

Golden Age March 2023 Newsletter

Richard Buessing and Carol Pobanz
March 9, 2023

Dear Brothers and Sisters!

Greetings!

Following is the *March 2023* 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 to keep our beloved Senior Unification Members (60 years plus) connected through sharing God's love – what is positive in our lives as a result of finding Heavenly Parent and True Parents.

The motto of the Golden Age Newsletter is “This is the Dawning of our New Age”. We are always in the process of redefining ourselves as we grow older and as we add experiences to our lives. Therefore, we must consider how God can use us even when we may be decreasing in our physical capabilities!

We invite you to share your own article with us for inclusion in a future issue of the newsletter. See more at [Sharing Articles with the Golden Age Newsletter](#).

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Thank you!

Rev. Richard Buessing
Carol Pobanz
Senior Pastors Association (SPA)



This Month's Message

How Art/Color Affects Us
by Christine Libon



Today I think I gave myself color therapy! I recently purchased a box of blank cards to have on hand when the need arises. I sat for about an hour soaking in the assorted pastel colors of the envelopes, the floral watercolor artwork on the cards, enthusiastically anticipating the day when I might brighten someone's mood by sending a card.

At the dentist's office also, I recently had a kind of spiritual experience with art. While waiting for a procedure, yes, the dreaded root canal therapy, I glanced at a painting of a nautical scene hanging on the wall, and immediately a wave of calmness saturated my spirit. It was truly remarkable, almost as if I was actually at the water's edge!

In our apartment as well, green house plants against the white drapes and inexpensive art prints, such as one by Leonid Afremov hanging on our white wall, are additional sources of beauty and either vibrant energy or calm. Images of the natural environment, on TV, or other visual media, can calm our spirits, even if we cannot actually be outdoors. Images depicting nature can captivate us.



Forty years ago, an apron captured my heart with its colorful images of tulips and daffodils; though stained, this gift still sits in my kitchen drawer because I am unable to part with it. And I can still recall a turtleneck top I once wore and loved because it had the crimson, golds, and browns of autumn.

There are different seasons in life, different situations that we live through, and thus different colors and different types of art that benefit us at these different times. Sometimes we may need the strong energy provided by wearing the color red, may need to see/experience vibrant orange, or the dramatic contrast of black lines against a white background. At other times, when feeling sensitive, such strong colors might jar one's spirit! In those times soft, soothing pastels are needed. I am not an expert on color therapy but I can attest that colors affect me in the ways I have described. I hope that when you have a need, you can find ways to explore color and receive the benefits.

Unification Thoughts

Rearing Monarchs - #22

by Prof. Gerry Servito

Welcome back

In case you're joining us for the first time, it'd be best to take a look at the *purpose* and *focus* of the *Rearing Monarchs* series.

Where we left off and where we're going

Last time, we'd wrapped up the series with a summary of all 20 articles. But that gave me the opportunity to review the series and I realized that there is one more article on *Position* and that's explained in the Theory of Original Human Nature. I'd initially omitted it because young children don't normally worry about their place in the universe. But it's a core concept for their later self-understanding, as well as in Father and Mother Moon's thought.

So let's imagine that at some point past infancy, a curious child might innocently ask "What are we here for?" Or that later on they ask with more urgency "What is the value/use of my life?" The notion of position is fundamental to answering those kinds of questions. The textbook *New Essentials of Unification Thought* (2006) explains that we humans occupy three positions: the **Object** position, the **Subject** position and the **Connected Body** position. And an earlier textbook *Explaining Unification Thought* (1981) includes another: the **Intermediate position**. We'll take a closer look at each one.

The Object Position

This is the first position a person occupies in their lifetime. Unification Thought puts it this way:

"When people are born, they start out as children in the position of object to their parents. After growing, they become parents themselves and stand in the position of subject to their children. In social life, too, people start out from a lower position and gradually rise to a higher position. Thus, human beings stand first in the object position, and then gradually grow to stand in the subject position."

