

March 2026 Golden Age Newsletter

Richard Buessing and Carol Pobanz
March 5, 2026



Golden Age Newsletter

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Hello Goldies, Welcome! We hope you enjoy!

We welcome all our readers to a new year! This month's Message is from Mr. Franco Fomularo's little glimpse to True Parents life, a simple smiling recount from True Mother by Mr. William Selig, Mathematics and God (or God and Mathematics) from Dr. Richard Lewis. a New Book from Mr. Lawrence Baer, Mr. Downey's Chapter 11 History of Korea, an honest breakthrough from Mrs. Anne-Marie Mylar and a healthy tip for Seniors regarding sprinting from Mrs. Christine Libon. Lastly the Bulletin Board contains guidance for GAC articles.

This Month's Message

True Parents in America



By Franco Fomularo

Sept. 16, 1977:

True Parents stay overnight, Holiday Inn, Rochester, MN

True Parents watch Pittsburgh Steelers and San Francisco 49ers play American football on television (Monday Night Football); learn about game and rules from security staff.

True Father had said to security guard Mike McDevitt, “Mike, we want to take a trip across the country.” With confidence, Michael replied, “When and where would you like to go?”—ready to begin planning the route and schedule.

“In an hour,” True Father replied.

And so, on Friday, September 16, 1977, within one hour, Michael, Alan Cayton (another security guard), and Colonel Han set out with True Parents in one vehicle. Their journey began with a first stop in upstate New York, then stopping in Toronto, Canada, on to Chicago and eventually to Minnesota. When they stopped for the night

at a Holiday Inn in Rochester near the Mayo Clinic, True Parents stayed in one room while their traveling companions took another.

Michael recalls that around 11:00 p.m., there was a knock on their door. True Mother called out quietly, “Mike, Father is calling you, we are watching American football on TV... Can you come explain the game to us?”

Mike later recalls, “So here I was with True Parents, we were sitting on the end of their bed in the hotel room watching the NFL game on TV. I was explaining every nuance about every position and what was unfolding on each play. Father and Mother knew well of my background as a college football player when I met the church in 1972. Through the years, Father and Mother grew to love American football. I shall never forget that evening in Minnesota.”

This is the simple story Mike McDevitt remembered regarding this Sept. 16, 1977

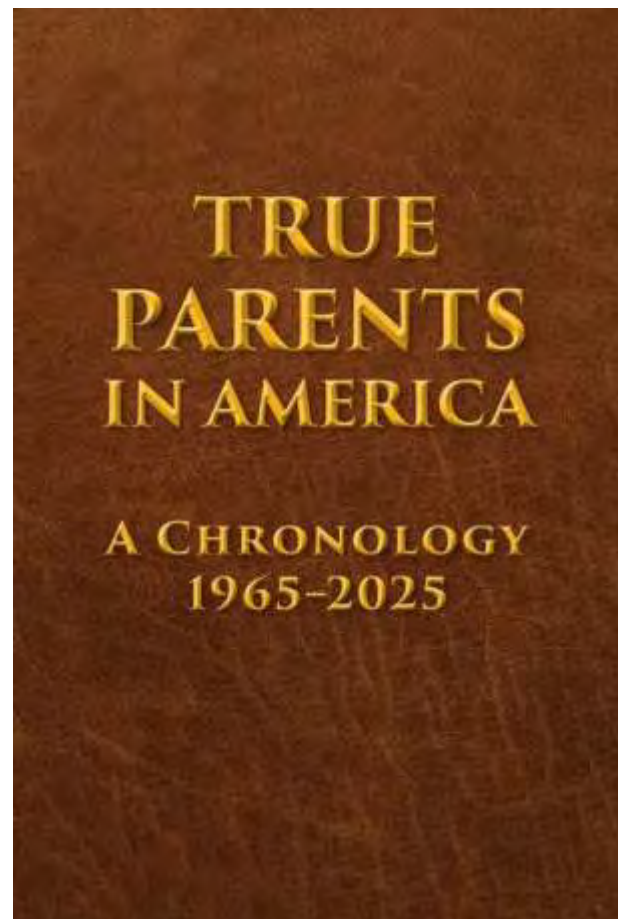
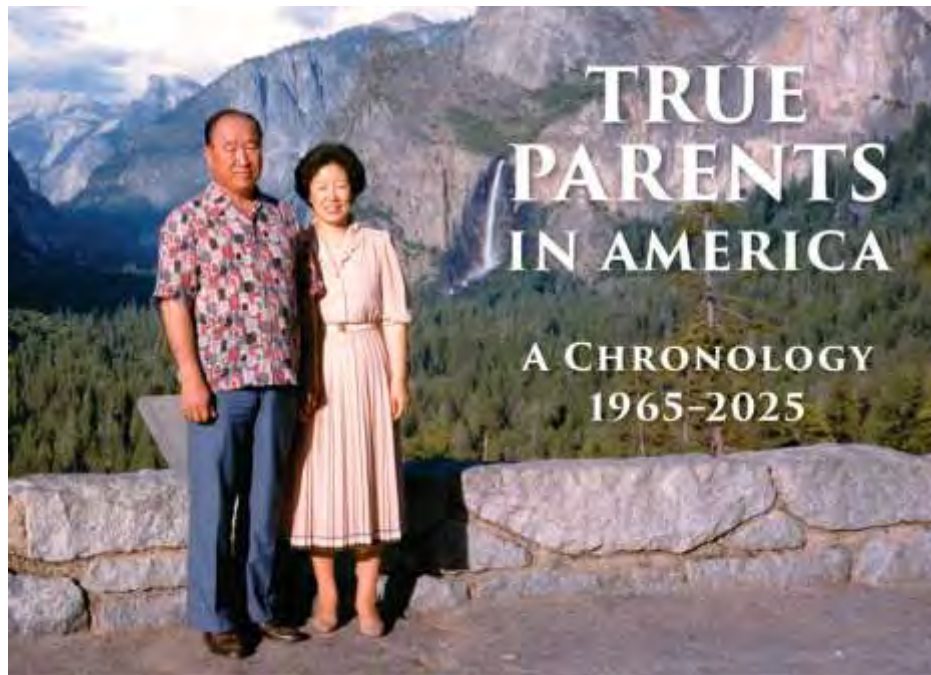
Journal Entry

