

Golden Age Newsletter July 2024

Richard Buessing and Carol Pobanz
July 4, 2024



Golden Age Newsletter

July 3, 2024

Hello Goldies, Welcome to the new look! It's all the same content with a simpler format. We hope you enjoy!

Tips for Healthy Living, an early History article, a wife's tribute to her husband, Grandparenting article and Introduction to a new book!

This Month's Message

Healthy Living

by Ichinori Tsumagari



We had a wonderful family day at the Bronx Zoo today. Our oldest daughter and we had been talking about taking our six-year-old twin grandsons to the Bronx Zoo for some time. We decided to go this Sunday, despite concerns about the hot, steamy weather (95 degrees and possible thunderstorms), our old car, and a few other things. Surprisingly, everything went wonderfully. The zoo was amazing, the weather turned out to be nice and comfortable in the shaded areas with lots of trees. Everything went smoothly, and everyone did his or her best to make the day a wonderful experience....

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History Bytes



Photo credit: Gary Fleisher

Rough Beginnings

By Gary Fleisher

I met the Unification Church through a mimeographed flyer left on my college campus in Los Angeles, California. The flyer said, "Faith is for the blind and ignorant." I first saw it in the hand of a Christian who was trying to convert me to Christianity and the United Church of Christ. When I asked him about the pamphlet, he told me it was some free-love commune, and that he and some other Christians were going to witness to them....

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Testimonies and Tributes



The Man With 1000 Hobbies

by Mary Hida

A Tribute to my amazing husband Mamoru - the man with 1000 hobbies. That's what keeps this guy young - always fixing something, discovering new things and being active, whether it's playing his guitar each day, practicing and teaching martial arts, being mindful to things that are broken or need attention, sketching and drawing or just finding ways to help people, in all walks of life. We've had the fortune of being together nearly two-thirds of our lives....

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I Love Grandparenting



The Invisible String

Submitted by Carol Pobanz

I love reading to children, especially my grandchildren. Their delight in a story or an idea not only inspires them but it often inspires me as well. I guess I just never grew up, or maybe I just continue to grow.

I was recently introduced to one of those books that has a timeless and ageless quality to it titled *The Invisible String*. I want to recommend this book to all parents and grandparents.

Taken from the book cover of *The Invisible String* by Patrice Karst:

As long as love is in your heart, the Invisible String will always be there.

When Mom tells her two children that they're connected by an Invisible String, the children insist, "That's impossible!" But still, they want to know more: "What kind of string?" The answer is the simple truth that binds us all:

It's an Invisible String made of love. Even though you can't see it, you can feel it deep in your heart and know that you are always connected to the ones you love.

This joyful contemporary classic for all ages has helped comfort and heal countless readers by easing separation anxiety, loneliness, and loss, while also exploring the intangible and unbreakable connection between us all.

A Teaser from the Introduction of Taking God Seriously

by Laurence Baer

...In the late 1990s, our movement began a new type of Marriage Blessing – one which extended that sacrament to couples in the spiritual realm. My wife and I participated in this effort. As conditions were successfully set by Rev. and Mrs. Moon, this grace was able to expand to more and more generations of our ancestors.

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Healthy Living

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to our body - listen to your body's natural hunger and fullness cues, using the following tips.

"In 1957 and 1958, what kind of person was I? I was a great listener who patiently heard the stories of every member, young or old, who wanted to share with me. People recognized me as someone who would listen to their stories, perhaps better than anyone else in Korea. When elderly ladies came to see me, they would talk about their marriage life from their wedding day, even telling me exactly how they loved their husbands. They shared everything they kept in their hearts. Anyone who came to see me said, "Father listens to all my stories." When they had nothing left to say, I started to speak. If you want to fill a bowl with something new, first you have to turn it upside down so that everything is emptied out. That is why I listened to them, putting myself in the position of enjoying what they had to say more than anyone else, even staying up all night to hear it. It is all about genuinely listening to others and then genuinely talking to them. That is the secret. That is how you give and receive." (096-322, 02/13/1978)

Foster a Balanced Approach to Eating by Tuning into your Natural Hunger and Fullness Signals.

