Golden Age Newsletter - February 2022 Issue

Richard Buessing and Carol Pobanz
February 8, 2022

Dear Brothers and Sisters!

Happy 10th Year of Cheon Il Guk!

Following is the February 2022 issue of the Golden Age Newsletter produced by the Golden Age Club of the Clifton Family Church. It is filled with great news, inspiring stories and healthful tips especially designed to keep our beloved Senior Unification Members (60 years plus) connected through sharing God's love - what is positive in our lives as a result of finding Heavenly Parent and True Parents.

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

Sign Up Now for Your Monthly Subscription! Use the Golden Age Newsletter Free Subscription Form to begin receiving your free copy of the newsletter via e-mail at the beginning of every month.

Contribute through Sharing Your Own Article! Read Sharing Articles with the Golden Age Newsletter to learn about this great opportunity!

Thank you!

Rev. Richard Buessing

Carol Pobanz

Senior Pastors Association (SPA)

You don't want to miss this.

Featured Article

Death of a Resume

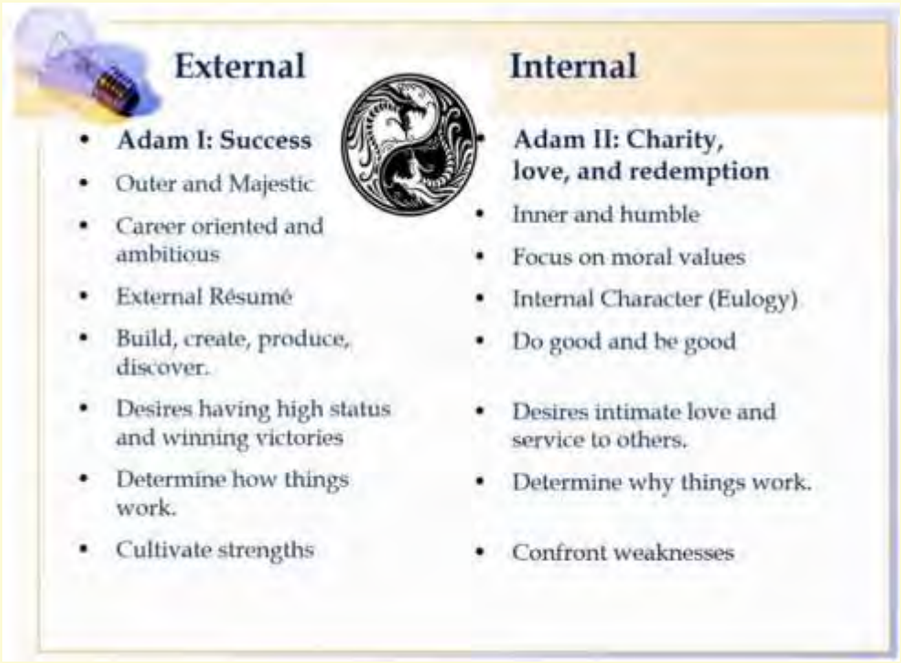
by Walter Lowe

A few years ago, three totally unrelated events overlapped in a rather interesting manner. During that time, my wife (Annerose) and I were listening to David L. Brooks' book *The Road to Character* on CD when together in our car by bits and pieces sandwiched by general conversation. Meanwhile, a student asked me for help in creating her resume. Around that same time, a longtime friend from school passed away.

Although Annerose and I could not attend the services, I did receive a copy of the "obituary" biography read at the services. While these seemed "unrelated" in detail, they merged together in an interesting manner that caused me to ponder certain aspects of life in general. I'd like to share that pondering, and perhaps it can expand for others the way it did for me.

In Brooks' book, he mentions the two biblical creation stories in Genesis 1 and 2. In Genesis 1, it says on the sixth day, according to verse 27: "So God created mankind in His own image, in the image of God He created them; male and female He created them," and in verse 28 the three blessing commandments are given. However, in Chapter 2, the story is different, as noted in 2:15: "The Lord God took the man and put him in the Garden of Eden to work it and take care of it." But, it is not until verse 21 that Eve is created from the man's rib. In between, the man names the animals, and he is told not to eat of the fruit of the tree of the knowledge of good and evil.

Brooks cites the writings of Rabbi Joseph Soloveitchik and his observation of two opposite sides of human nature shown in the two chapters, which, he calls Adam I and Adam II. Rabbi Soloveitchik regards these differences as Adam I being more "external" with an emphasis on success in life, while Adam II can be seen as representing the "internal" aspect of human character emphasizing charity, love, and redemption. Brooks notes the corresponding differences in character and nature identified by Rabbi Soloveitchik, which I have used to create the table.



External	Internal
Adam I: Success	**Adam II: Charity, love, and redemption**
Outer and Majestic	Inner and humble
Career oriented and ambitious	Focus on moral values
External Résumé	Internal Character (Eulogy)
Build, create, produce, discover.	Do good and be good
Desires having high status and winning victories	Desires intimate love and service to others.
Determine how things work.	Determine why things work.
Cultivate strengths	Confront weaknesses

The “reading” of Brooks’ book took a bit of time, and this is when the overlap occurred with the student’s request for help with the resume. Using a typical search engine request for the term “resume template” I found about 184 million examples in less than a minute. What they all had in common was the place of the person’s name at the very top of the page in a large, bold font. It was around that same time that I read the obituary of my former classmate and, out of curiosity spurred by the passing of my former classmate, I also did a search for “obituary template,” which found a “mere” three million links (also in less than a minute). The person’s name was not as emphasized in the obituary and usually the most notable feature near the top of the page was a prominently placed photograph.

As I examined the two templates, it struck me that the resume reflected the character of Adam I, while the obituary stressed the character of Adam II. In other words, in our lives we tend to focus on the external qualities of who we are career-wise, but in the end it is the internal qualities of Adam II that people remember and treasure from their relationships with us. While the resume might identify what we consider the important goals in life, the obituary usually does not. The degrees and knowledge we “earned,” the salaries we “commanded,” and other such apparent accomplishments never make it into the final copy of the obituary page.

Among the obituary templates was a DIY (Do-It-Yourself) for people to provide a draft of their own obituary, which seems to suggest a sobering and chilly consideration. The exercise is to fill in the blanks. Some of the sentences are:

[Your name] ____ died yesterday from _____
At the time [Your name] was working on becoming _____
[Your name] made contributions in the area of _____
[Your name] always hoped to _____
[Your name] will be honored for _____

Try it if you dare. I think I will work on filling this out later when I have better answers.

Anniversary Tour

40-Year Blessing Anniversary Cruise

Celebrate your Blessing of 40 years together with other Blessed Couples on a 7-day Caribbean cruise that you won't forget.

June 25 - July 2, 2022

For more information, please click here ***www,highnoon,org/cruise/***

History Bytes

My Deflated Heart Hooked

by Christopher Fox

The realm of heart welcomed me in January 1976, first, at Powell and Market Streets in San Francisco peering into the eyes of Poppy. She hooked my deflated heart, where I sheltered my ego and pride like a stray dog under a deserted car. Timidly, I sampled the biscuit she offered. I began to relax and trust a little.