This small memory reminds us how deeply blessed we are. Many Americans spent significant time with True Parents, sharing not only major events and public missions, but also quiet, personal moments. Now we are entrusted with these stories—simple and human—to share how we lived, worked, struggled, played, and celebrated alongside Them.

Where were you?

Where were They?

As we turn the pages of *True Parents in America*, we remember not only the great campaigns and public speeches, but also the quiet, everyday moments—learning, loving, and laughing together—as True Parents came to understand their children in America in order to share with our nation(s) the great truth of God’s Providence. These are the stories only we can tell!



True Parents in America: A Chronology, 1965-2025 is a joint project of the *Sunhak* Institute of History USA, the *Hyo Jeong* East Garden Museum, and the Family Federation for World Peace and Unification. The chronology documents True Parents' day-to-day activities in the United States over a span of 60 years from True Father's first visit in February 1965 through True Mother's visit to New York and Las Vegas in January 2025.

The scope of True Parents' work in America is immense but includes three major emphases. First and foremost, True Parents proclaimed God's Word. The chronology includes every recorded sermon, every speech delivered by True Parents during public speaking tours, all recorded commentaries delivered as part of daily *Hoon Dok Hae* gatherings for reading and study, all proclamations and all conference addresses. Second, True Parents exercised spiritual and pastoral leadership. The chronology documents the establishment of holy grounds, holy marriage blessings officiated by True Parents, holy day celebrations, Director and Leader Meetings, workshops and training sessions in which True Parents participated, visits to centers in the field, prayer conditions, fishing conditions and tournaments, declarations of milestones in the providence and their initiation of new movement traditions. Third, True Parents pursued initiatives consistent with their vision of social and cultural transformation. The chronology documents their work with scientists, religious leaders, civic officials, academics, artists, journalists and others, their establishment of organizations and federations dedicated to world peace, and their development of economic enterprises dedicated to technological equalization and alleviation of world hunger. In addition, True Parents endured public opposition and prosecution, even persecution, as recorded in this chronology.

Sources used for this chronology include Unification Church/Family Federation periodicals, books, websites, speech collections, online and print chronologies, travel and visitor records, personal journals, eyewitness accounts, and non-Unification materials, i.e., books, investigative reports and newspaper accounts. Specific citations for each entry in the chronology will be listed in an online source document.

— Michael L. Mickler, Chair of the *True Parents in America: A Chronology, 1965-2025* Editorial Committee

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Hardcover

store.familyfed.org/products/true-parents-in-america-a-chronology-1965-2025?_pos=1&_sid=cc2370508&_ss=r

History Bytes

I Brought A Smile To The Only Begotten Daughter



by William Selig

After many decades in the movement, I find myself thinking about the “old days” more and more. At times, it feels as if I’m unstuck in time—to borrow a phrase from Kurt Vonnegut—with memories from long ago feeling as fresh and alive as yesterday.

To read more, please click here!

Unification Thoughts

Spiritual Reality

What Can Mathematics Teach Us About God



by Richard Lewis, PhD

In his speech “The Day of All Things” (June 6, 1978), Sun Myung Moon said, “God is a mathematical God.”

