



FAMILY FEDERATION
FOR WORLD PEACE AND UNIFICATION **UK**

Newsletter 10.10.2026

MESSAGE OF THE WEEK



Yoshiko and I sometimes struggle to find time to talk deeply and work through the thoughts and emotions that shape our lives. Perhaps you experience the same. So many things demand our attention and energy that we can easily postpone the conversations we most need. [Read more](#)

Dear FFWPU Family,

Today the Norwegian Nobel Committee announced that this year’s Nobel Peace Prize has been awarded to Navanethem "Navi" Pillay of South Africa for her extraordinary legal and human rights work to promote peace. First and foremost, we extend our sincere congratulations to Navi Pillay. Her lifelong dedication to international justice, human rights, and the rule of law champions the very values that we within the FFWPU community hold dear and strive to practice every day.

For many months, we have held our hearts and prayers in unity and support for our True Mother, Dr. Hak Ja Han, following her own nomination for the Nobel Peace Prize by Dr. Jan Figel. While we naturally harbored hopes that True Mother would be recognized—not least because of the severe humanitarian and legal challenges she currently faces in Korea—we must remember the sheer scale of this global honor. Being nominated from among hundreds of peacebuilders worldwide is a profound testament to the global reach of her peace initiatives. Furthermore, the Nobel nomination process permits individuals to be nominated across multiple years, a path shared by many historical laureates.

As always, let us continue to support True Mother, and hold her in our prayers, especially in this coming week when important legal developments are likely. Keeping our community united in faith, peace, and purpose is the best way to honour her tireless life’s work.

Sincerely
Michael & Fumiko Balcomb
Continental Director, FFWPU Heavenly Europe & the Middle East

JOIN THE JOURNEY: REGISTER FOR GREAT WORKS



Hello Everyone,

As I think we all know, the final Great Works of the year 2026 are coming up in two weeks’ time. Today we got a reminder from IHQ – it’s attached. I feel I should add something, but you are probably tired by now of my letters nagging you to register, and quoting True Parents’ guidance about the Great Works! So, here’s a different perspective ...

Our family lived in the United States for 25 years and as our children were growing up, one of the highlights each Autumn was Halloween and the American institution of “trick or treat” when children would visit the neighborhood and ask for candy. Our street was very popular and it was usual to have 500 or more children of all ages come to our door. Fumiko and I played the part by dressing up as witches or worse, while our own five kids were out collecting a huge haul of candy.

It was great, until it wasn't. Gradually the kids collected more and more candy and ate less and less. We came to realize that we really didn't want unlimited sweet treats; we wanted real food!

I think our spirits are the same. We don't want fast food. We want solid life and vitality elements that come from following the Principle and living for the sake of others. Ideally that would be our standard, day after day. However, knowing that while the spirit may be willing the flesh is weak (and in my case also too plentiful!) True Parents give us the grace of making a “catch up” effort just four times a year.

Halloween is fun. And Great Works is important.

Best, Mike & Fumiko Balcomb

Registration Link: Please use the following link to register for the Special Great Works:
forms.gle/GW3PdZYNgQ1mr2a17



We're excited to invite you to our 7-Day Divine Principle Workshop, held in London, UK!

A week of exploring life, purpose, relationships, spirituality and our potential through the Divine Principle, alongside discussions, activities, games and sightseeing! 😊

