

Blessed Central Family Course

Ver. 2, Nov 2018

The Perfection of Love Through Selflessness, Celibacy and Sex

Note to mentor couple

We designed this course with three purposes in mind:

1. To cultivate a strong bond of friendship between you, as a mentor couple, and the newly blessed couple(s)
2. To guide the newly blessed couple to successful completion of the indemnity stick ceremony, forty-days separation and three-day ceremony.
3. To help you introduce our movement to the newly blessed couple and ease them into regular participation in it through your home and family church, and, if they are looking for a church family, your local Family Church.

At the beginning of each of the eight weeks, you will meet with the newly blessed couple(s) to go over that week's content. This is important especially in the second week, to explain and lead the indemnity ceremony, and the seventh week, to explain the 3-day ceremony.

In each of those meetings, you also will share for a few minutes about our Principle and movement. We suggest the following topics:

Week 1: Your couple's testimony, centering on how you joined, what inspired you most, how you were blessed, your experiences in marriage and family life.

Week 2: The Family Federation for World Peace, founded by Father and Mother Moon. The ideal of True Parents and true families. The history of the Blessings.

Week 3: Activities of the UPF, including global summits, IAPP, IAPD and Peace Road

Week 4: Activities of the WFWP, the YSP, CARP

Week 5: The amazing HJ Cheonwon campus at Cheonpyeong

Week 6: The ideal of family church (that the family is the true church)

Week 7: The ideal of home church (that families fellowship together in homes once a week, share love and friendship), the idea of tribal messiahship.

Week 8: This would be your meeting after the 3-day ceremony. It will include a celebration of

entering the status of a Blessed Central Family, and include an invitation to continue these meetings for more fun, enrichment and support of marriage and family. (For more, see Week 8.)

The Blessed Central Family Course

Relationship Rebirth Through Selflessness, Celibacy and Sex

Preface

Dear newly blessed couple,

We are grateful that you allowed a blessed couple to give you the marriage Blessing. You reversed the mistake made by Adam and Eve. That mistake has been—in biblical terms—a curse upon marriage. The Blessing removed it.

Now what?

We want to give you something of great value to us. These are basic principles that have helped our blessed marriage get across some rough spots on the road. We hope that you will consider their value to you.

You affirmed that world peace comes through ideal families and shared a cup of holy juice or holy wine. A prayer together represented your commitment to each other and your renewal as a blessed couple.

Affirmations of love are a positive step for any marriage. What are the next steps? How do we grow spiritually over the long term? How do we strengthen the spirit, resist temptation, and become true spouses and true parents?

The first key is selflessness, to live for the sake of our spouse.

It's something we should have learned when we were growing up, but we really didn't. (Well, if you really DID, this course will be a breeze!)

To learn selflessness, we go back to being kids and teens. We relate as siblings, friends, partners and, for the purposes of this course, as mother and son.

Self-discipline is good for the spirit, and what's good for the spirit is good for the marriage.

It means that the second key is—celibacy.

Yep, no sex. Like a monk and nun. For forty days. Like Noah's Ark, Moses on Mount Sinai, Jesus in the desert. Self-discipline is good for the spirit, and what's good for the spirit is good for the marriage.

To make it through 40 days of celibacy requires total mind over body. It requires a shared commitment to a goal, a vision, an ideal—your marriage promise. For a guy, it requires having a strong mom around. For a woman, it means to care for—and discipline—her husband as her son.

Above all, it requires faith in God, putting Him at the center of your relationship.

On the foundation of selflessness and celibacy, the third key is—ta da!—sex.

Actually, sex—absolute sex—is a goal of the course. Our goal is sex that is so pure, powerful and ecstatic that it makes God want to dive into bed with you. It is sex to which the world and all its riches pales, sex that makes you the pulse of creation, the yang and the yin, the origin of the universe.

