

FFWPU UK National Director's Corner: Growing Together in Trinities

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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."

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 and 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"](#)



Children's Day 1984

Hak Ja Han Moon
October 24, 1984
Belvedere



In Korea we have an old saying that sons and daughters always feel regret when the parents are not there or have passed away. When the parents are still present the children do not appreciate their value and love. But when the parents are gone they desperately try to make up for the lack of filial piety they showed toward their parents.

In the fallen world there is no terminology such as True Parents, Parents Day, or Children's Day. Because of the fall all these wonderful heavenly blessings were lost. Only because of the presence of the True Parents are we able to celebrate Children's Day; only because of their advent are we able to talk about the True Parents and attend and love them.

When we think of these most historical, magnificent accomplishments we are deeply moved by occasions like the one we celebrate today.

We know we are the people chosen from all the multitudes of humanity to know and serve the True Parents. I am sure we are going through a great deal of repentance, for shame has stained our church's history.

When God handpicks someone it is for the sake of the world; the world providence and world dispensation is in God's mind.

We have learned about the many failures and setbacks in providential history. That should provide ample lessons to all of us. But today when we look back at ourselves, we can see we are in a way duplicating the history of the past.

We have heard frequently from Father that unless you have a solid foundation, you will be sorry. Over and over Father has told us this.

Father's life has always centered upon the well-being of humanity and the entire world. Father is thinking of nothing but the restoration of the world. In this he walked a very lonely path because he did not have enough support or foundation. But under those circumstances he was always forgiving, embracing, and loving. That has been the path of our True Father.

"My Theme Is Unity"

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Fulfilling Il Jeung Prayer

You know we have the Il Jeung prayer condition. I hope all of you are fulfilling the Il Jeung prayer. I would like to ask you to establish from this Children's Day a 40-day prayer condition in which the trinities get together, pray, and become united. We make this condition so that God may amply bless us, so that miraculous blessing can come to us in the next 40 days.

The blessed couples in this area will come to Belvedere and pray at the Holy Ground. And if all three trinity members cannot be present then at least one should represent the trinity.

Our prayer condition so far has been under Rev. Won Pil Kim's supervision, and for a special reason we have been doing it in the World Mission Center. Now I wish to bring it back to Belvedere and East Garden. Have a prayer list of the people who come to attend that ceremony. There's a security problem as well, so everything has to be planned and organized in advance.

I feel that the people who have gathered together in this room are united. The restoration of America can be very easy and should be done quickly. The key to this is unity among the people in this room.

Although I show some tears in this ceremony, I want you to know that my feeling is one of peacefulness and gratitude. I want to live all my life in the spirit of gratitude. That is the foundation of my life.

Letters From Members

Recently there was an extraordinary leadership seminar -- the CAUSA-USA Seminar which was held Oct. 15-19 in the World Mission Center. Father and I received testimonial letters from the members who attended it. In those testimonies many older members said that even though they have been in the church for nine, ten, or fifteen years, this time is like the first time they came to know the heart of our True Parents, the true heart of our Father. Father and I were deeply moved by the members' beautiful repentance, rededication, and commitment. These were the expressions of people who first came to know the heavenly heart. Behind all the external bustle of activities, there is always the suffering heart of God, which is embodied in the True Parents. And now members, and particularly leaders, are coming to understand and grasp this heart.

Father calls me at least twice every day. I also go to meet him every other day in Danbury. There's only one thought in Father's mind: How can I accomplish God's dispensational will?

Jeung Jin Nim and Father

I'd like to talk about the children. As you know, this is school time, so most of the East Garden children are going to school. Even the older one of the two youngest daughters is going to pre-kindergarten class. So the only one who always goes with me to Danbury is Jeung Jin Nim. And as you know, she is very cute and lovely and behaves very beautifully. She always says: "I want to go to Danbury." She comes out and volunteers to

go to Danbury every morning. And when we go to Danbury she always brings a lot of joy to Father, kissing and embracing him. Then on the way out she always shouts out: "Daddy, I love you!" a number of times, so that everybody can hear. She cries it out with such a genuine heart.

Even this morning as I was getting ready for the ceremony, after I got dressed, Jeung Jin Nim came in to my meditation place and quietly asked me, "Where is Daddy? We want to have Daddy here!" She kept asking, so I said: "You know Daddy is in Danbury." Then she understood and she did not ask any more. The reason I am telling you this is not just because I want to tell Jeung Jin Nim's story, but because of Father's reaction to it.

Jeung Jin Nim is always so loving and acts so beautifully that no parent could help but love her; but foremost in Father's mind is dispensational activities, our achievements, and how the leaders are doing -- God's will. Father is primarily concerned about the work of our church, so he wants to spend most of his time listening to the reports and pays very little attention to Jeung Jin Nim. Only after Father sees that activities are going well does he spend a very little time with Jeung Jin Nim -- just saying good-bye to her. Father's immediate concern is not the well-being of his own children, but the dispensational will and the state of the world and humanity. He has lived his entire life in that fashion.

We Are Adults

I want you to have pride this morning. This is our True Father, your Father. We ought to make effort to imitate Father a little bit more every day. If you do that there will be no reason you cannot unite; no reason you cannot accomplish important work and bring about great miracles. If we truly understand our Father there is no room for our complaints. There's no room for selfish pursuit of any kind in front of this kind of Father.

In my prayer this morning I said that we are all mature, we are not children any longer in the sight of God; we are adults. Father has been pouring out all his energy to nurture us, discipline us, teach us, and help us grow -- and now we are grown up. When we have been trained by such a Father for so long we can act as conscientious men and women; we will be truly responsible to fulfill Father's will as adults. That is the role of sons and daughters of filial piety.

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