If you study religious history, especially the history of restoration, you will notice that certain numbers appear again and again—3, 4, 8, 9, 10, 12, 21, and others. Numbers seem to matter.

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

Arts and Culture

Holy Mother Han and the Fifth Pledge



by Laurence Baer

In 2026, as the 2000-year Church Age concludes, a profound Prophetic Realignment is unfolding centering on Holy Mother Han. This humble and soft-spoken great-grandmother and current political prisoner in South Korea is spearheading mankind's redemption through realized kingdom authority, earning

respect from current and former global leaders including Donald Trump, Mikhail Gorbachev, Shinzo Abe, Kim Il-sung, and leaders of every nation in Africa.

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

Testimonies, Tributes and Thoughts

A History of Korea, Part 11

By Michael Downey



The entry of the People's Republic of China into the war was a major setback for the UN forces. The North Korean army had been totally defeated. The American-led UN forces had occupied nearly the entire nation, right up to the border with China. The war was basically won.

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

A Lesson About Trust, Humility and Love



by Anne-Marie Mylar

Understanding the teachings that come from Heaven takes a lifetime and more. Our inability to understand what the teacher is saying is common and our human interpretation may be wrong at times.

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

Health and Recipes

Senior Sprint to Health



by Christine Libon

This information, **backed by scientific studies**, was gathered from various sources including a recent article by an expert in anti-aging and sports medicine, Dr Luis Montel, published in the Spanish newspaper El Diario. **Ten seconds of Sprinting ...** can be done by seniors, too!

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

Bulletin Board

Looking for more Articles

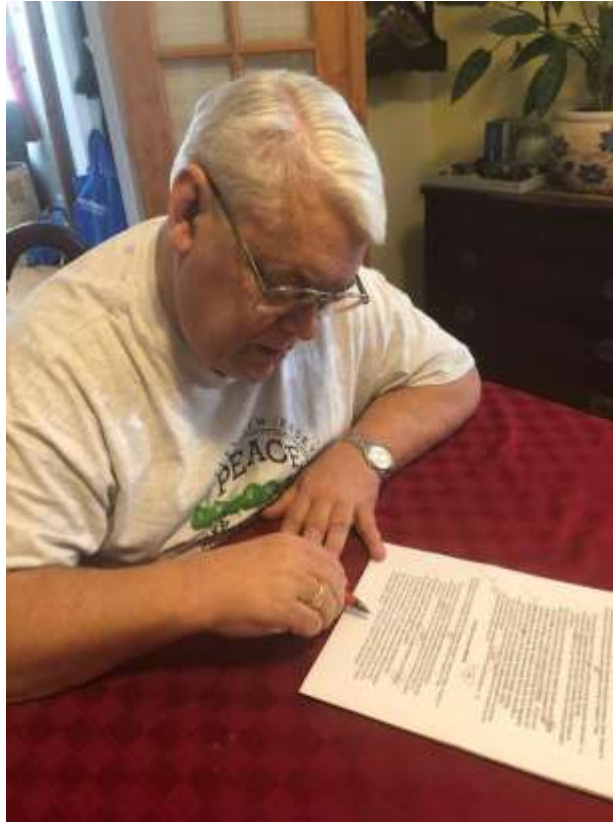


Photo credit: Carol Pobanz

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
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I Brought a Smile to the Only Begotten Daughter



photo by w selig

by William Selig

After many decades in the movement, I find myself thinking about the “old days” more and more. At times, it feels as if I’m unstuck in time—to borrow a phrase from Kurt Vonnegut—with memories from long ago feeling as fresh and alive as yesterday.

So, to make a long story short (as Dr. Pak used to say), a memory came to me recently that made me smile, and I thought it might be nice to share it with our brothers and sisters.

This took place around 1990 at East Garden, the home of True Parents. Father would have been about 70, and Mother in her late forties. I was blessed to be present at the breakfast table in what was known as the “rock room.”

Many members have been there or have seen photographs of that beautiful space—the natural rock wall covered in plants; the koi pond filled with colorful fish. The moment you enter, there is an immediate feeling of peace and warmth.

A rectangular table seating about 20 people fills most of the room. On that particular morning, True Father was seated at one end, and to his immediate right and left were the leaders who were there to report.

I was seated at the other end, with my back to the kitchen door. It was an honor to be there, no matter where I sat. Because of the shape of the table, I didn’t have a direct line of sight to Father. To see him, I had to lean forward and turn my head—mindful not to block the view of the person beside me.

As we sat quietly, the kitchen sisters brought in the first course: a bowl of hot cereal. It was something like oatmeal, with a familiar sweet, nutty flavor. I had just finished my first spoonful when something happened that took me completely by surprise.

