



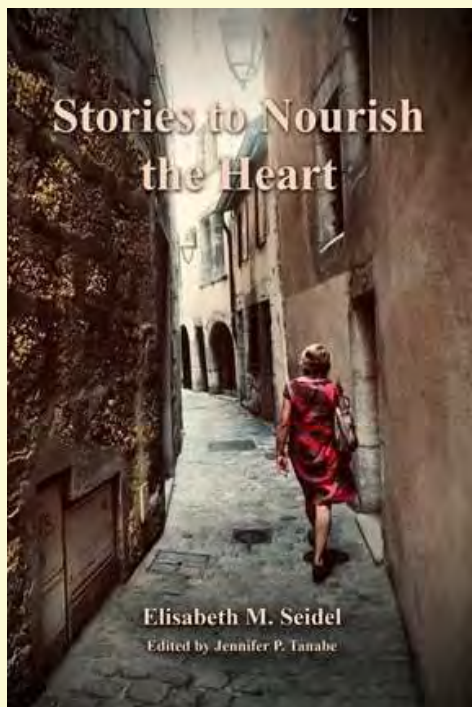
Featured Article

Hudson River View

Vol. VI Number 10, December 2021.

Local Author Offers ***Stories to Nourish the Heart***

By Joe Doran



Elisabeth Seidel manages to gently convey a sense of the connections between family, society and the higher purposes of God in her new book, *Stories to Nourish the Heart*.

The long-time Red Hook resident shares a series of insights on a life spent learning to grow in love, often by seeming accident or serendipity.

Though it imparts its wisdom via personal reflections, *Stories to Nourish the Heart* is more than a reminiscence. Rather it uses the personal to meditate on questions every person asks at one time or another.

The questions don't seem quite so abstract when considered as part of the fabric of everyday experience. And Elisabeth shows answers are there if we are willing to look, in the eyes of a loved one, the

working through of conflict, the sacrifice of duty, and the preservation of faith in the face of the unknown.

A Great Love

Told in loosely connected sketches, *Stories to Nourish the Heart* is an easy read in one sense. But at the same time, it offers much spiritual food for thought.

It's quickly apparent that Elisabeth was fortunate indeed in her life to experience a great love. Her relationship with her husband, Dietrich, informs many of the book's passages.

Elisabeth touches on the gift of this life experience early on in the book, in a story concerning her elderly mother-in-law, who at 97, still enjoyed reading romantic novels:

"But to my surprise she was reading a book from the American author Pearl Buck, and the title was 'Die Große Liebe,' which means 'Le Grand Amour' or 'The Great Love.'

"Wow! She is 97 and reading love stories! I realized this ideal of ours never dies. At 100 you can still dream about love, true love, the one and only. This quest never ever ends and reading about it becomes so exciting, interesting and fulfilling."

Elisabeth firmly conveys that a great love is available to everyone who is willing to see it. The trick is that it may present itself in an unlikely way, and it's important to go beyond personal conceits and barriers in seeking it.

"We are born this way that love is part of our inner self, and the most interesting topic, even when you reach 97 years of age. To keep a true love is great work. If you did not find it yet, do not despair. One day every one of us will find their true, unique, and forever love. This I believe."

Many of the posts in *Stories to Nourish the Heart* end up drawing a wider implication from personal experience, and the section on "The Great Love" does so with the admonition:

"Let's spread more love around us, more loving words, more smiles, more random acts of kindness, and especially if someone attacks you let's give back in kindness. We are changing ourselves so that a world of heart and love will come about."



Elisabeth and Dietrich met and married in a way most people might find unusual. They were suggested for each other by the head of their church, the well known Reverend Sun Myung Moon.

"Dietrich never saw me before, and I also never saw him before," Elisabeth recounts. "And when Reverend Moon suggested us as a couple, it was really something, first of all because we came from enemy nations. Dietrich's father was German, his mother Austrian. And I'm French. So those two nations, Germany and Austria, had war with France as part of World War Two, of course. A lot of wounds from the past had to be healed."

For the couple, it was a pairing that carried a significance beyond the personal. "Our relationship, our life, our love was not only to love each other, but also to love our nations, that our nations could be healed of the past. For example, my parents experienced the war, and when I showed them a picture of my husband, and his father, who worked as a bodyguard of Hitler, they were really shocked. But because they loved my husband so much, we could heal something in our family, and in our ancestry as well. So that's why I feel our marriage was not just for ourselves, but for the sake of healing our nations and the world."

