



## Special Task Force STF-USA

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# Welcome to STF-USA

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*The information in this package is to simply introduce you to the basic guidelines we have.*

# **1. STF MISSION STATEMENT**

The STF program has been constantly improving and changing each year. Please visit our websites, [www.stfusa.com](http://www.stfusa.com) and [www.stfparents.org](http://www.stfparents.org) for the latest news, testimonies, reports, and many photos of our members.

As preparation we suggest that you read, print out, even post the vision and mission statements up in your room, and go over it sometimes or even everyday.

## **STF Vision Statement**

Become true leaders of Cheon Il Guk to build one Family under God

## **STF Mission Statement**

STF is a full-time, 3-year training program (2 years in one's home country and 1 year abroad) which is part of the Second Generation 7-Year Course and designed especially for Blessed Children who desire to become leaders to inherit Vertical Tradition and the Culture of Heart, as a foundation to become student leaders in W-CARP. We believe through aligning with the Vertical Axial Line and practicing and embodying the Core Values during the crucial transitional period of the college years, Blessed Children must overcome the influence of a humanistic, materialistic culture of self-gratification and cultivate the heart and character of a True Abel, thus fulfilling the mission to love and save Cain. Through STF training, Blessed Children will solidify their commitment to live a public life, as owners of God's Providence, dedicated to the establishment of Cheon Il Guk.

## 2. PREPARING FOR THE STF YEAR

### Preparing Internally and Spiritually

As we have suggested at the try-outs, developing and strengthening healthy spiritual and physical habits is important and necessary before coming to the Kickoff workshop. The followings are HIGHLY recommended (i.e., you will be glad you followed the guidance when you actually start living in the vans!):

- Daily HDH (especially 15 Peace Messages)
- Studying the Divine Principle, cover to cover.
- Daily prayer
- Wake up earlier than usual in the morning if you tend to sleep in.
- Communicate honestly with your parents; resolve difficult feelings or secrets if necessary.
- Spend some time in nature and open your heart to God's unconditional love.
- Keep praying about why God wants you to go to STF.
- Make a reasonable daily schedule and follow it through.
- Experience deeper joy by serving others instead of serving yourself.
  - Volunteer to do house chores.
  - Work at summer camps.
  - Cut off TV/computer/video game time gradually.
  - Try to live without listening to music.
- Start telling your friends that you will be gone next year and you won't be communicating with them often.

For educational purposes, we have the guidelines for DRESS CODE, MUSIC, COMMUNICATION, and CELL PHONES. There will be consequences when members are not able to respect these guidelines.

### **STF Dress Code (starting from Kickoff Workshop):**

Top: shirts with collar preferred over T-shirts or sweaters/sweatshirts; *no tight clothes, no sleeveless shirts, and no low-cut shirts.*

Bottom: Jeans, trousers; no baggy, wide pants; *no shorts or skirts* (except pledge clothes, with skirts below the knee only)

No Jewelry: sisters can have one set of small earrings (studs).

### **Music:**

iPODs, MP3 players are not allowed. One of the goals of the 1<sup>st</sup> Year of STF is to set a condition to separate from the secular culture of the world.

**Communication:**

Communication with your friends will take place in the form of post cards or letters and once-a-month 1 hour internet use. At some point in the year there will be a designated time for calling friends.

**Cell Phones:**

Cell phones are only for calling your family on Sundays and emergency. Texting is also not allowed besides the above times.

**Preparing Physically**

Besides previous injuries and flat feet/low arch, the sedentary lifestyle and diet are the major contributing factors to the numbers of knee and feet injuries from fundraising on the STF training,

In order for you to be able to have great experiences on STF without injuries, we encourage that you start preparing physically from today.

- **Cutting off TV/Computer/Video game time, and finding other ways to feel excited and satisfied:**
- **Stretching and strengthening muscles necessary to support your knees better.**
- **Avoiding sugar products:** Try to eat whole grain crackers instead of a Snicker bar, or non-sweetened iced tea instead of Coke.
- **Taking supplements such as MSM and Glucosamine:** Glucosamine requires about 2-3 months in order to build healthier joints. Especially if you had past injuries in knees, ankle, or back, we suggest you start taking it now.
- **Wearing proper shoes and arch support:** Only RUNNING SHOES are recommended for the training, and everybody needs a good arch support, regardless of the height of your arch. If you have LOW or NO arch, please consult with your doctor, who may suggest you to get custom arch support.
- **Simply go walking or jogging around the house or in the park:** How about waking up a bit early and taking a prayer walk?