📍 Livingstone House, Chislehurst, BR7 5DB

📅 21st–27th November

📄 **£240 standard / £210 early bird & students**

🍽️ Accommodation and food included

Early bird deadline: **1st November**

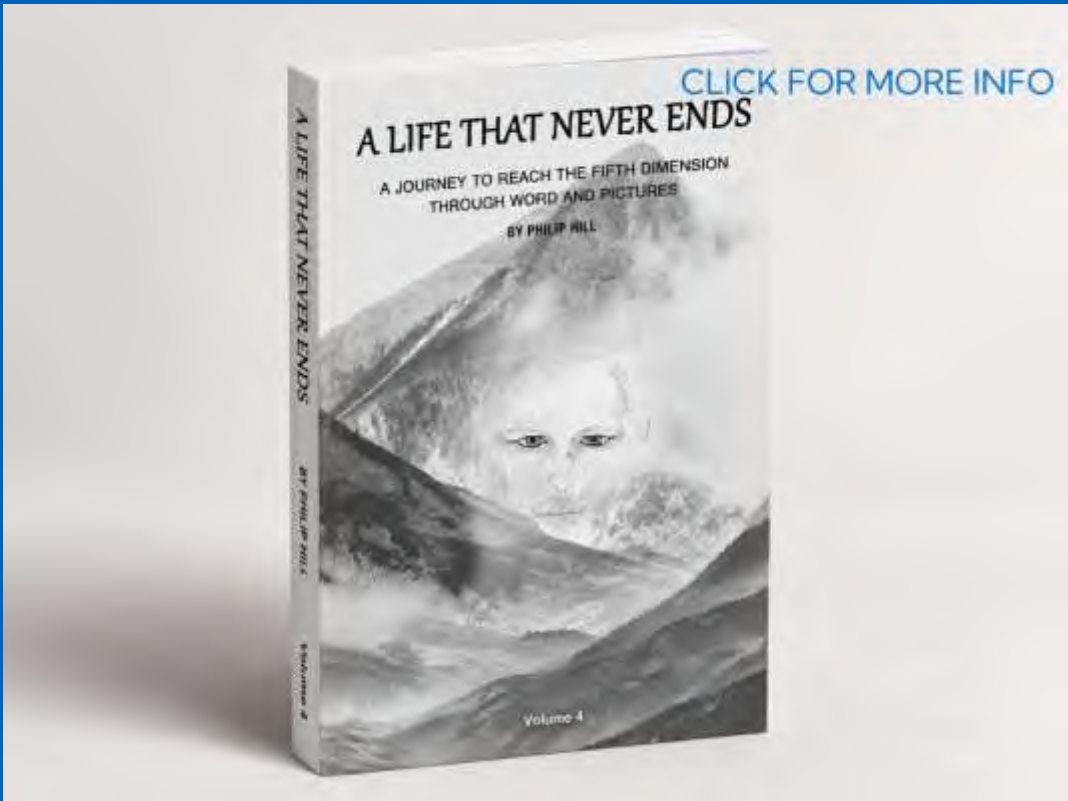
🔗 Register here: forms.gle/gLc7KLUctyqqtoue6

We'd love to have you with us!

Feel free to message Chris if you have any questions.



BOOK RECOMMENDATION



Make sure to check out our new community website launching this Monday! Visit us at our familiar address, familyfedcommunity.org.uk, where you'll discover a fresh new design, an updated events calendar, community resources and much more. We look forward to sharing it with you!

WEEKLY DEVOTION

North of Thames Morning Prayer

[Mondays 10-10:30 am](#)

North and East Europe Devotion

[Thursdays 6-6:30am](#)

Prayers for Peace
[Every Other Monday 7-7:30am](#)

UK Weekly Devotion
[Fridays 6-6:30am](#)

EUME Weekly Prayer Call
[Wednesdays 7pm](#)

North of Thames Service
[Sundays 10:15am](#)

River South Service
[Sundays 10:30am](#)

Want to share your testimony, experiences, or thoughts?

Your faithful tithes and donations help make all of this possible.

Get in touch by emailing: [**comms@ffwpu.org.uk**](mailto:comms@ffwpu.org.uk)

DONATE





BY BOGDAN PAMMER

October 9, 2026 | Articles | National Director's Corner

Growing Together In Trinities

Dear brothers and sisters,

Yoshiko and I sometimes struggle to find time to talk deeply and work through the thoughts and emotions that shape our lives. Perhaps you experience the same. So many things demand our attention and energy that we can easily postpone the conversations we most need.

We all need people with whom we can share honestly: people who walk alongside us, pray for us and, when necessary, challenge us with love. We need companions who seek to understand us and help us listen for God's guidance.

The name *Cheonshim Won*, used for our prayer rooms, means "Garden of Heavenly Heart." A garden of heart grows through relationships of care and attention. We can cultivate it together with people who know us, make time for us and allow us to share freely.

A circle of real friendship

For this reason, at our event in Tottenham on 27 September, we encouraged everyone to form trinities.