• *New Essentials of Unification Thought*, p. 172

Place Using the word "object" in reference to the human being can be disconcerting since it might be taken as *devaluing us*. In fact, the first definition in dictionaries refers to something material and likely inanimate. But that is certainly not what is meant here. Rather, it is the second definition which applies - that of something that's highly valued. In the ontology of Unification Thought, the human being stands apart from all other beings because we are endowed with a Divine Image and a Divine Character just as the Original Being has. (In biblical terms, we are made "in the image and likeness" of God - Genesis 1:27.

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

History Bytes

Joy and Laughter in Alaska

by David Rogers



David Rogers together with his wife Karen and family had the privilege of serving True Parents in the "Ocean Providence" in Kodiak, Alaska.

This is one of the things we did in the Alaska summers. Jean Franquelin, a French brother who was really, really gifted with the ability to make unity and become close to these local families, made arrangements so that True Parents would actually fly up each summer and spend as much as two weeks there with the native people in the small towns. They would arrive on a fishing boat and many local people would come to see and greet them. This would be like True Parents' vacation.

This picture says it all. Mother is holding a pretty good-sized salmon along with Father. They really enjoyed this time together, and the native villagers really enjoyed having them. Face it, it's unusual for world leaders, so to speak, to come to the villages. But that was the whole point. Father really wanted Kim Il Sung to come to Alaska and get a real taste of American life – go fishing, be with the people, be in the boat, swap stories and, in the process experience world peace. Father was quite serious about it. Father was trying to set the scales for this to happen.



During the summer, True Parents always visited for an extended period, during which they could go fishing and meet the members and really encourage everybody to do their best to become skillful with such things as fishing in the wilderness (natural world), and to also be with the local people.

I found this picture and you can see the smiles on True Parents' faces. True Parents really treasured this time together so much – they were having so much fun.

One time I went with them down to Chignik and Mother asked me to find a home for them to stay at – could you imagine, a homestay with True Parents? It just so happened that there was one young widow and her family, kids who had lost their dad to a fishing accident. The dad was lost at sea, and the family really needed some help. So, we worked out an arrangement for Father and Mother to stay at their cabin, and we would provide an ample amount of support for the family to get through the summer and get their feet on the ground again. It was very much like "family" all the

way through. Alaskans are like cousins to Koreans.

It was wondrous – I witnessed our church world leadership and especially the Japanese elder brothers coming in to visit also. Sometimes it'd be a half a dozen or a dozen leaders from Korea and Japan fishing all day, then long into the night, talking about whatever they talked about. I never learned Japanese or Korean, but it was quite spirited. Whatever it was, that was life in Alaska during the summertime fishing and talking.

Staying in the native home was really nice, very cozy. True Parents were so comfortable. You can see it in their faces. There are so many stories about Alaska – Father really loved Alaska. I remember hearing about when Father met one of the first people from Alaska; Dr. Pak told us how Father was so excited. He felt like he had met his “first real American,” because the guy knew everything about Alaskan fishing. Father was so impressed by him (and it takes a lot to impress Father)!

I had a wonderful opportunity to be one of Father's captains for eight years and to be in the boat. There was always laughter – the laughter is what I remember most especially. I can still see it in my mind's eye, Father, then Mother coming on the boat a little bit later, and some coffee being brought down for everyone. On the one hand, it was like you were with the “Admiral.” For that moment it was his entire universe. It might have been Colonel Pak telling a story or Father (who spoke in “English” for the sake of everyone listening), telling a story or whoever happened to be with us. The older the brothers and sisters that were on the boat, the more laughter there was. Father would kid them and then tell story after story. Father would just virtually hit his knees and then you heard a good tale, sharing with everybody. The moment was “sparkling” – just exquisite! Again, it was the laughter and the mirth, the fun. Father would ask a question and there'd be a lot of laughter and then somebody would speak for a few minutes, probably telling their story or a tale. This was just an amazing chance to be directly with Father, in a most intimate setting.

Culture and Art

The Magic and Mystery . . . Is Music the Message?

by Greg Davis



It is widely attributed to our friend 5th-century Greek philosopher Pythagoras, author of the dreaded Pythagorean Theorem of sixth-grade geometry, that he was “the creator” of the theory of music. There is much speculation but he was considered a magician of sorts and legend has it that he was capable of gathering thousands and “healing” many of the sick who would gather, by playing certain tones from his unique guitar-like instrument called a lyre. The first bona fide rockstar? Maybe.

