Golden Age Newsletter December 2023

Richard Buessing and Carol Pobanz
December 18, 2023

Golden Age Newsletter

December 18, 2023

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

This month's newsletter includes a holiday message, focusing on the Heart of God, teaching Divine Principle to Russians, running to stay healthy, and a Nutty Date Recipe.

This Month's Message

by Alexa Ward

Photo credit: Tom Ward

Greetings in this special time of the year! Thanksgiving and Christmas give us the opportunity to be with loved ones, reflect on our lives and prepare for the new year.

Our True Parents spent their entire lives educating others, mostly us, through their words, through the expression of their heart, as well as through their example. This education served as a bridge, bringing us from where we were to where we are now. At different times, both Father and Mother acknowledged that they have completed their responsibility in educating us, and that it is now our responsibility to follow our conscience and mature ourselves.

Read more

Unification Thoughts

Photo credit: Gerry Servito

At last, we've reached the final month of the year. I think it's fitting to close it by keeping our focus on the Heart of God and how understanding it helps a child approach their First Blessing. According to the Unification Principle:

The key to God's first blessing is the perfection of individual character. … for an individual to perfect his character, he must form a four position foundation within himself whereby his mind and body become one…with God as their center. …They experience the Heart of God as if it were their own.

• *Exposition of the Divine Principle, Creation 3.2, p. 34*

Read more.

History Byte

Photo credit: Joy Pople

Going off Script

By Joy Pople

In the summer of 1992 I was recruited to help staff Divine Principle seminars in Lithuania and Latvia for Russians. I was invited to be a lecturer, but it had been years since I had such a role, and I demurred. However, I did agree to look at a manual of the slides and scripts prepared for the seminars.

Read more

Culture & Art

Photo credit: John Gehring

Running and Walking Can Set The World In Motion

by John Gehring

Running or walking can set the world in motion. As a seven-month-old infant, I set myself in motion and started to walk. Initially I had a shaky start but in time, I got rather good at walking. My desire to move kept increasing and soon my walking got quicker. I often started walks meandering but then found a purpose and direction and quickened into a jog. I was frequently off and walking to visit a friend and would try to speed up the journey by jogging. Sometimes I ran simply to 'keep up with myself'; perhaps I was trying to make my life into an everyday adventure.

Read more

Health & Recipes

Humidifier

Why am I including this article this month? The reason is because for years I have suffered with sinus infections - an infection which eventually moves into my chest as bronchitis and has even, on one occasion, actually turned into pneumonia. It usually has to do with the change of the seasons. In recent years as soon as I begin to cough, I go to the doctor and he gives me an antibiotic and it clears up. But frankly speaking, I don't like taking pills, so, this year, as soon as I felt the pre-cough stuffiness, I put the humidifier on at night and it relieved the stuffiness and warded off the cough. For as little as $25 I've been able to improve the health of my husband and myself with just this small change.

https://www.healthline.com/health/humidifiers-and-health

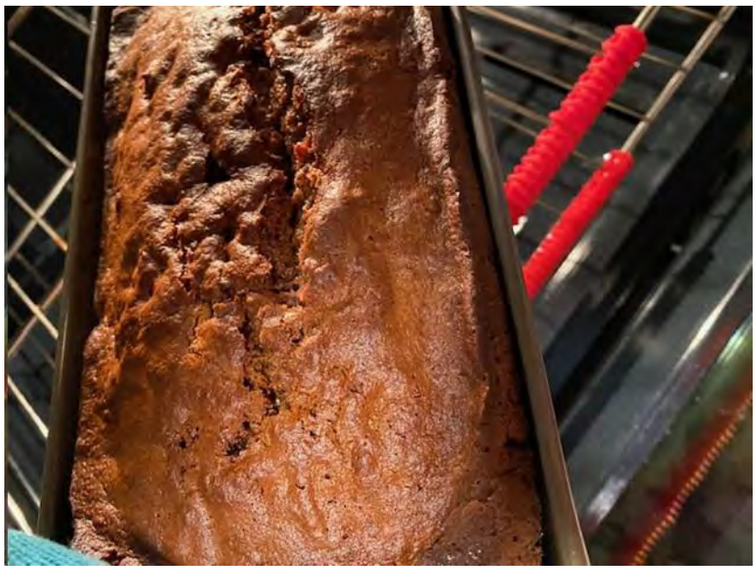


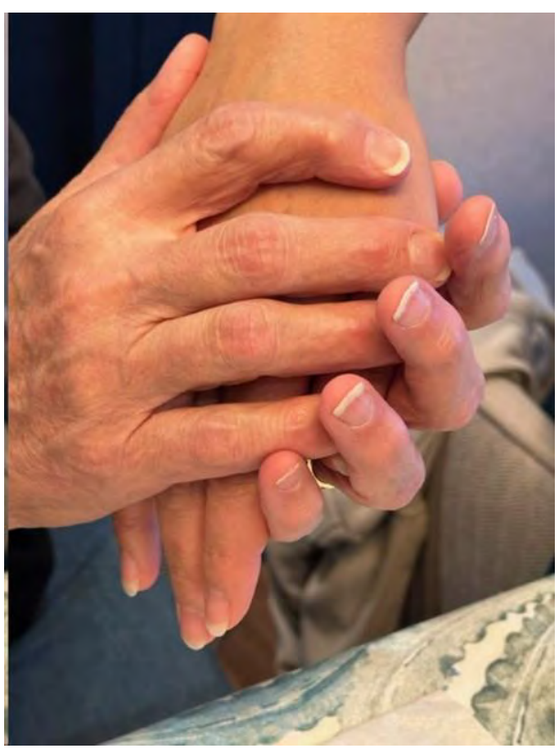
Photo credit: Donna

Date n Nut Bread aka “Grandma Bread”

By Donna (Carol's sister)

Our mom was a great cook. She could put together a stuffed cabbage roll that looked like a piece of art. But baking was not her forte, EXCEPT...for her Date n Nut bread! As the weather got colder and the holidays arrived, one after the other, her Date n Nut breads would start appearing on the table. The smell of Date n Nut breads baking can warm anyone's heart.

