

## Coming Up: What is the Day of All True Things, and why is it worth celebrating?

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The Day of All True Things is coming up on June 3!

What is the Day of All True Things, and why is it worth celebrating? Looking around at the world and seeing all the uncertainty and disunity, it's hard to find a reason to rejoice, but God sees that his children are eager to find their way back to Him. True Father said, "We should appreciate that the creation given by God is there to nurture and sustain us."

Let us celebrate this time, honoring God's work, and honoring True Parents' triumph in raising sons and daughters of God eager to be aligned with God's intended ideal. Here are a few ways you can make the most of this time.



### Honor God's Creation

Taking time in nature is probably one of the best ways to feel God. You might be amazed at how many perfectly hidden paradises there are. Find a beautiful spot where you can just get back your connection to God in nature, enjoying his bounty in gratitude the way he always intended. Go for a walk, and really SEE all God as an artist has created for us.

You can also have a picnic, with just you and God, or your family. Enjoying good healthy food is one of the ways we give thanks to God because heavily processed food is often too far removed from its original state.



### Celebrate Love

Family is another pinnacle of creation, and an avenue for God to experience joy through our love. Couples can show appreciation for and love for their spouse. Children can honor and bring presents to their parents.

Also, don't forget to love yourself! It's not selfish to be kind to and take time for yourself. Burnout happens when we give and give and forget to replenish. Do something relaxing or recharging that will bring you joy, and thus bring joy to God. Remember, God loves you and wants you to be happy.



### Connect with People

We meet new people every day, and kindred spirits are not as uncommon as we think. Have this be a time of reaching out beyond your immediate circle. Get in touch with new friends or old friends you haven't seen in a while. Celebrate and invest in those friends and relationships you value and make goals to meet new people to be able to share and do fun things with. We all need more joy in our lives, and God needs more too!