In Elisabeth's latest book, she finds ways to compare her own life's romantic serendipity with touchstones of current pop culture. In one example, she talks about getting hooked on a Korean TV series, "Crash Landing on You." The premise involves a rich South Korean girl, head of a business empire, who manages to land in North Korea while paragliding in bad weather. She becomes trapped there, and during the series, you follow her adventures trying to get back home, and in the meantime falling in love with a young high official.

"The new handsome superman comes from over there," Elisabeth notes. "The emotions there are strong. Their love is from their bone marrow. The food tastes like heaven. I just loved it. Being transported to another world where I never went before, but someone found true love there."

Open to Change, and Changing the World

Stories to Nourish the Heart illuminates how personal decisions and emotions can impact larger events in sometimes surprising ways.

A section titled "Proclamations, Declarations, Pledges, Vows and Promises," considers how the strong faith of early Americans would extend to perseverance and duty in the birthing of a nation:

"When our first president George Washington was at Valley Forge, he kneeled in prayer. The task and responsibility were too much to bear for one person alone. He had to make a decision which was unbearable by himself. He searched for answers coming from heaven.

"This is why we are moved in our heart and mind and in awe when we see this historical portrait of our famous and beloved president submitting to our Heavenly Parent. It stirs our original mind that we should always include God."

But for Elisabeth, the personal struggle to grow and be open to change, is never just a metaphor. The daily battles of life leave their marks on both the world and the soul.

The author recounts an instance where her daughter once startled her out of complacency.

"Mom, be nice to Dad!" My daughter responded, one day after I was using a sharp tongue toward my husband. It came to me as a surprising shock, as I was not even aware of my attitude. Sometimes too critical, or impatiently babbling something too fast or inappropriate. It stopped me in my tracks and I could reflect on my attitude. I was not nice. To my husband. I had a lot of reasons why. I could enumerate all of them. In order of importance.

"But in the end, it does not matter the reasons why. What does matter in the end is if we could love anyway. Being always nice and pleasant

speaking, and reconciling and agreeable. This is an art. The art of living together.”

In another passage, Elisabeth meditates on the relationship between a parent’s love for a child, and God’s love:

“To be a parent, we learn to love unconditionally. This is why all of us should become a parent, to grow and feel God’s heart, because He loves us as a parent. Parental heart makes us more complete, more whole. Then we can love others too, as a parent.

“If for any reason we cannot have children, then we can adopt, or be a foster parent, or adopt a loving animal with whom we can share our abundant love.”

Ultimately, the love Elisabeth experienced with her husband, begun in a call to faith via an unlikely arranged marriage, and the work they shared in service of their church and in raising a family, opened her to divine grace in her own life.

“I truly experienced the love of God at the Matching and Blessing ceremony.

When introduced to my husband, Dietrich, and looking deeply into his eyes, it was like a spiritual experience going through a tunnel all the way to heaven and sensing God and His profound love. God was looking at me through Dietrich.”

By its series of spare yet thoughtfully contemplated vignettes, *Stories to Nourish the Heart* will gratify anyone who is looking to be more open to the lessons available in life’s sometimes perplexing, but more often mundane events.

[For more information visit: dietrichseidel.com](http://dietrichseidel.com)

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History Bytes

DIRT

By Carol Pobanz



In 1998, True Father began to shift some of our activities to South America, then, set up a 40-day Family Workshop in Brazil – Jardim Family Training Center.

This workshop was held for families worldwide.

Entire families were coming from Asia, Europe, Africa, North America and all over South America to live together following the family schedule – morning prayer, breakfast, then hoon dok hae for the entire morning. The morning reading was designed to be attended by husband and wife together, however, a son 12 years old or older could stand in for the husband if he was unable to attend. The afternoon schedule was set up as family time to visit the local animal zoo, go fishing together, do daily chores or to use the time in any way one would like unless, of course, one of a number of scheduled boat trips was happening that day.

I dreamed of being able to make this trip with our family. But, needless to say, the cost of six people travelling to Brazil would be a challenge for our limited family budget. That summer however by the grace of God, my mother gifted my sisters and me each a substantial amount of money to alleviate some of her tax burden. That money afforded us the opportunity to carry out the Jardim dream.

