

November 2025 Golden Age Newsletter

Richard Buessing and Carol Pobanz
November 2, 2025



Golden Age Newsletter

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Hello Goldies, Welcome! We hope you enjoy!

This month features a Message about Sacrifice, Surfing and a Poem Contribution, Continuation of a History of Korea, a take on Human Evolution, the Annual GAC Barbecue, Music Help for De-stressing and 2 Books of Interest! Please view the Bulletin Board for updates and requests.

This Month's Message

The Sacrifice – What and Why?



By Carol Pobanz

When Rev. Sun Myung Moon—our True Father—spoke of sacrifice, he was not speaking of misery, loss, or endurance for its own sake. He was speaking of *love*. Love so deep, so pure, so selfless that it forgets itself entirely for the sake of others. Give, give, forget you gave and give again.

To Father, sacrifice was not a grim duty but a holy offering—a way of returning everything to God with a grateful heart. He taught that when we give our time, our energy, our heart, even our most cherished dreams, we are not losing them. We are offering them back to their true Owner. “Return ownership to Heaven,” Father would say. To sacrifice is to say with our lives, “*Heavenly Father, this life is Yours.*”

Each act of giving—each moment we surrender comfort, pride, or desire—opens a pathway to love more deeply. Father called us to become *living sacrifices*—people who live to give. In that way what we do—our thoughts, words, service, and perseverance, our lives become our prayers.

While True Father revealed the **what** of sacrifice—the tangible actions that restore Heaven’s ownership—True Mother unveils the **why**. She does not alter Father’s truth; she deepens it.

Mother leads us inward, to the sacred place of motivation. She asks us to examine *the heart with which we give*. For her, sacrifice is not something we *do*—it is something we *become*. It is not an external act alone, but an inner transformation of who we are.

She reminds us that the truest offering is not made with a heavy heart out of duty or reluctant obedience. True sacrifice, she teaches, is done with *joy*—a joy born from love, a joy that reflects God’s own heart.

In this way, every act of giving begins to shine with new light. Each challenge transforms into an opportunity to love more deeply. When we give with joy and gratitude—freely and without hesitation—our sacrifice is no longer a burden but a blessing. It uplifts us, reshaping our hearts and lives.

True Parents have taught us this path: to sacrifice for the sake of humanity, not as victims weighed down by loss, but as victors who find joy and purpose through love in action.

Dawning of a New Age

Surfing Reunion



by John Hessel

My wife and I enjoy playing golf, which is not unusual for 70+ seniors, but when I saw my doctor this morning and said I had just been on a surf trip to California, he said 'you are amazing!'.

I was not the oldest or the youngest among the 6 senior surfers who gathered in southern California for some fun in the sun and west coast waves. Pictured (L to R) are Jim Edgerly, myself, Jack Ashworth, Frank Kaufman, Dan Hallal, Nick Buschovich, and Nick's friend Don. Most of us attended Frank's Settlement Project event and then camped out in tents near Doheny Beach, an hour south of Los Angeles. Frank doesn't surf, but joined us for a night of camping and a day at the beach.

We came together from the east and west coasts, from northern and southern California, and shared the joy of riding waves for 3 days. With rain in the forecast, Bob Spitz offered us an empty condo with warm dry beds in Laguna Beach for the 3rd night, which we welcomed after sleeping bags on the ground. We all had a great time, and hope to do it again next year.

Heart to Heart



© *by Jim Stinard*

Heart to heart is the start for a world of peace.
A lasting peace, where we can live as one,
where we can live as brothers and sisters without the guns.

Without the barriers that divide us, that incite us,
to criticize and surmise that my religion,
my race, my idea is the best!
Let's lay all of that to rest.

We're all children of the one Creator,
all striving to accomplish something greater.
We don't need to fight or argue,
or to say my way is best.
Let's lay all of that to rest.

Heart to heart, not toe to toe,
in a political show of who is right or wrong,
of who is weak or strong,
of who is deficient or who is clever ---
don't pull that lever to release the bombs
that blow apart and rip our heart and spill our blood
and that separate us from the God of love.

It's heart to heart to heal the pain
of 8 billion broken hearts and confused brains.

We need to evaporate the agony of this turbulent reign.

Don't let your frustration and anger lessen your love,
we must raise our spirit with the One above.

Don't say that unkind word or do that unkind act,
that's a trap, let kindness and compassion be our call for action!

How can I judge or criticize when I see everything
through the eyes of love?

What does our Heavenly Parent see ---
unfortunately, a world of brokenness,
war, hunger, sickness and pain,
but this won't last, this won't remain.

Let's lift up our hands and hearts
to receive and share a renewed heart
of love and care!

Let's work together in a revival
Of heart to heart and hand to hand
to make a new start and invite God
to heal our hearts and to heal our land!

Testimonies, Tributes and Thoughts

A History of Korea, Part 7

By Michael Downey



Under the leadership of Taejo (temple name), Goryeo began with great potential. The peninsula was united from north to south and east to west. They were on the way to being one people. Goryeo proceeded to peacefully absorb the ruling class of the two other countries and incorporated them under its bureaucracy, conducting political marriages and distributing land and positions according to their previous status in their respective countries. In contrast to Silla's bone-rank, the elite upper class of the three kingdom countries were accepted and integrated equally into the Goryeo upper class.