Weary from experiences with too many strangers on various paths, the heart of familiarity never diminished day to day. Her attitude was motherly. I tried to persuade myself: “But, I am on a quest to find God." Running away was suddenly not an option. While discovering myself as the proverbial "stranger in a strange land," I conceded to relentless conversations with younger sincere folks while being introduced to a delightful natural cuisine at each gathering that followed. I was a push-over to go up to the land.

When the lectures of the Divine Principle welcomed me, my heart and mind found common ground. The security of the isolation on the farmland in Booneville, CA allowed for a zone of safety as inhibitions dissipated daily. The nights were filled with dreams of confirmation for making my stand on the land. Every day was another revelation of truth. I had found God! I could finally surrender. I was home in the heart of God as long as I kept within arm’s length of my new brothers and sisters, our family. Admittedly, I was growing and learning from these young people and it all came to fruition in New York City in

June for the upcoming Yankee Stadium Campaign.

I was introduced to a system vertically oriented like nothing I had ever known since my time in the military. I was catapulted into doing outreach to people on the streets who just wouldn't stop to listen to me! Some took my flier and disappeared into the masses. How could they not want to know more by this guy in the white jumpsuit? Couldn't they read my suit labels affirming "God Bless America" and know I was trustworthy? My competitive juices kicked in on the ride home to the center that first day. We had a subway ride to and fro, and the captive audience in the cars were mine!

Despite what happened during the day at our assigned area in the Bronx, my totals sky-rocketed in the subway cars. And so it was that no one could refuse my trusting Midwest smile exposed through the top of my pure white jumpsuit with the bold label of "God Bless America," – not even in NYC where inhibitions were extinct for the sake of survival.

Culture & The Arts

Little Squeezebox To Give Hope

by Cynthia Nakai

Did you know that the Board of Supervisors of San Fransisco made the accordion its city official musical instrument in 1990, just after its last major earthquake (1989)? (see article *City Makes Accordion San Francisco's Official Instrument | AP News*). Yes! The Board felt the city needed that little squeezebox to give hope to the city and cheer people up. And indeed, that is what an accordion does!

When I was in fourth grade, my parents offered to give me musical instrument lessons at home. We did not have a piano, so I wanted something interesting, yet not too bulky. The choice was between the clarinet and accordion, and the accordion won out.

Every Tuesday afternoon around 5:00pm Mr. Mora would visit our house and give me a one hour accordion lesson. He was very meticulous and wanted each note played right. I must have taken lessons for about three years, and life went on and I graduated from college, then joined the Unification Church in California.

Suddenly people were thinking of ways to make happy, lively evening programs and I thought of the accordion. So, I asked my parents to send it to me and somehow it stayed with me through all the storms and trials of different missions. At a celebration or birthday, I would take it out and play a tune or two.

Even now I have memorized about 10 pieces that I can whip out and

use to entertain. The accordion is not so heavy that it cannot be transported, and it is also sufficiently unique that the audience is amazed by its versatility and cheerfulness.

The earliest accordions were originally invented in Germany, and Russia, and were then introduced throughout Europe, eventually moving to Canada, and the United States. The accordion continues to be a cheery addition to a band or an evening program. I am grateful to my parents for providing me lessons as a young girl!

Please click here to see the video!

Paul Rocks

by Paul Bulow

My first memories of rocks go back to when I was around 10 years old. I hunted for Petoskey stones and other fossils in Michigan along old railroad tracks. Sometimes my grandfather would take me on special excursions to old quarries to hunt for these special rocks. Since then, off and on, I have joined lapidary guilds, local rock clubs and taken different lapidary classes.

I love all aspects of this hobby.

My favorite are the field trips hunting rocks, gems and minerals. Getting off the beaten path and into nature stirs up the “thrill of the hunt” within me. Also, it gives me time to slow down, feel the earth while contemplating its history and connect to the One who put it all together.

Pictured is my all in one machine that cuts, grinds and polishes rocks, together with some different rocks that I’m currently working with.

Healthy Living
for the Heart and Soul

The World Needs Prayer Like Never Before
by Sandra Schuhart

For many years now, the voices that are the loudest in our present world and growing ever louder, are coming from men and women who have lost any kind of relationship with God. They have become blind to the presence of God within them and around them. And sadly, because of their selfish state of mind, they have lost the ability to care for, protect, or show any love for their fellow man.

What they do have is love of self, their inflated ego, and what THEY believe to be true. They then proceed to force their beliefs upon masses of people whether they believe them or even want them.

Individuals such as these men and women, along with the news media and the world of entertainment, have contributed and continue to contribute to the building of a destructive negative energy force that is affecting individuals, families and the world community. This negative energy is a huge thought-form surrounding not only America, but our entire world. Consequently, mental illness, depression, addictions of every kind, suicides, as well as sex-trafficking, mob-violence, murders, rumors of war, etc., continue to rise. Thousands, perhaps millions of people around the globe are living in fear, driven by the pandemic. This darkness surrounding our

planet attracts lower spirits to be drawn to the earth plane to like-minded humans, multiplying the negativity of their dark thoughts and actions, and creating ever increasing suffering and pain for humanity on a scale never experienced before in the history of mankind.

Dear brothers and sisters! God, Our Beloved Heavenly Father, needs the pure in heart to save the world. He needs those whose thoughts and actions are selfless. Those whose love is unconditional. Whose love is not just for their own country, but for the world. It is not for us to judge and criticize, or to condemn others we feel are in the wrong, for this, in turn, harms our own being. We do not know what experiences they may have had to harden their hearts and blind their eyes to God's Love and Light. Instead, it is God's desire that we pray for them. That we pray for their awakening. It is God's desire that we send love to them for their healing!

Prayer has the power to connect, drawing together like a magnet the thoughts of many into a powerful energy that can change the direction of negative forces and turn darkness into light. With this dawning, one begins to see the truth of God and feel the warmth of God's love. This is the awakening that is so greatly needed. Each prayer and deed done for God, lifts the vibration of our entire world. This is a Universal Law.

I ask, as I was inspired to do, that we pray, since The World Needs Prayer Like Never Before. Ask everyone you meet to pray whenever, wherever. So many people feel helpless at this time – not knowing what to do or how to help. In this effort, they can help not only those they pray for but themselves as well. Ask everyone that crosses your path to please pray for our world, however they choose to pray. If they don't know what to say, or how to pray, suggest they say "The Lord's Prayer" since in this prayer we ask that "Thy Kingdom Come, Thy Will Be Done". Or teach them your favorite prayer. Ask your neighbors, ask others to come to your home and pray with you. Ask to say a few words at your local church or community center about the need for prayer. And inspire them to ask others to pray as well. Spread the word however you can, wherever you can. Such a powerful effort can spread around the world, gaining spiritual strength as it travels. At present, there is more negative energy in the world than positive. Therefore, more hate than love. We can change this through the power of prayer. Heartfelt prayer can and will change the present decline we all are feeling and experiencing.

As we send forth prayer wrapped in love, this energy will one day save this precious world God placed in our care.

With respect and love for each one of you,
Sandra Schuhart

for the Body

Aunt Carol's Pepper Jelly Recipe
by Carol Pobanz

OK I'll give away my pepper jelly recipe.

This is actually the recipe I use for my Christmas Pepper Jelly gifts. I also remake it during the year when everyone runs out and asks if I have more.