Suddenly, in the empty chair next to me, sat True Mother.

My stomach dropped like an elevator. I couldn’t turn my back to her or pretend she wasn’t there. Something had to be said. It would have been impolite to do otherwise. I looked down at the

cereal, then turned to her and said, “Good morning, Mother.” Pointing to the bowl, I added, “This is delicious. What is it?”

She turned to a sister standing behind her and said something in Korean. A few moments later, the sister returned with a box, which True Mother handed to me.

It was a box of *Maypo* cereal.



In the 1950s, *Maypo* became popular through television ads showing a child refusing to eat the cereal—until an adult took a bite, and the child suddenly exclaimed, “I want my *Maypo*!” The commercials were funny and very successful. Athletes and celebrities like Mickey Mantle and Johnny Unitas—icons of my youth—endorsed it, and soon enough, my mother was serving *Maypo* for breakfast in our home.

Fast forward many years, and there I was, sitting next to the True Mother of Heaven, Earth, and Humankind—holding a box of *Maypo* in my hands.

I looked at Mother, pointed to the box, and with a big, goofy, heartfelt grin said, “I want my *Maypo*.”

For a brief second, she looked at me as if I’d said there was a mouse running across the table. But she had spent enough time around Westerners to recognize humor, even if the reference itself was unfamiliar. Then, a bright smile spread across her face.

I handed the box back just as we heard True Father begin speaking at the other end of the table. Inside, my heart was full—my testimony already written. In that brief, unexpected moment, I had brought a smile to True Mother’s face.

And I remember thinking: if I were called to the spirit world that very day—even if I accomplished nothing else in the providence—I would go in peace.

In that simple moment, in those few seconds, I had brought a moment of joy—and a smile—to True Mother.

Wishing everyone peace and gratitude as we share and cherish our precious memories!

Frequently Asked Questions

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What Can Mathematics Teach Us About God



By Richard Lewis

In his speech “The Day of All Things” (June 6, 1978), Sun Myung Moon said, “God is a mathematical God.”

If you study religious history, especially the history of restoration, you will notice that certain numbers appear again and again—3, 4, 8, 9, 10, 12, 21, and others. Numbers seem to matter.

In this essay, I will take that idea seriously. I will assume that both God and mathematics exist in an invisible, intangible realm. In that sense, mathematical elements are like the “chemical elements” that make up the physical world. Just as atoms build our bodies, perhaps mathematical truths reflect something about God’s nature.

A Logical Universe

One of the most basic facts about our universe is that it makes sense. It follows logic. Everything from gravity to chemistry works according to clear rules. But could there be a world that is illogical? Philosophers like to debate that question.

For now, let’s focus on math. Mathematical logic begins with the idea of the number 1 and builds from there. Philosophers have written entire books about the meaning of 1 and 0. They may seem simple, but they are surprisingly deep concepts.

If God is truly mathematical, then He cannot ignore logic. Some religious ideas suggest that God can do absolutely anything—even break the laws of nature. But in mathematics, that would make no sense. Three times four equals twelve. It cannot equal thirteen—not even if we really want it to. If God is perfectly mathematical, then He does not break His own laws. Those laws are part of who He is.

What About Infinity?

Theologians often describe God as infinite. But what does math say about infinity? In everyday language, we use “infinite” to mean “very, very big.” But in mathematics, infinity doesn’t just mean large—it means unbounded. It has no end. But, here’s something surprising: infinity does not have to be big in size.

The Number Line

Imagine a number line. It stretches forever in both directions: ... -3, -2, -1, 0, 1, 2, 3 ... There is no biggest number. You can always add 1 and get a new number. This is called **countable infinity**.

Now here is something amazing.

Look at the space between 0 and 1. It seems tiny. But inside that small space are infinitely many fractions: $\frac{1}{2}$, $\frac{1}{3}$, $\frac{1}{4}$, $\frac{1}{100}$, $\frac{1}{1,000,000}$... Even though these numbers get smaller and smaller, there are still infinitely many of them before reaching zero. So, a tiny space can contain infinity. Some Christians believe that Jesus

any space can contain infinity. Some Christians believe that Jesus fully contains God. Does that mean there is no God left for anyone else? No. Infinity doesn't work that way. You can share infinity and still have infinity left.

Infinity Has Strange Properties

If you take all even numbers out of the number line, how many numbers are left?

Still infinitely many (the odd numbers).

You can subtract infinity from infinity—and still have infinity.

If God gives Himself to billions of people, each person can still fully experience God. Infinity does not get used up.