To read more, please [click here!](#)

Spiritual Selection and the Evolution of Humanity



by Richard Lewis

My topic is the evolution of the human race, but it will take a roundabout before we get there. Starting with my afternoon in the park today in New Jersey...

One of the pleasures of being 75—and they are few—is that there is time to read good books in the park in the afternoon. Recently, I was reading a delightful novel set in Ireland in which two of Maeve’s young characters realize how well suited they were in so many ways, but, as they agreed: Isn’t it awful that we couldn’t fancy each other, but we don’t, not even a bit.

To read more, please [click here!](#)

A Near-Autumn Celebration to Remember!

Submitted by Carol Pobanz



Wow—our annual Summer BBQ almost became our very first Autumn BBQ! Just two days before the official start of fall, over 90 friends and family members gathered in the Pobanz backyard for a day filled with laughter, delicious food and heartfelt connection.

To read more, please [click here!](#)





Health and Recipes

De-stress With Music



Submitted by Christine Libon

I hope you enjoy the music links which I occasionally post. Music can truly assist us, in healing and de-stressing and soothing and calming and comforting us, as we recover from injuries, surgeries, and highly stressful life situations.

In the above-mentioned situations, if you, are like me, you may reach a point where you are ultra-sensitive to external stimulation of any kind, e.g., loud noises, fast pace, high energy, troubling news broadcasts, even overhearing the conversations of others that normally would not phase us in the least. Personally, I get to the point where I must put down a mat on the floor, close the door to my

room, or at least make sure that no one enters, and lie down on my back. I close my eyes while listening to my favorite, calming music videos, and also give myself Reiki. I do this as long as needed. It could be 10 minutes. It could be over an hour. It could be needed only one time or, for longer recovery, it may be needed daily, or multiple times daily, for weeks or months.

I always come away, very refreshed, feeling much calmer, with a positive mindset. I hope you all can take care of yourselves in the same way and experience the same incredible benefits.

"Relaxing Soothing Healing Solo "Naked Flute"

Music by Sherry Finzer (flautist)

https://youtu.be/Pzz44_r13J0?si=bM9NGTumDAXY_3du

New Books

Announcing the publication of “*The Hermeneutic Approach to Mental Health: Theory and Practice*”

by Edmond M. Charley

By Jennifer Tanabe

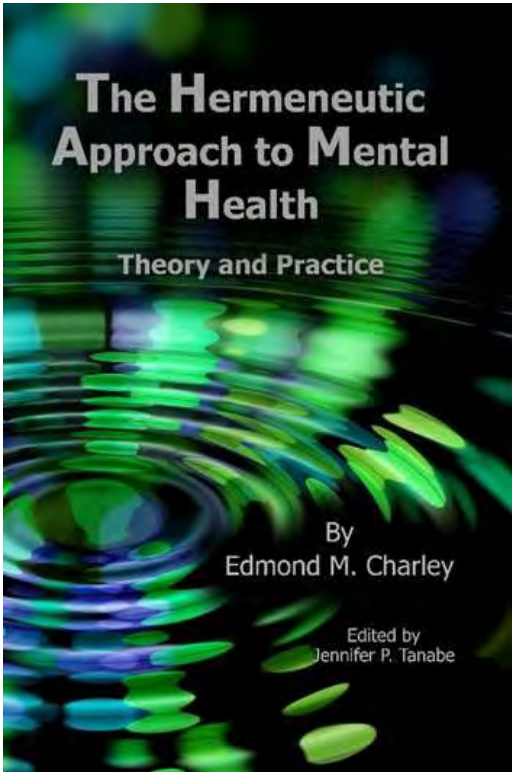


I am happy to announce this new publication, which I edited.

The Hermeneutic Approach to Mental Health: Theory and Practice bridges the gap between philosophical reflection and the lived realities of mental health care. Drawing on the insights of Gadamer, Heidegger, Jaspers, Foucault, Szasz, and Laing, this book offers a practical framework for understanding and treating mental illness without reducing the person to a diagnosis.

Through interpretive listening, case applications, collaborative treatment planning, and structured exercises, Dr. Edmond Charley guides clinicians, caregivers, and those living with mental illness toward a shared language of recovery and meaning-making.

At its core, this is not just a book about mental health. It is a call to meet the human being behind the illness, and to walk alongside them toward a renewed horizon of understanding and care.



[Print copies](#) of this book are available to purchase from Lulu.com. Ebooks ([ePub version](#)) are also available now.

Coming to Amazon and other online distributors soon, in both print and ebook formats.

Jennifer P. Tanabe, Ph.D. <https://jenniferptanabe.com/>

“Myung-Hee: Her American Life”

By Pat Hickey



About the Book

Part memoir, part love letter, [Myung-Hee: Her American Life](#) tells the tale of a Korean woman who immigrated to the United States to build a life with her American politician husband. Everything was set against the relationship: family skepticism, an ocean of distance, even an overzealous housekeeping staff at a Boston hotel. It's nearly impossible to imagine forming a lifelong bond under such circumstances.



Order Now

Psst... Want a signed copy from the author? [Just say the word!](#)

To read more, please click here!