I was assured by a local church member that this trip to Jardim was a trip to the Kingdom of Heaven on Earth and he even provided me with a nature video highlighting the beauty of Brazil's amazon region – natural landscapes, trees, tropical birds and flowers etc. My husband Kerry could not get time off from work for a period of 40 days, and my eldest son Solomon was scheduled for a service project during the time of the 40-day workshop. So, we made arrangements for me to go to Jardim with our second son Sammy, who was 12 years old (representing his dad), and twins Zeke and Zack who were both 9 years old at the time. Then Kerry and Solomon were scheduled to join us for the last two weeks.

We were all quite excited – the children, because they were just happy to go anywhere new, especially out of the country. But I was excited because I was going to the “Kingdom of Heaven on Earth”! Well much to my surprise and disappointment it was not what I expected the Kingdom of Heaven to look like.

I arrived to what appeared to be barracks – row upon row of small private family apartments. Unfortunately, we arrived in the rainy season and the desolate dirt property presented itself not as the lush area I had so longed to see, but rather a bleak mudhole. I immediately began to pray, “Dear God, why did you bring me here? This is not what I was expecting, but You must have a reason. What do You want me to learn?” And an obscure but meaningful bible quote popped into my head:

Romans 8:21-23 ²¹

Because the creature itself also shall be delivered from the bondage of corruption into the glorious liberty of the children of God.²² For we know that the whole creation groaneth and travaileth in pain together until now.²³ And not only they, but ourselves also, which have the first fruits of the Spirit, even we ourselves groan within ourselves, waiting for the adoption, to wit, the redemption of our body.

If I were to rename my Jardim experience I would rename it “Dirt” because that’s what I learned about. After I heard that bible quote, God continued to say to me, “Until now there has never been even a teaspoon of dirt that has belonged to God. At the time of the Fall everything, everything was taken away from God. Thus, my time in Jardim became 40 days of learning to understand and love dirt – a foundation to learn to love all of the creation.

Each family apartment was supplied with any number of needed bunk beds and a private toilet and shower. The cleaning and care for this room was the responsibility of each family. So, much of my free time, following the morning readings, was spent cleaning or rather controlling the dirt in that apartment. Jardim was covered by a red soil (red mud when it was wet), and this red mud or soil got everywhere – our socks were stained with it. It was in our shoes, in our hair, on our clothes, our food, our books, on every possible surface. You see, it’s important to learn the nature of your object partner – that is the object you are trying to learn to love. I tried to wipe the dirt off with a wet rag but that just brought it more to life and spread it further. Be patient with it, I learned, allow it to dry, then brush it away with ease. It is important to learn the nature of your partner of love.

I spent countless hours at the outdoor laundry scrub boards. About 16-20 sinks were linked one to the other outside the barracks. After lunch individuals filled the sink with clothes and tried to scrub out the dirt, while the children played at our feet or somewhere else on the campus. Jardim was a nice break away from our New Jersey home since the children were in a closed and natural environment, and amongst “family” in the broader sense of the word. So, the children went out in the morning and played in nature for hours without parents having to really worry about what they were doing. The twins ventured together with a group of other children, splitting rocks in search of geodes. On rainy days, they managed to bath like pigs in mud giving both mom and the drain in the shower a formidable challenge.

The Jardim experience taught me to be mindful and appreciative of the different individual personalities of brothers and sisters from various cultures around the world. It also helped me to understand that couples and families have both a couple and a family personality.

I came to understand during the workshop that, when we are bound in love as a couple, all the strengths, abilities and talents of the individual partners are pooled together as a combined being. And even further, as a family expands in number, each individual family member brings their uniqueness to the family unit. It is important therefore to appreciate every unique personality of our individual family members, and also important to support each individual where there are weaknesses. Through the Jardim Family Workshop, Rev. Moon didn’t simply teach concepts about the ideals of family love, but he helped us substantially experience the family ideal even if only for 40 days.



Culture & The Arts

Outdoor Gardening 101

by Rob Sayre

Rob Sayre and his wife Sally live in a small village in eastern Pennsylvania. He is semi-retired and spends his time investing in real estate, traveling in their RV camper, gardening and volunteering as a Master Gardener with the Penn State Extension Service.