A "trinity" can be three couples or a small group of three to five individuals who commit to meeting regularly. They share what moves them and matters in their lives, seek Heavenly Parent's wisdom, pray for one another and enjoy doing things together.

True Parents established trinities from the early days of our movement. Yet a trinity needs more than names on a list to grow. We don't think they can be directed. When meeting feels like an obligation, or one person carries all the responsibility, it becomes hard to sustain. Friendship, shared commitment and openness to the spirit give it life.

One of the gifts of a trinity is that care and guidance can flow between all its members. When one person faces a question or difficulty, the others can listen, pray and offer different perspectives. Heavenly Parent speaks through more than one voice. Sometimes a thoughtful question helps us see more clearly. Sometimes we need silence, understanding, and the reassurance that we are not alone.

Our Heavenly Parent can reach us through one another. We approach this with humility, recognising that each person brings insight and each of us still has something to learn.

In 1967, True Father explained:

"You cannot walk the path of faith alone. You need companions in faith. Three or more people must become one. That is why a three-person foundation—a trinity—is necessary. God, who is the subject partner of human character, also seeks these three points of reference."

these three points of reference:

On Children's Day in 1984, while True Father was in Danbury prison, True Mother said:

Unifying the world is a gigantic task, but it begins on a small scale. This small scale is the trinity. This small scale is the trinity – this is why we have a trinity system. When these three persons are unselfishly united among themselves a total unity is formed – that is the beginning point of world unity.

The fuller excerpts and references are included below.

Five steps to begin

1. **Prayerfully consider whom to invite.** Think of two other couples, or two to four other individuals, with whom you could grow in faith and friendship. Ask yourself: Whom could I support, and who could support me? Consider both the trust you already share and the opportunity to get to know someone better.
2. **Make a simple invitation.** Suggest a first meeting at home, in a quiet café, on a walk or online. You might say: "Would you like to meet, share how life is going and pray together?" Begin with a conversation and give everyone room to decide freely.
3. **Share your hopes and agree on how to care for one another.** Discuss what each person would find helpful. Agree to listen without interrupting, respect privacy, ask before offering advice and give everyone space to speak. Each person should be free to choose how much to share.
4. **Choose a rhythm you can sustain.** Agree how often to meet, where and for how long. For example, you might begin with 60–90 minutes every fortnight. Consider work, travel and childcare, and share the tasks of hosting, arranging meetings and guiding the conversation. You may meet in person or online.
5. **Commit to a trial period and put the dates in your diaries.** Five or eight meetings could be a good starting point. Agree how to stay in touch between meetings, then review the experience together: Are we getting to know one another? Is this helping our faith and daily lives? What would make it work better? Decide together how to continue.

Elements of a trinity meeting

Keep the format simple enough that everyone looks forward to coming. A meeting might include:

- **Food and a warm welcome.** Share a meal, a cup of tea or something simple. Allow time to arrive, settle and reconnect.
- **Space for each person to share.** Ask: What has brought you joy recently? What has been difficult? Where have you experienced God? Give everyone time, and listen before offering solutions.
- **A short reading and reflection.** Read a passage for *Hoon Dok Hae*, or simply share with each other a Word of God that has inspired you. Explore what the passage means for your lives and how you might put it into practice.
- **Prayer for one another.** Each person can share one thing they would like others to pray about or for. Pray together, leave room for silence and remember those requests between meetings.
- **A practical expression of care.** Ask: Is there something we can do to support one another before we meet again? A phone call, a visit or help with an everyday task can give substance to our prayers.
- **Something you enjoy doing together.** Make room for a walk, sport, music, art or a service activity. Some meetings may centre on conversation and prayer; others may grow around a shared activity.

Before you leave, confirm the next meeting. Let responsibility move between members so that everyone helps shape the life of the trinity.

What a trinity is not

- a reporting or performance group. You don't need to prove yourself.
- a place for one person to direct everyone else's life. Guidance is offered with humility. Respect each person's conscience, freedom and responsibility.
- a space for pressure or gossip. Choose what you share and respect others' privacy.
- an exclusive circle. Stay open to others and connected to the wider community.
- a replacement for family life. Strengthen your relationships beyond the group.
- a substitute for pastoral or professional support. Seek additional help when needed.

An invitation for October

If September was a month of spirituality, let's make October a month of organisation, giving the inspiration we received body and form.