It's easy to lose touch with our body's hunger and fullness cues. Fortunately, there are some simple tools we can use to tune into the natural cues, including mindfulness, portion control, hunger scales, and moderation, amongst others - so that we can maintain a healthy relationship with food and avoid overeating or undereating.

Listen to your body's natural hunger and fullness cues, using the following tips:

1. **Mindful Eating:** Practicing mindfulness while eating allows you to pay attention to your body's signals. Focus on the food's taste, texture and aroma. Avoid distractions like screens or work, and chew slowly, savoring each bite. This attentiveness helps you recognize when you're genuinely hungry and when you've had enough.
2. **The Hunger Scale:** Use a hunger scale ranging from 1 (ravenous) to 10 (stuffed). Aim to start eating when you're around a 3 or 4 (slightly hungry) and stop around a 6 or 7 (satisfied but not overly full).
3. **Physical vs. Emotional Hunger:** Physical hunger builds gradually and is felt in the stomach, while emotional hunger tends to arise suddenly and is often tied to specific emotions. Pause and ask yourself if you're eating to satisfy a physical need or to cope with emotions like stress, sadness or boredom.
4. **Stay Hydrated:** Thirst can sometimes masquerade as hunger. Drink water throughout the day to ensure you're adequately hydrated. Before reaching for a snack, have a glass of water and see if the feeling persists.
5. **Listen to your Body:** Learn to trust your body's signals. Avoid rigid diet rules that dictate when and how much to eat. Your body knows best when it's hungry and when it's had enough.
6. **Practice Portion Control:** Be mindful of portion sizes. Use smaller plates to help with portion control and prevent overeating. Serve a moderate portion, and if you're still hungry after finishing, give yourself permission for a small second helping.
7. **Indulge in Moderation:** Allow yourself to enjoy all foods in moderation. Restrictive eating can lead to feeling deprived, which might result in ignoring your body's hunger cues, or overeating when you finally allow yourself to indulge.
8. **Check-in Post meal:** After finishing a meal, assess how you feel. Are you comfortably satisfied, overly full, or still hungry? This reflection aids in understanding your body's signals for the next mealtime.

Developed by Erica Brown for Cleveland Clinic Wellness

Erica Brown, M.A., ATC is a health and wellness coach working with Cleveland Clinic's eHealth coaching program. She is a certified coach through the National Board of Health and Wellness, and she is board- certified and licensed as an athletic trainer. Erica is passionate about supporting her clients by shining a light on their gifts and strengths as they work to achieve their goals.





All photos by Ichinori Tsu,agari

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Like A Flower >

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Being Jewish

At the time, Jews were not considered potential members in the Unified Family in Los Angeles. It was believed that Judaism was the Formation Stage religion, Christianity was the Growth Stage religion, and the Unified Family was the Completion Stage religion. The Unified Family, as the Completion Stage religion, had no Jewish members because, before entering the Completion Stage, one had to go through the Growth Stage, i.e., become a Christian. Of course, no one told me this at the time. However, the result of this belief was that I became the object of lecture practice for the members, since no one expected me to join. Every member presented at least one lecture, with me as the audience.

What's His Name?

As I was hearing the conclusion lecture, all the members were praying for me in another room. When I heard that the Marriage of The Lamb had taken place in 1960, I immediately believed it. I asked what the Messiah's name was and was told that "We call him Master or Leader." It was several months after I became a member before I was considered worthy to hear Leader's name, Sun Myung Moon. This was due to something that Father said during his 1965 visit: "It is all right to say Sun Myung Moon has been here, but don't say who he is." ["The Master Speaks

on the Lord of the Second Advent," Sun Myung Moon, March and April, 1965]

We later learned that Father meant that we shouldn't be going around saying, "Christ is here, he is a Korean named Sun Myung Moon," without giving a foundation of understanding the Divine Principle first. A few months after learning Leader's name, I was honored with being able to see his picture. It was his 1960 wedding photo. After passing a Divine Principle knowledge test, I received my own copy of this photo, which I still treasure today. I don't think that I saw a photo of Mother (his wife) before I met her in 1969. Only one Unified Family member in LA the center leader, Jon Schuhart, had ever seen Father, and that was before Jon became a member.