Bigger Infinities

It might seem like all infinities are the same size. But mathematicians discovered that some infinities are actually bigger than others. Between 0 and 1, there are not only fractions like $1/2$ or $3/4$. There are also irrational numbers like π that cannot be written as simple fractions. The set of all decimal numbers is a bigger infinity than the set of counting numbers. This is called an **uncountable infinity**. There is even a whole hierarchy of infinities—each one larger than the one before it. Infinity is deeper and more complex than we first imagine.

Mathematics and the Universe

In 1960, Nobel Prize – winning physicist **Eugene Wigner** wrote an essay called “The Unreasonable Effectiveness of Mathematics in the Natural Sciences.” He asked a fascinating question: Why does pure mathematics—ideas created in the human mind—describe the physical universe so perfectly? Why does math explain gravity, atoms, motion, and energy?

If the Creator is mathematical, maybe this connection is not surprising at all.

When scientists describe the Big Bang, they mostly use equations. The beginning of the universe is written in mathematics. The rapid expansion of the universe, the forces of physics, and even atomic structure are all described using math. For example, the behavior of electrons in atoms is explained using the **Schrödinger equation**. Without mathematics, modern science would collapse. All of this suggests that whatever created the universe understands mathematics perfectly.

Special Numbers

Certain numbers appear again and again in nature. For instance, π (pi) appears not only in circles but in surprising places like wave patterns and biological growth. Another important number is e , which appears in growth, probability, and natural processes. One of the most beautiful equations in mathematics combines e , π , and another number called i : $e^{i\pi} = -1$

This equation connects five fundamental constants in a simple and elegant way.

The Imaginary Axis

Mathematicians once took the number line and imagined rotating it 90 degrees. This created the imaginary axis and introduced the number i . At first, this seemed abstract and theoretical. But later, complex numbers became essential in physics—especially quantum mechanics. They help describe how particles behave both like waves and like solid objects. As mathematics expanded from one dimension (1D) to two (2D), then four (4D) and higher, it helped scientists describe more complex realities. Perhaps different levels of life require deeper levels of mathematics to fully understand them.

Conclusion

Mathematics shows us that:

- The universe is logical.
- Infinity is real and more complex than we think.
- Some infinities are larger than others.
- Tiny spaces can hold endless depth.
- The physical universe is written in mathematical language.

If God is mathematical, then studying math is not just solving equations—it may be exploring the structure of creation itself. Mathematics does not limit God. Instead, it reveals a God who is

mathematics does not limit God. Instead, it reveals a God who is consistent, logical, infinite, and beautifully ordered. And perhaps, just as infinity can never be exhausted, there is always more of God to discover.

< I Brought a Smile to the Only Begotten Daughter

Holy Mother Han and the Fifth Pledge >

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Holy Mother Han and the Fifth Pledge



By Laurence Baer



photo submitted by L Baer

In 2026, as the 2000-year Church Age concludes, a profound Prophetic Realignment is unfolding centering on Holy Mother Han. This humble and soft-spoken great-grandmother and current political prisoner in South Korea is spearheading mankind's redemption through realized kingdom authority, earning respect from current and former global leaders including Donald Trump, Mikhail Gorbachev, Shinzo Abe, Kim Il-sung, and leaders of every nation in Africa.

We have entered the Millennium, the era of the visible establishment of God's Kingdom. As in the days of Ezekiel, a massive angelic mobilization is underway, now on a magnitude unimaginably greater than ever before. *Holy Mother Han and the Fifth Pledge* utilizes evidence-based spirit communication and angel communication to reveal how God is reclaiming the heavens and the earth.

The essential key to this transition—just as in the time of Jesus—is

understanding Holy Mother Han's providential mission. Through her work, the gates of the spiritual realm have opened, allowing billions of spirits—including victims of the Holocaust, African slaves, and First Nations, and even those who persecuted them—to undergo spiritual transformation and ancestral healing. Crucially, she has opened the way for all people, both in the spiritual world and on the earth, to finally return to God's lineage. This work is supported nightly at over 20,000 venues worldwide, where believers from all faith traditions offer three hours of tearful devotion to usher in God's Kingdom.

This restoration culminated in the completion of the actual Third Temple, the starting point enabling God to dwell substantially among His people. That temple, overlooking a mountain in South Korea, was officially opened in April 2025. This reality facilitates unprecedented Intimacy with God, moving us beyond hearing God's voice to active Kingdom participation.

With God as our Heavenly Father and Heavenly Mother, God's love is infinitely greater than any human capacity. Like the parable of the lost sheep, God's absolute and unchanging will ensures every soul is eventually reconciled and perfected. As God works to dissolve the tragic mistake of evil forever, this landmark new book invites you to witness the substantial establishment of Heaven on Earth and embrace your unique role in assisting God in this moment of Transformation.