Begin with an invitation and a date in the diary. Make room for people with whom you can pray, grow and enjoy life. Through these small commitments, we can cultivate the garden of heart together.

With warm wishes,

Bogdan & Yoshiko

Words from True Parents

Let Three People Become Completely One

True Father, Sun Myung Moon · 17 May 1967 · Former Headquarters Church

You cannot walk the path of faith alone. You need companions in faith. Three or more people must become one. That is why a three-person foundation—a trinity—is necessary. God, who is the subject partner of human character, also seeks these three points of reference. Even when someone makes a mistake, God cannot teach that person directly. Although He cannot teach them directly through the vertical relationship, when three people become one and one makes a mistake while the other two do not, the other two can point out the mistake. This is the reason Jesus and the Holy Spirit were sent. (...) When three people establish a beautiful relationship in which they can truly rely on one another, those around them will see it and wish to have the same. In this way, God's Will naturally spreads. Even without God's help, when three people become one, new shoots will emerge.

Source: *Sermons of the Reverend Sun Myung Moon*, Volume 18, pp. 43–44.

My Theme Is Unity

True Mother, Hak Ja Han Moon · Children's Day 1984 · 24 October 1984 · Belvedere

So during this time of Father's incarceration and suffering, the only truly reciprocal response on the part of the children would be to bring unity among all the members of our church. Of course, it is very important to have unity between mind and body on the individual level. But as brothers and sisters, as children of God, although uniting among ourselves is not easy it absolutely must be done.

Unifying the world is a gigantic task, but it begins on a small scale. This small scale is the trinity – this is why we have a trinity system. When these three persons are unselfishly united among themselves a total unity is formed – that is the beginning point of world unity.

When we look at the significance our contributions have brought to the world, there's no good reason we cannot unite, no reason we cannot become one. Just a little bit of effort and a little bit of self-analysis and a little bit of self-giving will bring total unity of the trinities.

Today I speak to you representing the True Parents, and my central theme is unity. I urge unity among brothers and sisters, particularly within the trinity system, which is the beginning point of all unity. I urge you to look forward to the day when we will celebrate the holy days of our church in the presence of both True Parents. Let us never repeat this type of ceremony again in our history.

Source: [Children's Day 1984, section "My Theme Is Unity"](#)

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WEEKLY NEWSLETTER

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UK 7-Day Divine Principle Workshop Registration

Welcome! We're excited to invite you to our **7-Day Divine Principle Workshop**, a week dedicated to exploring some of life's biggest questions and discovering principles that can help us understand ourselves, our relationships and the world around us.

Throughout the week, we'll explore **universal principles of life, purpose, relationships, spirituality and our potential**, with plenty of opportunities for meaningful discussion, reflection and connecting with others. Alongside the Divine Principle lectures given by our esteemed lecturer Dr. Rev. David Hanna, there will also many activities, games and sightseeing! :)

📍 **Location:** Livingstone House, 13 Beechcroft, Chislehurst, BR7 5DB

📅 **Workshop:** 21st –27th November 2026

🕒 **Registration:** 10:00am, Saturday 21st November

🏠 **Finish:** 3:00pm, Friday 27th November

💰 **Cost**

£240 – Standard

£210 – Early Bird (register by 1st Nov) / Student rate

The Early Bird rate is available for applications submitted **by 1 November**.

The cost includes **accommodation and food for the duration of the workshop**.

More information, including what to bring and the full programme, will be shared closer to the workshop.

We look forward to welcoming you to Livingstone House and sharing a meaningful week of learning and discovery together!

If you have any questions, please contact:

Chris Bennett – Bennett.y.chris@gmail.com

Whatsapp – +44 7543 321889



Not shared



* Indicates required question

First Name *

Your answer



Last Name *

Your answer

Email *

Your answer

Country *

Your answer

Gender *

☐

Male

☐

Female

Date Of Birth *

Date

mm/dd/yyyy



Accommodation

*

Accommodation at Livingstone House is included in the workshop fee. Staying on-site is the default, as the programme runs from morning to evening.

☐

I will stay at Livingstone House

☐

I do not need accommodation / I will arrange my own

WhatsApp number

*

Don't forget to add your country code.