Jon, the oldest member, having been a member for two years, was the center leader. We were led by prayer, the Divine Principle, Rev. Moon's 1965 speeches, and Jon's charisma. (There had been elders leading the Unified Family; however, they left about a year before I joined -- upset that they were not blessed [married] during Father's 1965 visit, disagreeing with Father over who should be the national leader, or due to insurmountable sexual problems.) I joined the Unified Family because I received revelations and the love of my spiritual parents, Jon and Sandy Schuhart.

Life in the Unified Family

We witnessed, studied, sang and prayed a lot. Everyone had a job and contributed their income to the center. After work, in the evenings, we would witness. There was no witnessing literature, so we made our own. There were no Unified Family songs, so we wrote our own. (Mostly, Jon wrote the songs; among them are: "Let's Move America," "There Is a Giant," "Find Your Dream," "Precious Light," "What Is Your Reason," and "Gonna Build a Kingdom.")

We frequently went to Holy Ground. If someone had a problem that no one could help them with, that person went to Holy Ground and received internal guidance spiritually. At 11:00 p.m. on December 31, 1967, we all went to Holy Ground. We prayed until the New Year came. There was a special feeling that we had never felt before. A few months later we learned that God's Day had been declared that same night.

Discovering and Avoiding Other Followers

In January 1968, I and Lisa (Martinez) Take were sent to Berkeley to help with witnessing. The center leader was Edwin Ang. I was very impressed with Edwin. He had spent time with Father in 1965, was humble, and spiritual. His assistant was Farley Jones, who had recently been sent from National Headquarters to help the Berkeley center grow. While witnessing in Berkeley, I met two of Father's followers, who were not members of the Unified Family. One was named Tom (I can't recall his last name). He believed in Father, but would not follow Young Oon Kim (Miss Kim), the national leader. He was also witnessing on the Berkeley campus. Tom had gathered a number of followers, some of whom later became Unification Church members.

I also met Young Soo Lim, who is better known as Young Soo "Onni" Durst. She was a member of the International Re-Education Foundation based in San Francisco. She was also a follower of Father's but not a member of the Unified Family.

While I was in Berkeley, we usually went to the Holy Ground in Oakland. One day it was announced that we were going to go to the Twin Peaks Holy Ground in San Francisco, the first Holy Ground that Father blessed outside Korea. We had to leave very early because Edwin and Farley were afraid of meeting "them." The Twin Peaks Holy Ground was great. Later, I asked about who "they" were, and why we didn't want to meet them. There was a schism between Father's followers. Followers of different groups did not speak to each other, believing that their leader was the only one who was doing what Father wanted. I was told that Miss Kim created the Holy Ground at Lake Merritt in Oakland so that her followers (the Unified Family) would not meet the followers of Sang Ik "Papasan" Choi (International Re-Education Foundation) at the Twin Peaks Holy Ground. (As late as 1970, when members of the International Re-Education Foundation visited us in Los Angeles, they were not allowed in the house.)

Looking back, I can see how shameful this is; however, at the time, it was just the way it was. In 1972 Father began breaking down the barriers between his American followers. In 1975 Rev. Moon married me to one of Papasan's most faithful followers. It is working out well. As far as I can see, things are much better now than they were in the 1960s. The heart of these changes are True Parents. They gave us a clearer understanding of the Divine Principle, brought our ideals to the public, and brought us into unity. They did these things, even though we often opposed them. Many thanks to Father and Mother!



Praying at Twin Peaks, San Francisco, the first Holy Ground in America

photo credit: Gary Fleisher

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The Man With 1000 Hobbies

by Mary Hida

A Tribute to my amazing husband Mamoru – the man with 1000 hobbies. That's what keeps this guy young – always fixing something, discovering new things and being active, whether it's playing his guitar each day, practicing and teaching martial arts, being mindful to things that are broken or need attention, sketching and drawing or just finding ways to help people, in all walks of life. We've had the fortune of being together nearly two-thirds of our lives. Every day I pray for his protection and I am full of gratitude to God and True Parents for bringing us together. My growing up in Japan and pretty much understanding the Japanese culture as well as speaking Japanese, is an added plus. I cherish my husband Mamoru Hida.

had served as security at True Parents' home in New York, called East Garden, True Mother was well aware of Mamoru's skills and character, during his time serving for 38 years from 1974 to 2012.