Bulletin Board

UTS/HJI Announcement

Dear former UTS/HJI graduates,

Greetings from HJI! We're reaching out to all of our UTS/HJI alumni at this time in order to update our contact directory and strengthen our growing community.

As part of this effort, we're launching an alumni newsletter that will include HJI news, announcements, alumni updates, and opportunities to stay connected.

We'd love to include you! With this in mind, we very much hope you will reply to this message by providing your preferred email address and phone number, and confirmation that you'd like to receive the HJI Alumni Newsletter.

Your information will only be used for HJI alumni communications and event updates.

Below please a hyperlinked text leading to the [form](#).

<https://docs.google.com/forms/d/e/1FAIpQLSfnDebUcTqXDQzbjrlT0lQEQBzOVMTKwvfYlXbgFctOFUOf7Q/viewform>

Thank you for all that you do and are!

Youngsoon Winter – I am a subscriber to the Golden Age Newsletter. I truly appreciate its purpose of keeping our elder generation connected — every edition is a joy to read. Currently, I am working with HJ International Graduate School for Peace and Public Leadership (formerly Unification Theological Seminary, UTS) and assisting with alumni relations.

Photo Request

from Lloyd Howell

I'm putting together a photobook of fishing experiences – mostly with Father. But I am lacking some photos from the Seminary lagoon fishing time. If you have them in black and white or color, please send them directly to: 1950poet@gmail.com

Grateful for your help,
Lloyd

Looking for more Articles

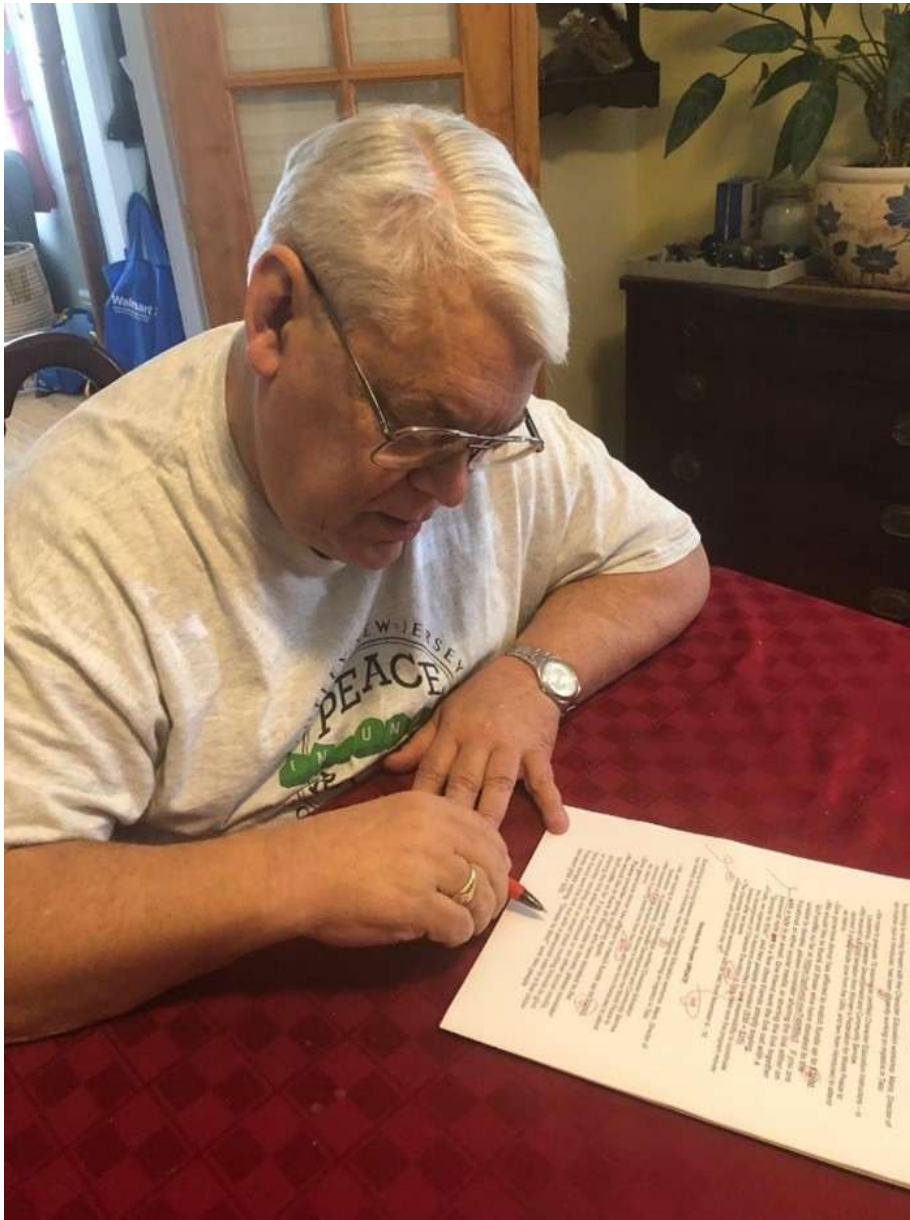


Photo credit: Carol Pobanz

The Golden Age Newsletter began as a small Clifton Senior newsletter about 3 years ago.