After Mom passed, I would recall things that especially reminded me of her – things I would share about her with those who knew her and for those who came after her passing. One thing in particular that reminds me of her is my right-hand index finger that has a pronounced curve to the right, just like hers. It doesn't hurt, it just makes me smile.



But I was thinking I'd like to leave them with something more on the lines of a gift to them each year that would represent her warmth and an expression of love. Something simple that could be brought to the gift giving tradition. I decided on her delicious Date n Nut Bread.

So, each year I begin baking breads in October. Thankfully they freeze very well. Each family is gifted a bread for Christmas along with a simple gift paired with it, i.e., a white rectangular serving plate, or 4 white square dessert plates. Something different every year. I have shared her recipe with my children and grandchildren. The recipe is handwritten, by me, in my granddaughter Louise's favorite recipe book, where she named it "Grandma Bread".

I'd like to introduce "our mom" to you through one of my favorite holiday gifts.

I could imagine that she would take your hand in hers as she was being introduced. The one with the crooked finger...that doesn't hurt. I hope you enjoy and find the same warmth that we remember.

Date n Nut Bread

aka Grandma Bread

1. Preheat oven to 350 degrees.

2. Grease and flour 2 loaf pans (9" X 5").

Ingredients for Part 1

- 20 ozs. Pitted dates
- (do not use prechopped dates... each date should be hand cut into 8-10 pieces)
- 2 cups of chopped walnuts
- 1 (4 oz.) stick of butter
- 1 tsp. salt
- 3 tsps. baking soda
- 1 1/2 cups of boiled water

3. Put the above dry ingredients into a large bowl and then add

1 1/2 cups of boiled water.

4. Cover and let stand for 15 mins.

Ingredients for Part 2

- 4 large eggs
- 1 tsp. vanilla
- 2 cups sugar
- 3 cups unbleached flour

5. Beat the vanilla and eggs.

6. Gradually add the sugar until blended.

7. Very gradually add the flour and mix well.

The mixture will become thick, and dough-like with a somewhat crumbly texture.

8. Then add the date n nut mixture.

9. Mix well.

The mixture will have a batter texture once combined.

10. Pour the batter into 2 loaf pans.

11. Bake for about 70 minutes.

(time may vary depending on your oven)

Start checking for doneness at about 60 minutes.

Knife inserted should come out clean.

Date n nut can be served warm, cold or room temperature.

Plain, buttered or with cream cheese.

You decide!

Happy Holidays with love!

Did someone forward this to you? Subscribe to the Golden Age Newsletter here!

Have Feedback? Contact Us

Greetings in this special time of the year!

Photo credit: Thomas Ward

The views and opinions expressed in this article are those of the authors and do not necessarily reflect the official policy or position of the Family Federation for World Peace and Unification.

Thanksgiving and Christmas give us the opportunity to be with loved ones, reflect on our lives and prepare for the new year.

By Alexa Ward

11.30.23

Our True Parents spent their entire lives educating others, mostly us, through their words, through the expression of their heart, as well as through their example. This education served as a bridge, bringing us from where we were to where we are now. At different times, both Father and Mother acknowledged that they have completed their responsibility in educating us, and that it is now our responsibility to follow our conscience and mature ourselves.

My husband and I have been engaged in the public realm and held leadership positions in very different areas for most of our time in the movement. I was honored to be entrusted with leadership positions in WFWP for more than 25 years. Several years ago, I felt it was time to begin to move on to a new stage in my life, and did so with True Mother's blessing.

At this time, I have made the decision to move forward with my husband, with me in the more

supportive role. I feel a deep sense of satisfaction in taking responsibility to help create and maintain the environment, so he can further his life's work. This is a precious time for us to further develop our relationship, and strive to become one. I treasure our time together as a couple, as parents, and as grandparents.

We are blessed with four children and three grandchildren. They are finding their way in life and we are always happy to be part of their lives. It is our hope that each one of them will be guided to achieve their full potential.

Striving to become one is a journey, with many challenges and, more than ever before, I am ready for this journey. Over close to four decades, I gradually cultivated a genuine life of faith, and developed a sense of where "North" is spiritually in my life. From someone who did not believe in God, I have come to know with confidence that I am first and foremost a child of God, our Heavenly Parent. From someone who felt overwhelmed by the challenges in my personal life, I now have a clear sense of the role of patience and timing, as well as confidence that I can rise above difficult situations.

I have come to understand and feel deeply that we are all part of one human family. This moves me to approach people with a caring heart, to be there for others, to give of myself freely and fully, and to commit to building long-term trusted relationships. Many doors have opened and continue to open, in terms of relationships and opportunities, for which I am sincerely grateful.

I am not a perfect person. I am, however, a person who is committed to growing and maturing step by step.

This is the foundation on which I enter this new stage and new era. This is how the voice of my conscience is guiding me.

〈 Approaching the First Blessing, part 2

Approaching the First Blessing, part 2

photo credit: Gerry Servito

The views and opinions expressed in this article are those of the authors and do not necessarily reflect the official policy or position of the Family Federation for World Peace and Unification.

Rearing Monarchs - #31

by Prof. Gerry Servito

Unification Thoughts, December 2023.

At last, we've reached the final month of the year. I think it's fitting to close it by keeping our focus on the Heart of God and how understanding it helps a child approach their First Blessing. According to the Unification Principle:

The key to God's first blessing is the perfection of individual character. ... for an individual to perfect his character, he must form a four position foundation within himself whereby his mind and body become one...with God as their center. ...They experience the Heart of God as if it were their own.