Your answer

What's your occupation? *

Your answer

Dietary restrictions *

- ☐ None
- ☐ Vegetarian
- ☐ Vegan
- ☐ Gluten-free
- ☐ Other: _____

What do you hope to gain from this workshop? *

Your answer

Who invited you? How did you find out about this workshop? *

Your answer

Additional comments

Your answer

Workshop Fee *

If you send money in advance, please include "7day WS + your name" with the payment and kindly inform us at the contact email: Bennett.y.chris@gmail.com.

Please note that if the payment is not confirmed, your order will be cancelled.
Once your order is processed, you will receive a confirmation email 

A confirmation email will be sent to the address you provided.

Workshop fee: £240

Student/Early bird fee (register by 1st November): £210

Account Name: Christopher Bennett

Sort Code: 20-12-26

Account number: 63544540

Reference: 7day workshop
(**PayPal**, **Wise** and **Revolut** available)

- ☐ I will pay in cash/card upon arrival
- ☐ I paid in advance via bank transfer

☐ I am core staff (fee £60)

If you are participating partially, please write when you arrive and when you leave.

Your answer

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☐ Agree

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Google Forms



BY HAN-SUN NKUMU

October 9, 2026 | Articles | Members' Spotlight

Members' Spotlight | Sigrun Vitai: Sharing Culture, Building Friendships

What began as a simple idea in 2008 has become nearly two decades of bringing people together through food, culture and friendship.

For Sigrun Vitai, organising German Friendship events has been a way to share her German heritage while encouraging connections between people from different backgrounds.

The inspiration first came through prayer. Sigrun recalls feeling that Heavenly Parent was guiding her to organise an event where she could share not only German traditions but also the heart behind them.

"In my prayer, Heavenly Parent asked me to give all my heart and love unconditionally for this event," she shared.

She felt guided in everything from the food she would prepare to the importance of passing on what she describes as the *culture of heart* of Germany.

Bringing people together is something that has long been part of Sigrun's family history. Her grandfather was a Pentecostal preacher who welcomed people into his home for meetings, even during the Second World War. Her uncle also served as an ambassador for Germany, building international connections through his work.

In many ways, Sigrun has continued this tradition of reaching out to others, finding her own way to build friendships within her local community.

Where It All Began

In 2008, Sigrun joined a neighbourhood organisation in her area. When she met the manager, he asked what she could contribute to the group.

She shared her idea for a German Friendship event, and he offered to provide funding if she held it at the local community centre.

With the support of her children and several community volunteers, Sigrun got to work preparing the first gathering. Together, they cooked a feast and welcomed around 70 people, including those with German ancestry or personal connections to Germany.



During the event, Sigrun spoke about her idea and invited everyone to share their experiences. What had started as a conversation with the neighbourhood manager became an opportunity for people to meet, exchange stories and learn more about one another.

The success of that first gathering encouraged her to continue.

Over the following years, Sigrun received funding from charities on several occasions to help organise further events. Eventually, she began raising the necessary funds herself, determined to keep the initiative going.

Organising these gatherings has required time, preparation and personal investment. Yet, nearly 18 years later, Sigrun continues to create opportunities for people to experience German culture and build friendships across communities.

Her efforts are a reminder that contributing to our local communities can begin with something we already know and love. For Sigrun, it was sharing her heritage, preparing traditional food and welcoming others to experience a little of Germany.

Continuing the Tradition

This November, Sigrun will once again bring people together for a German Christmas Afternoon, continuing the tradition she began nearly 18 years ago.



NON-PROFIT EVENT !
(ENTRY FEE : £15, (cash only))

SATURDAY 28th NOVEMBER 2026 , 4PM .

- Encouraging German & British Friendship.
- German buffet, coffee/tea & cakes.
- German Language faster.
- German Christmas Carols & Quiz.

Address : 2A Haslemere Road,
Thornton Heath,
CR7 7BE

Everyone welcome but to help us plan the catering
please book by 27th NOVEMBER 2026

Contact : **German Friendship Club**
Mob : 07760392874(txt msgs only)
Email : songwriter2010@yahoo.com

Beyond sharing food and celebrating German traditions, these gatherings offer an opportunity for people from different backgrounds to meet, exchange experiences and develop friendships.

