

## Growing Through Family Activities This Summer

Hyun Jin Moon's Family Peace Association USA  
July 31, 2024



*Summer is here in full swing, and with the warm weather comes precious opportunities to make memories with our most loved ones. Whether it be out in nature, board games at home, travel abroad, or simple everyday tasks, there are always lessons God is teaching us to help us grow to our full potential as individuals and as families. As you embark on your summer plans, take time to read stories from other families who intentionally made what could have been just "another activity" into a meaningful experience that cultivated their heart and soul.*



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**Pedaling and Learning Together**  
*by T.I.*



*“When we were biking, we encountered uphill, downhill, and various roads that offered us special lessons we could apply to our daily life.”*

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## Breaking New Ground

*by GrowingGood Families*



*“Hours later, I stood, gazing at the colorful patch in our front yard. The joy was worth it. And I had a moment that connected to God's history...”*

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## Learning to Take the Harder Path

by Keoni Takarada



*"I tended to give up easily when confronted with challenges. But it was my experience camping in the great outdoors where I learned about the importance of challenging myself."*

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## Pedaling and Learning Together

Aug 24, 2023



By T.I.

This summer, our family started going out riding on bikes together. Our daughters, including my youngest who is only two years old, enjoy riding very much.

One thing that I learned from riding bicycles together is that we need to keep moving forward to uphills, downhills, and various roads that offered us special lessons we could apply to our daily life. Especially when going uphill, we needed to keep the momentum and keep pushing our feet on the pedal until we got to the top, using both our inner and physical strength.

In the beginning, my eldest daughter got off her bike frequently to push her bike forward, especially when we were going uphill. At the time, I thought that it was ok as long as she got to the destination that we agreed upon. I thought that she did enough since she made it without any complaints. Perhaps, she just needed to strengthen her physical ability over time and eventually she will be able to bike uphill. But I was surprised.

The next day, my husband decided to show her how to go uphill without getting off the bike by moving side to side. He also showed her how to change gears on the bike, and how to slowly pedal uphill and ride while standing. The goal was to keep going until the top without giving up no matter how tired she was. She had very little experience riding a bike on the street and I thought it would be a real challenge for her. Yet, my daughter kept putting into practice what her dad had taught her and to my surprise, she overcame her next uphill all by herself!

Through this experience, my husband trained me and my daughter to find various solutions to challenges and overcome them in any situation. This has become an important life lesson for our family. I reflected that it's the same when it comes to living a life of faith and attending God; we need to continuously improve our character by learning from the experiences of both the ups and downs.



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# Breaking New Ground

Aug 3, 2023



*This story is a repost. You can find the original post on [Growing Good Families](#).*

One of my favorite things about spring is that it is the planting season. It is such a powerful reminder of our life, our character, our children. We start small – but with constant care, water, sunlight, we will grow – bigger, more beautiful, stronger.

The kids wanted to plant a garden in the backyard this year. Last year, we didn't get a chance to venture that far. So, they took the weekend to clear the old bed of the pine needles, decade-old debris, and weeds. My boy even pulled out his wire saw to cut down some unwieldy bushes.

We went to the garden center, bought the dirt, walked through the aisle picking out flowers, veggies, and more flowers. A picture was starting to form in their minds of the garden that they would plant. We got home, and they laid out the landscape of choice, taller flowers in the back, shorter flowers in the front, ground flowers spaced out. I explained how to mix in the plant food when planting, and we were all ready to go, garden spades and gloves in hand when one of the girls looked up and asked, "Where does the sun hit the most?" We all paused. Discussed. Only to realize: we actually didn't know. The backyard is on the west side of the house, and we have a few very tall trees on either side.

We decided to pause for the day, and observe the next day to see where the sun hit the most. A day later, we were all standing in the backyard with sad news, there was almost no direct sun at any point in the day in the backyard. We deliberated for a little, a sinking feeling started growing in my belly. "What about our grand plans?"

Then one child bravely proposed, "Let's plant in the front." We all marched up to the front, and took a look. It was overgrown, lots of lawn, very little planting bed. We essentially would be starting again. My first reaction was, "let's scrap the project." But before the words came out of my mouth, I turned to the kids, saw their eyes full of anticipation in the joy that awaited, saw the little flowers waiting to be planted, pink, purple, white, blue, and instead I grabbed the shovel and said, "Let's break the ground to get it ready for the garden."

It was hard work. The boys came in handy – breaking up the lawn, turning the soil, shaking off the dirt from the grass. "This is called tilling the soil," I said half in jest. "This is how our ancestors started their farms and their houses. Today, we get to connect with them."

Finally we got the ground turned and enriched with compost. The joyful moment of planting had arrived!!! All the children gathered around, reaching out for their plant, and moving it to its new home.

Hours later, I stood, gazing at the colorful patch in our front yard. The joy was worth it. And I had a moment that connected to God's history. Plan A doesn't always turn out, but we have to be willing to turn to something else, and "break new ground." That has been the name of the game – and that is the secret to progress.

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# Learning to Take the Harder Path

Aug 29, 2022



By Keoni Takarada

*This inspirational story comes from a 12-year-old boy who had a memorable experience after going camping for the first time.*

I tended to give up easily when confronted with challenges. But it was my experience camping in Before we left for camp, my dad told me that whenever I have a choice to take the easier path or the harder path, I should take the harder one because it will help me grow and make God happier. It wasn't till after this experience that I actually realized that.

On the first day of camp, Grandpa Ken took me to the nearby river. There was no running water or showers so the only way to wash yourself was in the river. I stuck my foot in the water and it was so freezing cold! I immediately got out and told myself I would never go back again! Grandpa Ken talked to me about how this challenge reveals who I am and what kind of character I am developing. First I thought, "Maybe I just don't like challenges." He said, "Maybe that's true, but if it is, you need to look at what kind of life that will lead to."

The next day, Grandpa Ken encouraged me to go again. I reluctantly agreed but thought I'd only wash my hands. I'm not going back in. When we got down to the river, there were other kids playing in and enjoying the river! I asked him, "How can they have fun when it's so freezing cold?" He told me that anything worthwhile requires some challenge. I thought about it and decided to challenge myself.

Long story short, I kept going back to the river every day and started training myself mentally to think more positively. Eventually, I got over the freezing cold water and started having more fun! At that point, I realized that I was going to be the type of person to take on more challenges in my life to grow, and also not give up as easily. It was all about taking the hard path that would help me grow.

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