Unlike its sweet fruity cousins, pepper jelly does not go together with peanut putter. Pepper jelly tastes great at breakfast with eggs, as a snack with cheese and crackers or on fish, chicken or pork.

Though the recipe is called Harry and David's Sweet Pepper and Onion Relish, in MY family it is called "Aunt Carol's Pepper Jelly." This is a recipe you will want to keep. But be careful, once you give it away people keep coming back asking for more. My neighbor always returns the jar with his request for a refill.

www,daringgourmet,com/sweet-pepper-onion-relish-copycat-recipe/

Unification Thoughts

Roaring Monarchs - Part 6

by Prof. Gerry Servito

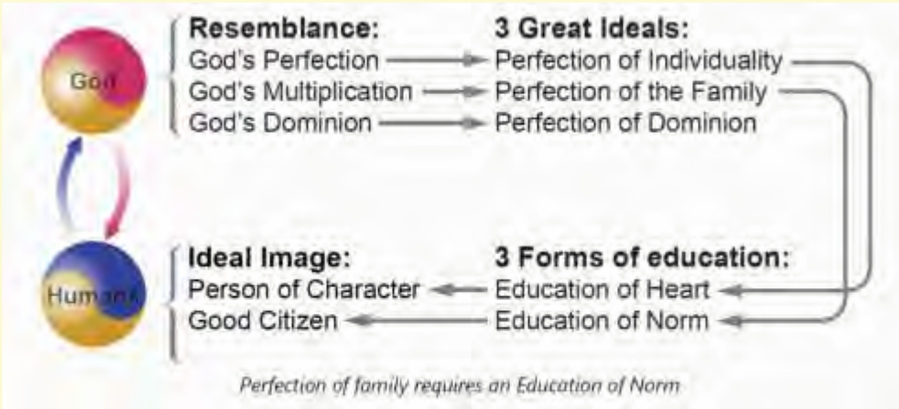
Welcome back

Hello again; I hope that your January was refreshing. And of course, thank you for your continued interest in these Unification Thoughts.

If you're joining us for the first time, the focus of this series for we Golden Agers is to look into the key role of grandparents in helping to raise our grandchildren. This article is the ninth in the series and its basic premises are from 1) the ***Realms of True Love*** - in which Father and Mother Moon introduce the fifth realm of love - and 2) the ***Three Great Kingships*** - which inspires the title of this series. If you take a look at those two links, you'll understand the perspective of the preceding eight articles, if not the details.

Where we left off...

In the **January** article, we were working through the second form of education that our grandchildren need - an *Education of Norm*. Norms are ethical laws or social laws that govern our behavior or conduct.



To view the complete file, please click here!

For inquiries or information
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Carol Pobanz (973) 223-3822, ***carolpobanz@ gmail,com***

40-Year Blessing Anniversary Cruise

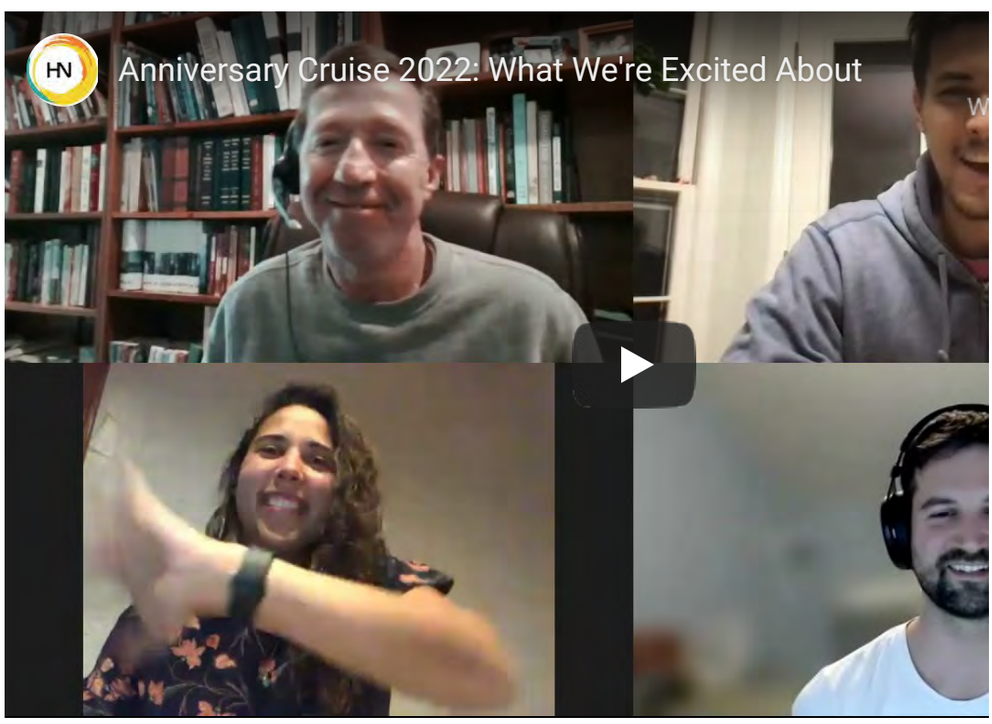
June 25 — July 2, 2022

Celebrating 40 years the best way possible—with your family ar

SAVE YOUR SPOT

SEE THE GUEST LIST

We're celebrating your Blessing of 40 years
with other Blessed Couples on a 7-day Caribbea
you won't forget!



REGISTER

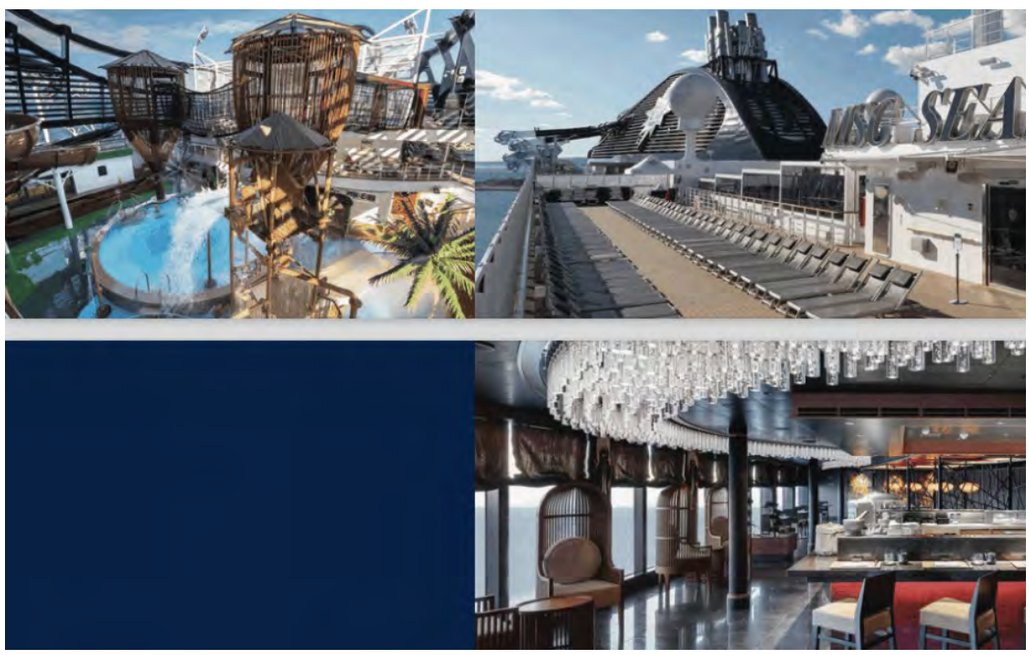
Cruise Details
Our Program
Cruise Pric

Cruise Details

The 2022 Blessing Anniversary Cruise will be an 8-day, 7-night lu
Florida on June 25, 2022 and returning to Miami on July 2, 2022.