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A History of Korea

Part 11



By Michael Downey

The entry of the People's Republic of China into the war was a major setback for the UN forces. The North Korean army had been totally defeated. The American-led UN forces had occupied nearly the entire nation, right up to the border with China. The war was basically won.

As early as October 1950, American intelligence flights over China revealed masses of troops gathered along the border with North Korea, ready to cross. The Supreme Commander of the UN forces, General Douglas MacArthur, decided strategically to drop atomic bombs on China to break up the troop formations and destroy bridges across the rivers. To do that, MacArthur needed authorization from President Harry Truman. Truman was worried about escalating the war and triggering World War III with the Soviet Union. He refused permission.

Those Chinese troops poured across the border and surrounded the X Corps in the east and the Eighth Army in the west. Both had to withdraw, and People's Volunteer Army (PVA) troops swarmed into North Korea, occupying the entire country and, by January 7, capturing Seoul.

MacArthur was sure he had been right. He began spreading the word that he would have won the war and united Korea if Truman had not interfered. Truman did not like being second-guessed. When MacArthur shared his views with prominent members of Congress, Truman had enough and fired him from all his commands. The issue was the principle of civilian control of the military.

That being said, was MacArthur right?

The UN forces were back on their heels. Forced to withdraw from North Korea and struggling to move men, machines, and equipment south of the Han River, they were inundated with more than 50,000 refugees fleeing the communist advance.

Moon Sun Myung gathered two disciples and fled Pyongyang just hours ahead of the advancing Chinese troops. Dressed in odd, mismatched clothing, they started south on foot. One of the three had a broken leg and was too big to carry, so they put him on a bicycle and pushed it along the way. Their biggest problem was finding food. Their only resource was to scrounge from abandoned houses. In the bitter cold, half-starved, they walked most of the way and endured the suffering of the Korean people that winter. They arrived in Busan as dirt-poor refugees to start over on January 27, 1951.

That winter and spring, the roads and bridges were overrun with refugees escaping the brutality of the communists. The roads were already clogged with military vehicles and equipment. The military had priority; civilians had to go wherever and whenever they could. Roads were cleared with machines, bayonets, and even airstrikes. War was proving to be hell. Civilians were often treated roughly. The main concern was that North Koreans would

infiltrate the masses of refugees. Military police did their best to vet them, but it was a herculean task.

By March 17, the UN launched a counterattack and retook Seoul. The capital had now changed hands four times. Much of the population had either been killed or had fled south. Buildings were flattened, and infrastructure was destroyed.

That spring, UN resistance stiffened primarily due to U.S. industrial power. Airplanes flying off aircraft carriers, from Japan, and from airstrips behind the lines established air superiority. Heavy bombers then decimated troop movements, supply lines, and infrastructure. The war, now largely between China and the American-led UN forces, became a series of offensives and counteroffensives in the rugged hills of Korea.

In July 1951, ceasefire negotiations began. They dragged on for two years while the fighting ground down into trench warfare. How would you like to be the last man killed in that war?

In July 1953, an armistice was signed. There was a ceasefire, and fighting stopped. Prisoners of war were exchanged. But no peace treaty was ever signed. The two countries remain divided, North and South, and technically still at war.

Both sides began to rebuild. The North received substantial aid from the Soviet Union to rebuild industries left by Japan and to feed the starving population. Socialism, Marxism-Leninism, and Juche became the guiding ideologies. Kim Il Sung may have been frustrated, as there was little room for true self-reliance, despite Juche's emphasis on it. The growing cult of personality around him may have been some consolation.

Initially, the North outpaced the South in postwar development. The South also had the added burden of defending against aggression from the North.

In the South, the United States signed economic development and security agreements with South Korea and permanently based a large military presence there, guaranteeing the nation's security.

Syngman Rhee remained at the helm, but his lackluster performance and increasing authoritarianism made him steadily more unpopular. In 1960, after a nationwide student uprising, he was forced to resign and returned to Hawaii. He seemed to like it there.

The Second Republic was short-lived—only nine months. It adopted a prime minister system and attempted to grapple with deeply entrenched problems. It proved inefficient, weak, and unpopular. Eventually, the military lost patience, stepped in, and overthrew the government.

It was replaced by a military government led by a Supreme Council under General Park Chung-hee, who had been second in command of the armed forces. He was a graduate of several Japanese military academies and had been a collaborator during the colonial period.

Park took over as president, beginning the Third Republic. After years of confusion and inefficiency, he established firm control. A staunch anti-communist, he took steps to prevent the nation from being blindsided again by the North.