Pythagoras, I'm not, and when I was growing up as a carefree child

in the 1950s, music was just background noise. My parents had some scratchy old records that they would sometimes play. When they did, it seemed they were, somehow, a bit happier.

There was also “church music,” which was usually very loud and somber, accompanied by some lady “singing” very loudly in order to, I suppose, be heard above all the other voices. It didn’t seem to have much meaning for me.

In grade school I was introduced to the 45 rpm record and “rock and roll” (such as it was) and, interestingly, our teacher let us sometimes have dances during recess. For some strange reason, although I wasn’t very good, I enjoyed these “dances.” But still it was something in the background and music really didn’t capture my heart.

Even when I took up the trombone awkwardly in middle school and struggled my way to second chair through junior high and high school, I didn’t emotionally “connect” with music. I guess I was pretty good and I even went to some competitions, but the emotional connection just wasn’t there for me.

My older sister brought home some classic rock albums like “Creedence Clearwater Revival,” early “Beatles,” and others. It was in listening to these records that I started hearing something in the music that stirred something in me. It made me curious about what made some of these interesting sounds. Something about it felt very expressive and freeing to me.

In my senior year of high school, a friend introduced me to vocal harmony by way of Peter, Paul and Mary and the Kingston Trio, as well as other groups popular at the time. I was intrigued by the mix of vocals with the simple guitar rhythms and I listened over and over and practiced singing along with the records. I liked how it made me feel – as if I could express something deep in my being. I felt...FREE!

One day my younger sister brought home a cheap guitar and a three-chord practice book. She tried learning to play it but she couldn’t make her fingers do what she wanted and got frustrated. It sat in the closet for a while, and when I was a freshman headed for college, impulsively, on a whim, as I was packing, I asked my sister if I could borrow her guitar and take it with me to school. She said ok, so I took the guitar with me to my first year of college. It was a life-changing decision.

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

Most Magical Gift

by Elaine Cox



Art is one of the most magical gifts we have. I've always been a painter, but as of last fall, I've been very lucky to have a new studio space to paint in, a short walk from our home in semi-rural New Hampshire.

Dr. Yong frequently talks about jeongseong in Morning Devotion: commitment, sincerity, investment. The result is fruitfulness in any field of human endeavor and I've been discovering its power in my work as a painter.

First of all I revel in the process of creation itself – the playfulness, mess, freedom and search for beauty, and the development of new skills.

Marc Chagall: "If I create from the heart, nearly everything works; if from the head, almost nothing."

Some subjects are more challenging than others, especially commissions, when the subject is not familiar. Sometimes I get discouraged. However, effort is never wasted but makes a foundation for later work.

Kimon Nicolaidis: "The sooner you make your first five thousand Mistakes, the sooner you will be able to correct them."

Some days I'm barely inching forward. Other days, when I'm immersed in the work, I lose track of time and a deeper reality emerges.

The more I can express the love, life, beauty, personality and complexity of God's amazing world and its people, the more joy I have as an artist and as a person. When others also derive joy from it, I'm very grateful.

So, thank you for letting me share some of my art and thoughts with you.

Let me close with a final passage from Henry Wadsworth Longfellow's much longer poem, "Morituri Salutamus, that he read at the 50th reunion of his class of 1825 at Bowdoin College:

*"What then? Shall we sit idly down and say
The night hath come: for it is no longer day?
The Night hath not yet come; we are not quite
Cut off from labor by the failing light;
Something remains for us to do or dare;
Even the oldest tree some fruit may bear;"*

May we all continue bearing fruit as long as we live, both here and in the next world!



[To view more of Elaine's works, please click here!](#)

Health & Recipe

**The Changing Horizons of Health and Healing and The
Need for an Expanded Understanding of
Mind/Consciousness, Part 2**
by David Carlson



David met the TPs in 1972 while serving in the US Army in Korea, and studied UT with Dr Sang Hun Lee. Returning to America he taught UT at Belvedere, helped with MSG, YS and WM campaigns and was selected by True Father to attend UTS. Upon graduation, he worked in Upstate NY and was then called to UTS to teach DP, UT and world religions. In 2004 he returned to Korea, teaching at the Cheongshim Graduate School of Theology in Cheongpyeong until 2014. He presently lives in Indianapolis, engaged in church outreach.

