward, there is always something more to experience. Stepping into new horizons requires not only a spirit of adventure and taking risks, but also the humility to make a fresh start – to make a foundation on a new level. The more we are aware of our connections to God, and the more we allow our Heavenly Parent to lead us, the less we need a roadmap. Many years ago, Nora read the book, *Your God is too Small*. "Do not put God in a box," the author advised. We have discussed this advice often over the years, as we have sought to give God space to guide our steps and grow unconditional love in our hearts.



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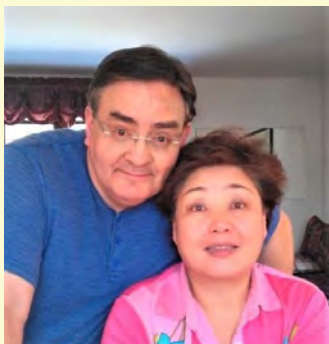
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History Bytes

In Memoriam - Mr. Henry Masters

by Philip Soai Van



When searching into the new FamilyFed website, I was clicking on all the links and landed on the "In Memoriam" button. As I scrolled down the one and only page, I was invited to "click here" to see the list of more members from the old website.

I looked at and read many profiles. Sometimes you can catch a

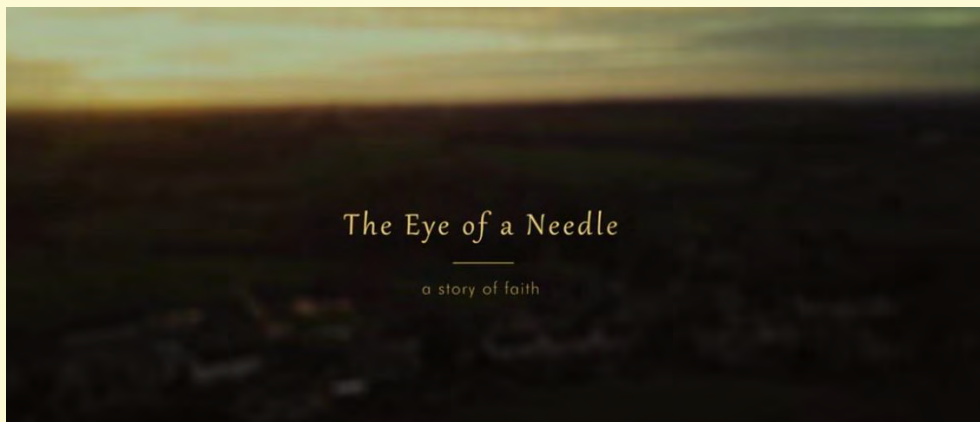
glimpse of a person's personality by reading the synopsis of their life of faith and achievements. Surprisingly, this section is a source of inspiration. It gives me the will to do more. As I continued to scroll down the list, I stumbled upon the name Mr. Henry Masters. He ascended last year. He was 93 years old.

I was reading his life and path of faith and clicked on the link ([**see below**](#)).

There was a video made by our movement in the UK that was posted on their website. I thought it to be worth watching even before clicking on the video. After all, how many times does someone get to be validated in this way for his contribution to doing God's will and God's work?

[**To view the whole article, please click here!**](#)

[**Click here to view the video, *The eyes of a needle - Henry Masters***](#)



Culture & The Arts

Crocheting and Me

by Marjorie Buessing



When I was seven my Grandma Barrie started to teach me how to knit. Then we moved to embroidery, needlepoint, rug hooking and crocheting. The only one that I just never could master was tatting. Few people now even know what that is or looks like. It's one of those lost arts! Through time these handicrafts have been my creative outlet and crocheting has emerged as my favorite. When I returned to crocheting after my children were no longer babies one of them said, 'Mom, you should crochet more, you're calmer when you do.' So, I did!

I especially love to see babies wrapped in one of my blankets. When Richard and I were doing IW work up and down the Eastern seaboard I always crocheted as we traveled. I find it relaxing and I enjoy giving away what I make rather than buying something for a gift.

Quite some years ago, I felt called to support our **WFWP Schools in Africa Project** and I began crocheting hats and scarves and other things to sell to raise money. One year when we had done a lot of traveling my works were sold in Boston, Bridgeport, New York and New Jersey and raised well over \$500.00 for our Schools in Africa. It brought me joy to see brothers and sisters wearing hats and wrist warmers I had made.