In 1961, Park enacted the Anti-Communist Act. It was used to suppress politicians, journalists, union leaders, and students who appeared to be leftist or threats to national security. He also established the KCIA as the intelligence-gathering and anti-communist arm of the government.

After securing the nation, Park moved to revitalize the economy. He focused on major industries such as steel manufacturing, shipbuilding, and electronics—industries judged to have export potential. Through policy and investment, he worked to turn them into export engines to drive economic growth.

During this period, the government-controlled banking and credit, directing funds toward strategic sectors. It established a series of five-year plans to manage and track development. Park also boosted agriculture through land reform and the Saemaul (New Village) Movement to enhance rural life.

Park's tenure saw the rise of the chaebol—large, family-controlled conglomerates working hand in hand with the government to dominate key industries. The best known are Samsung, Hyundai, and LG. Today they dominate roughly 40% of South Korea's economy.

All of this effort produced a dramatic transformation. South Korea went from a war-torn, aid-dependent nation to a global powerhouse and key U.S. ally—not only exporting steel, ships, and electronics, but increasingly movies, music, dance, and other cultural products. This transformation is widely known as the Miracle on the Han.

It was not all a bed of roses. The price was often personal freedom. Despite economic gains, many fell out of favor with Park due to his strict authoritarianism. His regime suppressed political opposition and tightly controlled the military.

In the mid-1960s, Park made a deal with President Lyndon Johnson to send Korean troops to fight in Vietnam. Money changed hands, and the decision was not popular in Korea.

In 1971, Park narrowly won another term. In December, he declared a national emergency, citing a dangerous international situation. The National Assembly granted him sweeping powers to suppress opponents, the press, and students. The following year, he disbanded the Assembly, suspended the 1962 Constitution, and replaced it with the Yushin Constitution, which gave him effectively unlimited terms in office.

In October 1979, Park was having dinner and drinks at a KCIA safehouse near the Blue House in Seoul. Present were Park, Kim Jae-kyu (the director of the KCIA), several presidential staff members, and two young women. There was heated arguing among the men. At some point, Kim left the room, retrieved his service revolver, returned, and began shooting—killing the president and another man.

Kim fled but was arrested later that night.

Why did he do it?

Kim and Park had been friends and colleagues. No explanation has ever satisfied everyone. Some say it was related to a leftist uprising in Masan—Park wanted to crush it, while Kim favored negotiation. Others cite policy disagreements about the nation's direction.

When I lived in Korea, I knew someone who claimed inside knowledge. He said it was over a woman with whom both Park and Kim were involved. Powerful men, whiskey, and rivalry—he believed Kim, in a drunken rage, shot his boss. He even told me the woman's name, but I won't repeat it here. She was said to be a rising K-pop singer in the 1970s.

Ah well. It's something like the Korean version of "Who killed the Kennedys?"

Power then passed to another general, Chun Doo-hwan. A graduate of the Korean Military Academy, Chun had risen through the ranks, led Korean troops in Vietnam, and served in several positions under Park. He was an early supporter of Park's 1961 coup. At the time of the assassination, Chun headed Military Security and was appointed to investigate the crime.

Using that position—and accusing rivals of complicity—he gained control of the government. Two years later, he became president of the Fifth Republic. In the interim, he was the de facto leader and ordered the military suppression of the pro-democracy uprising in Gwangju.

Although the new constitution was less authoritarian than the Yushin Constitution, Chun used subterfuge, duplicity, and selective violence to maintain power.

During his tenure, South Korea's economy grew at its fastest rate. The nation prepared to host the 1988 Seoul Olympic Games, showcasing the Miracle on the Han. Yet despite economic growth, the democracy movement intensified its demands for greater freedoms.

The constitution limited Chun to one term. Eventually, he conceded and allowed the first free, direct presidential election since 1961. His ally Roh Tae-woo won. The age of dictatorship was ending.

Although Roh had been Chun's classmate, a Vietnam War commander, and complicit in the Gwangju crackdown, he publicly committed to democratization and completed his term.

Both Chun and Roh were later indicted for corruption, treason, and their roles in the brutal suppression of Gwangju. They were

convicted and sentenced to death. The sentences were later reduced to life imprisonment, and eventually both were pardoned.

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A Lesson About: Trust, Humility and Love



photo submitted by A Mylar

by Anne-Marie Mylar

Understanding the teachings that come from Heaven takes a lifetime and more. Our inability to understand what the teacher is saying is common and our human interpretation may be wrong at times.

If one Westerner person reads religious texts coming from the Orient, there is an additional factor, words, which even though translated may not mean what they seem. The effort from the reader who is seeking spiritual awakening is going to have to be constant.