• *Exposition of the Divine Principle, Creation 3.2, p. 34*

This notion is central to Unification Thought. Its theory of Education takes up this statement and develops it:

An education which enables an individual to grow to the point where he/she resembles God's perfection is an education of heart. To resemble God's perfection...refers to the state in which one's spirit mind and physi- cal mind...engage in give and receive action centering on heart.... In order for the heart to become the center of the human spirit mind and physical mind, it is necessary for human beings to experience God's heart and be united with it. ...Accordingly, an education of heart turns out to be an ed- ucation for the perfection of the individual.

• *New Essentials of Unification Thought, p. 250*

The Unification Principle poses this challenging question:

Can we ever grasp the Heart of God? The new expression of truth should be able to reveal the Heart of God: His heart of joy at the time of cre- ation; the broken heart He felt when humankind, His children whom He could not abandon, rebelled against Him; and His heart of striving to save them throughout the long course of history.

• *Exposition of the Divine Principle, Introduction, p. 8*

And Unification Thought's Theory of Education singles out these "three hearts" and brings our focus to them in this way:

...In order for children to become such people, it is necessary to guide them in experiencing God's heart. Then, how do children come to experi- ence God's heart? The first step is for them to have a clear understanding of God's heart. ...God's heart has been expressed in three ways during the process of creation and the dispensation of restoration. These three forms of God's heart are His heart of hope, His heart of sorrow, and His heart of pain.

• *New Essentials of Unification Thought, p. 250*

Unification Thought explains that these three hearts correspond respectively to the Principle of Creation, the Human Fall, and the History of Restoration. It then focuses on revealing the powerful emotional narrative underlying these sections, through which a child can begin to understand the Heart of God. It was that realization that transformed my own relationship with the Divine Principle.1

So, since we had looked a bit into the first of these "three hearts" last month, we'll continue by looking a bit more deeply into the "second heart" of God, i.e. the "heart of grief and sorrow".

About this heart, the Principle's definition of the first blessing concludes:

Sharing all the feelings of God as their own, they would never commit any sinful acts that would cause God grief. This means they would never fall.

• *Exposition of the Divine Principle, Creation 3.2, p. 34*

Given the "progressive" values that inundate our children, the finality of this assertion merits very serious consideration. When a young person is away from home—in a dorm, perhaps—what would make him or her behave in the way the Principle as- serts? Would it be their strength of will? Or their intellectual understanding of the Principle? As the Principle explains, heart is the deepest part of the soul. It's at the core of intellect, emotion and will. And so, more than those three, the strongest de- fense they have is what or whom they love the most. That is what can give them the strength to resist temptation.

And that's why knowledge of this "second heart" of God is so critical. Knowing it could deepen their concern for God's heart and provide the power to resist tempta- tion. That's the intent of the readings we will be looking at this month.

The readings are directly from the movement's source materials; they're not sup- ported by any comments or explanations. So, as I'd suggested last time, it would be helpful to pause for a moment or two and step into a more reflective, perceptive state of mind and heart. And then we can proceed to the material by clicking on ***this link.***

Endnotes

1. I'd previously shared a memorable personal experience about that ***here.***

Gerry Servito was appointed by Dr. Sang Hun Lee to the Art and Culture section of USA's Unification Thought Institute. Currently, Gerry is Senior Teaching Fellow of RIIWT. He found Unification Thought after spending college looking into philosophy (especially 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 second and even a third Blessing—all for the greater purpose! A first granddaughter arrived in October 2022.

〈 Going off Script

Greetings in this special time of the year! 〉

Blessed Family photos by @Fukuya.Sano

▲
Heart of Sorrow
mother's heart
The Parent whose position was usurped
the enemy
authority lost
three sorrows
utter destruction
trauma
▼

display: A | A

God's Heart of Sorrow

God's heart of sorrow refers to the heart of God at the moment when Adam and Eve fell away from Him into the realm of death, which came to be under the control of Satan. It is analogous to the grieving heart of parents who lose their children. In the early days of the Unification Church, when speaking about the heart of God at that time, Rev. Sun Myung Moon would weep bitterly when he spoke about the fall of Adam and Eve.

God commenced the providence of restoration immediately after the fall of Adam and Eve. Ever since that time, God has been advancing His providence in hope of seeing the world of joy realized in the future when His will is finally accomplished. Yet, fallen people have been painfully indifferent to God's providence, continually indulging in corruption and violence. Whenever God saw this, it brought profound grief to His heart. God, who has thus been advancing His providence in history, became a God of han, or deep mortification, as well as a God of unfathomable sorrow. Since His expectation and hope at the time of creation were so great, His sorrow and disappointment due to the human fall, was all the greater.

Even among human beings, when a child whom the parents dearly love is dying, they, the mother in particular, will feel unfathomable sadness and grieve deeply. Even when a child's illness is very serious and the parents are told that the child will die, they will still try everything in their power to keep the child alive, by any means available. This is what the parental heart is like. So, when the child does eventually die, even though the parents knew it would happen, they still feel as though their hearts have been cut to pieces, and they are completely at a loss as to what to do. This is the heart of parents, especially the heart of a mother.

The sorrowful Heart of God at the time of the fall of Adam and Eve and the sorrowful Heart of God, who has had to watch Adam and Eve and their descendants suffering in the world under Satan's dominion, which is like a prison, was too great to be compared with anything, even with the heart of human parents who have lost their children. Since the beginning of history, there has been no person who has ever grieved as much as God....