This is not a simple accomplishment. You are taking 40 days to prepare for it. Its purpose is to re-create you as a couple perfectly in tune with each other in lovemaking. Your spiritual love and physical love, your interactions in the course of family life, your care for a household and children, your care for the community, your professional life, and so forth. But ultimately, you will learn to become one flesh as a couple, God's dwelling place is with us.

You'll reach your Promised Land by means of 40-days in the wilderness. It will a challenging but safe and enriching journey.

Introduction

The course consists of forty days of spiritual renewal and a three-day period of divine and substantial sexual love.

Each week will begin with a get-together with your mentor couple. It could be at their house, yours, or a chapel or coffee shop, and could include other newly blessed couples. You will talk over the course outline for the week. You can share about your experiences in the previous week and prepare for the coming week's exercises.

In the Bible, the number forty connects with purification and offering. Psychologically, forty days is a good start to shed old habits and develop new ones.

It's a given that marriage suffers from the stresses and strains of life in the world. Even the greatest marriage can get better, and that's a good thing, because it means that marriage is about love, and love is infinite.

Free from the sexual issues for a while, you can work on your relationship.

So, for a few weeks you will step back and relate as friends, as brother and sister. See if you can relate as mother and son. Let the husband

trim the sails and set the anchor and the wife steer the boat.

Forty days is six weeks, with the final "week" five days long. We offer a series of themes for your week by week prayer and meditation. The questions will get you to talk together and share your reflections as you work through questions about your relationship. It is designed for you to learn from each other, work through some troubles and clear out cobwebs and sob-webs.

In terms of your abstinence from sex during this period, think of it as reliving your time of ideal engagement, of courtship, and of preparation for marriage. Free from sexual issues for a while, you can work on your relationship as independent individuals getting to know each other, trying to impress and please the other, researching how the other thinks, what they like and don't like. In this way, you can work on things you've been putting aside. And you will find sexual love enhanced as you make an amazing new beginning as you "come down from the Ark" in week seven.

The Course Method

We will spend the first six weeks to achieve a series of six purposes:

1. **To remember**
2. **To repent**
3. **To rediscover**
4. **To respect**
5. **To restore**
6. **To redetermine**
7. The seventh week is actually three-days priceless days, days where you will touch the infinite together, with its purpose being: **To re-create**

We build simple exercises by which you can fulfill those purposes. You will have time to think on your own, to share what you are thinking about, and to share realizations that will add God's love to your own, the vertical love coming down to your horizontal love in perfect balance.

In sum, it will be your relationship rebirth.

When Moses and Jesus began their 40-day fasts, God was behind it. It was only with God that they could succeed.

We want you to feel that God is behind this and to ask God to be with you. If you want to get started, let's begin by praying together—yourselves as a newly blessed couple seeking to being God deeper into the center of your marriage and family, and us as your mentor couple seeking to support your success.

[Prayer]

Thank you.

Now let's do a rundown of your first week's assignment.

Week 1: To Remember

ASSIGNMENT THIS WEEK: Recall how your relationship started and turned into a marriage. During this week, reflect upon it, write some things down and compare notes.

- The first time you met
- How your relationship evolved, over a period of time, from acquaintance to friendship, love, and life-long commitment.
- How long did this period last?
- What were the milestones, the points of decision?
- What led to those decisions?
- What was it that attracted you to your spouse?
- What was your original vision for your marriage? Make a **VISION LIST** for Week 5.

We are in our eighties and enjoying wildly passionate sex every night.

Teaching Moment: Describing a vision is like describing a dream—it's all in the present tense. "I'm walking across a bridge and see my wife in the distance. We walk together into a lovely garden full of roses and butterflies." Or, "My husband is bringing me my favorite pastry and coffee in bed. The sun is shining through the curtains as our three children and puppy jump onto the bed with a birthday present." Or personally gratifying, like "I'm the lowest-handicap senior at our local golf club." Or more practical, like "We are living in a Hawaiian beach house. I'm teaching history at a university and my spouse is running a ceramics studio." Or totally honest, like "We are in our eighties and enjoying wildly passionate sex every night." You get the picture. You can make a list—write lots of visions, great and small.