My favorite project the last few years is called **Strings of the Heart** sponsored by **WFWP**. It began with Mari Curry, Irmgard Baynes and me. While my Richard was president and we lived in New York, sisters would gather for lunch and crochet a bit on Thursdays. We would make 6-inch squares together and crochet them together into lovely, warm blankets and then send them to families we felt needed to know they were loved and appreciated during challenging times for them.

[To view the whole article, please click here!](#)

[To view a related video "Strings Of The Heart" featured in the July Newsletter, please click here!](#)

[To suggest a recipient for a blanket please use this form!](#)

Women's Federation for World Peace - Schools of Africa Project (networkforgood.com)

For any donation of \$50. or more you will receive a handcrafted item by Marjorie from the available stock in the WFWP office (until supplies last). Please write in the comment box that you read the article in the Golden Age e-news, then someone will contact you for next steps.



Art and the Art of Life

by Carol Pobanz



I wanted to be an artist since I was six years old. I never wanted to do anything else. When I met and joined our Unification Movement in 1973, I was still in art college, and the dreams I had for a future in art were basically relinquished – or were they?

I do occasionally draw something by request of my children. But, I'm rusty since I haven't done any serious drawing since art college. Now, however, I have become involved over the past 10 or 15 years in doing communal or community-based art (en.wikipedia.org/wiki/Community_arts).

Sometimes people ask me: Do you miss doing art? Drawing, painting, etc.? And I tell them NO because I am always involved in art. The medium has just changed. When you draw, it's basically arranging points and lines, setting up relationships between one thing and another. For example, if you are drawing a cup, you might begin by drawing a point representing the location at the far end of the cup. Then you measure with your eye the distance to, maybe, the lower-most corner of the cup and put a dot, then another edge on the top, and draw the curve of the bowl and the top of the handle – and you're connecting this point to that point, making a line, etc. And as you connect the dots and lines and curves, there begins to appear the image of the cup.

[To view the whole article, please click here!](#)



Healthy Living

Watch Out For That Car!

by Mereth Van Frank (and Sebastian) Huemer



"Watch out for the car," he shouted. "What car? Where? Stop! Shouting at me!!!," I yelled back.

In December 2020, my husband Sebastian, had a seizure and eight months later in August he had another one. Our state law says that he must take seizure medicine and not drive for at least six months, as a result of the first seizure, and then refrain from driving for six MORE months for the second one, which means he can't drive for at least a year.

Our daughter has a job in another city, so she's not available to drive us. I, on the other hand, have had eye issues for many years, some of which flared up at around the same time. I also had a cataract removed and I am getting new, extremely different contact lenses,

which causes my eyes and brain to have to substantially re-adjust.

These health issues have conspired to put us in the same vehicle and helped us to find a new level of unity, which we had not reached in the last 38 years since our Blessing. The medication my husband is taking uncharacteristically tends to give him a shorter fuse and sometimes makes him somewhat moody. He has also had problems with his hearing.

[To view the whole article, please click here!](#)



Grand Prix Lobster

by Lynn Dutertre

One summer, in the mid 1970s I ran a roadside burger/chip & ice cream drive-in. I was using a peanut oil deep fryer when a guy who was selling live lobsters parked nearby. I bought a couple and put them in the freezer and they were totally frozen when I plunged them into 475-degree oil. The shells burst open and turned red in just a minute or so, and the peanut flavor from the oil made it the tastiest lobster ever. The shells were much easier to separate from the meat because the hot oil had shattered them. The lobster's end of life in the freezer, I felt, was merciful compared to being boiled alive in water. I named it Grand Prix Lobster after the name of my drive-in but, whatever you call it, you would want to invite guests (who have no peanut allergy) over to enjoy it!



Unification Thoughts

Roaring Monarchs - Part 4

by Prof. Gerry Servito

Welcome, blessed December (and Winter if you've got that where you are). Thank you for your continued interest in these *Unification Thoughts*.

In case you're joining us for the first time, the focus of this series is to look into the remarkable role of grandparents in a family. This article is the seventh in the series and its foundation points are here = Realms of True Love and here = Three Great Kingships. If you take a

look at those two links, you'll understand the perspective of the preceding six articles, if not the details.

[To view the complete file, please click here!](#)

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