

Ryuichi Kishimoto
September 2, 2026



Cheonshim Won **North America**

August 31, 2026

Testimonies (Spiritual 40 day Workshop)

Mika Uokawa, 3rd International Spiritual Workshop Testimony

I realized I had been using devotion to prove my love through action while neglecting what my heart really needed in my relationship with Heavenly Parent. I always thought constantly sacrificing and giving was the right thing to do. But Heavenly Parent also wants me to receive His love completely—to be happy.

I realized Heavenly Parent isn't only longing for our conditions and sacrifices. He is also longing for intimate conversations with us through prayer and a genuine relationship of give and receive.

[read full testimony](#)

Did you know?

Spirits liberated during chanyang yeoksa go to the 100-day workshop

Each chanyang yeoksa liberates spirits to the 100-day workshop. These spirits also need to get blessed. If you have already become a CheonBo Family, it is good to bless all eligible spirits once a year.

Future Workshops



HJ CHEONBO

GREAT WORKS

You are invited to the
West Region Great Works.
Register now to participate!

Early bird registration ends Monday, August 31st at 5 PM PST

SEPTEMBER 12, 2026 9AM TO 6PM

BAY AREA FAMILY CHURCH

Satellite Venue: Los Angeles Family Church



 **HYOJEONG CHEONBO**
GREAT WORKS
Heavenly North America 

Live registration link:

hsa.regfox.com/hj-CheonBo-greatworks-regional-level-participation-form-bay-area-family-church

Early birds ends August 31 at 5PM

Form submission

Cheon Shim Won Las Vegas implemented a new online system to submit your forms

cheonshimwon.org/form-submit/

- Upon submission, you will receive a confirmation that your form and donation is correct.
- Upon confirmation, bring your form and donation to BAFC office during church office hours or on Sunday, for out of state members you can mail your form and check to
(no form or donation will be accepted on the day of the event)

Check payable to HSA UWC

Bay Area Family Church
CheonBo GW
2305 Washington Avenue
San Leandro, CA 94577

**Spots Available for the
4th and 5th Cheonshim Japanese
Resonating Prayer Workshop**



4th Japanese 3-day: 20/40 spots available
5th Japanese 3-day: 9/40 spots available

register for the 4th Japanese Workshop (9/8 - 9/10)

register for the 5th Japanese Workshop (10/5 - 10/7)



Join a Cheon Shim Won Prayer Vigil

The Cheonshim Won (Cheon Shim Won) is the central place for offering devotion. Join a prayer vigil via Zoom or in person at Cheon Shim Won locations across North America.

join a prayer vigil

Cheon Shim Won North America is a ministry of Family Fed North America.



Contact csw@unification.org for any questions

First, I would like to express my sincere gratitude before Heavenly Parent and True Parents for allowing me to share my testimony tonight.

Good evening, brothers and sisters. My name is Mika Uokawa, the youngest of three and only daughter of Kenji and Taeko Uokawa, a 1275 blessed family from New York. This past May, I received the blessing with my spouse, Tadahiro Munakata.

Tonight, I would like to share the grace I received from the 3rd International Spiritual Workshop and my determination moving forward.

After returning home from the 1st 40 day spiritual workshop in Las Vegas, I was called to begin offering Cheon Shim Won devotion in New York. I wanted to respond to Mother's plea for us to gather our devotion. At first, it went well, but as it became habitual and life became busier, the night vigil began to feel more conditional than faith-building. Even with everything happening in our movement and my efforts to support True Mother, I felt an emotional wall between Mother and myself.

That led me to the 3rd International Spiritual Workshop. My goal was to be reborn as a child of Heavenly Parent and True Parents and to understand Heavenly Mother's love.

During orientation on the first day, Father's spiritual words struck me deeply. He asked:

"Do you believe in the Only Begotten Daughter, True Mother, who is the Substantial Holy Spirit and Holy Mother Han? Do you believe that True Mother is Holy Mother Han? If you believe, how much do you love Her? How much have you experienced the love of Mother? How much joy have you returned to Mother? Is your life not a life that attends Heavenly Parent? Answer these questions to me individually in the Cheonshimwon."

As I heard these words, tears streamed down my face in repentance. I realized how dishonest and complacent I had been about my relationship with Mother before Heavenly Parent and True Father, not knowing how much it was hurting them who love True Mother the most.