- Think about what in your partner and your new relationship was good and beautiful. Make a **BEAUTIFUL LIST**. Keep it for Week 3.
- Think about anything that was bad and unhealthy. Is there anything you would do differently? Any regrets? Anything to apologize for? Make an **APOLOGY LIST** to talk about next week.

You will begin next week by writing out your gratitude for the lifetime of memories, your respect for your partner's honesty, and your commitment to love him or her through any painful memories.

Use the following blank pages to write the lists. They don't have to be complete, just get the lists started. You can add more later... and probably hopefully cross out a few!

FOR WEEK 5: MY VISION LIST

What was your original vision for your marriage? Make a **VISION LIST** for Week 5.

FOR WEEK 2: MY APOLOGY LIST

Think about anything that was bad and unhealthy. Is there anything you would do differently? Any regrets? Anything to apologize for? Just make an **APOLOGY LIST** to talk about Week 2.

FOR WEEK 3: MY BEAUTIFUL LIST

Think about what in your partner and your new relationship was good and beautiful. Make a **BEAUTIFUL LIST**. Keep it for Week 3.

Week 2: To Repent

You will begin this week by writing out your gratitude for the lifetime of memories, your respect for your partner's honesty, and your commitment to love him or her through any painful memories.

GOAL THIS WEEK: Repent for what was bad and unhealthy. Allow yourself to feel remorse for having caused grief and pain by any failings and insensitivity toward your spouse.

Pull up last week's **APOLOGY LIST**. In man-woman relations, we all have erred, as did our ancestors and as does the culture around us. But we need to take personal responsibility and not blame anyone. Don't even blame yourself. Just name the mistakes and get ready to kiss them goodbye. Work through your **APOLOGY LIST**, and see if you want to add anything.

It's time to remove the fig leaf. It starts with some repenting and forgiving.

It is for sure that the topic of **sex** will be on your list, probably somewhere near the top. Sex makes one flush and one flesh. But it also can tear you apart at the seams.

As Adam and Eve did, we use our sex organ selfishly. We strive to live for the sake of our spouse, but in the area of sex, this is impossible. That's why we feel shame about our sex organ, as Adam and Eve did. It's time to remove the fig leaf.

It starts with some repenting and forgiving. Share your list of what was bad and unhealthy.

You can get into details or not. Answer each other's sincere questions, if there are any.

Now, listen to your spouse share his or her three top complaints about you, and add them to your **APOLOGY LIST**.

The main point is that it is going to be over. Tell your spouse that you repent and will receive the punishment due for sexual sin. Be aware: all men or all women, now and in the past, have this problem. As Paul says in 1 Corinthians 10:13, "No temptation has overtaken you except what is common to mankind." We overcome it for everyone.

If there is an issue of sexual addiction, or addiction of any kind, the partner suffering with it should commit to receiving help. One great resource to achieve "a life without shadows" is found at highnoon.org.

This is leading up to what we call the Indemnity Ceremony that will begin our next week's meeting. It will be a chance to wipe the slate clean.

ASSIGNMENT THIS WEEK: Everyday, express repentance and forgiveness for each point on the **APOLOGY LIST**. Check in with your mentor couple at least three times.

Week 3: To Rediscover

FIRST STEP: Clear up the old business. We call this the Indemnity Ceremony.

Ceremonially strike each other's hips, three times, with a stick. If you want, say, "forgive," with the first, "love" with the second, and "unite" with the third. Receive the hits as a gift, the opportunity to repent and be forgiven for all transgressions and go and sin no more.

As you deliver the three hits, feel grateful for your spouse's humility, and repent for your own unworthiness before God.

Three times each, husband to wife, then wife to husband.

Having done this, husband and wife in prayer accept God's and each other's forgiveness and promise never to hit each other again.