The MSC Seashore cruise ship will include stops at some of the C

- San Juan, Puerto Rico
- Charlotte Amalie, Virgin Island
- Puerto Plata, Dominican Republic
- Ocean Cay, Bahamas
- Back to Miami, Florida



40-Year Anniversary Cruise Details

We’re excited to announce a 40-year anniversary cruise happenin 2022!

Can you imagine celebrating your 40th anniversary with all of your frie Blessing 40 years ago, and meeting their children and grandchildren?

Our goal is to make this Anniversary Cruise the most spectacular, fun, a anniversary celebration of all time!

A team of capable and passionate individuals is working to organize a r meaningful cruise to celebrate 40 years of Blessed life for couples whc

Blessing in 1982. This cruise will be a beautiful opportunity to celebrate Couples, as well as our children and grandchildren!

If you are a Blessed Couple from 1982 (2075 or 6000)—or the child of a —we invite you to register below and join us for an unforgettable expe Caribbean!

We fully understand that not everyone will be able to join us. We wish celebratory experience for couples who have been Blessed in marriag years.

Only 200 cabins available!

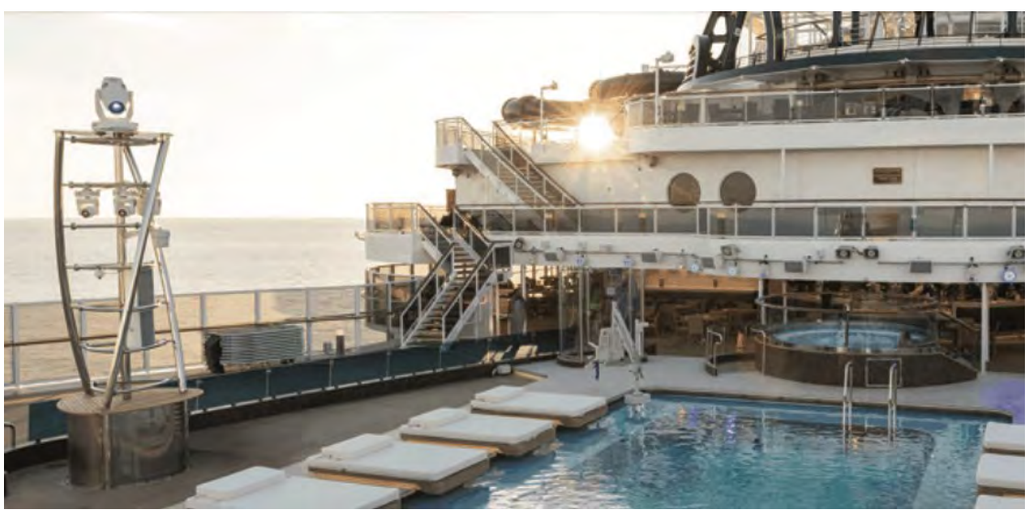
See Who's Going!

To see the name list of participants in our cruise group, click here!

Free Cruise Giveaways

We're giving away free 7-day cruises to a few lucky couples! Learn mor raffle by clicking here.

RESERVE YOUR SPOT



Itinerary & Details

The 2022 Blessing Anniversary Cruise will be an 8-day, 7-night luxuriou departing from Miami, Florida on June 25, 2022 and returning to Miami

The MSC Seashore cruise ship will include stops at some of the Caribbe the way, including:

- San Juan, Puerto Rico
- Charlotte Amalie, Virgin Island
- Puerto Plata, Dominican Republic
- Ocean Cay, Bahamas

- Back to Miami, Florida

You will find below an outline of the main things you will need to know participate in the 2022 Blessing Anniversary Cruise.

To view other amenities of the MSC Seashore cruise, please visit their c

Who Can Participate?

This will be a once-in-a-lifetime opportunity to connect with other Bles their families in a relaxing and enjoyable environment.

Any Blessed Couples from anywhere in the world are welcome to cele have now opened this cruise up to all couples, regardless of when they Blessing.

See who's going!

To see the name list of participants in our cruise group, click here!

Start Saving Early

This will be a once-in-a-lifetime opportunity to connect with other Bles their families in a relaxing and enjoyable environment.

SEE WHO'S GOING!

All-Inclusive Pricing

The cost for a luxurious 7-night cruise around the Caribbean is relativel
team worked closely with the travel agent for months to get the best r

We understand that a week-long cruise is a significant financial investr
which is why we wanted to give everyone plenty of time to save and p
entire payment does not have to be made until April 5, 2022.

Start Saving Now

We recommend saving up the funds starting now. Also keep in mind a
to Miami from where you live. It is surely an investment for anyone that
we know that it will be a worthwhile experience for everyone.

Cabin Options

The cabin type that you choose depends on your price range, family si
preference.

The total price includes accommodations, meals, and on-board amenit
nights.

Price per person depends on a few factors, which are:

1. Cabin types

There are 9 different cabin types, which differ in price range because o
location of the cabins. It sounds a bit confusing at first, but the helpful t
you make the best choice. Be sure to browse through all of the options

2. Family discounts

The 3rd and 4th family members per cabin are priced at a discounted r
below.

3. Free travel fare for children (0–17)

The only cost for individuals aged 2–17 is the government tax of $348. C
pay $189 in taxes.

Rates Per Person

Cabin Type	Category	Total Fare (
Interior	Bella	$90
Interior	Fantastica	$94
Oceanview	Bella	$1,04

Oceanview	Fantastica	$1,08
Balcony	Bella	$1,19
Balcony	Fantastica	$1,28
Balcony	Aurea	$1,77
Suite	Fantastica	$1,59
Suite	Aurea	$2,05

Categories Explained

You can look at the details of each cabin type by using this link.

Bella

Benefits: Best Price, choose to add on amenities for a fee

Best for: Value-conscious clients

Fantastica

Priority Choice: Superior stateroom location

Onboard Benefits: 50% off all Fitness classes and Personal Training, Fre
Service, Free Continental Breakfast in bed, Free Master Chef and Langu

Aurea

Premium Choice: My choice dining times, Easy Beverage Package, pric
and wellness package

Benefits: Easy Beverage Package, priority boarding, complimentary ac
18 Sun Deck and Designated area for My Choice Dining, Spa package: (
Thermal Spa, Spa consultation

Best for: Cruisers who want a lot of amenities at an amazing value

Discounted Prices for 3rd & 4th Gu
Children (per cabin)

3rd/4th Passenger	Cabin Type	Category	
Adult 3rd/4th	Interior	Bella	
Adult 3rd/4th	Interior	Fantastica	
Adult 3rd/4th	Oceanview	Bella	
Adult 3rd/4th	Oceanview	Fantastica	
Adult 3rd/4th	Balcony	Bella	
Adult 3rd/4th	Balcony	Fantastica	
Adult 3rd/4th	Balcony	Aurea	
Adult 3rd/4th	Suite	Fantastica	
Adult 3rd/4th	Suite	Aurea	
Child 3rd/4th (Age 2-17)	Any	Any	$
Child 3rd/4th (Under 2 years old)	Any	Any	$

Other Extras

Gratuities are extra at $14 per adult per night, $7 per child (age 2 to 17). (
prepaid if you choose to do so. Otherwise, they will be charged at the e
credit card used to check in with the cruise line.