However, reading is not going to be enough for understanding to be gained. The original mind and original heart are going to be involved, as partners, for true understanding to take place. An attitude of trust towards the teacher will also need to be present, otherwise Heaven will not be able to help.

I read this sentence in *Mother of Peace* page 30:

"Han-jun, Han-jun! Your sincere devotion has moved Heaven. I was expecting to send a Son of Heaven to your family. However, because you bought the sandals, I will send to your family the Princess of Heaven."

I did not feel comfortable with it. Reading it made me feel that Heaven was telling Mr. Han that giving birth to a daughter versus a son was second best. I could not agree with that statement. My mind and heart wrestled with it for a while. I did not dismiss the reading as wrong; I simply believed that I was missing something.

Many days later, an understanding that I was not even looking for at the time came to me. It has everything to do with a mother's heart. The motivation for every action or word spoken is more important to Heaven than anything else. When Mr. Han bought himself a pair of straw sandals, he did not do it with a selfish heart; he did it out of respect so that he could continue to serve his country and his people to the best of his ability.

His motivation was clean, loving, and very motherly. Heaven recognized a true Motherly heart in the Han lineage. The Han lineage gave birth to the "Only Begotten Daughter" because the Han's lineage was the most qualified to do so, and not because they were not good enough to give birth to the "Only Begotten Son".

Anne-Marie Mylar, October 4th, 2020.

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Senior Sprint to Health



By Christine Libon

This information, backed by scientific studies, was gathered from various sources including a recent article by an expert in anti-aging and sports medicine, Dr Luis Montel, published in the Spanish newspaper El Diario.

Ten seconds of Sprinting ... can be done by seniors, too!

First, let's list the benefits:

1. Ignites metabolism
2. Produces mitochondria, the "powerhouse of cells," which converts oxygen and nutrients to energy; and supports **apoptosis** (the necessary breakdown and disposal of old and damaged cells), thus enabling healthy cell turnover.
3. Activates the prefrontal cortex responsible for focus and decision-making
4. Promotes longevity

Plus all the other commonly known benefits of exercise such as promoting positive mood 😊

How to do it:

Sprinting can be done while walking, jogging, swimming, cycling, or running.

The main point is to **exert your maximum force and speed for only 10 seconds. Oh, and DO NOT SPEAK while sprinting!** Depending on your level of health, intervals of a 10 second sprint followed by 1 to 4 minutes of rest is repeated 4 to 10 times (sprint, rest, sprint, rest, and so on).

I was asked, "Have you tried it?" The answer is "Yes, I have and I am doing it."

The first time I did 10 repetitions and set a timer for four minutes rest between intervals. After the 10th rep, I felt tired out. I waited two days before trying it again and then did only six repetitions. So that's what I am sticking with for now.

I was asked, "Do you feel differently after the exercise?" The answer is, "Yes, I do. My breathing is more rapid and therefore, I feel the exercise has upped my metabolism." Furthermore, I am motivated to share recipes, exercises and health tips based on my own experiences. So most of my articles stem from this desire to share what I have personally found helpful.

I do the exercise running in place at top speed on an exercise mat,

frantically punching my arms forward or above my head. I feel like a crazy person! And this makes me burst out laughing! But it's probably due to the endorphins.

Someone commented "These exercises sound so commercial." My reply, "10 seconds?! how can you not give it a try?"

For those who have experienced cramping after a first try at a new exercise routine, my advice would be to stretch both before and after an exercise, taking care not to overstretch parentheses overextend). Err on the side of caution, if you feel strong pain while doing any exercise, immediately stop. Also, be sure to drink fluids, and that you are taking in enough calcium, magnesium and potassium. Magnesium relaxes muscles and potassium (sodium, also) prevents dehydration which will cause cramping. And remember that the first time doing any new exercise routine usually brings on the toughest after effects, because your muscles may never have done such a thing before.

Staying motivated

Like many of you, I'm sure, over the years I have experienced times when my motivation to stay active or exercise wanes. What I have found is that some new idea, a different routine, or input from other people can spark my motivation.

So, here's another video to benefit your health. But please read the listed comments! Most of them will offer you a great deal of motivation to be more active.

<https://youtu.be/9uHDVASjNeA?si=PXQcetQCKLi0IRZC>

Personal Tips:

I have learned and been exposed to countless exercises since I was a young nine year old ballet student, continuing on as a dance instructor, preschool teacher and now as a senior trying to stay fit ... so many exercises that I can't even recall some. These days, when I find new exercises that I like, I list them on small note papers, sometimes adding a key word description, and tape the list at eye level on a wall at the best location in the apartment to perform those specific exercises. I even have a list near the lamp at my bedside to remind me if things like propping my feet up for 15 minutes while lying in bed. Perhaps posting such lists might help you, too.

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