GOAL THIS WEEK: This week you will rediscover what is good and beautiful in each other and in your relationship.

Think of how virtue, truth and beauty come from God, and how the good, the true, and the beautiful represent God's love for you and your couple. God is the source of all that for which you are grateful. To be grateful to your spouse is to be grateful to God.

Tomorrow, _____, you will work with your **BEAUTIFUL LIST**. You can add more to it.

Elaborate on why your spouse is so great, what it is you really like most.

On the next day, _____, you will share it with your spouse.

On the next day, _____, develop your gratitude for your spouse by expressing what it was that he or she did, that you saw in him or her, that moved you so much that you gave your life to her or him. Write down words to describe your gratitude.

Think up how, without touching your spouse, you can express your gratitude to him or her.

The day after that, _____, share what you wrote with your spouse.

The next day, _____, write a letter to God about this. One paragraph. Read it to God by reading it to your spouse.

On the seventh day, tell someone else about what is good and beautiful in your spouse. Here's a list; check at least one: Tell your children Tell your parents Tell your friends. Tell other couples.

Before we finish our meeting, think up how, without touching your spouse, you can express your gratitude to him or her. It could be through a song, a poem, a present, a special meal, an evening with friends, a time of recreation or retreat, any gesture of appreciation. Make your plan now and write it here:

As a result of this week, take what is good and beautiful in your spouse and etch it into your heart.

By the way, after the 40-days, you and your spouse are going to share a very unique and eternal experience with each other over a period of three days. It is wonderful to share these three days at home, in familiar surroundings. It is also wonderful to take a short vacation. If you want to do so, you can start thinking about that and planning now.

What it was that your spouse did, that you saw in him or her, that moved you so much that you gave your life to her or him. Write down words to describe your gratitude:

Your letter to God about your gratitude to your spouse:

Week 4: To Respect

GOAL THIS WEEK: On the foundation of gratitude, develop a greater respect for your

spouse. Respect your spouse as the most noble and cherished person in the world. Learn how to give ownership of your life to this person you respect and trust absolutely.

Tomorrow, _____, make a list of what you have learned from your spouse.

The next day, _____, add how your spouse has made you a better person. These may connect with the points that you have learned from your spouse.

You are in charge of your actions, and you devote them completely to your spouse.

The day after that, _____, add what you respect most in your spouse.

TEACHING MOMENT: When we respect, we trust, and when we trust, we give ourselves. We give ownership of ourselves to our spouse. What do we mean by ownership? It derives from selflessness. It means that you are in charge of your actions, and you devote them completely to the security, comfort, well-being and happiness of your spouse.

This means that your spouse has total ownership of your attention, your energy, your time and space. She or he has ownership of YOU and YOUR LOVE. You don't belong to yourself anymore. St. Paul wrote in 1 Corinthians 6 that your body does not belong to you, but to your spouse. This applies most of all to your most precious part—your sex organ.

So on the fifth day, _____, put into words your voluntary donation of yourself and your love, including your sex organ, to your spouse's total ownership. It's your love offering. You'll give it to your spouse at the beginning of our next meeting.

Then on the sixth day, _____, as the owner of your spouse's love, write your pledge to him or her that you will honor, cherish and protect that over which he or she has given you ownership, that you will never misuse it or abuse your responsibility and the trust that you hold.

Together, on the seventh day, _____, along with a donation of yourself and all you have to your spouse, we encourage you together to give a thank offering to God. In the context of the Blessing, God has worked through the Family Federation. We encourage you to send a financial contribution to the "HSA Family Federation for World Peace and Unification." Doing so will multiply blessings for you and others manyfold.

It's not mandatory; it's voluntary. If you feel it right to do so, you can give it to your mentor couple when you meet next.

What I have learned from my spouse, _____.
(Fill in this week's blanks with your spouse's name.)

How my spouse, _____, has made me a better person.

What I respect most in my spouse, _____.