What started with one gathering of 70 people in 2008 has become a long-standing personal commitment to sharing culture and encouraging friendship. Through her continued efforts, Sigrun shows how even a simple initiative can create opportunities for connection within the communities we live in.

For anyone interested in attending or supporting her upcoming event, Sigrun welcomes you to get in touch.

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OTHER ARTICLES YOU MIGHT BE INTERESTED IN





Members' Spotlight | From Bolton To Switzerland

Comms Team UK | 21 August 2026

For 21 days, missionaries from Bolton travelled to Switzerland to take part in a fundraising project to support their mission work in the UK. What



Members' Spotlight | Celebrating The Empower Team

Comms Team UK | 3 July 2026

After months of serving across the UK, the Empower team has now completed their mission and is now preparing to graduate from the programme. As



Members' Spotlight | The Watford Peace Garden: A Haven Of Peace And Renewal

Comms Team UK | 12 June 2026

Some projects grow flowers. Others grow friendships, community, and hope. For more than 25 years, Françoise M. and Jeffrey B. have dedicated themselves to fostering



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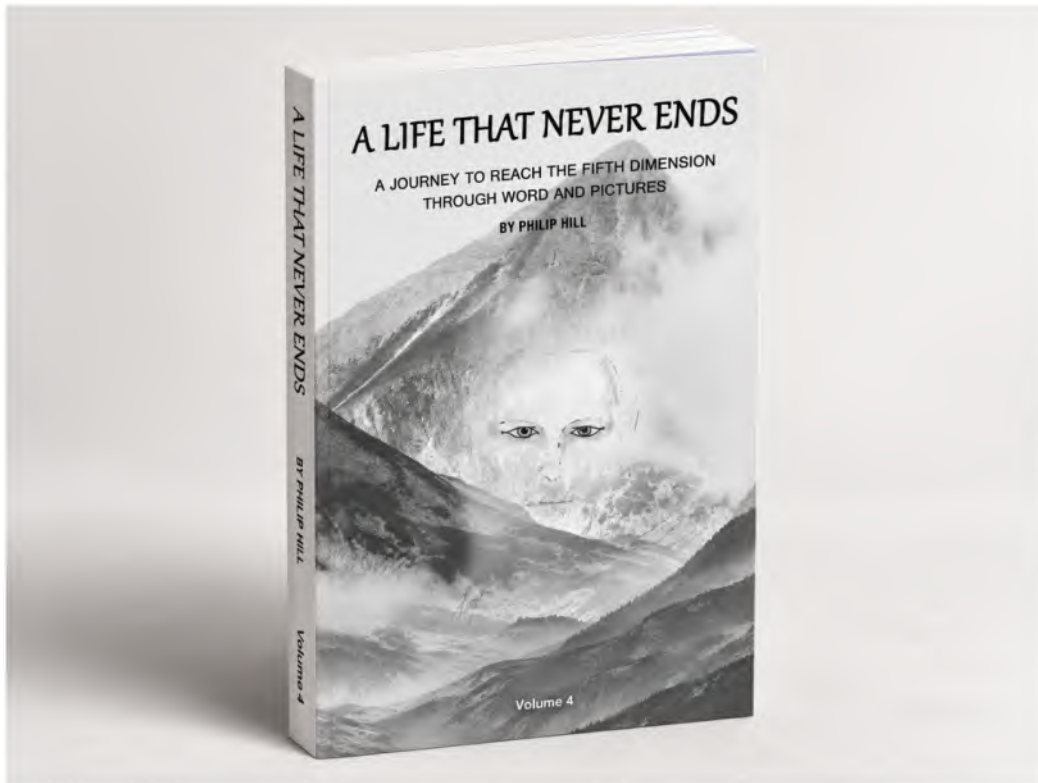
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COMMS TEAM UK

October 9, 2026 | Articles

Book Recommendation | A Life That Never Ends By Philip Hill

The **fourth book and final book in the series**, titled *A Life That Never Ends – A Journey to Reach the Fifth Dimension Through Word and Pictures*.

The spirit world is all around us. It influences our lives in ways we may not always recognise, bringing guidance and inspiration, but sometimes also influences that can affect us in less positive ways.