I have never ceased being surprised by all the varied things I constantly learn about him, since we formally met and were engaged 45 years ago, on May 13, 1979 in the Grand Ballroom of the New Yorker Hotel. He's not your typical handyman but somehow seems to have that "magic touch." Mamoru had a carefree upbringing in a peaceful farming village in Ishikawa Prefecture, Noto peninsula, close to the Sea of Japan. By the time he was in middle school, he had taken apart his mom's watch, and being curious, learned to fix things on his own. He even built his own motorcycle with parts from the junkyard and rode it home. Rather than go to a formal high school, he chose to be educated in a top-level seaman's school, where he learned very valuable skills and had varied experiences traveling by ship to many countries in Asia and the Middle East before the age of 19. Tragically, my husband's hometown, Machino Machi, Wajima, on the Noto peninsula, was totally devastated on January 1st of this year, by earthquake and tsunami, as the world woke up to and experienced the first day of the year 2024. It still remains what looks like a war zone.

One of the aspects of Mamoru's expertise is finding things, and I mean just about everything a person would need or wish for, at a rock-bottom price or free and, of course, he also researches and can fix things if there is a problem. When we first moved to Las Vegas, after leaving behind 95% of our possessions in New York, he would just THINK of what we need, always mindful of quality items, such as a nice cooler, furniture, kitchen items, refrigerator, etc.

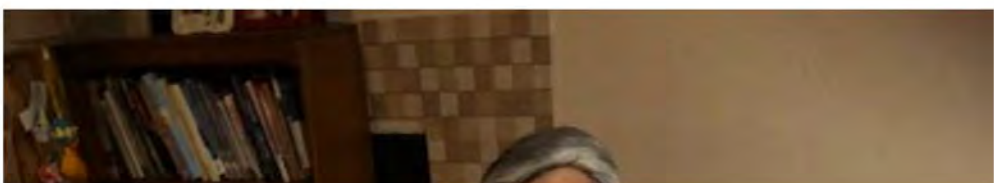
always mindful of quality items, such as a rice cooker, furniture, kitchen items, refrigerator, etc., then check out Goodwill, Salvation Army, and Castaways. Everything would appear, according to his wish. Often customers think he works there; he's ready to help and organize any area that is out of order. So, after a while he would ask church members, especially young people, what they need and, to this day, he finds cars, computers, household items, pretty much anything and is still often consulted. Once he started discovering all the different types of sewing machines and repairing them, he was happy to start giving them to others to either start a new hobby or relearn to sew. Yeah, he's good at sewing by hand, as well, and hems my pants. He even repairs his favorite work clothes from decades ago, with a professional tailor's touch.

His care and thoughtfulness of others is quite remarkable. He is also an artist and has pieces in his sketch books of True Father. He especially enjoys sketching the next generation – young people who are in our community, whom he has befriended, such as CARP members, young Japanese missionaries and new couples. Whenever he is aware of one of them leaving our community, he prepares some kind of meaningful gift for them. His love for True Family is genuine and filled with a lifetime of experiences. I am looking forward to our remaining days here on earth and as eternal partners, who were matched and blessed by our True Parents.

He would never write about himself; however, I want to recognize him before God for the man he is and the 1000+ special things he does.











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A TEASER FROM THE INTRODUCTION OF TAKING GOD SERIOUSLY

by Laurence Baer

...In the late 1990s, our movement began a new type of Marriage Blessing - one which extended that sacrament to couples in the spiritual realm. My wife and I participated in this effort. As conditions were successfully set by Rev. and Mrs. Moon, this grace was able to expand to more and more generations of our ancestors. In 2012, the way was opened up to liberate and bless up to 210 generations. In December of that year, we held a celebration at our At that time, I had the inspiration to organize them into committees. We appointed three co-chairmen to oversee the committees, and we wrote up clear assignments for each committee. A dear friend of ours, George Detlefsen, PhD, a prominent physicist who died in 2005, had participated along with us in 1982 at the Madison Square Garden Marriage Blessing. Since none of our ancestors had ever known Rev. or Mrs. Moon personally, I prayed and asked Dr. George to serve as a senior advisor to those committees. I diligently updated each committee's assignments two - three times per year, and I prayed for them daily.