These words express my voluntary donation of myself and my love, including my sex organ, to my spouse, _____'s, total ownership.

This is my love offering.

As the owner of my spouse, _____'s, love, this is my pledge that I will honor, cherish and protect that over which I have been given ownership, that I will never misuse _____ or abuse my responsibility and the trust that _____ has in me.

Week 5: To Restore

GOAL THIS WEEK: Identify your marital successes and strengths. Use this to restore the original idealism and hope of your marriage.

Now, as to your marriage's successes, on the first day, _____, each of you make a list of successes. They could be great or small from a worldly perspective. They are whatever YOU consider successes from YOUR perspective.

On the next day, _____, share the lists. Doing so will trigger memories of more successes. On the same page, write those down.

On the third day, _____, build your combined success list.

Then, on the fourth day, _____, each of you make a list of your marriage's strengths—her list of strengths and his list of strengths. Again, these could be great or small from a worldly perspective. They are whatever YOU consider strengths from YOUR perspective.

The next day, _____, share the lists. Doing so will trigger memories of more strengths. On the same page, write those down.

Remember the fresh idealism, love and hope of your first days together.

You now will have lists of your marriage's successes and strengths.

With that having been done, set those aside and remember the fresh idealism, love and hope of your first days together. God is the eternal fountain of hope. Don't get concrete yet—just strive for the spirit of hope based on love and the partnership that you have with each other and with God. Each write it in one sentence, "When I

gave my love to you and received your love for me, I felt:

- ___ excited
- ___ exhausted
- ___ sacred
- ___ scared
- ___ grateful
- ___ goofy
- ___ leaping for joy
- ___ trembling with joy
- ___ trembling with anxiety
- ___ on top of the world
- ___ ready to faint
- ___ unworthy
- ___ filled with laughter
- ___ filled with tears
- ___ all of the above

On the sixth day, ____, sit down together and ask God to restore that idealism in you and your spouse. It could be at home, on a walk, in the sanctuary of a church you attend, even in a coffee shop. God will listen anywhere.

Right after that, in the same place, go back in this booklet to your **VISION LIST** from week 1. Based on the last three weeks, check that vision and revise it if necessary. If it has to be revised—for example, in areas that might be impossible, such as child-bearing or career-choice—do so. Turn your double-vision into a doable vision.

You will list

- ...visions that are pretty much the same.
- ...visions that are different, but we agree to unite and support each other on.
- ...and visions that we can't unite on and agree to set aside.

On the seventh day, _____, write up your **ONE VISION LIST**—what is doable, in what order.

Talk about it, and in prayer, offer all this to God and meditate on it or pray over it for 3 - 7 minutes.

• **My list of marriage successes**

• **Our combined list of marriage successes**

• **My list of marriage strengths**

• **Our combined list of marriage strengths**

• **Visions that are the same**

• **Visions that are different, but we agree to unite on**

• **Visions that we can't unite on and agree to set aside**

• **The ONE VISION LIST: what is doable, in what order**

**Week 6 (five days):
To Re-determine**

GOAL THIS WEEK: Look at your **ONE VISION LIST**, and set up activities that will help you fulfill them, based upon your successes and strengths from last week.

Tomorrow, _____, each of you separately come up with some activities that would align with your vision. Physical fitness? The culinary arts? House restoration? Music and dance? Travel and tourism? Financial planning? How about spiritual activities?

On the next day, _____, compare your lists. You will check activities that are the same, activities that are different, but you agree to unite on or permit each other for the sake of her or his growth and happiness, and activities that you can't unite on and agree to set aside.

This may take more time than one session. Just get it started, and finish up the next day.

The next day, _____, write up the final list: what is doable, in what order.

Promise each other...

...to work from this point of original love forward

...to avoid the mistakes which you committed before, and

...to build upon the successes and strengths of your marriage.

On the fifth day, _____, put all this together and come up with a one-sentence mission statement for your marriage.