There is a miracle happening every day, wherever you live. That miracle is photosynthesis. Plants of all sizes, variations and climates share the unique ability to take sunlight, water and nutrients from the soil and convert them into glucose that the plants use to grow and animals eat for nourishment. All animal life, including humans, need plants to live. They all take in carbon dioxide and exhale oxygen, another vital element of life on earth.

The Creator – God by another name – used this systematic, scientific process to develop an environment as the basis for life on our beautiful planet.

Now, I have been gardening pretty much all my life. My mother grew up on a homestead in the Sand Hills of western Nebraska and carried on this tradition. They canned and pickled a winter storehouse of food and ate it fresh in season. I have had a garden on our property now for more than 30 years. There is a myth about people having a “green thumb.” Here are the secrets.

What is required to grow plants?

You need to pay attention to the basic requirements – air, water, sunshine and soil. All plants need these.

Plants have differing requirements, so you need to learn what these are. This is your 5% responsibility. God and creation supply the rest.

You need to learn the seasonality of plants – when to plant, when

and how to care for the plants and when to harvest. You can learn as you go.

What do you gain and learn?

You experience becoming a co-creator and steward along with the Creator.

It is good exercise, as you must do something everyday.

You will get outside more, which is good for you mentally, physically and spiritually.

You can eat what you grow.

What do you need?

A window sill or even just a pot on a sunny side of your house. Or 2' x 3' patch of land.

You need seeds. On the packet will be the information you need. The seeds already know what to do.

You need to follow the steps above.



Love of Reading Inspires the Creation of a Book Club

by Blandine Stringer



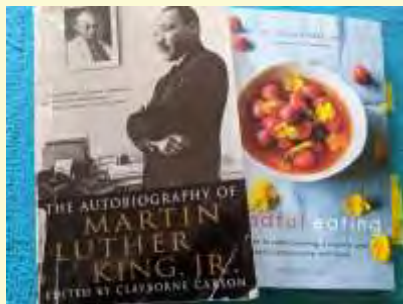
In April 2016, three ladies in the Ottawa area (Canada) who love reading started the New Hope Book Club as an activity of the Women's Federation for World Peace, Ottawa Chapter.

As stated on our website (www.newhopebookclub.com/), we are curious about the world around us and ready to learn more about those whose lives have left a positive mark and helped make it a better place. We read primarily non-fiction books - especially books that inspire, that help us grow. There is a lot of wisdom out there for us to receive and share. It has been, for me, so far, a very rewarding, and at times, challenging experience as it urged me to change things in my life.

We meet online on the last Thursday of every month at 7:00 pm EST (the website says Friday, we need to update). Our membership has fluctuated over the years and we are welcoming new members.

If you are interested in joining, please contact me at blandinestringer@gmail.com; or you can start your own book

club!



Healthy Living *for the Body*

Simple Lower Back Exercises for Seniors (Lumbar Spine Exercises)

by Mike Kutcher, Physiotherapist
contributed by Christine Libon



This is a good perspective for seniors to have about exercise. Not much is needed to bring substantial results. Yet, without even a little, the pains and problems come like a plague

Weak legs? A stiff hip? Loss of strength in arms? Etc. Meet Mike, a professional physiotherapist who offers his services to you at any location, at any hour, at no charge!

Find his many short videos on YouTube by searching “exercises for seniors.” He’s the one with the Australian accent.

On more than a few occasions, his exercises have benefited me remarkably. And they are specifically for seniors, so considerations for our limitations are built in. Yes, I am prone to getting a stiff hip which can cause me to limp and prevent me from walking. Honestly, Mike’s hip and thigh routine takes care of it. So, search for the routines that target your problem area.

You might also stumble upon an exercise on your own, as I have. For months, there was a small pain in my arm that I thought I just had to live with. One day, I did a certain yoga stretch, and the pain disappeared and never returned. Also, I notice that doing 20 sit ups regularly enables me to walk farther.

Exercising takes only a small amount of time. Some exercises should be done daily. But even doing them three times each week will help. The words from one expert not only have a familiar ring but also encourage me, “Exercising any part of the body will benefit the entire body.” A more positive mood, better quality of sleep, better muscle tone, better posture, more strength in carrying out daily tasks, better control of body weight – all these are additional, documented benefits that you, like me, can experience.