WiFi packages, beverage packages, spa packages, etc. are available at a
but some cabin categories include these (Fantastica or Aurea categori

WiFi Packages

It is common for wifi packages to be an additional cost for passengers. have wifi included.

Browse Package (entire cruise): Browse the web, send and receive e chat on messenger apps. No video.

1 device: $73
2 devices: $134
3 devices: $185
4 devices: $224

Browse & Stream Package (entire cruise): Browse the web, send anc images, chat on messenger apps, video chat, video streaming.

1 device: $100
2 devices: $179
3 devices: $251
4 devices: $313

How to Join Us

In order to join the 2022 Blessing Anniversary Cruise, please (1) submit using the form below and (2) submit your first deposit at the time you

We will email you updates, reminders, and everything you need in pre cruise.

Your Deposit

Deposits are due in accordance with this table. We will send out a payr participants to make the deposit.

Payment	Amount	Du
1st Payment	$150 per person or $300 per cabin	Within 7
2nd Payment	$250 per person or $500 per cabin	Oc
3rd Payment	$400 per person or $800 per cabin	M
Final Payment	Remaining Balance	

Cancellation Charges

Cancellations will be $50 per person until October 15, 2021. Thereafter, t
charge will increase according to this table.

Cancellation Amount	Cance
$50 per person	Before (
$100 per person	Decer
$150 per person	Febr
50% of cruise fare per person + $50	Ma
100% of cruise fare per person + $50	After

The $50 cancellation processing fee will be charged by Gabriela's Geta
15, you will see a $50 cancellation charge from Gabriela's Getaways. Afte
see two cancellation charges on your credit cards – one from MSC Crui
from Gabriela's Getaways.

How to Register

We will collect the information of everyone in our group using the form
submit that form, you will receive an email with instructions to comple

The information will be sent to Gabriela at Gabriela's Getaways, who wil
and send you a confirmation of your deposit and your reserved statero
number.

Gabriela will also send you a quote for the cost of travel insurance (if se
calculated based on the cost of your cruise minus the taxes (taxes will
cruise line).

The initial deposit of $150 per person is due when you register.

Travel Insurance Options

It can be valuable to get travel insurance for any unforseen events. If yo
insurance, you can state that when you make the initial deposit. You w
follow-up from Gabriela, our Travel Advisor, with insurance options.

Our Travel Advisor for our cruise is Gabriela from *Gabriela's Gateways*. I
questions about the cruise, feel free to contact her at gabrielaneu@yah
7616.

See Who's Going!

To see the name list of participants in our cruise group, click here!

REGISTER

FAQ

COVID-19 Updates

Can children travel for fre

Can I participate if my spouse has ascended?

COVID-19 Updates

We will be closely monitoring the developments. A recent article
article.

COVID-19 Updates

Sign up for an experience of a lifeti

By filling out this form, you are making an initial commitment to join th
The initial deposit of $150 per person is due when you register. You will
form as soon as your register. Cancellations can be made until Oct. 15, 2

Please submit one form per cabin that you plan to reserve. You do not
per person.

I will be participating as a: *

- 1982 Blessed Couple or Other Blessing
- Child of a 1982 Blessed Couples

Husband's Name *

First | Last

Wife's Name *

First | Last

Husband's Email *

So that we can communicate important updates.

Wife's Email *

So that we can communicate important updates.

Blessing Date *

This cruise is intended for couples Blessed in 1982 and their children and grandchildren.

registration to other Blessing groups at a later date.

MM | DD | YYYY

Will any of your children be joining you for this celebration? *

- Yes
- No
- Undecided

Which cabin type do you plan to reserve? *

Your response will help our team plan accordingly. If you are not yet sure, please select '

- We are undecided
- Interior Bella $$908.00/person
- Interior Fantastica $948.00/person
- Oceanview Bella $1,048.00/person
- Oceanview Fantastica $1,088.00/person
- Balcony Bella $1,198.00/person
- Balcony Fantastica $1,288.00/person
- Balcony Aurea $1,778.00/person
- Suite Fantastica $1,598.00/person

Suite Aurea $2,058.00/person

Can we add your name to the public list of participants? *

We want to show other participants who will be joining the cruise.

Yes

No

Any additional comments (optional)

Did someone invite you to join the cruise? If so, please let us konw

Submit

© 2022 - High Noon | life without shadows

admin@highnoon.org

Sweet Pepper and Onion Relish {Copycat Recipe}

written on **November 21, 2013**

As an Amazon Associate I earn from qualifying purchases.

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Thank you to Pollinate Media Group for sponsoring this post.

This Sweet Pepper and Onion Relish is my copycat version of Harry & David's popular treat. It's delightful mixed with cream cheese and spread on crackers or used as a glaze for pork and chicken.

And it makes a fabulous gift!

I always enjoy receiving homemade gifts. When someone takes the time to make something for you, whether it's a simple plate of cookies or some elaborate craft, it says a lot. It makes you feel all the more unique, special, appreciated and loved. Cooking happens to be one of my biggest passions, and so naturally I particularly enjoy making gifts for people that are *edible*. Christmas cookies, as always, are on my list this year along with a few other goodies. And today I'm sharing a special one with you.

I picked up this month's issues of Cooking Light, Real Simple and Sunset at Safeway and once the kids were in bed I enjoyed a luxurious evening thumbing through each issue. One of the recipes in Cooking Light is for glazed chicken that features red pepper jelly. The moment I saw that the light bulb came on. What a great gift idea – homemade red pepper jelly. As the wheels continued turning I thought about a red pepper and onion relish that I love from Harry & David that's especially popular during the holidays. It's delicious mixed with cream cheese and spread on crackers, or used as a glaze for pork or chicken. Those tiny jars of it are pricey for what you get and so I decided to make my own copycat version.

Back to Safeway to buy some more canning jars, pectin, and the ingredients for this relish. Then back to my kitchen to finish up the experiment. The end result: It's fabulous! You're going to love it and so are the lucky recipients of your gift! Just add a ribbon and a little tag and your gift is complete!

Sweet Pepper and Onion Relish Recipe

Let's get started!

Combine all the ingredients, except for the pectin, in a large stock pot.

Bring it to a boil, reduce the heat to low, and simmer, uncovered, for 1 1/2 hours, stirring occasionally. Now it's time to add the pectin. You won't need much because most of the liquid will have evaporated by now.

Add the pectin (I used and recommend **Ball's Realfruit Classic Pectin**), bring the mixture to a rapid boil and boil for 1 minute. Remove from the heat.

Immediately ladle the hot relish into hot sterilized canning jars with sealable canning lids. Process in a water bath for 20 minutes.