B. Lifestyle

People today are also consciously making efforts to break bad, unhealthy habits and adopt a healthier lifestyle. They are giving up smoking and drinking, exercising more, and attempting to include more natural foods in their diets. People are increasingly relying on herbs and botanical medicinals in contrast to over-the-counter drugs, as a more natural way of keeping the body healthy. Herbal teas are very popular. Relations with friends, exercise, sleep, reduction or avoidance of stress, inspirational reading, and diet, as well as techniques promoting a balance between the mind and body, are all being recognized as significant elements of a healthy lifestyle.

C. The Roles of the Autonomous Spirit and of Heteronymous Spirits

The New Age thinking about health recognizes the importance of one's mind, and especially of one's spirit, in maintaining one's health. By cultivating our spirit, and by keeping our self at peace and in unity with the universe, and in balance with other people, we can keep ourselves in a better state of health and have stronger immune systems. Our spirit works autonomously, affecting our spirituality, and its nurture is largely under our own control.

Whereas much of the new thinking about health is correct, and certainly helpful in thinking about healing, one factor that is often overlooked, even today, is the influence of forces beyond my autonomous "self" and my autonomous "control," forces which may at this point simply be called a heteronymous spiritual influence. Whereas my own spirit has an autonomous function, since it is my spirit, and is more or less under my control, a heteronymous spiritual influence is one that acts upon me from beyond myself. I can make efforts to keep my emotions and thoughts centered in positive things and autonomously discipline my inner life, but a heteronymous spiritual influence is one which acts independently from my autonomous control. Larry Dossey has already touched on this kind of influence when he speaks about Era III medicine as including a nonlocal mind (but there is a need to go even beyond that to an Era IV medicine). According to Dossey "Current evidence suggests strongly that the intentional mental efforts of one person can exert significant physiological changes on another distant person." (16) He describes this mental activity in Era III:

Mind is a factor in healing both within and between persons. The

mind is not completely localized to points in space (brains or bodies) or time (present moment or single lifetimes). Mind is unbounded in space and time and thus ultimately unitary or one. Healing at a distance is possible. It is not describable by classical concepts of space-time or matter-energy. (17)

My focus so far has been on beneficial or positive influences, such as when someone prays for a person's well-being from a distance, or sends kind thoughts their way when thinking lovingly about them. But this influence is not always directed to us by someone merely from across the country, for example, and it is not necessarily always beneficial.

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

Ratatouille Stew

by Marjorie Buessing



This stew is loved by my granddaughters who are ages 4 and 1! I think the name and the movie helps also! My daughter loves that it is healthy and my son-in-law loves that it's vegetarian. I hit a home run with this one.



2 t olive or avocado oil
1 large onion chopped
2-3 cloves garlic minced
1/4 c wine to deglaze
1/4 c brown rice
3 c eggplant peeled and cubed 1/2 in size (1 sm eggplant)
1 med zucchini quartered and sliced
1/2 yellow bell pepper chopped
(I have been known to add a stalk of celery or a carrot or small sweet potato because my granddaughters like them!)

4 c veg broth
1 14.5 oz. can diced tomatoes
1/4 c sliced olives
2 t Better Than Bouillon Roasted Garlic soup base
1-2 bay leaves
1 t oregano leaves
S & P to taste

Serve with shredded Parmesan Cheese

1. Heat oil in your Dutch oven over med-high heat. Add onion and a bit later garlic. Cook until onion is translucent and don't let the garlic brown. Add wine to deglaze.

2. Add all the remaining ingredients except the cheese. Stir and bring to a boil. Lower heat, cover and simmer for a half hour, stirring occasionally.

3. Check that the rice and vegetables are cooked. Adjust the seasoning.

4, Remove the bay leaves and serve. Sprinkle each with shredded cheese and serve.

I usually serve the stew with some good crusty bread. Sometimes we have the bread with butter or with seasoned olive oil or even plain. Yum!