For my first 40 years in our movement, I never had what I would consider direct communication with God. I prayed regularly and consistently, and sometimes I would have strong intuitions that turned out to be accurate. I could see God working regularly in situations around me and, on a few occasions, I felt God's spirit and was moved to tears. But even though I was originally interested in parapsychology, I honestly never had what I would consider "communication" with any spiritual beings, people or angels, nor did I have any actual conversation with God. Nor had I ever had any visions. The closest I came to some kind of spiritual communication would be when I was writing songs. On occasion, I would hear a melody, or sometimes, part of a lyric would come to me.

In 2015 that began to change. A friend of mine had had a good experience attending a seminar by Ron Pappalardo, an Associate Pastor in the Spiritualist Church, who was introducing people to various exercises to learn to communicate with God. My wife and I drove from Columbia, Maryland to Columbus, Ohio for a weekend workshop August 1 - 2 of that year. For two days, Ron guided us through numerous exercises and meditations to try to communicate with God

ron guided us through numerous exercises, and meditations to try to communicate with God, or to at least become more in touch with our own spiritual senses. I found it quite frustrating. All around me, many of the participants were having legitimate and inspiring experiences. In my case, much to my own disappointment, nothing seemed to have any effect on me. However, at the end of the workshop, he tried one final exercise, which he called "journaling". It simply involved meditating for a bit, and then writing a sincere note from my heart to God. Once we finished that, we were then to begin writing a note back to ourselves from God. Ron instructed, "Just write whatever comes into your heart." Here is my first journal with God, dated 8/2/15. I transcribed God's "voice" in bold italics:

Dear Heavenly Parent,

Thank you for this seminar. It has made our connection so much more intimate, even though I still feel like I'm swimming through a pool of molasses and in a stupor trying to connect to you consciously. I'm sorry for being so thick.

What Ron just said about connecting with his own children – I am continually shocked by the resentment and sense of threatenedness that come back at me from my children.

I feel like I am completely unaware of the ways in which I threaten and hurt them. At this point ,they are all married, so in that sense I should certainly chill and just sit back and celebrate them and support them. Are you confident to take responsibility to reach out to the next generation without pressure and guidance from me to my children?

I understand that you have been working through history, longing for three generations to be connected to you. So, I would hate to fail you somehow and let this opportunity slip away because of my own lack of discipline to train our children successfully. On the other hand, it would be so much more joyful just to love them and endorse them, and let them live their own lives with confidence that they have received all that I can teach them and knowing that you will work with them, and even more so with their children, to guide them going forward.

I have done my best to organize our spirit world to support them and their families too. Did I do it effectively or are there ways I could improve? Is it enough? I would sure relish some feedback and guidance. Let's be a team, with active give and take on the strategy level. In the time I have left on Earth, I could sure get a lot more done for you and the providence if we could develop that active give and take.

I'll stop here and listen.

My dear son, thank you for all your efforts and hard work. You sure have grown over the years, and now, as a grandfather, you are beginning to understand my heart more. Each person has their own course. There is only so much you can guide them. However, if you love them unconditionally, the time may come when they will ask you for guidance. When that happens, then they can receive it more. People like to discover things for themselves. No one likes to be pushed. When you give something to someone who is longing for it, it is not a push, it is a gift. You are quenching a thirst. That is the exact opposite. That is why I wait until people long for me. To reach out to someone before then is counterproductive. And even then it is important to be measured on how much you

is counterproductive. And even when it is important to be measured on how much you give. If you keep giving after an appetite is satiated, it quickly can turn to pushing.

Focus on unconditional love. Celebrate your amazing children. Ask them how you can support them in their dreams. Love them with my love. Let's do this together.

Wow. That's a paradigm shift! Please help me hold onto it in the moment.

Please continue journaling. I will welcome the opportunity to dialogue with you in this way. Let's do great things together.

When I showed Ron what I had written, he was very excited. He said "this is clearly in a different voice. I believe this is actually God speaking to you."

I thought about it for a few days, and finally decided, "No, I'm not going to play games and pretend I'm actually talking to God." And I filed it away.

Then a few weeks later, on August 28, 2015, I turned 63. That morning, just as I had been doing for nearly two decades, I prayed for well over an hour before breakfast. Only, this morning was different. The moment I completed my prayer, I suddenly had a remarkable vision.