In this fascinating book, Philip Hill explores the unseen world and its connection with our everyday lives. Drawing on his unique ability to perceive spiritual influences, he reveals how they may affect our thoughts, emotions and wellbeing, and what we can do to understand and overcome those influences.

[Buy on Amazon](#)

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WEEKLY NEWSLETTER

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Announcements

11th October 2026

Principles of Peace

A one-day seminar to explore some of life's biggest questions.

Date: 18 Oct

Time: 9am – 8:30pm.

Location: 43 Lancaster Gate, London.
W2 3NA.

For more information
[visit our website](#) or
scan the QR code.



A promotional poster for a seminar. The background is a soft-focus image of a sun rising over a field of tall grass. The poster has a blue border. At the top left, it says '43 LANCASTER GATE, W2 3NA'. At the top right, it says 'SUNDAY 18 OCTOBER 2026 9:30am - 8:30pm'. In the center, the title '1 DAY Principles of Peace SEMINAR' is written in white. Below the title is an oval-shaped photo of a large group of people smiling and posing for a group photo. At the bottom left, under the heading 'EXPLORE', is a list of topics: 'Purpose of Life', 'Love & Relationships', 'Understanding Ourselves', and 'Human Potential'. At the bottom right, it says '£20 PER PERSON' and 'Lunch included', followed by 'Register here' and a QR code with a curved arrow pointing to it. A small logo with a globe and the word 'LONDON' is also present at the top right.

Autumn 2026 Great Works

A special time for the Providence and an opportunity to show our support for our Holy Mother Han.