* A note about the water bath process: There are specific canners for the job – **this is the one I have**. It's deep enough to fully cover the bottles by several inches, it has rack with separate compartments that keeps the bottles separated so they don't break by getting knocked against each other while boiling, and it comes with all the extra equipment you'll need. If you don't own a canner and don't want to buy one, just use a large, deep stock

pot and place the jars in it with the water covering the top by at least two inches.

Remove the jars from the canner and let them rest for 24 hours undisturbed before moving. This Sweet Pepper & Onion Relish will keep up to a year.

This recipe makes about a dozen 1/2 pint jars. For the ones you want to give away as gifts, just tie a ribbon around them with a little label. Are they cute or what?

Enjoy this relish mixed with cream cheese and spread on crackers, as a glaze for chicken or pork, or however else your imagination inspires!

Sweet Pepper & Onion Relish

5.0 from 14 reviews

A copycat recipe of a Harry & David favorite. Deliciousl mixed with cream cheese and spread on crackers or used as a glaze for pork and chicken.

: Kimberly Killebrew
Serves: About 6 pints

Print

Ingredients

- 6 cups tomatoes, skinned, seeded and diced (first blanch the tomatoes in boiling water for 30 seconds for easy peeling) (a couple of our readers have reported success with using canned tomatoes - see reader comments below)
- 6 cups red bell peppers, seeded and diced
- 4 cups yellow onion, diced
- 4 jalapenos, seeded and diced
- 2 cups white vinegar
- 1½ cups cider vinegar
- 5 cups granulated sugar
- 2 tablespoons salt
- 1 tablespoon cayenne
- 4 tablespoons powdered pectin (recommended: **Ball's Classic Realfruit** Pectin)
- *See NOTE if relish turns out too runny.

Instructions

1. Place all the ingredients, except for the pectin, in a large stock pot. Bring the mixture to a boil, reduce the heat to low, and simmer for 1½ hours, uncovered, stirring occasionally. Add more cayenne to taste if desired. Add the pectin and quickly bring to a boil for 1 minute. Remove from heat and ladle the hot mixture into hot, sterilized

canning jars.

2. Process the jars in a **canner** or large stock pot (see note on canners in post), with the water at least one inch above the jars, for 20 minutes. Remove the jars and let them sit undisturbed for 24 hours. Relish will keep for up to a year.
3. Makes about a dozen ½ pint jars.

Notes

* Do a quick test before canning the relish: Put a small spoonful on a cool plate and wait a couple of minutes then check for consistency. It shouldn't be running all over the plate, nor should it be firm like jello. If it's too runny for your preference, add a little more pectin and boil for another minute. Repeat as necessary. (Note, it can take a full 24-48 hours for pectin to set properly. Shake one of the jars and see if it's runny. If it is, you can still "rescue" them by opening the jars (you'll need to use new lids but as long as the rims aren't bent you can reuse those), pour everything back into a pot, bring back to a boil and stir in more pectin. Then can again.)

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« Cranberry (or Cherry) Almond Streusel Cake

Jalapeno Apple Pie »

156 Responses

Sally Chamberlain
December 29, 2021 at 11:42 am

Could this recipe be frozen instead of canning?

Kimberly @ The Daring Gourmet
December 29, 2021 at 3:51 pm

Yes you can, Sally!

Reply

Sandy Peich-Selig
December 20, 2021 at 1:24 pm

I'm not a fan of pectin so I used cornstarch instead of pectic and it worked just fine.
⭐⭐⭐⭐⭐

Reply

Kimberly @ The Daring Gourmet
December 20, 2021 at 8:06 pm

Hi Sandy, just please be advised that cornstarch is considered unsafe for canning.

Reply

Sandy Peich-Selig
December 6, 2021 at 9:10 am

Do you have any substitutes for pectin?

Kimberly @ The Daring Gourmet
December 6, 2021 at 4:27 pm

Hi Sandy, sorry I don't, I have only made this with pectin.

Reply

Jan
September 14, 2021 at 7:24 am

What size are the jalapenos that you used?

Re

Theda Light
September 29, 2021 at 6:10 am

Can you use green tomatoes instead of ripe?

Reply

tracy Creps
September 6, 2021 at 5:48 am

If you are going to use canned tomatoes then I would buy the petite diced tomatoes. Might be a little pricey but they will save a lot of time.

Reply

Stephanie
September 4, 2021 at 12:10 pm

⭐⭐⭐⭐⭐

Reply

This relish is amazing. I was on the hunt for a recipe that resembled a brand we bought at the store. And this is perfect. We mix a half Pint of this relish with a brick of cream cheese and the dip is delicious with tortilla chips. I have made probably 75 half Pints in the last 2 years. Thank you for this recipe!
⭐⭐⭐⭐⭐

Kimberly @ The Daring Gourmet
September 4, 2021 at 9:46 pm

Thank you so much, Stephanie, I'm so thrilled you've been enjoying this the past couple of years!

Reply

Raymond Vetter
August 31, 2021 at 7:51 am

Reply

After canning my relish is still to liquid. It has been two days can I still open the jars add more pectin and re-can? I opened a jar nd it is really good tasting but to loose for relish. Thanks

Kimberly @ The Daring Gourmet
September 1, 2021 at 6:43 pm

Hi Raymond, yes you can do that. I'm glad you enjoy the flavor and I hope you can get it to the right thickness this time.

Reply

Anonymous
August 5, 2021 at 10:13 pm

Is that liquid or powdered pectin and how many cups of tomatoes do you end up with if you use fresh? I'm just wondering how much I need if I use canned

Reply

Anonymous
June 20, 2021 at 6:16 pm

Reply

I roasted the peppers and onions on the BBQ 1st. And cooked to tomatoes with the juices that not the peppers and onions, added the rest of the ingredients let it come to a soft boil, then added the chopped up pepper and onion mix. It tastes sooooo good.
⭐⭐⭐⭐⭐

Audrey Goodlett
May 27, 2021 at 11:41 am

I will be making this in the fall for gifts for Christmas

Reply

Frannie
March 26, 2021 at 4:24 pm

I dont have a canner but do have a pressure cooker, if I use this how long do you process the relish. Thank you

Reply

Kimberly @ The Daring Gourmet
March 29, 2021 at 8:03 am

Hi Frannie, I've only used a water bath canner so I'm not sure. Perhaps some of our readers can chime in.

Reply

Stacey
May 15, 2021 at 2:07 pm

Just use a large pot where the water line comes approximately 1 to 2 inches above the top of the jars. You will need to put something on the bottom of your pot so that the glass doesn't touch the metal. Use an old dish cloth or canning rings lining the bottom to set the glass on top. Happy canning!

Reply

Lucja Falkowski
September 7, 2021 at 2:48 pm

Yes, I use a large stock pot. I pjcked up a rubber sink liner at the Dollar Store and cut it to fit the bottom of the pot. Works great!

Reply

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Rearing Monarchs - Part 6

Unification Thoughts, February 2022

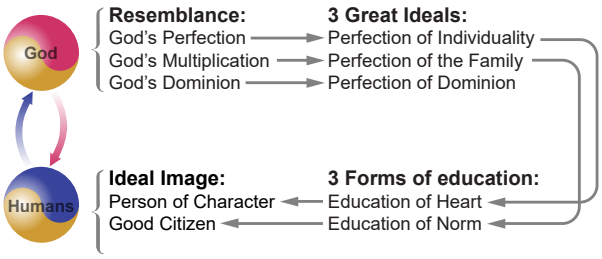
~18 mins.