• *New Essentials of Unification Thought, p. 251–252*

The Parent whose position was usurped

17. God's original position was as our True Parent. Yet something occurred that had nothing to do with the original ideal of creation, and His position as the True Parent was usurped. Although God is the Creator, He was unable to intervene and prevent this from happening. Nevertheless, He has been taking responsibility to deal with it ever since. (240-164, 1992.12.13)

18. God's enemy deprived Him of His throne. Unable to become the God of glory, He was left to preside over a history of sorrow. Although God most certainly is the King of His kingdom and King of the universe, He has been treated with contempt, as if He were dead. Meanwhile, all His beloved children were violated and the planet Earth became the enemy's playground. (105-199, 1979.10.21)

19. As a result of the Fall, God became the Parent who lost His children. Is there any father or mother who delights in his or her own glory while their children are in prison? It is the same for God; it fills Him with endless pain. Further, God created everything in the universe for human beings, but as a result of the Fall, God had to hand his children over to Satan's authority. From the moment He lost His beloved object partners, God, the Lord of true love, became infinitely lonely. Moreover, God could not exercise His authority as the Lord of all things, not even once. Even fallen people can boast, but God has never had the chance to demonstrate His full authority and stature as the Creator. Even though He is the Lord of all living things, God could not assume His majesty in front of them, not even once. (343-197, 2001.01.29)

20. What was lost as a result of the Fall? First, the ideal world of true love was lost. Second, the ideal family of true love was lost; in particular, the husband and wife of true love were lost. Third, their sons and daughters of true love, the first grandchildren of God, were lost. These are God's three kinds of sorrow. (349-013, 2001.07.13)

21. God's era, in which He hoped to complete His Will, disappeared without a trace because of the Fall. The Fall brought fundamental destruction to the place where He had created all things in hope. Everything that He had planned, the realm of His ideal object partners of eternal love, was violated and destroyed at the root. How sorrowful God must have been when Adam and Eve committed the Fall and disappeared from His presence. They were to have been God's ideal partners, embodying God's pure original love. How bitter God's grief must have been over losing them. (127-019, 1983.05.01)

22. Christians say that God is the glorious judge who consigns people to hell or to the kingdom of heaven. Yet in fact God is the most miserable being in the world. When the Fall turned the brilliance of heaven and earth into the darkness of hell, God went through the most unimaginable and bitter pain. It was as though God Himself plummeted into hell. Yet when He opened His eyes, came back to consciousness and regained His composure, He became intent on recovering His children who had died. (232-114, 1992.07.03)

23. God and human beings should be together for eternity. Can we imagine God's pain and indignation when the first human beings separated from Him? Can we comprehend His bitterness and sorrow? They should have grown to maturity while building a foundation of love for God that they would not have exchanged even for the entire universe. This would have established a single axis, so that vertical and horizontal could meet on a level plane. Had the first human beings done this, they would have become the standard of love for all existing beings and for all things of creation in heaven and on earth. Then, any being that connected to their love would have been able to reach that standard. (149-240, 1986.11.23)

24. God wants His partners of love to be better than Himself. His beloved partners are none other than us, human beings. Nonetheless, we lost that privileged value and instead came to struggle throughout our lives. How miserable God must feel when He looks at us! He thinks, "They were meant to be My direct children, inheriting My love, My life and My lineage. But now they are struggling as victims who moan and lament in pain and wander in despair until the end of their lives." How miserable God must feel, looking down at this. He is such a sorrowful God. (211-209, 1990.12.30)

25. When you are comforted by someone who has more reason to be upset than you, you can find some consolation in that. However, God has no one to comfort Him, because He has more grievances than anyone in the world. God is the alpha and the omega. A knot of bitterness remains in the depths of His heart. How can He resolve it? This has been God's deep, inner anguish. Under these circumstances God has carried out the

resolve it? This has been God's deep, inner anguish. Under these circumstances God has carried out the providence of restoration to this day. The spirit world transcends time and space; hence, even the sorrow of six thousand years ago can persist forever throughout the realms formed by the ages of history. If you have ever experienced the joy of devoting yourself as a true offering, you will never forget that experience for the rest of your life. With the passage of time, more and more people will recognize and respect you for your offering. The breadth and depth of your offering will increase, and you will be ever more deeply connected with the infinite Origin. When you have such mystical experiences, you will recognize that God's sorrow has not been merely momentary, but has continued up to the present day. (29-294, 1970.03.12)

• *Cheon Seong Gyeong, p. 92–94*

Rearing Monarchs #8

A child's understanding of Heavenly Parent

Unification Thoughts, December 2021

Welcome

Blessed December (and Winter if you've got that where you are). Thank you for your continued interest in these *Unification Thoughts*.

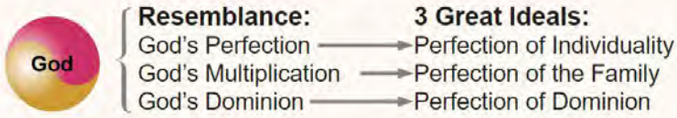
In case you're joining us for the first time, the focus of this series is to look into the remarkable role of grandparents in a family. This article is the seventh in the series and its foundation points are here ⇒ *Realms of True Love* and here ⇒ *Three Great Kingships*. If you take a look at those two links, you'll understand the *perspective* of the preceding six articles, if not the details.

So then, picking up from where we left off: In November, we'd mentioned that every child needs an *education of genius*[1] to fulfill their third blessing. But they need education to achieve their first and second blessings as well. (And it's not just teachers who are responsible. But that's an entire topic unto itself.[2])

UT's concept of education is governed by the very purpose of creation, so it defines education this way:

> "...in its most fundamental form education is the guidance that parents give to their children so that their children may fulfill the three great blessings..."[3]
>
> • *New Essentials of UT*

This starting premise is apparent in this graphic of the Theory of Education:



Each of the three blessings establishes an ideal for education to achieve.