We will get closer every day, and never give in to forces that separate.

Here are some examples:

- Our marriage will serve our community and comfort and support each other.
- Our marriage will serve God and be a witness for our faith.
- Our marriage will produce love that inspires our parents and children.
- We will care for each other and our family and friends, every day.

- We will help each other overcome tests and temptations.
- We will get closer every day, and never give in to forces that separate.

LIST OF ACTIVITIES that would align with your vision. Physical fitness? Learning the culinary arts? House restoration? Music and dance? Travel and tourism? Financial planning? How about spiritual activities?

- **Activities that are the same**

- **Activities that are different, but we agree to unite on**

- **Activities that we can't unite on and agree to set aside**

- **The ONE SET OF ACTIVITIES LIST: what is doable, in what order**

- **Our one-sentence mission statement for our marriage**

Week 7 (three days): To Recreate

You have completed 40 days of working on your relationship and your self. That's the selflessness and celibacy part. Congratulations!

A great marriage enjoys, honors and cares for sexual love. You will spend three days devoted to this deepest bond. To prepare, your mentor couple will walk you through the following steps.

Time: the three days following your forty days.

Place: Jesus said, "When you pray, go into your room and shut the door and pray to your Father." For three consecutive days, at a time most convenient for you, meet in the privacy of your bedroom or other place you have prepared.

Holy Handkerchiefs and Holy Candle: Your mentor couple will give you two handkerchiefs, meant for this time alone. They are color-coded with a pink spot for the wives' and a blue spot for the husbands'. Infused with a drop of holy wine, they represent God's blessing of sex.

On each of the three days, husband and wife shower or bathe separately before lovemaking, each using his or her holy handkerchief. Use it to cleanse your sex organ with the heart to welcome

God home in your union that is about to take place.

Start in the spirit: Greet each other humbly in remembrance of the great commandments given by all religious and ethical teachers, to "love the Lord your God with all your heart" and "love your neighbor as yourself."

Offer a prayer such as the Lord's Prayer or other holy words of your faith.

Our Father which art in heaven, Hallowed be thy name.

Thy kingdom come. Thy will be done, as in heaven, so in earth.

Give us day by day our daily bread.

And forgive us our sins; for we also forgive every one that is indebted to us.

And lead us not into temptation; but deliver us from evil. *Luke 11:2-4 (Christianity)*

From the beginning of creation, "God made them male and female." For this reason a man shall leave his father and mother and be joined to his wife, and the two shall become one flesh." So they are no longer two but one flesh. What therefore God has joined together, let not man put asunder. *Mark 10:6-9 (Christianity)*

Among His signs is that He created spouses for you among yourselves that you may console yourselves with them. He has planted affection and mercy between you. *Qur'an 30.21 (Islam)*

O that you would kiss me with the kisses of your mouth!

For your love is better than wine,

your anointing oils are fragrant,

your name is oil poured out. *Song of Solomon*

1:2 (Judaism, Christianity)

I am He, You are She;

I am Song, you are Verse,

I am Heaven, you are Earth.

We two shall here together dwell,

becoming parents of children. *Atharva Veda 14.2.17 (Hinduism)*

Representing heaven and earth, I have created husband and wife. This is the beginning of the world. *Mikagura-uta (Tenrikyo)*

Reverently light the holy candle and bow to each other.

Thank God for His gift of sex, which enables you to become one body with your beloved.

Then offer personal prayers of gratitude and determination to live as an eternal family centered on God's ideal for husband and wife.

Thank God for His gift of sex, which enables you to become one body with your beloved. Through your children, your sex organ is physically eternal. More than any other part of your body, its purpose is to bring joy and life. That is why it

belongs to your spouse, parents and children, and you are its caretaker.

Above all, your sex organ belongs to the Creator, God, who is love.

Invite God to be with you.