Please try to complete any kind of medical or dental treatment, including the wisdom teeth, prior to the Kickoff workshop.

## **Contacting STF:**

The STF Parents' Board Association and Parents representatives are set up to facilitate communication between parents and STF staff. STF staff are often too busy taking care of STF members to receive calls directly from parents. We would appreciate if you called your local parents' representative first to express your requests, suggestions or concerns...

Also your e-mails to [ga@stfusa.com](mailto:ga@stfusa.com) (or messages left on 510 259 1139) will be forwarded to the right person.

Another good source of information is [www.stfparents.org](http://www.stfparents.org).

## **What to bring to the Kickoff Workshop:**

- ❖ **The Exposition of the Divine Principle** (the participant will be asked to buy one at the Kick-off workshop if he/she does not have one.)
- ❖ **If you have Peace Message booklet (15 peace messages)**
- ❖ **A pair of good RUNNING SHOES:** a \$50-90 investment on shoes will help prevent back and knee problems.
- ❖ **Arch Support:** You can find them at sporting goods stores or pharmacies.
- ❖ **Journal (for personal reflection), notebook for taking notes on lectures, morning services.**
- ❖ **Clothes**
  - simple pledge clothes and dress shoes for An Shi II, Holy Days and in the event of a Speaking Tour.
  - brothers - a shirt and tie, a pair of pants and a jacket if you have one
  - sisters - a simple dress or a skirt and a shirt
  - 3-4 short-sleeve shirts, preferably with collars
  - 4-5 long-sleeves such as shirts with collars, sweatshirts, hoodies
  - 4-7 T-shirts
  - 3-4 pairs of pants: Regular jeans or pants. Sweatpants are not recommended while fundraising or witnessing. Shorts can be worn only for sports.
  - Swim wear; there is a possibility.
  - sleeping clothes: PAJAMAS ARE NOT RECOMMENDED. Something comfortable, like a T-shirt and a pair of comfortable sweatpants.
  - 1 light jacket such as a windbreaker or fleece
  - 1 winter jacket
  - 7-8 pairs of socks

- 7-8 underwear
- winter gear: gloves, hat, scarf, wool socks, thermal underwear.
- ❖ **Sleeping bag with a case (small and compact is best)**
- ❖ **Laundry bag**
- ❖ **Towel; Toiletries**
- ❖ **Duffle bag: Duffle bags with wheels are sold at Wal-Mart and K-mart for about \$35. SUITCASES are NOT recommended.**
- ❖ **Government-issued ID card or passport**
- ❖ **Wrist watch**
- ❖ **Insurance card (if you have it)**
- ❖ **Small waist bag or purse to keep your ID (can also be useful for fundraising)**
- ❖ **Cell phone or Phone card for calling parents.**

As storage space for the 1<sup>st</sup> Year members (in the van) is limited, you will be asked to send home anything extra or superfluous.

STF has a budget to cover certain expenses throughout the year (as things wear down and need to be replaced) but will not cover what you lose or what you did not bring to Kickoff Workshop from this list. You may need to purchase later or have your parents send what you did not bring to kickoff workshop (such as winter jacket).

### **3. OTHER IMPORTANT GUIDELINES**

#### **Health**

Unfortunately some STF members experienced injuries while they were going through the STF training. These injuries have always been a major concern and heart ache for the STF staff.

A main cause of injuries has been due to walking during fundraising and the increased sedentary lifestyle of today's young people. STF staff took a number of measures to prevent injuries.

1. Extensive research into the cause of injuries, especially knee, ankle and back injuries
2. Reduction of fundraising hours (by about 40%) and fundraising product weight (no more backpacks)
3. Preventative exercise three times a day and intake of daily supplements (such as glucosamine)
4. Education of the members on healthy and nutritious diet
5. Examination of new STF members during the kickoff workshop by a professional orthopedist

## **Safety**

***Providing a healthy and safe environment for the spiritual growth of the STF members is of primary importance to the STF staff. Safe fundraising guidance is given at each workshop, starting from the Kickoff workshop. Team leaders and any drivers observe STF internal and external Safe Driving Rules and receive regular safe driving guidance.***

**Here are some of the safety rules we apply to fundraising:**

*All fundraisers must fundraise in pairs in the beginning of their training. After a certain time period, STF leadership will evaluate and may decide to allow fundraisers to fundraise alone with permission from their own parents. Sisters will always fundraise in pairs after 6 pm.*