As shown, the first of the three primary tasks of education is to help a child resemble God's *Perfection* by perfecting their individuality.

For a person, what constitutes their perfection? The Principle gives us one paragraph that's *extremely* dense with meaning. But for the purposes of this article, we'll just simplify it to:

> "The key to God's first blessing is the perfection of individual character. ... In order for an individual to perfect his character...his mind and body (must) become one...with God as their center. ...They experience the Heart of God as if it were their own. ...Sharing all the feelings of God as their own, they would never commit any sinful acts that would cause God grief. This means they would never fall."
>
> • *Exposition of the DP, p. 32*

Let's break some of that down and see how UT can help us make this "ideal" into an attainable reality.

1. "The key to God's first blessing is the perfection of individual character"

Helping our grandchildren discover (and develop, begin to appreciate, enjoy) and be grateful for their *unique individual character* was the topic of our last three articles on *Rearing Monarchs*. Though it wasn't the top priority in the Wilderness Age[4], it should be paid serious attention now, because our grandchildren were or will be born in this post-Foundation Day, *Settlement Age* of *Chung Il Guk*. Now, we and our descendants are largely responsible to achieve and celebrate *original* ideals, which include each of our grandchildren's unique individuality.

2. "Mind-Body Unity with God as their center"

This might be considered another rarefied accomplishment. Indeed, many of our young people think of *God-centered* mind-body unity as something that only a few very holy people can actually achieve.

But *basic* mind-body unity isn't uncommon. Athletes, musicians, and serious hobbyists experience it so regularly that they have a name for it: it's called being in the *Zone*, or the *Flow*. Many of our own young become so immersed in what they're doing that they experience this—a thrilling, euphoric "oneness". Potentially, that's just a step away from what the first blessing brings. The Principled differences of course are that in the first blessing 1) the purpose is generous—i.e., it embraces others and 2) it's second nature to bring God into the center of our activity.

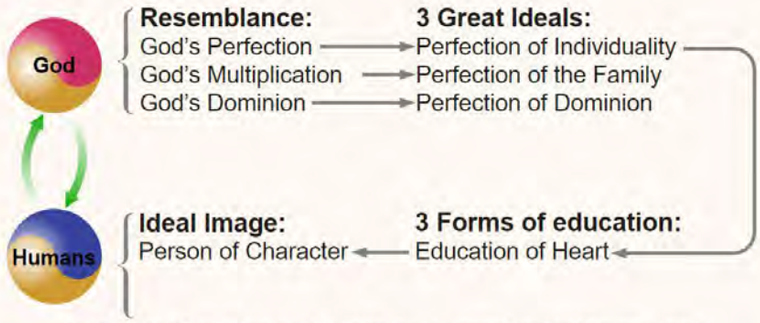
But of course many activities that require mind-body unity are *not* enjoyable. So in that case, what can bring a body to follow its original mind? Is it the will? Have we found that the *force of our will alone* can consistently make us do the right thing? The answer is often "no". Then what about the intellect? Does just *knowing* what the right thing is make us consistently do it? That answer is also often "no". The strongest incentive for doing a difficult thing comes from *being in love*. When we are *in love* with someone or something, sacrifice can become easier. I think that this is the

reason that Jesus said that the *first* commandment is:

> "Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength." • *Mark 12:30-31*

And certainly Father and Mother Moon's whole emphasis on the heart of filial piety —i.e., *hyojeong*—advocates the same fundamental thing. It's because Jesus and True Parents know from tough first-hand experience that even the very hardest sacrifices become doable when one is *in love with God*.

That then is what Unification Thought's first method of education is directed towards:



An education of heart gives a child character which resembles their Heavenly Parent.

3. "Experience the Heart of God as if it were their own"

OK then, that's clear: a child's heart needs to be educated to love God above all. But where to start? The Theory of Education explains:

> "God's heart has been expressed in three ways during the process of creation and the dispensation of restoration. These three forms of God's heart are His heart of hope, His heart of sorrow, and His heart of pain."
> • *New Essentials of UT, p. 250*

UT then goes on to explain those "three hearts". But first, consider this: When I happened to re-read the *Exposition of the Divine Principle* after learning this point about the Three Hearts of God, something jumped out at me that I'd completely overlooked before:

> "Can we ever grasp the Heart of God? The new expression of truth should be able to reveal the Heart of God: His heart of joy at the time of creation; the broken heart He felt when humankind, His children whom He could not abandon, rebelled against Him; and His heart of striving to save them throughout the long course of history."
> • *Exposition of the DP, p. 8*

How had I ever missed that? For a long time, I'd appreciated the Principle as a holy book of profound insights into the Bible, revealing secrets and laws that been misunderstood or missed for ages. Of course there was an underlying drama in the *Messiah* lecture, but too often I was overwhelmed with the sheer number of explanations and revelations in each chapter. (Dozing in lectures doesn't happen when we're emotionally engaged.)

But UT's emphasis on the *three hearts of God* opened wide the emotional essence of the Divine Principle: within the Principle of Creation was God's *heart of hope*; within the Human Fall was God's *heartbreak and grief*; within restoration history was God's *long-suffering heart*. That led to a very memorable meeting I once had with Hyo Jin Nim. During it, he asked me what I thought of the Principle, and I told him that, to me, the Principle was the *greatest epic saga in all the world's literature.* It was a story about Someone's most cherished hopes and dreams; it was about the horrendous catastrophe that decimated them; and it was about that Person's tortured life trying to save His children from an enemy consumed by vengeance. Seen through the eyes of Unification Thought, that's what the Principle had become to me...

Getting back to the point, UT then goes into an explanation of each of the three hearts. You can find all of that here. But for now, here are short excerpts from each of the three sections.