There’s no better time to begin than right now.

[To watch the video of Mike Kutcher's Lower Back exercise, click](#)

[here!](#)

for the Taste Buds

Peruvian Soldado (soo-dah-doe)

contributed by Christine Libon



In more ways than one, I'm fortunate to have a husband who was born and raised in Peru, doubly fortunate in that he is a good cook!

If you've never tasted Peruvian cuisine, you don't know what you're missing!

Peruvian cuisine is quite popular among today's chefs, as the dishes are diverse, coming from various cultures such as Chinese, Japanese, Spanish, Italian and Incan as well as from the three regions (jungle, coast and mountainous rainforests). Delicious sauces are usual in most recipes.

Sudado, from the coast, features fish and/or other seafood. Fresh, fresh, fresh is best. This goes for every ingredient, not just the seafood. Sudado is much more flavorful than steamed fish, with its sauce containing onions, a bit of tomato, possibly red bell pepper, garlic, ginger, sometimes soy sauce and your level of spiciness. A little turmeric gives it a lovely color. We love using oily, strong-tasting fish, like King fish. But milder white-fleshed fish is delicious as well. To create a variation, you may use Mixto, a melange of chopped octopus, squid, mussels, shrimp and possibly snail. Boiled sliced potatoes are part of the dish. Chopped fresh cilantro is added at the very end; according to your preference, you may use parsley or scallions. Traditionally, it is served with rice.

All of the spices and ingredients in Sudado promote good health. You can relish great flavor without having to ingest oils that have been heated to high temperatures and may cause cancer.

Other dishes you might enjoy include Tallarines Verdes (pesto pasta), Seco (stew of either red meat or chicken, and green-colored from bell peppers, peas and cilantro), Lomo Saltado (green beans, or beef, chicken, or fish, featuring wet fries and a tangy soy-based sauce), and other dishes made from one main grain, potato or vegetable.

To your health!

Ok, not all Peruvian cooking is optimal for health. There are recipes that use frying, too much cheese, fatty cuts of meat, etc. But some of these can be adapted. And the grain dishes, made from fresh corn, quinoa, sweet potatoes, and beans, are worth considering.

[**To know more about preparing Peruvian Soldado, please click here!**](#)

Unification Thoughts

Roaring Monarchs - Part 7

by Prof. Gerry Servito

Welcome back

And thank you for your continued interest in these *Unification Thoughts*.

If you're joining us for the first time, the focus of this series for we Golden Agers is to look into the key role of grandparents in helping to raise our grandchildren. This article is the tenth in the series and its basic premises are from 1) the **Realms of True Love** - in which Father and Mother Moon introduce the fifth realm of love - and 2) the **Three Great Kingships** - which inspires the title of this series. If you take a look at those two links, you'll understand the perspective of the preceding eight articles, if not the details.

Where we left off...

In the [February](#) article, we were working through the second form of education that our grandchildren need - an *Education of Norm*. Through it, they'll learn what they'll need to make a successful marriage and family, and to become a "Good Citizen" in their community.

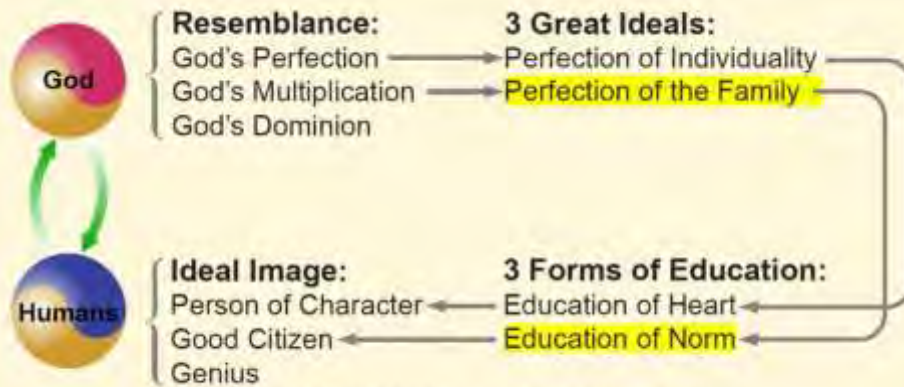


Fig. 1 - Perfection of family requires an Education of Norm

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

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