Welcome back
Hello again; I hope that your January was refreshing. And of course, thank you for your continued interest in these *Unification Thoughts*.

If you're joining us for the first time, the focus of this series for we Golden Agers is to look into the key role of grandparents in helping to raise our grandchildren. This article is the ninth in the series and its basic premises are from 1) the *Realms of True Love*—in which Father and Mother Moon introduce the *fifth* realm of love—and 2) the *Three Great Kingships*—which inspires the title of this series. If you take a look at those two links, you'll understand the *perspective* of the preceding eight articles, if not the details.

Where we left off...

In the January article, we were working through the *second* form of education that our grandchildren need—an *Education of Norm*. Norms are ethical laws or social laws that govern our behavior or conduct[1].



Perfection of family requires an Education of Norm

This form of education guides a child to fulfill their second blessing and resemble HP. By doing so, they can *give* love and joy to HP and others, as well as *experience* love and joy themselves.

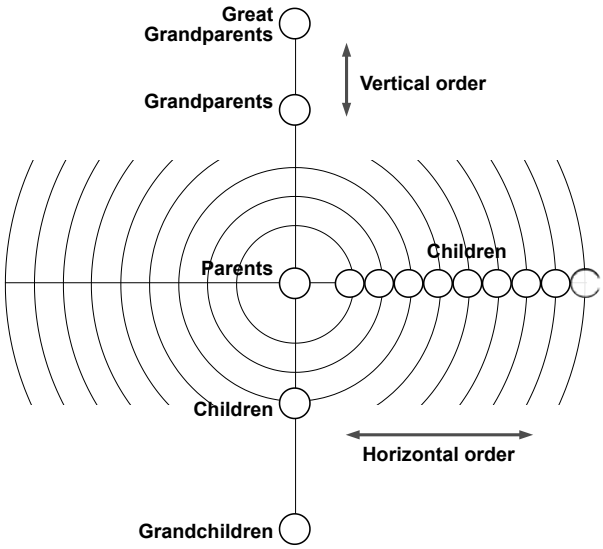
The closing point we had made in last month's installment was that ethics completely depends upon *order*.[2] But before we continue, please allow me to briefly share a relevant personal experience.

In 1979, I entered the Seminary and took the optional martial arts course that Father Moon wanted us to. I simply wanted to learn self-defense, but discovered that the waters ran deeper than that. Basically, I was immersed in the time-honored *teacher–student relationship*, in which the art form is the medium for cultivation of the student's character and heart.[3] That began a relationship with Dr. Seuk (our grandmaster and then V.P. of UTS) that included discipline and tough workouts, but also walks and talks together on the trails of the seminary, and later, dinners and talks together during our time in the college association. My heart became such that the leader of Korean CARP once observed us at a convention and told Dr. Seuk "I don't think Gerry is your member. I think he's your *disciple*." Dr. Seuk and I glanced at each other and quietly smiled.

I share this hoping to convey what a proper Education of Norm can *feel* like in practice—it's beyond theory and intellect.

Ethics and Order

We had closed last month with this diagram about order and the family:



Vertical and Horizontal Order in the Family

I'd better restate that this critical concept of *order* isn't to be dismissed as simply "cultural inheritance" or "religious dogma". Because—as UT is careful to point out—it's *not* based on those; rather it's based on ***natural law*** *that's observable in the universe.*[4]

We've got enough now to turn to discussing the actual norms that UT explains. Let's dive into it.

Vertical Order and Virtue

A different take on *virtue*

The regular notion of virtue is that it's "conformity of one's life and conduct to moral and ethical principles; uprightness; rectitude" (*dictionary.com*). There's an unspoken emphasis on *will* here—we strive to be virtuous because we "should". That's true, but UT explains that there's a bit more to it:

> "...love has twelve directions, because the person in each of the four positions has a different kind of love for each of the three object partners... Consequently, various kinds of love, with different nuances, come to appear. In order to realize these various kinds of love, various kinds of virtue are required... with each kind of love, there is a corresponding virtue...." • *New Essentials of UT, p. 282*

So in our community, virtue is more than making ourselves "conform" to principles. In their deepest sense, virtues are actually the *expressions of* ***divine love***.

"Upward" expressions of love

Do you remember Section 4 in the *Principle of Creation*? It's entitled *Original Value* and it mentions three key values in our community's culture. Here, we're concerned with two of them:

> "In interpersonal relationships, the beauty that a subordinate returns in response to the love of a superior is called *loyalty*, and the beauty that children return in response to the love of their parents is called *filial piety*. • *Expo DP, p. 38, §4.3.1*

Clearly then, loyalty and filial piety are important virtues for our grandchildren to learn[5] (as we know from the emphasis on *hyojeong*—the *heart* of *filial piety*). The *Exposition of the DP* mentions filial piety three times and loyalty nine, but beyond the above quote, neither is defined any further. Looking into it, the common definition of loyalty is that it has to do with "obligations" and "faithful adherence" to leadership or a cause. And filial piety is commonly understood as a "primary duty" to parents. But for our community, a useful means for going deeper is to study the original *ideograms* that were translated; they can be quite revealing. Here's the one for loyalty:

忠

The top character means "center" and the bottom one means "heart". The idea conveyed is that one's *heart* is anchored in someone or something above or higher than self. Yes, there's an aspect of duty; but beyond that, it's a matter of *heart* and *love*. In our community, this is toward HP, TP, Heaven, or Their ideals (e.g., *Cheon Il Guk*).

And here's the ideogram for *filial piety:*

孝心

The character on the right is also "heart", but the character on the left is composed of two others—the *bottom* one is "offspring/child" and the *top* one is "earth/source", which in this context indicates "parent". The arrangement brings to mind some movie scenes where an Asian, Eskimo, or Native American community is migrating from one place to another. In them, young persons can be seen carrying older family members *on their back*, sometimes exchanging quiet words of mutual gratitude and affection. Of such a relationship, Father Moon said:

> "When their parents become old and senile, the sons and daughters should ...possess the same heart their parents had toward them when they were little.... This is what it means to be children of filial piety. (35-241, 1970.10.19) • *CSG 2014, Book 3, Chp. 2, §4*

So filial piety is beyond a duty. It's an expression of *heart* and *love*; it's a grateful child's expression of their devotion to their parents or grandparents. Remember the previous quote from the *Exposition of the DP*?