My life flashed before my eyes. It was divided into three 21-year courses. Each of those was divided into three 7-year courses. I was clearly shown the meaning and purpose of each of those 7-year courses. And then this vision focused in on the years 1994 – 1997, and I heard a voice explain, "These were the most difficult three years in your life. That was because they were the first three years of your third 21-year course, and you had to set a foundation. After that, you could receive great blessings. And that is exactly what Rev. and Mrs. Moon had to go through after Rev. Moon died."

It was stunning. It was very powerful. It was definitely not my imagination.

In fact, for three years beginning in 1994, our family truly struggled financially. The company I had started failed, and we were broke. However, 1997 was the first year in which members in our church were authorized to offer the marriage blessing to neighbors, friends, and family. I was the community leader in Laurel, Maryland at the time, and I prayed for guidance on how to help the couples in my community to respond to this new opportunity. I got the inspiration to meet with the Manager of BWI Airport in Baltimore, and he graciously received me at the top of the tower there. I explained that I wanted to set up a table in the airport to offer marriage rededication ceremonies. To my great surprise, he agreed. He gave me the only table in his airport which was set aside for outside groups.

Each couple was given the goal to bless 185 couples. We quickly completed ours, there in the airport, and I helped some 40 other couples to also achieve their goals. One of those couples was the Salonens, and I was soon hired as Neil's Executive Assistant for the next four years. You could say I had a "Joseph experience", going from the dungeon to the Prime Minister.

I did not process that "63rd birthday" revelation with much maturity. Of course, I felt very loved by God. I felt very special. But I didn't think about it any more deeply. Clearly this was a birthday present from God, recognizing and honoring my three 21-year courses on this earth.

What more could there be to it? I asked a few friends, "Did you ever receive a revelation from God?" When they replied "no", I smiled back, "well actually, I did", trying not to sound too proud of myself, although of course I was so very proud.

Three years later, in 2018, I started having a very strong desire to hear some kind of a report from Dr. George and our ancestral committees. I had been praying for them for six years. I had been asking for help from my ancestors, especially regarding several projects that I wanted to launch for the sake of peace and prosperity in the world.

In addition, by 2018, on the foundations of the sacrifice of Dr. Hak Ja Han Moon and our global movement, the providence of ancestral blessings had been expanded to 430 generations, and our couple had been able to complete those ceremonies. And so, our committees had grown. But now, in 2018, as had been the case 21 years earlier in 1997, couples were being asked once again to share this marriage blessing with family, friends, and neighbors. This time with a goal of achieving 430 couples.

Finally, on Sept 15, 2018, we had our first reading with Dr. George and our Ancestors, with the help of a dear friend who is an extremely gifted medium and who has trained and refined her skills for decades. During that reading, George explained that all the resources I needed for my projects would be forthcoming, but I would never find them if I didn't complete our goal of blessing 430 couples.

That was a surprise, and also a confrontation. I had felt that having helped 40 couples in 1997, I probably didn't need to do any more such blessings. Here's a relevant excerpt he shared:

"We're being led by the Holy Spirit in the flesh. And we don't need to understand what she's saying. We don't need understanding why she's saying it. It's like we're little kids in kindergarten and if our mother says you cannot go out without your shoes! 'But I want to go barefoot' - You have to put your shoes on. 'Why?' Because I say so. So sometimes we just have to do what we're told - even if we don't understand it. By and by, we'll understand later on because a mother has access to information that we do not and sometimes she goes through certain gyrations that to us look like 'what is this all about?'

But she actually does know what she's doing, even if we don't. We don't need to understand it. It's OK.

I just saw you with this little stainless-steel tray - a nice little edge on it. I think you can buy them at the Dollar Tree - with the holy wine - like you're at a cocktail party serving people. But with the little cups. There is a number somehow doing that 430. It will help us. It's not just for those people; it's for us too. It will help us move through to another dimension, to another level."

Based on that guidance, our family completed our full goal of 430 couples in a few months, and soon after we completed 43 couples who qualified as full members. We were among the first couples in America to register as Cheon Bo Victors, which we did at the first induction ceremony held in Korea on October 10, 2020.