ARTICLE GUIDELINES

Purpose: The Golden Age newsletter has been created as a means to keep our elder community connected to one another. Articles are not in any way meant to proselytize or push a point of view.

It is a place to share God's Love – what is positive in our life as a result of finding our Heavenly Parent and True Parents.

Motto: "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.

The e-newsletter is broken down into eight sections:

1. A Featured Message of Inspiration – Helping others to feel hope and inspiration for the establishment of CIG.
2. "Unification Thoughts" – any educational article on the "Fifth Realm of Heart" – Grandparents' heart

3. History Byte – A short article on a positive memory, a funny or affectionate story about experiences in the church with True Parents or with brothers and sisters or an article about the development/experience of helping to develop one of True Parents’ providential projects or events.
4. Arts and Culture – A sharing about one's talents, hobbies or interests and how this relates to sharing God's love (to family, community, nation or world).
5. Tributes and Testimonies- a personal testimony of one or more life learning experiences or a Tribute to a spouse, friend, or leader
6. Health – An article that relates to health (physical or mental), possibly providing a link to an article you think might be interesting or important to other seniors.
7. I Love being a Grandparent – stories about grandparenting or about things to do with grandchildren
8. Recipe – Preferably a healthy recipe along with 2-3 paragraphs about what makes it a good or memorable recipe.
9. Book Review – report on a book that inspires thoughts toward a world of peace
10. Bulletin board – reports on personal activities, or request help on a project

*Did someone forward this to you? Subscribe to the Golden Age
Newsletter [here!](#)*



History of Korea – Part 7

by Michael Downey

Under the leadership of Taejo (temple name), Goryeo began with great potential. The peninsula was united from north to south and east to west. They were on the way to being one people. Goryeo proceeded to peacefully absorb the ruling class of the two other countries and incorporated them under its bureaucracy, conducting political marriages and distributing land and positions according to their previous status in their respective countries. In contrast to Silla's bone-rank, the elite upper class of the three kingdom countries were accepted and integrated equally into the Goryeo upper class.

The common people were all equal in their squalor.

No group of people in early Korea illustrates the caste system better than the 백정 Baek Jeong people. The baekjeong (Korean: 백정) people were an untouchable caste in Korea, originating from some minority, nomadic groups of disputed ethnicities, probably Khitan people. In the early part of the Goryeo period (918–1392), these minorities were largely settled in fixed communities. They were severely restricted in what professions they could take up. They were basket weavers, itinerant entertainers, and butchers. A butcher who worked with bloody carcasses was the most unclean and undesirable person in a Buddhist society. They were also restricted as to what they could wear or where they could live. They could only marry among their own people. They lived under such heavy society burdens throughout the Goryeo period and into the Joseon Dynasty. It was only when Christian missionaries from the west arrived with different ideas about the value of human life that movements arose seeking justice for all people. These movements leaned heavily to the left and were the breeding grounds for early Marxist revolutionaries.

Nobi was the Korean word which indicated a person that could be bought, sold and inherited. Slavery played a significant role in Goryeo. A significant portion of the population were slaves including prisoners of war, debtors, and criminals. Goryeo made slavery hereditary. If you were born to a mother and or father who was a slave, you were also classified a slave. They suffered a lot and there were several slave rebellions. One was led by a slave in Kaesong named Manjeok. He spoke out about inequality and injustice. The plot was betrayed and foiled. Manjeok and all involved were executed. Manjeok's rebellion was not the last and over time, as frustrations reached the boiling point, slaves rebelled and were crushed without mercy.

Overall, life in Goryeo for common people was shaped by a combination of factors, including the hierarchical social structure, the influence of Buddhism and Confucianism, the flourishing of art and culture, and the challenges posed by wars and invasions.

It was the golden age of Buddhism. Buddhism was the state religion of Goryeo. It was promoted by kings and had great influence on the royal court. There was significant patronage of art by royalty and aristocrats. All levels of society were ardent believers. Princes often were sent to temples to be trained before they became kings. In turn, monks often had great influence at court as advisors and diplomats. They produced the Tripitaka Koreana, which was a vast collection of Buddhist scripture carved into wooden blocks, effectively the first offset printing.

Goryeo is known for the blue-green pottery named Caledon pottery.

Goryeo was also a maritime power trading with China and Japan. They put to sea in large vessels with lots of room for trade goods. These ships were also convenient to carry and land naval infantry. Large with open decks, they were ideal for deploying the new technology called cannons. They achieved significant victories over the pirate mobs known as Waeko. The Waeko were based in Japan. The Goryeo Navy tactics were dependent on large-sized battleships. Large battleships were very useful for shooting arrows, which was the Goryeo Army's traditional skill, and the use of cannons. On the other hand, Waeku preferred boarding tactics with small and fast ships. From 1350, the Waeku began to invade Goryeo on a large scale. The Goryeo Navy could not match them. In general, we have the idea that Goryeo failed to repulse the invader because they fought on land, not sea. This is a misunderstanding. The Goryeo Government knew it had to meet the Waeku on the sea. But they could not do so because the Waeku overwhelmed the Goryeo's Navy in scale, although the Goryeo's tactics, depending on the bow and large size of the ship, required more soldiers and ships. Finally, King Gongmin attempted to build even larger battleships. But traditional tactics required too many ships, beyond the nation's capacity. To solve this problem, it was required to devise new tactics that were able to increase the navy's power, especially in defeating the Waeku. Two plans were attempted. The first was employing marines from coastal provinces or islands. They were dispatched for training in fighting tactics and usage of new weapons. The second plan, more important, entailed the use of firearms. The cannon was of some use. Its power was weak and it had a short range. More important weapons were the ship board devices to repel boarders. These were basically the use of boiling liquids which had a good effect in driving off the pirates attempting to board. The revised tactics and weapons were able to make up for Goryeo's long-time shortcomings in naval warfare. These changes were successful in confronting the Japanese Waeko pirates. These tactics and weapons were implemented by the Joseon Dynasty in defeating the Japanese pirates in the 16th century.