God's Heart of Hope:

> "...the universe began to be formed about 15 billion years ago. ...What was everything for? It was all for the sake of creating Adam and Eve.... God spent much time creating the universe, in spite of the grueling character of the effort necessary.... God, being filled with hope, however, did not feel the process of creating the universe as too long or too arduous, its length and difficulty notwithstanding."
> • *New Essentials of UT, p. 251*

God's Heart of Sorrow:

> "Since His expectation and hope at the time of creation were so great, His sorrow and disappointment due to the human fall, was all the greater. Even among human beings...when a child's illness is very serious and the parents are told that the child will die, they will still try everything in their power to keep the child alive.... So, when the child does eventually die, even though the parents knew it would happen, they still feel as though their hearts have been cut to pieces.... This is the heart of parents, especially the heart of a mother."
> • *New Essentials of UT, p. 252*

God's Heart of Pain:

> "God's heart of pain refers to the bitter feelings God has experienced ... watching the central figures in His providential history being persecuted.... God did not abandon fallen human beings, but continually sent prophets, saints and sages.... Nevertheless, people...persecuted them, and sometimes even killed them. ...Those saints and sages were righteous men whom God sent to save human beings.... Accordingly, God felt as if He Himself had received contempt, ridicule and persecution."
>
> • *New Essentials of UT, p. 252*

For this last heart, UT gives a remarkable summary of Biblical history[5] that focuses only on the *emotional experience* of God. The nearly 100 extensively detailed pages on Adam, Noah, Abraham, Moses and Jesus are condensed into just *five* focused pages. Yet I've never felt the tragic essence of those chapters as clearly.

What a child eventually needs to understand

And regarding this third heart, I was perplexed to read:

> "Through an education of heart, children should come to understand the three kinds of God's heart as described above, especially the heart of God in the course of the providence of restoration."
>
> • *New Essentials of UT, p. 253*

How sad is this, that an innocent blessed child should have to be connected to feelings of the deepest anguish? But that is indeed a life-changing understanding.

It's helpful to note however that this is to be developed *over time*. It does say after all that "children should *come* to understand", not that they must immediately digest that third heart during their infancy. Actually, to *first* understand God's enormous investment and innocent excitement during the 15 billion years of Creation, and *then* its violent destruction in a tiny fraction of that time, provides a much deeper backdrop to understand just how devastating the loss was.[6]

Since we can't include UT's whole summary of the history of restoration, let me share one poignant insight into God's Heart:

> "There may be those who suspect that, since God is omniscient and omnipotent, He might have known from the very beginning that Adam and Eve...would fail. ...This, however, is not a correct understanding. God was, of course, aware that there was a *possibility* of the human fall. Even so, since God is the God of heart and hope, His desire for human beings to succeed and not to fall was incomparably stronger than his fear that they might fall. ...Since God's expectation for (them) was so great and His hope was so strong, He virtually ignored the possibility of their failure in the offering. Here we can distinguish a difference between heart and reason. God's impulse of heart is so strong as to override reason."
>
> • *New Essentials of UT, p. 253*

Explanations like that are why I could use the word *innocent* to describe our Heavenly Parent, before the Human Fall...

4. One last thing

Remember those last two sentences in the Principle's explanation of the first blessing?

> "...Sharing all the feelings of God as their own, they would never commit any sinful acts that would cause God grief. This means they would never fall."
>
> • *Exposition of the DP, p. 32*

For a very long time, I glossed over them. I suspect that many people do, including our young ones. After all, our world is, and always has been, full of stories of well-regarded and even great people—secular and religious—who fell into illicit relationships.

But studying this the Education of Heart, I came to understand the *certainty* in that sentence. And it goes back to the same thing: once a heart is fully consumed by *love* for someone, not only can the lover endure severe trial, he or she also cannot bear to hurt their beloved's heart. This doesn't hold true only for messianic persons, but it can hold for regular ones too. A true story inspired a fine movie about this. Basically, a foreign missionary was confronted with a native family's misguided attempt at seduction. He remained faithful and explained his love for his fiance and for God. Clearly, he'd taken his education to heart.

Conclusions

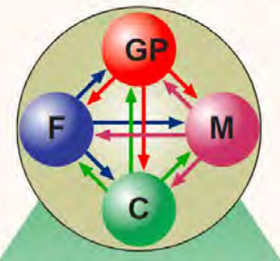
In closing, two things occur to me:

First, I believe that this view of Education isn't only a theory that was created by a divinely inspired educator. I also see it as a very detailed breakdown of the *why* and the *how* Father and Mother Moon have tried to educate our hearts. Actually, it's more personal than that: it's how They've been trying to shape *my own heart*, all these years. The fundraising, witnessing, pioneering, Tribal messiahship—they're all to let us experience God's Heart as our own. So that once a student inherits the master's knowledge, he/she can replicate it.

And second, for our grandchildren to learn about God's heart, I don't believe that

Sunday school and one camp each summer are enough. Neither would I rely on any gap program the movement offers for young people. Because by the time they pass through public education and reach that age, *only some* are connected enough to enroll in those programs. No, the education of heart needs to begin much earlier and much closer to home.

So we return again to the basic premise of this series of articles: the existence and the love of God is ideally best expressed in a family through its grandparents[7].



> …we have to attend our grandparents like we attend God, to attend our parents like the king and queen of the world, and the grandchildren, we have to attend like they are the kings and queens of the Kingdom…that will come in the future.
>
> • *Cheon Seong Gyeong* p. 2451

> …grandparents represent the spirit world and God. Therefore, from now on, grandparents will be the center of the family four position foundation…children and grandchildren have to attend their grandparents in the most respectful manner.
>
> • *New Essentials of UT*, p. 544

And so dear Golden Agers, our children and our grandchildren need us (to say nothing of HP/TP ;-). And with a little inspiration, engaging tools *are* available. The theory of education recommends this:

> "Through an education of heart, teachers and parents should introduce the heart of God to children. In addition to talking to them about God's heart, they can teach them through TV, radio, movies, videos, novels, plays, paintings, and various other means of communication."
>
> • *New Essentials of UT, p. 257*

So maybe in this holyday season, you might think of some inspired film, music, picture, or poem that God has managed to speak through; that reveals something about God's heart. It could make for a very memorable family evening.