Seasoned Olive Oil- In a small shallow dish I sprinkle Sea Salt, Fresh Ground Pepper, a little grated garlic or a pinch of granulated garlic and a nice little pile of grated Parmesan Cheese. Then pour a nice amount of Extra Virgin Olive Oil over the top and stir it up. The first time you make it you'll want to taste it and adjust the seasonings. Then dip and swirl your crusty bread.

Bulletin Board

My History with "God and Science"

by Richard L. Lewis, PhD



While I was raised in a Catholic family in South Wales, Great Britain, I was an altar boy, and had religious education. But I was so good at science in school that I rapidly became an atheist, and debated my local priest. This upset, my dear mother, who couldn't imagine why I would debate and disturb the Monsignor.

I was the nerd in grammar school (UK High school) who always had his hand up with the correct answer in science class. This gift enabled me to skip a class and, in 1970, to enroll in a university in England at age 17. There I earned a BSc in biochemistry by the time I was 20.

I spent the next five years in London working as a scientist, later as a senior scientist, for Big Pharma in the field of asthma, and got a few science papers published, including one in *Nature*, the preeminent science journal. I think I can claim to be a certified science nerd. I was good in the laboratory. I had no financial concerns, along with five weeks' paid vacation every year!

In my third year, as per company policy, I was enrolled in a PhD program, and started work on exploring the dual antagonistic roles

of the cyclic mononucleotides—cAMP and cGMP—in cell communication.

In my fifth year there, I decided with a friend to “Go See America!” together. Exciting, but he just could not persuade the American consulate to grant him a visa, so we agreed that I should go by myself. On my final day at work, I was walking with Elizabeth, my Swiss lab assistant, who suddenly said, “I don’t think you are coming back.” I thought this rather inane as there was no conceivable reason not to come back.

In June 1975, I arrived in the USA and stayed with my university pals in Queens, NY. I had a great time, but was limited in scope by my friend’s work schedule. With the song refrain, “Are you going to San Francisco?” in mind, I thought “Why not?” and, with just a change of clothes in a plastic bag, left for a few days in SF.

On the third day there, I was planning to sunbathe at the Embarcadero but the unexpected beastly fog was chilly. I had thought of exploring the subway system, and this seemed a good time to do it. The BART map in the station was intimidating, but I recognized “Berkeley” from its riot days, and got on. Reading the Berkeley station city map, I saw Sproul Plaza of student protest fame, and took off to see it.

Strolling across the Plaza, I met a fellow with a guitar on his back, my soon-to-be spiritual father, Garry Barker.

Elizabeth was right, I didn’t go back.

I was particularly moved by this concept, expressed succinctly in the 1-Hour DP lecture: “Religion and science have seemed, in the course of their development, to take positions that were contradictory and irreconcilable... there must emerge a new truth, which can reconcile religion and science and resolve their problems in an integrated understanding.”

I thrived in the Oakland Church under the parental guidance of Dr. and Mrs. Durst and my mentor, Noah Ross. A year in, while sitting at the witnessing table at Fisherman’s Wharf, I heard a voice that stated, “Yow will write a textbook on God and Science.” I was startled, but never forgot it.

Within in a year I was a group leader (with a new name) and then a 7-Day DP lecturer. The most demanding aspect of this was not learning the content; it was learning how to deal with the wide range of questions in the Q&A session after each lecture. With over 100 first time participants each week, Q&A was always a challenge. You only really know something when you can simply explain it.

This was the era of the deprogrammers, media attention, false information, etc. My education and accent resulted in me being thrust into the role of PR spokesperson. I was in the newspapers, on TV and the radio. Again I had to be able to deal with any question thrown at me in a live situation. I returned briefly in 1976 to New York to aid the Yankee Stadium rally, and was left in charge when almost everyone else went East for the Washington Monument rally.

In 1982, the Oakland Church colonized New York City and Dr. Durst

became the church president. On one Sunday at Belvedere, True Father, translated by Dr. Pak, explained his vision for the *Washington Times*, a four-hour talk that, at the very end of which he added, "So that it does not become a church newspaper, Dr. Pak will also create another newspaper for the church, the *Unification News*."