Today, The People's Republic of China plays a central role in the affairs of this world, including with the Han Chinese but also with many other ethnic groups that

make up its citizens. In its long history, China has embraced and captured many ethnic populations, territories, and languages. The enduring philosophy of China is much reflected in the characters that are used to express its many languages. The character that represents China is an ideograph of a square with a vertical line down the center. This is to represent the idea that the country is the Middle Kingdom and the surrounding nations are the outliers, owing loyalty and tribute to the center.

Until today this is the operating worldview of China. Inner Mongolian, Tibet, Taiwan, and North Korea are currently drawn into this realm. From the early settlements on the Yellow river, the Han Chinese pushed east, south and north east to the sea, south and north to the steppes. The recurring pattern was expansion and push-back. In the far north, on the steppes of central Asia, some of the most consequential push back came from the plateau known as Mongolia. Of course, Genghis Khan was the famous, up-from-poverty, leader that put together the tribes and led them on a rampage that would result in the changing of history, the building of the greatest empire the world had yet seen, and the realigning of the map of the world. The hordes, decimated armies, nations and peoples. Along the way, they pushed other nations and people to new places on the map. They pushed into Europe, Russia, and the Middle East. They pushed deep into China and usurped the dragon throne. They were less effective as administrators than as conquerors. The Yuan's experiences in the Korea kingdom tends to illustrate this.

Korea had struggled with the various northern tribes, mainly the Khitan and Jurchen tribes, since the times of the first walled cities. Although related to those tribes, the push and shove continued until it temporarily abated when the Koreans built up their own kingdoms strong enough to repel the invaders. But the Mongols represented a more existentially difficult challenge. In 1231 CE, a Mongol force pursued a Khitan detachment into Goryeo territory. Goryeo at first tried to pacify the Mongols and began paying tribute. Unfortunately, a Mongol official was killed in the conduct of business between the two sides and the Mongols sent an army seeking justice or revenge. This was the inauspicious beginning of the conflicts between the powerful Mongol hordes and Goryeo. The Mongols dominated in the initial phases, conquering territory and armies. Over the passage of time the resistance stiffened and the Mongols were unable to fully subjugate Goryeo. The Koreans fought hard and employed strategies like moving the capital with the royal family to the island of Gangwha off the coast of Incheon. They also used successful guerilla tactics and victories in siege warfare. After 30 years of continuous fighting, Goryeo was exhausted and sued for peace. As a result, Goryeo submitted to, became a vassal of, and paid tribute to The Yuan Dynasty. This dynasty was a Mongol dynasty established by Kublia Khan, the grandson of Genghis Khan. The Yuan Dynasty conquered China in 1271. After a faction of Goryeo nobles rebelled due to their exhaustion and pessimism, they forced the royal family to submit to the Yuan dynasty. As a tributary state, Goryeo had a unique relationship with Yuan. They obeyed Yuan, recognized it as superior, and had overseers to ensure obedience. They also paid tribute in gold, silver, pottery, women, horses and Eunuchs. The

royal family princesses that were sent to Mongolia were married to members of the Mongol royal family. At least one of the Goryeo princesses rose up to become empress of the Yuan, Empress Gi. Likewise, princes were sent to Korea, married Korean women and became kings of Goryeo. The relationship between Goryeo and the Yuan was firmly entangled by the marriage relationships, both royal and common. As in the marriage relations, the political relations were hopelessly entangled. Customs, language, and culture flowed back and forth with Yuan always in the superior position and Goryeo in submission. Over time, problems were encountered and were worked out. If Yuan had not crumbled of its own accord, they may have become one nation.

Eventually the Yuan's problems caught up with it. In essence, the Ming dynasty's overthrow of the Yuan was a culmination of internal Yuan weaknesses, the widespread Red Turban Rebellion, and the decisive military leadership of Zhu Yuanzhang. The Red Turban Rebellion was a peasant uprising that began in central China against the Yuan Dynasty that spilled over into Goryeo. The rebellion began in 1351 and was a major threat to the Mongol Yuan Dynasty, leading to its overthrow and the rise of the Ming. The Goryeo Kingdom was considered a branch of the Yuan Dynasty and so was ripe for raids and pillaging. The Red Turban launched full scale invasions of Goryeo in 1359 and 1360. Both invasions were met by strong Goryeo resistance. The Red Turban Rebellion was turned back, the Yuan was further weakened, and Goryeo took steps to throw off the yoke of its vassal status. By the mid-14th century, Goryeo King Gongmin took steps to reform the government, further weaken Yuan influence and regain lost territories in the north. The elite of Goryeo saw the writing on the wall and a split between the supporters of the Yuan and the up-and-coming Ming developed.