Dates: 23 Oct – 25 Oct

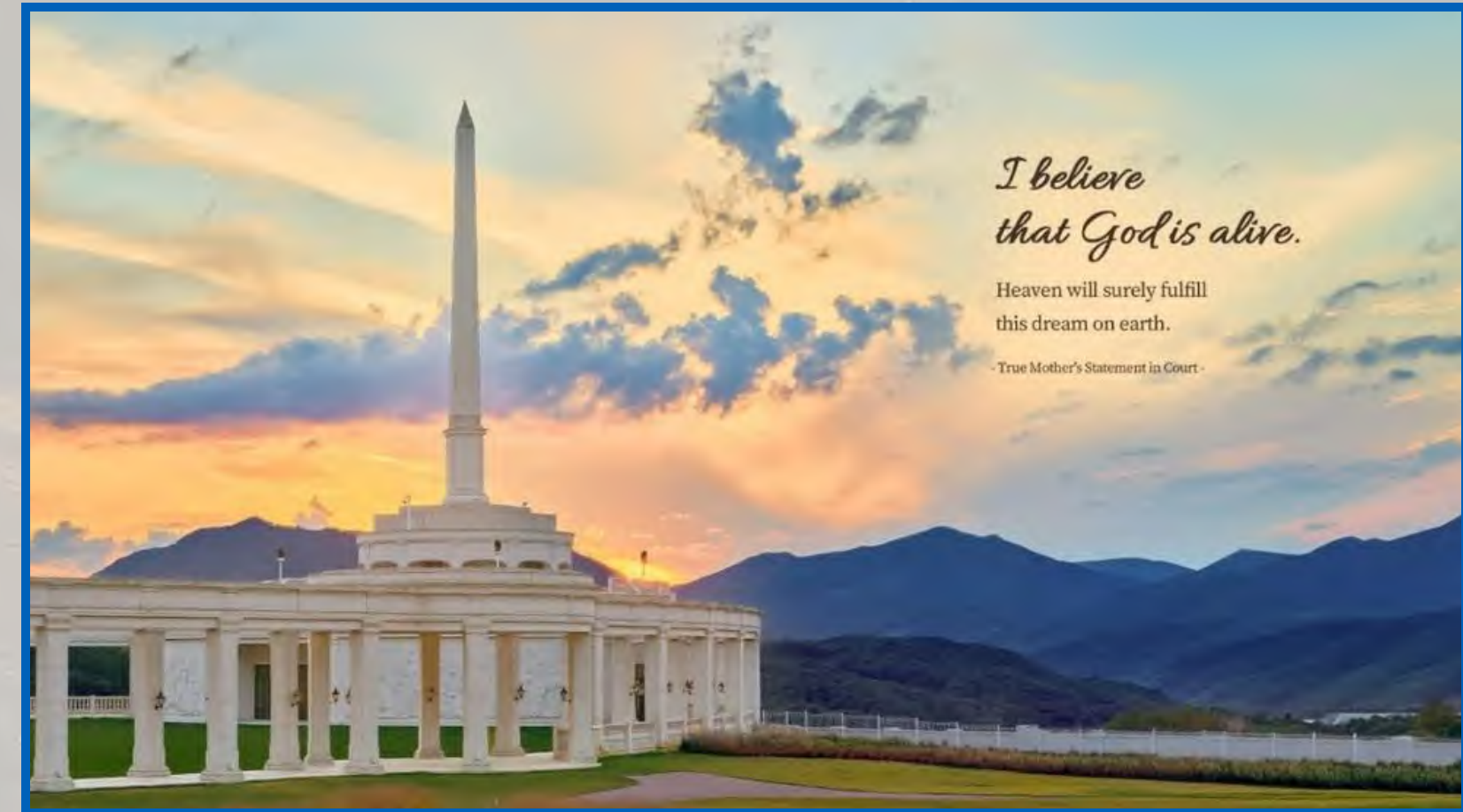
Location: Online and Korea

Deadlines:

15 Oct: Liberation or Blessing forms.

19 Oct: Attendance-only.

For more information
[visit our website](#) or
scan the QR code.



UPF Charity Dinner

A charity dinner dedicated to raising money for our youth service projects. Enjoy good food, great company and inspiring purpose.

Date: 30 Oct

Time: 6:30pm to 9pm.

Location: Holiday Inn, 65-67 Clarendon Rd, Watford, WD17 1DS.

For more information
[visit their website](#) or
scan the QR code.



The flyer is for the Universal Peace Federation-UK Charity Dinner. It features a dark blue header with the UPF logo and the text 'UNIVERSAL PEACE FEDERATION-UK'. Below this, the title 'Charity DINNER' is written in a large, elegant font. To the right of the title is a photograph of a set dinner table with white plates, glasses, and a floral centerpiece. The flyer includes several key details: the dinner ticket price is £35, which includes a 2-course meal with hot, cold, and vegetarian options. A highlight is given to a performance by Nicky Fisher. A banner states that the dinner is dedicated to raising money for youth service projects. At the bottom, there are four icons representing the date (October 30th from 6:30pm), the location (at Watford Holiday Inn, near Watford Junction station), a note about limited tables and the need to register soon, and the Holiday Inn logo. The footer contains the UPF-UK charity number (1185412), the preferred payment method (bank transfer), and the account details for HSBC Bank, including the account number, sort code, and IBAN.

UNIVERSAL PEACE FEDERATION-UK

Charity DINNER

DINNER TICKET PRICE
£35

TICKET INCLUDES
2 COURSE MEAL
Hot, Cold and Vegetarian option

HIGHLIGHT:
PERFORMANCE BY *Nicky Fisher*

CHARITY DINNER DEDICATED TO RAISING MONEY FOR OUR YOUTH SERVICE PROJECTS

OCTOBER 30TH
FROM 6:30PM

AT WATFORD HOLIDAY INN
very near to
Watford Junction station,
WD17 1DS

LIMITED TABLES AVAILABLE,
KINDLY REGISTER SOONEST

Holiday Inn
AN IHG® HOTEL

UPF - UK CHARITY NUMBER 1185412

PREFERRED PAYMENT METHOD: BANK TRANSFER

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Divine Principle Workshop

Exploring life, purpose, relationships, spirituality, and our potential through the Divine Principle.

Dates: 21 Nov–27 Nov

Location: Livingstone House, Chislehurst, BR7 5DB.

For more information
[visit our website](#) or
scan the QR code.



European Winter HARP Workshop

Dates: 28 Dec – 2 Jan

Location: Glanow, Poland

More information and registration coming soon.

For more information
[visit our website](#) or
scan the QR code.



Upcoming Dates

67th True Children's Day
– 9 Nov 2026



Keep Updated!

Visit our website for all announcements & news:

<https://familyfedcommunity.org.uk/news/>



Join us on FFWPU UK News WhatsApp.
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Have a Blessed week!