Between September 15, 2018 and August 16, 2021, we had a total of six readings with Dr. George and our Committees, with the help of my friend, the medium. The content of those readings is profound and historic. But I will publish them in a separate book. However, on September 30, 2021, on the occasion of our seventh scheduled reading, something unexpected happened...

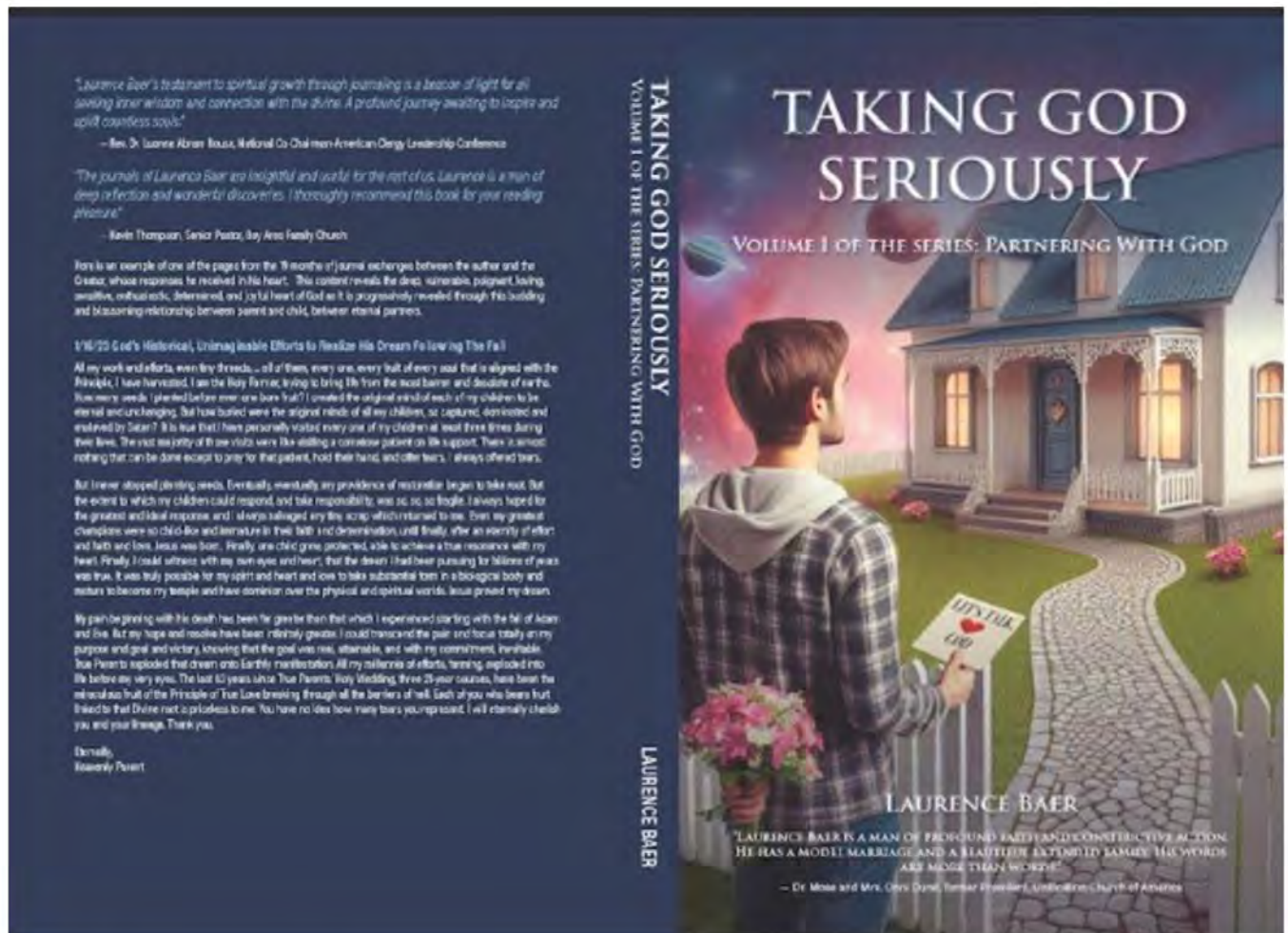


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