In 1368, when the Yuan collapsed and the new Ming Dynasty took the dragon throne, the Ming faction was in place to install a new independent regime in Kaesong. The rise of the Joseon Dynasty followed.



Frequently Asked Questions

Registration Questions

Q: I don't see any welcome email, did my registration go through?

Find the answer

Airtable Questions

Q: I registered but it says I need to create an airtable account, how do I do that?

Find the answer

System Questions

Q: I forgot to bookmark my dashboard page! How do I find it again?

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[@Fukuya.Sano](#)



Spiritual Selection and the Evolution of Humanity

By Richard Lewis

My topic is the evolution of the human race, but it will take a roundabout before we get there. Starting with my afternoon in the park today in New Jersey...

One of the pleasures of being 75—and they are few—is that there is time to read good books in the park in the afternoon. Recently, I was reading a delightful novel set in Ireland in which two of Maeve's young characters realize how well suited they were in so many ways, but, as they agreed: Isn't it awful that we couldn't fancy each other, but we don't, not even a bit.

This got me thinking about how it is not unusual for, at first meeting, to have a strong feeling about new acquaintances, unlike the mild ambivalence about them that is more usual. It could be a hot sense of how wonderful they were, or a cold knowledge you have met an enemy.

There are probably well over a million movies about 'love-at-first-sight' and 'finding your soulmate.' While it is logically impossible in a planet of 8,120,000,000 persons that only 1 person is it and you have to find it, it is quite possible that there are many people you could get along with famously, they are, so to speak, your soul class.

It is only parental, church and social guidance that prevents instant expressions of these unexpected passions.

For animals in the wild, these controls do not exist. But they do in agriculture, where farmers are interested in maximizing yield and minimizing effort by a process called Artificial Selection (a cousin to Natural Selection, made famous by Darwin). The farmer quite naturally chooses the best of a generation to mate and breed, while the rest go on to be steak and sausages. Darwin did this with domestic pigeons, thought Mother Nature did the same, and came up with his theory of evolution by random change and natural selection.

Now, while religion has difficulty with the random aspect of Darwinism, no one has any problem with the tautological concept that 'these best at surviving displace those bad at surviving.'

We can pull all of this together in a process we can call, Spiritual Selection (SS), joining the family of Darwin's Natural Selection (NS) and the farmer's Artificial

Physical Selection (PS) and the Father's Choice Selection (AS).

Spiritual selection is what turned pre-human hominins in Africa into the first humans.

While current science treats these hominins as distinct species, there much genetic mixing more akin to races than species. My GoogleAI answer: There is no exact number of hominin species that have existed in Africa, as discoveries and classifications are ongoing, but at least a dozen have been identified.

For our purposes, we can equate 'human' with the "I Am" characteristic, one that is absent in non-humans, but, according to Moses, is the most important of God's characteristics.

It is well-understood in medicine that this "I Am" is an emergent property of a very specific and sophisticated patterning of material. If this pattern is disrupted, the I Am is absent.

Biology has shown that on a genetic level, bananas have 60% of our genes, while chimps have 99% of them. This indicates that it is not what genes you have, but how they are organized together that is the key.

All organisms are designed to learn and respond to the environment, on scales from day-to-day, generation to generation, to age to age. Humanity learnt over many generations that the dark skin protection from the Sun leads to vitamin deficiencies in northern climates that is obviated by lighter skin.

Now, while all were bathed in endless sunlight, Africa has a wide variety of ecologies and ecosystems. The hominins in each ecosystem learned a set of skills and abilities.

The ancestral wisdom recorded in the Bible, suggests that a single spirit was involved in the Origin of Man event. This essay suggests that not one but many, many spirits were involved, not just at the culmination of the process but actually driving the evolutionary process from the very start. By causing hominins to fancy or dislike each other.

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A Near-Autumn Celebration to Remember!

Submitted by Carol Pobanz



Wow—our annual Summer BBQ almost became our very first Autumn BBQ! Just two days before the official start of fall, over 90 friends and family members gathered in the Pobanz backyard for a day filled with laughter, delicious food and heartfelt connection.

This year's celebration beautifully captured the spirit of the changing seasons. With autumn just around the corner, we added a cozy fire pit that offered a peaceful spot for guests to gather. Friends relaxed around the warm glow, sharing stories and laughter. Roasted sweet potatoes made their debut on the menu—and quickly became a crowd favorite! The afternoon began with a cheerful toast of fresh apple cider, honoring another year of friendship, gratitude and giving.



As always, our *Elder Elders* table was a highlight—filled with vibrant friends aged 80 and above whose warmth and wisdom continue to inspire us all. The food spread was a true feast for the senses: from sushi and salmon to beef, chicken, grilled vegetables, iced fruit pops, and an array of homemade desserts—each dish lovingly prepared and shared.

Entertainment was beautifully coordinated by Peter Lewis, whose enthusiasm and talent always shine. He and Peter Reiner performed an original song together, their harmonies so professional they could easily be recorded. The program continued with a heartfelt poetry reading by Jim Stinard, a lively dance performance by Mrs. Toshiko Sato and Mrs. Kyoko Jewell, and several uplifting songs offered by brothers and sisters from Europe, Asia and South America.