Endnotes

1. "...the Chinese characters for 'genius' indicate a person with talent which is given by Heaven" • *NEUT, p. 265.*

2. The *Three Great Subjects* concept is that a true subject of heart embodies three roles: that of *parent*, *teacher*, and *owner*. See CSG, Book 1, Chapter 1, Section 3. And UT offers a concise summary here, in subsection "B".

3. But it's not *all* the parents' responsibility. The definition continues: "...Along with the development of culture, however, the amount of information and learning has increased ... therefore, the place of education was extended from the family to the school ...teachers, as the representatives of parents, must instruct students with a parental heart. This is the original way of education."

4. The Wilderness Age was a 40-year period whose purpose was to indemnify the failure to receive True Parents when they were young and first began their mission. Understanding those dire circumstances, we first gens set our individuality on the back burner.

5. This summary is viewable on this web page; scroll down to **Section 3. Understanding God's Heart**. I know that UT has the reputation of being hard to read, but I promise that this section isn't.

6. The *Ontology* chapter of the *New Essentials of UT* book explains that before the *Creation* began, there was an entire *Conception* stage. Only when that supremely difficult work was done did the physical creation start. (If you were with us from the beginning of this series, you might recall that it was summarized in the fourth article.)

7. The centrality of the grandparents in a family was explained in several of the first articles in this series. The gist of that content can be found here, under Chapter 2, **Section 1. Grandparents' Love**

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 a higher purpose!

Going off Script

Photo credit: Joy Pople

By Joy Pople

The views and opinions expressed in this article are those of the authors and do not necessarily reflect the official policy or position of the Family Federation for World Peace and Unification.

In the summer of 1992 I was recruited to help staff Divine Principle seminars in Lithuania and Latvia for Russians. I was invited to be a lecturer, but it had been years since I had such a role, and I demurred. However, I did agree to look at a manual of the slides and scripts prepared for the seminars.

I arrived in Anyksciai, a vacation camp in the pine woods of central Lithuania, for two seminars, each attended by about 200 Russian teachers, professionals, and others who could not or would not disclose their line of work. Few spoke English, and translators were in short supply. I was assigned to lead a discussion group for about 40 people but had a hard time getting a list of who was in my group and finding someone to translate for each meeting.

Lectures addressed the nature of God and creation, God's ideal for the family and society, the purpose of life, the principles of spiritual growth and development, what went wrong in the first human family, the purpose of the Messiah's coming, and God's work throughout history to restore the world back to His ideal.

Some participants appeared puzzled when asked to attend meetings; they wanted to go swimming or shopping. The seminars were planned for people interested in pursuing in greater depth what was presented at an introductory seminar in Moscow on the teachings of Rev. Sun Myung Moon, but

some considered the 10-day stay a holiday. Russians were skeptical about ideals, and those who did attend the presentations challenged every point.

Our hope was that people would consider the possibility of the existence of a Creator and eventually open their hearts to God as our Heavenly Father. As St. Augustine wrote, "You have made us for yourself, O Lord, and our hearts are restless until they rest in you."

Moved by the depth of people's questions and responses to the presentations, I finally offered to lecture, and I taught the purpose of the Messiah's coming. Looking over the audience it was clear that they did not have a context for understanding much of what was in the script.

One of my group led me along a sequence of unmarked paths to an opening she had discovered in the deep woods surrounding our camp. Looking around at the natural amphitheater overlooking a meadow, I thought about how Jesus often taught people outdoors, and I longed to invite seminar participants there to tell them about Jesus. Returning to camp, I fixed in mind the various waypoints to the meadow in order to lead people back there.

I got permission from the staff to offer an "optional" presentation, and it ended up being better attended than the "obligatory" presentations. I told them about the setting into which Jesus was born, the milestones of his life that are marked by Orthodox Christian observances and for which churches are named. Interspersed with questions and answers, I described what Jesus taught, the ways he embodied those teachings, how it led to troubles with the authorities, and how that played out. I declared that God's love and life-giving power are greater than all that the forces of darkness can array against it. People's eyes glistened.

My group members sometimes asked about prayer. On another occasion, I was able to go off script and give an optional talk about prayer. I focused on the basics: what is prayer? why pray? who can pray? where to pray? what to pray for? We challenged people to pray not just for themselves but for others. Prayer draws us closer to God, each other, and the deepest parts of ourselves. I described my experience the previous summer visiting the Central African Republic while an attempted coup was taking place in the Soviet Union. In a small village, Africans and an American knelt in tears to pray for God's guidance and protection for the Soviet people. Afterwards, a couple of people told me they would begin to pray for other nations as well.

Perhaps the most difficult prayer is repentance prayer. We taught about God's love, the origin and effects of sin, and Jesus' coming to bring deliverance from sin. The first step back to God is repentance. In spite of our good intentions, the staff made mistakes, causing bad feelings; sometimes one of us offered a public apology and asked forgiveness. A couple of teachers came privately and apologized for some of the uncooperativeness and uproar of the group as a whole.

Following a stimulating group discussion one evening, a dozen people lingered behind, and I asked if they would like to go into the woods with me to pray. They nodded. I found some candles in the supply closet and headed for a place where we could see the stars. I lit my candle and we passed the flame around. We sang a Russian version of "Kumbaya," and I led a series of short prayers with an invitation for each person to silently pray on that theme. Eyes were bright upon our return to camp.