- *Follow your intuition and common sense, and use the guidance given at the workshops by STF staff and professionals to exercise good judgment of your given area.*
- *When you feel the area or neighborhood seem dangerous, immediately call your captain.*
- *DO NOT follow your customer to his house or car, ATM machine, or anywhere away from your area and partner by yourself.*
- *DO NOT get in any customer's car.*
- *Stop the conversation and leave the customer immediately when: the customer suggests or insists that you do something that goes against Safety Rules, i.e., asking you to go inside of an enclosed room or to a place/area that is not in your area, asking you to come with him/her to get money, etc.*
- *When somebody tries to attack you for money, DO NOT FIGHT BACK. Give money and run away*
- *Fundraising in residential area: For both brothers (in pairs and alone) and sisters, they may go inside when the residents are a*

*family or an elderly couple. Be wise and stay alert when going inside shops/offices as well.*

*Fundraise in apartment complexes only when given permission by commanders*

- *Captains must ask members if they have particular places they do not wish to fundraise at night. Also, members are to report to their captains about particular places they don't wish to fundraise in.*
- *All members need to receive permission from parents and captain in order to fundraise in Bars at night*

We humbly ask parents to support in improving the health and safe environment by sharing your concerns with the staff that you have regarding as well as reporting to us when your child report about their concerns with you that he/she may not feel comfortable sharing with his/her leader directly.

### **Communication**

Members will be calling parents and siblings once a week on Sunday night for 40 minutes. The primary purpose of this calling time is for members to develop the heartistic bond with own parents through sharing the experience each other. Therefore, this time is for the communication with parents rather than with friends. Personal arrangements will be made for those whose parents live overseas or unable to be communicated for any other reasons. Members who are Blessed (or matched) can have an additional 20 minutes for calling their spouses. The staff will be happy to arrange when more communication is necessary upon request from members or parents. Calling time may differ according to the location of the teams and team schedule.

Of course, if someone needs to call at any other time for some significant reason they can simply ask their team leader for permission.

Email access is available once a month. But, it may be difficult sometimes due to the traveling schedule of the team.

### **Personal and Medical Expenses**



Any expenses for the training purposes will be basically covered by STF. Anything beyond the budget set by STF and not necessary for the training has to be covered by the individuals.

For the 1<sup>st</sup> Year members, any doctor visits and prescribed medicines, and any other personal medicines should be covered by the parents. Any other Over-The-Counter medicines will be provided by STF.

Some insurance company may accept a reference letter from STF, confirming your child's acceptance to a full-time leadership training and consider to insure your child who is over 19 years old.

### **Matching and Blessing**

We believe that STF training with consistent education on identity and lineage is one of the best preparation for receiving matching and Blessing for Blessed Children. The main focus of education is on developing Child's and Brothers' and Sisters' realms of heart.

We will try to hold a certified Blessing Workshop once a year, depending on lecturer's availability. Members will be notified when True Parents call for the matching and Blessing by the STF staff members. When members are interested in attending the matching and Blessing, their parents are responsible to cover all the expenses for matching and Blessing as well as for traveling.

### **Going Home**

STF members may go home twice a year, once for about 10 days (including travel days) after the God's Day Workshop (early January) and once for 2-3 weeks during the summer. Parents are expected to cover traveling expenses. There should be no alternate schedules arranged by parents or STF members themselves during their STF commitment. This includes special visits to relatives, Unification Church, Christian and secular holidays. Parents should regard their children's participation in STF in the same way they would regard attendance at a college. Pulling the member out of the program should not be something we take lightly.

In case of a family emergency or some other reason, please notify the STF staff through your local parents' representative and discuss the situation.

### **Consequences for not respecting the STF guidelines**

For the sake of creating a good spiritual environment for spiritual growth and training of all participants, STF rules and guidelines are based on the guidance for Blessed Children given by Dae Mo Nim. The following are strictly prohibited:

- Intentional and serious Chapter 2 violations: pornography, language and appearance that are obviously and consciously attracting the opposite gender, romantic relationships between brothers and sisters, or attempting to arrange matchings between brothers and sisters.
- Buying, selling, and using alcohol, tobacco, and drugs.
- Intentional and extremely disobedient conduct toward STF staff and guidelines; foul language toward the staff and other members.
- Breaking secular law such as shoplifting.

When members are not able to respect the above rules consequences such as temporary suspension and dismissal from the program will be enforced.