It was a truly international celebration—reflecting the rich diversity and deep unity of our community. Every performance, every dish, and every conversation reminded us how blessed we are to share such a global family—one that continues to grow in love and spirit year after year.

As the sun set and the fire pit glowed, the evening closed with laughter, warm farewells, and the promise that next year’s gathering will be just as memorable—whether it lands in the golden days of summer or the first cool breeze of autumn.

Photos can be found at:

<https://www.graemecarmichaelphotography.com/FWPUNewJersey/Golden-Age-BBQ-2025-09-20/n-2G3fhF>



< "Myung-Hee: Her American Life"

History of Korea – Part 7 >

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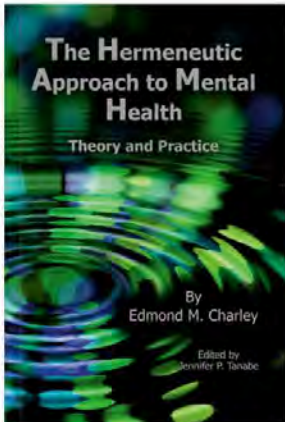
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the hermeneutic approach to mental health

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The Hermeneutic Approach to Mental Health

Theory and Practice

By Edmond M. Charley Jennifer P. Tanabe

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The Hermeneutic Approach to Mental Health: Theory and Practice bridges the gap between philosophical reflection and the lived realities of mental health care. Drawing on the insights of Gadamer, Heidegger, Jaspers, Foucault, Szasz, and Laing, this book offers a practical framework for understanding and treating mental illness without reducing the person to a diagnosis.

Through interpretive listening, case applications, collaborative treatment planning, and structured exercises, Dr. Edmond Charley guides clinicians, caregivers, and those living with mental illness toward a shared language of recovery and meaning-making.

At its core, this is not just a book about mental health, it is a call to meet the human being behind the illness, and to walk alongside them toward a renewed horizon of understanding and care.

Details

Publication Date	Sep 11, 2025
Language	English
ISBN	9781257781676
Category	Social Science
Copyright	All Rights Reserved - Standard Copyright License
Contributors	By (author): Edmond M. Charley, Edited by: Jennifer P. Tanabe

Specifications

Pages	149
Binding Type	Paperback Perfect Bound
Interior Color	Black & White
Dimensions	US Trade (6 x 9 in / 152 x 229 mm)

Keywords

Gadamer Hermeneutics Mental Health

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About jptanabe

Jennifer P. Tanabe obtained her Bachelors (1974) and Doctoral (1978) degrees from the University of Edinburgh in Scotland. Her doctoral work was in Developmental Psychology. She was a postdoctoral fellow at the University of Minnesota's Institute of Child Development in 1978-1979. She currently works as a freelance editor and writer. Her recent work has included serving as the Social Sciences editor for the New World Encyclopedia; as book review editor for the Interreligious and International Federation for World Peace's Dialogue & Alliance; at the International Educational Foundation as a researcher, writer, and editor; and as an educational consultant for Outcomes Assessment for the University of Pennsylvania, Philadelphia, PA.

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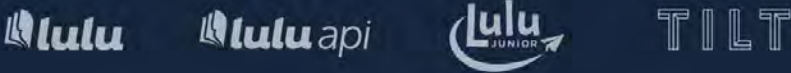
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Myung-Hee
Her American Life
Pat Hickey



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Myung-Hee: Her American Life Hardcover – July 28, 2025

by Pat Hickey (Author)

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Part memoir, part love letter, *Myung-Hee: Her American Life* tells the tale of a Korean woman who immigrated to the United States to build a life with her American politician husband. Everything was set against the relationship: family skepticism, an ocean of distance, even an overzealous housekeeping staff at a Boston hotel. It's nearly impossible to imagine forming a lifelong bond under such circumstances. Their partnership prevailed through a two-year courtship of correspondence before they ever met face-to-face. Through love, patience and the intervention of dreams and otherworldly experiences, Myung-Hee and Pat were able to give of themselves and their cultures to weave a Korean-American tapestry of devotion to one another. Told with warmth, humor and openness, the author of *Tahoe Boy: A Journey Back Home* and *Here and Hereafter: Nevada Voices on Life and the Great Beyond* delivers his most heartfelt, personal work yet, a story about the love of his life and a romance that spans decades and continents. Their international love story is told with the tender skill of a seasoned writer, challenging readers to consider how love, especially love that bridges cultural differences, transforms and deepens us.

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Editorial Reviews

Review

Myung-Hee: Her American Life is a deeply personal love story that reaches into the diverse cultures of international adventure, suspense, hesitation, fear of the unknown, surprise, discovery, faith and commitment.

Author Pat Hickey joins with his wife Shin, known as Myung-Hee in her native Korea, to tell how they met as strangers from distant lands and conflicting faiths to bond in love and create a new generation of an American family.

The story celebrates the strength of immigration today in fulfillment of the American dream.

Myung-Hee, Her American Life is an important book at a time when people yearn for a story of love, care and understanding.