This paper started with a staff of six, all Dr. Pak's members. Needing more, he asked Dr. Durst to add someone, and it was me. Within a few months, one by one Dr. Pak extracted his people, and I ended up doing all the jobs by myself. Now a monthly, this was doable. I even had time to write a column on science, innocently dealing with topics such as, "God made the neutrino so we could have gold Blessing rings" and "the problems of evolution". I decided to complete my PhD, this time with a larger focus for my dissertation, "The effect of the quantum revolution in physics on the biological sciences." I got my degree and, with my advisor's support, rewrote the dissertation as my first book: *Do Proteins Teleport in an RNA World*.

I must have struck a nerve! I was talking to Professor Kaplan about coverage of PWPA when he told me that, at a meeting at East Garden about the upcoming ICUS, I had been accused of heresy by a senior church member (he would not say who). That I was using my position as the editor-in-chief of the church newspaper to promulgate false views. "What did Father say?" I cautiously asked. "Let the ideas collide, the truth will ultimately win," Dr. Kaplan happily reported.

My writing on science and theology bought me an invitation to give a talk at the annual meeting of the Unification Thought Institute in Tokyo. This must have been a successful debut since they invited me for back, for the next 10 years, to participate in their annual event.

Following this, I presented two Science & Religion weekend seminars in New Jersey for 2nd Gen. interested in science. This led to working with CARP to develop a religion and science content for college students.

All this exploration of Science and Religion came to fruition when Dr. Jin, president of the Hyo Jeong Academy of Arts and Sciences, asked me to write a book on God and Science in Unification Thought, commenting that, "Dr. Lewis is the only one who really understands science in Unification Thought."

The plan was that I would write the manuscript, and HJ Academy would print up copies to distribute to the participants in the great convocation in early 2020. I wrote the manuscript, and rewrote it, responding to commentary at least three times. They waited, and waited but no publication. I later learned that funding had dried up (luckily they had compensated me already) and that in late 2020 I should self-publish the book. This is the result:

I am delighted to announce that my book is now available from Amazon!



God and Science in Unification Thought

by Richard L. Lewis | Sep 21, 2022

Paperback

\$20⁰⁰

FREE Delivery for Prime members



This book aims to discourage the view that science and religion are dealing with disjoint realities. To show, to the contrary, that they are often dealing with the same aspects of reality but using very different terms and descriptions. Religion and science have been the methods of searching for the two aspects of truth, in order to overcome the two aspects of ignorance and restore the two aspects of knowledge, internal religion and external science.

The day must come when religion and science advance in one united way. Then, mutual understanding will occur between the two aspects of truth, the internal and the external. Such a merging was impossible to imagine even a century ago when religion had a six-day-old universe that science considered an eternal steady state.

Things have radically changed, however, with the emergence of the sophisticated religious Unification Thought along with the scientific revolution exemplified by quantum mechanics and cosmology.

These two sophisticated streams of thought are not hostile. The aim of this book is to explore areas of thought where this convergence of disciplines is apparent, and a final illustration of how the two working together can have constructive dialog.

The HJ Academy is dedicated to the union of Science and Religion.



BLESS-ED

*Blessing Life Guidance by
True Parents' Words*

Creating a Blessing Culture

We are looking for volunteers to join our team of researchers who are carrying out a systematic review of True Parents' speeches in order to extract a representative sample of True Parents' Words on the values, conventions, and practices of Blessed Central Families. Our ultimate goal is to create a Blessed Central Family Life Guidance manual.

Since the 'Blessing' is a vertically revealed and initiated sacrament of rebirth and proper growth to the ideal, and 'culture,' which according to Merriam-Webster, is a "set of values, conventions, or social practices" as well as "the characteristic features of everyday existence," we believe that initial efforts to create a Blessing culture should tap into the ultimate vertical source, i.e., Heavenly Parent and True Parents.

Contact Alice Fleisher for details at
Bcfcurriculum2017@gmail.com

The Blessed Central Family Life Guidance Curriculum Project is a grassroots initiative started in 2017 by Alice Fleisher and a small team of like-minded Unificationists. Our target is to complete the manual by 2025.

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