> "In interpersonal relationships, the beauty that a subordinate returns in response to the love of a superior is called *loyalty*, and the beauty that children return in response to the love of their parents is called *filial piety*." • *Expo DP, p. 38, §4.3.1*

So for our grandchild to know, to feel, and to express filial piety as a natural outpouring of their heart, it must be an *evoked response*. On this, UT offers important, insightful guidance:

> "In principle...the downward love is primary, and upward (love is) secondary. ...The starting point of true love is the downward love, since the origin of true love is in God, and everything comes downward from God in the first place." • *NEUT, p. 531*

"Downward" expressions of love

So what is this form of love coming "downward" from a parent/grandparent that a child's heart responds to? As depicted in this figure from Dr. Lee, it's the parent's heart of *benevolence*:[6]

Divisional Love

a. Parental love (Downward)---------- Benevolence

b. Conjugal love (Horizontal)---------- Love of harmony

c. Childrens' love (Upward)---------- Filial piety

d. Love between children (Horizontal) ---------- Brotherly / Sisterly love

Two fundamental forms of vertical love—upward and downward

This virtue is so important to grandparents that it's worth taking a minute to consider its original ideogram:

仁愛

The character on the left is made up the characters for "man" and "two" and it means "humane/kernel" as in the "most fundamental human attitude". The character on the right means "to love/affection". Put together, they indicate the essential attitude of a caring parent: heartfelt devotion to the total development and well-being of their child. *This* is how filial piety is evoked. Father Moon explains:

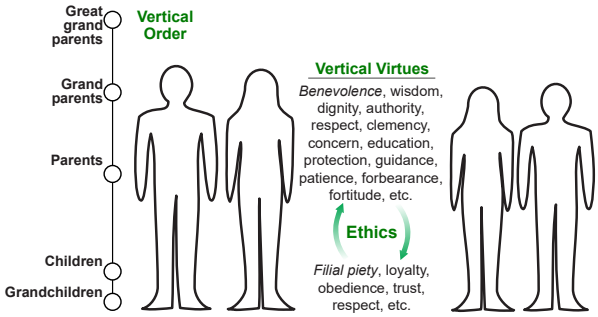
> "Parents cannot teach their children filial piety just by words. They have to inspire a filial attitude within their children. The child cannot learn this overnight. It requires a long period of consistent influence. Parents should set an example in daily life that inspires their children to emulate them. They should be experts at inspiring this practice of filial piety, based on God's Will." (29-099, 1970.02.25) • *CSG 2014, Book 5, Chp. 4, §2*

Filial piety is to be both *modeled* by parents and grandparents, and *inspired over a long period of time*, not simply required of a child because it's "principled". And therein lies the importance of our *benevolence*. An innocent child who deeply knows that he or she is loved can *respond* even before he or she is old enough to understand such concepts as "vertical love" or "virtue".

This give-and-receive relationship between a parent's benevolence and a child's filial piety is the basis of other vertical virtues. The "downward" virtues listed below are gathered from the *Essentials of UT* and *New Essentials of UT* books, as well as from Dr. Lee's diagrams. Each one listed merits its own examination, but that would make this article much longer than it already is.[7] So I'll just suggest that, when you have a little more time, you'll look at each one and reflect on what could happen if you intentionally worked on improving or embodying each one:

- *benevolence*
- *wisdom*
- *dignity*
- *authority*
- *respect*
- *clemency*
- *concern*
- *education*
- *protection*
- *guidance*
- *patience*
- *forbearance*
- *fortitude, etc.*

When we were little, we might have experienced these with our own folks. Otherwise, I'd guess that many of us have experienced them in Father and Mother Moon[8], as well as in some of their disciples whom we may have been blessed to study or work with.



Vertical Order and Vertical Virtues

And at the bottom of the above diagram, there's a list of some of the "upward" filial virtues that we hope a beloved child/grandchild will learn and know in their heart. Moved by our benevolent love, he or she could feel "I don't yet understand why I'm being asked this, but because of the respect and trust that's in my heart, I can obey; I *want* to give that to my grandpa/grandma…." So that, in their purest, truest form, these virtues are expressions of filial love.

*In case you could meet Rev. Won Pil Kim, you'd know that his heart belonged to Father Moon. That wasn't because of duty; it was because his heart had simply been *won by love*.

Conclusion, for now, again ;-)

I've tried to simplify and condense, so we're nearly halfway through with this Education of Norm. Next time we'll look into *horizontal* order and its virtues. To close this article, I'd like to share one last story related to the educational relationship between elders and youngers (i.e., "rearing monarchs").

I know of a martial arts instructor who was walking with a friend down a bustling city thoroughfare, in the middle of a business day. They were in conversation when they heard repeated, insistent shouts. They paused the conversation and joined other curious pedestrians looking about to see what was happening. Then the instructor and his friend spotted two of his students across the avenue, on the other side of all the automobile traffic, shouting "Teacher! Teacher!" and waving their arms to catch his attention. Once they succeeded, the students snapped straight as is the custom in the training hall. They dropped their hands smartly to their sides, bowed and shouted *Tongilmoo Dō*'s salute: "*Chun! Hyo!*" (loyalty, filial piety). Then they straightened up and waved again, grinning proudly. The instructor and his friend laughed in recognition and waved back at the students, while surrounding pedestrians looked on at this unabashed public demonstration of (vertical) connectedness. Later on, the instructor could reflect that he owed this precious experience (of his students' *loyalty*) to his own teachers—including those from martial arts[9] —through whom he had experienced and learned *benevolence*.

Endnotes

1. You can find these various definitions in the *New Essentials of Unification Thought* book on pages 32, 68, 227-228.

2. Actually, as a student in the 60s and 70s, I was socialized to associate the word "order" with commands, i.e. "*military* orders" and being "*un*free". But thankfully UT reminded me of what artists, scientists and thinkers have long known: that order is one of the fundamental elements of beauty. An excellent and incisive explanation of this can be found in the *New World Encyclopedia's* entry on "beauty".

3. The art was at that time called *WonHwa Dō*—*Wonhwa* means *harmony* and *Dō* means *way*, *art*, or *path* (towards inner development). There are in fact many *Dō*—not only Karate Dō or Taekwon Dō, but paths that use calligraphy, archery, the tea ceremony, bonsai and many others.

4. Besides last month's article, this very important explanation can be found in UT's chapter on Axiology. If you want to understand it—or especially if you need to *defend* it—please visit that web page and scroll down to "*B. Philosophical Ground for the New View of Absolute Value*".

5. In the *Cheon Seong Gyeong*, "loyalty" is mentioned 80 times and "filial piety" is mentioned 95 times. One passage reads: "In order to indemnify fallen history, we must establish the law of filial piety as the highest among all laws. In the nation, filial piety should be the highest of all laws." (31-275, 1970.06.04) • *CSG 2014, Book 11, Chp. 1, §3*

6. The correspondence between the Latin word *benevolentia* and our ideogram is clear from this entry in etymonline.com.

7. Though we're not breaking down every one for deeper insight, there is one that I thought you might find particularly interesting:

   The ideogram for *patience* is 忍 and it's made of two characters. The bottom one means *heart* and the top one means *knife*. So patience is "a knife in the heart" ;-)

8. I attended two matching ceremonies with Father and Mother Moon and that very personal experience of their benevolence left an indelible impression on me.

9. Inspired and encouraged by Father Moon, Grandmaster Dr. Seuk created *Tongilmoo Dō* and trained its first head instructors (Master Takahashi in Belvedere and Master Hoshiko in UTS).

Gerry Servito was appointed by Dr. Sang Hun Lee to the *Art and Culture* section of USA's Unification Thought Institute. Currently, he's Senior Teaching Fellow of RIIWT. He found Unification Thought after spending college looking into philosophy (esp. existentialism), the Gita, and doing transcendental meditation. He was very grateful to find a spiritual path that pursues not only centered mind-body unity, but a 2nd and even a 3rd Blessing—all for the greater purpose!