— Warren Lerude, Pulitzer Prize-winning author
Myung-Hee's transition from her homeland to a wife, mother, businesswoman, and grandmother in America, is guided by faith as her inner map. Transplanted into the "new soil" of America, she grows stronger every year as she learns to "live, love, and create" her own garden of life.

Sally Denton, member, Nevada Writers Hall of Fame

Pat Hickey's *Myung-Hee: Her American Life* is a love story between a wise Korean woman and her idealistic American husband. Through many collisions, their different backgrounds end up being more a complement than a barrier. Their relationship offers a glimpse at the kind of future marriages we are likely to see a lot more of.

—Michael Breen, author of *The New Koreans*

About the Author

Pat Hickey is an author, political columnist and former Minority Leader of the Nevada Assembly. His life includes periods as a helicopter ski guide, missionary, volunteer organizer, political director, radio reporter, charter school advocate, state Board of Education member and board member of the Guinn Center for Public Policy Priorities.

In this book he writes about his nearly fifty-year marriage to the Korean woman who is the inspiration for this book. Pat Hickey's other works include *Tahoe Boy: A Journey Back Home* and *Here and Hereafter: Nevada Voices on Life and the Great Beyond*.

Drawing on his varied background, Pat's stories reflect a deep curiosity in telling stories that are resonant, human and staunchly hopeful.

Born in Carson City in 1950 and raised in Lake Tahoe, Hickey earned a Master's from the Reynolds School of Journalism at the University of Nevada, Reno. His weekly Sunday column "Memo from the Middle" appears in the Reno Gazette Journal.

Pat and Myung-Hee live in Reno and have four children. He frequently stays in his Lake Tahoe cabin to write.

Product details

ASIN : B0FKK5ZLYD
Publisher : Independently published
Publication date : July 28, 2025
Language : English
Print length : 230 pages
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About the author

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 Pat Hickey



Pat Hickey

Pat Hickey is a Northern Nevada writer whose career as author, journalist and columnist spans decades. His works include:

• **Tahoe Boy: A Journey Back Home**, his autobiography of his passage from a wandering youth to respected statesman, father and grandfather

• **Here and Hereafter: Nevada Voices on Life and the Great Beyond**, featuring intimate conversations on spirituality with notable Nevadans including Mike Tyson, Oscar Goldman and Harry Field

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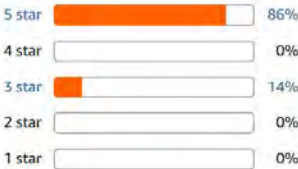
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MidwestGuy

★★★★★ **A wonderful story of two people creating a life legacy to pass on**

Reviewed in the United States on August 11, 2025

Format: Hardcover | **Verified Purchase**

This is a heartwarming story of two people from distant countries and life experiences coming to form a united life filled with loving warmth as they learned to bridge their worlds and form something new together. The author's honest depiction of his wife's efforts to not only learn of his world but embrace it and embody the best of the American spirit is one we all can respect and honor. Couples everywhere will resonate with the challenges and blessings of life they experienced together as they faced life in the midst of changing circumstances and found the way to create a family of goodness and leave a mark on the world that others can look up to. This is a wonderful story of two people working to create a life legacy to pass on to the next generation. It is a very pleasant read.

Helpful

Report



Mark Anderson

★★★★★ **Intriguing tale**

Reviewed in the United States on August 4, 2025

Format: Hardcover | **Verified Purchase**

This is a fascinating tale that I found to be informative and intriguing. I would recommend this book for anyone who cares about relationships and making marriage work.

Helpful

Report



Michael Archer

★★★★★ **A beautiful, insightful, and inspiring story**

Reviewed in the United States on September 10, 2025

Format: Hardcover

A beautiful, insightful, and inspiring story enhanced by the honest and engaging style that author Pat Hickey brought to his previous works.

Helpful

Report



S. Park

★★★★★ **There was a K-wife before K-pop idols**

Reviewed in the United States on August 4, 2025

Format: Hardcover

As a first-generation Korean American woman with American-born children, my appreciation of this story is deeply personal. The book also reminds me that I owe my ease and comfort of being a Korean American to Mrs. Shin and others like her. The secret of their successful life together can be found in how the book ended: The husband yields the last say (chapter) to his wife and ends the whole book agreeing with her.

Helpful

Report



Amazon Customer

★★★★★ **Where east met west.**

Reviewed in the United States on August 3, 2025

Format: Hardcover

This is a touching and heartfelt tribute by Mr. Hickey to his lovely spouse. Myung-Hee grew up in South Korea and embarked on a great journey through life in the United States with the author. Fascinating story of love, patience and perseverance. A great read.

Sean Whaley

Helpful

Report



Brett McGinness

★★★★★ **Great read!**

Reviewed in the United States on August 2, 2025

Format: Hardcover

I loved Tahoe Boy and Here and Hereafter, and now this one ... Pat's conversational writing style feels like chatting with an old friend.

Helpful

Report



BL

★★★★★ **A True Love Story**

Reviewed in the United States on July 31, 2025

Format: Hardcover

This is a True Love story of two people from very different backgrounds joined together as one. You'll love reading this book!

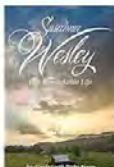
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