After reporting about this to the staff, it was agreed to buy more candles and invite people for a prayer walk the following night. We passed out 150 candles and lit them. A long procession of light stretched along a path that I hoped I remembered well enough to find in the dark to a meadow along a bend of the river. The ever-expanding circle of light against the backdrop of pine trees filled us with awe and

lifted our spirits. Years back we had been told that the time would come when hundreds of people would be begging us to teach them about God, but I never took it seriously.

In that stillness, I led in prayer, suggesting themes one at a time and allowing periods of silence for individual prayer. We sang, lingered, and then slowly retraced the waypoints by candlelight back to camp. Nobody wanted to blow out their candles and go to their rooms, so we sang several more songs in the courtyard. Finally, at midnight, I urged people to retire for the night and prepare their hearts for whatever the coming days would bring.

〈 Running and Walking can set the world in motion

Approaching the First Blessing, part 2 〉

Running and Walking can set the world in motion

The views and opinions expressed in this article are those of the authors and do not necessarily reflect the official policy or position of the Family Federation for World Peace and Unification.

Photo Credit: John Gehring

by John Gehring

Running or walking can set the world in motion. As a seven-month-old infant, I set myself in motion and started to walk. Initially I had a shaky start but in time, I got rather good at walking. My desire to move kept increasing and soon my walking got quicker. I often started walks meandering but then found a purpose and direction and quickened into a jog. I was frequently off and walking to visit a

found a purpose and direction and quickened into a jog. I was frequently off and walking to visit a friend and would try to speed up the journey by jogging. Sometimes I ran simply to 'keep up with myself'; perhaps I was trying to make my life into an everyday adventure.

While I was never the fastest runner for my age, I did have strength and endurance and a body that enjoyed challenges. The thrill of covering a distance on foot with wind blowing through my hair (I used to have hair) and racing others in attempting to finish a little bit ahead was a way to spice up a day.

Time can give us opportunities along with challenges. I was a gawky 5'11' tall when I was 12 years old. Our junior high school was having an annual track meet and I decided to run the 800-yard race. I was not a sprinter and the 800 was the longest race of the event. I did enjoy stretching out my legs on the track and running at a good clip till the end. I had a valuable mentor in senior Jimmy Stein. Jimmy took me under his wing and helped train me to understand how to run the race. Each event has some different way to approach it and, with some training and experience, it can save the runner from going too fast or too slow at a critical time in a race. Jimmy taught me how to race the 800 yards at a pace where we were able to break the school's 8th grade record. Wow, he dreamed big and it was really inspiring to have someone believe in me. When I finished the race I had a real big lead and, in addition to having happy feet for a couple of weeks, I gained a new sense of confidence.

I ran cross country for three years in high school. Cross country is long distance running with some exciting venues. We often ran 5-Kilometer races on wide open, hilly, grass fields. One of my first races stands out among many. Let me explain. Being a city boy, I had never seen sheep roaming on grass fields. On the gloriously sunny afternoon of the event day, my team took a bus to a rather rich community on the North Shore of Long Island. On one side of the winding roads was a bucolic field filled with dozens of grazing sheep. Sheep! What a special treat. My running took me to that piece of heaven. That day my feet were once again happy feet.

The Middle Age Sag

I have grown older and passed through various stages of life. My life adventure has taken me to many countries with long stretches where I was rarely at home. When at home, I was often driving several of our five children to school, activities, lessons, choir, and various sports. Driving can be convenient, but it rarely offers the freedom and independence provided through the joy of walking and running.

Getting back in Shape

The week after my mom died, I decided to get healthier through running. I did an extreme act but it helped me improve my health and increase my vitality. I ran two miles a day for seven years. Wow! Seven years and 3,620 miles later, I completed this challenge. Fortunately, I rediscovered my happy feet! Unfortunately, I developed seriously arthritic knees and would never have happy running feet again.

Walking around the World

Walking in recent years is mostly with my wife and partner Yoshiko. At this stage in our life, Yoshiko often walks faster ... but we are not in any big rush. For our couple, walking remains a great way to see, smell and sense the life and life forms found in our communities. We have been active walking together and we have walked in more than 60 nations in Asia, Africa, South and North America, Australia, Europe, Japan, and Korea.

For the curious, one hiking highlight since we made it to the West Coast is rainbow chasing. We catch them rather frequently nowadays. No pots of gold yet.

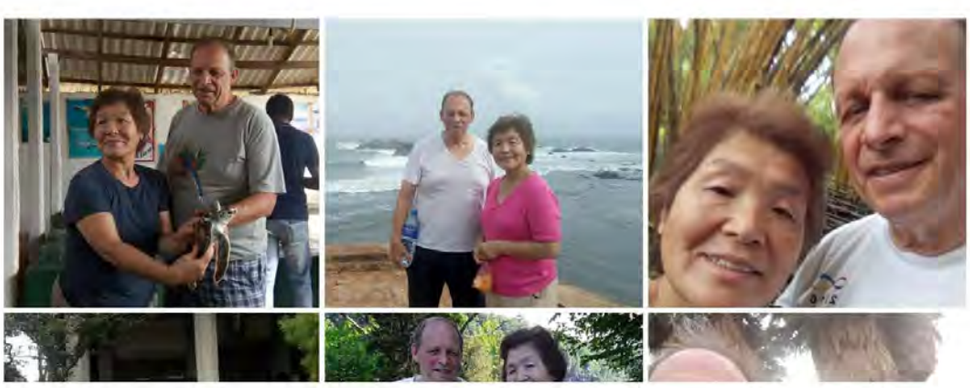


Photo credit: John Gehring

〈 Health Tip: Humidifier

Going off Script 〉