Re-create through love: Now is the time to enter into the most intimate and precious relationship that only a husband and wife brought together by God may experience. The union of man and woman is sacred and joyful. Renew the purity of love by joining together in the true love of God.

Re-create the husband (the first two days): The husband should humbly encourage his wife to take a leadership role in the prayers and in your sexual relationship on the first two days. He can help his wife experience a new sense of self-esteem as God's daughter and a heavenly wife. Most importantly, he can learn her heart about sexual love.

A husband's identity as a man is strengthened by a true wife. For this reason, on the first two days of the ceremony, the husband should be beneath the wife at the consummation of the act of love. Through these two days, you are ending the pattern of men misusing women. The wife is giving birth to the husband.

Jesus said to Nicodemus, a teacher of Israel, that we must be born again. Nicodemus responded, does that mean I must enter my mother's womb? Knowing that Nicodemus was not getting it, Jesus asked, "you are a teacher of Israel and you do not understand this?" The answer to Nicodemus's question is, yes, the wife is Heaven's bride, and she *is* in the position of your mother, and you *do* return to your mother's womb, through sexual intercourse—to be reborn.

This is the first two days. The husband takes the position of a newborn son of God, the child Adam, on the first day, and of a mature son of God, the bridegroom Jesus—on the second. He now has the foundation to be a true husband.

But also, the first two days recreate the wife in the position of lord, for, as Rev. Moon once said, "The woman's love organ is the subject partner of all subject partners, for it controls the life of man." (238-34, 1992.11.19 in 2nd CSG p. 1182)

Re-create the wife (the third day): The third day sees the husband reach the maturity appropriate to his responsibility as the loving head of the family. In the first two days, he has learned his wife's heart about sexual love. To renew his dignity as a Son of God and a true husband, the wife now supports him and respectfully follows his leadership in both the prayer and the act of love. To represent this, you consummate the act of love with the husband above the wife. This recreates the husband, and

also, by the power of God's love, recreates the wife as a true wife.

On the third day, true husband-wife love is restored. From this day forward, love each other with no inhibition and with all respect, tenderness and passion.

Give thanks to God: After your holy union on each day, offer a prayer of thanksgiving that by your total self-giving and self sacrifice in sexual love, God has taken ownership of this most intimate of relationships. At the conclusion on the third day, cleanse your sexual parts with your holy handkerchiefs. Do not wash the handkerchiefs, but store them safely to represent your eternal love. They will be interred with you at the end of your life on earth, a token of the husband-wife love that your couple will take into eternity.

Reflect and build upon the meaning of this ceremony of love, and follow your heart and wisdom to make sexual love a most sacred and powerful experience in your marriage.

Week 8 (one meeting): To Rejoice

Concluding Meeting

The number 8 represents a new start, a new beginning. So we will have a celebration to honor your new beginning.

We've prepared a nice snack and gifts for you.

As a blessed couple, you are the owners of love before God and each other.

We'd love just to get together every week, as we have been, to support and enjoy each other.

The holy candle and holy handkerchief from your three day ceremony are yours to keep. We now give you a small picture of our True Parents, Father and Mother Moon. And we'd like to give you something to read, that helps us a lot.¹

We invite you to continue your relationship with us, your mentor couple, and with other newly blessed couples (if any) with whom you went through this course. We'd love just to get together every week, as we have been, to support and enjoy each other.

We also can introduce to another course that focuses on the skills of a strong spiritual life for yourself and in your home and for your family. It's called, *Starting Point*, and it is ten weeks long. It covers setting priorities, what is spiritual growth, training in prayer and study, developing a personal spiritual rhythm, the value of service and mentoring, and so forth.

We also have a great study course on what Jesus said about marriage, called *Yes2Jesus*.

Most importantly we encourage you to share the Blessing with others, and to strive with us to create a true family culture that transcends race, nation and religion—one family under God.

Because world peace comes from ideal families.
1 True Families: Gateway to Heaven, and/or
Peace-Loving Global Citizen, or other.