Two weeks into the workshop, we heard about Mother's final verdict hearing. During that night's vigil, I cried out, "What am I offering for True Mother? Why am I letting each day pass so quickly?"

My original mind told me I needed to offer something more or I would regret it. The first thing that came to me was to offer 1,000 bows each day for three days.

The first day was difficult. I heard every possible complaint in my head and struggled to keep my focus on Mother. But as I continued, something changed. Even though I sacrificed sleep and sometimes meals, my spirit became incredibly fulfilled and joyful. It felt like my whole body wanted to offer devotion for her.

But on the final day, I began to question myself: How much of this was truly a Hyojeong offering that Heavenly Parent could happily accept?

I realized I had been using devotion to prove my love through action while neglecting what my heart really needed in my relationship with Heavenly Parent. I always thought constantly sacrificing and giving was the right thing to do. But Heavenly Parent also wants me to receive His love completely—to be happy.

As True Father once said; “only when you receive completely from your subject partner do you reciprocate completely.”

I realized Heavenly Parent isn’t only longing for our conditions and sacrifices. He is also longing for intimate conversations with us through prayer and a genuine relationship of give and receive.

Throughout the workshop, our coordinators often told us to “let go.” I thought that meant pushing myself physically and sacrificing more. But Heavenly Parent was asking me to let go of something deeper: the image of myself as someone who needs to have everything figured out.

I needed to become vulnerable and honest before Heavenly Parent—to become quiet, make more room for Him in my mind, receive His spiritual energy, and most of all, be a child. I had been trying so hard to become a good subject that I forgot how important it was to first become a sincere object before Heavenly Parent.

Then, through the grace of one of the staff members, I deeply felt Heavenly Mother’s love. She told me, “You don’t need to rush yourself. Take it one step at a time with sincerity.”

Those words completely liberated me. I had been putting pressure on myself, thinking I needed to do more and more for True Mother. But Heavenly Mother embraced me with love. Again, before anything else, we will always be children before Heavenly Parent.

That same day, while we were singing, I felt Heavenly Mother’s thought come to me: “I already think you’re so beautiful and precious, but why do you say otherwise?”

Throughout my life, I have often put myself down and felt that I couldn’t truly be happy until I reached a certain standard. But Mother already saw me as beautiful and precious before I had accomplished anything. I realized that denying those words was actually denying Mother’s love.

Toward the end of the vigil, I realized that the thoughts telling me I was distant from Mother or unworthy of her love were not the truth. Once I accepted that, it felt as though the walls around my heart melted. All the experiences of True Mother’s love that I had received over the years came flooding back, and I was overwhelmed with tears.

In particular, a memory that came to me was from January 2025, where my group of spiritual graduates had the opportunity to personally meet True Mother. Even though Mother herself was going through a difficult time, and feeling unworthy myself, I experienced her unconditional love.

Only after coming to this workshop did I begin to understand how much Mother had sacrificed just to meet us. How painful was it for her to walk to meet us? How much did she have to endure patiently? I realized that I had already experienced this unsurpassable love of Mother: a Mother who risks her own physical body and puts us before herself.

As I conclude, I want to share one final lesson that became a turning point for our workshop.

Halfway through, our group felt stagnant. We knew we couldn't save Mother with the energy we had, yet we were tired and discouraged.

Finally, our staff sat us down and spoke honestly with us. The participants also took ownership. One brother shared that instead of judging one another or focusing only on reaching our individual goals, we needed to ask how we could love the brothers and sisters around us.

We all knew we were struggling, so he said, "Let's support one another."

After that heartfelt sharing, we had our most unified praise session of the workshop. From that moment on, it felt like something spiritually unlocked. I felt the Holy Spirit come down and join us through our praise and love for one another.

My whole life, I often used my energy to fix and suppress my shortcomings and distracting thoughts. But now, as I focus more of my energy on love, I feel lighter and excited. I came to understand that this is truly the path to resemble and know the hearts of our Heavenly Parent and True Parents as we practice and extend love starting in the small moments.

This will conclude my humble testimony, thank you for listening.

I wish I added at the ending of focusing more on Mother then resonating with praying her heart. And singing the praise like it was so much more powerful.

HJ Cheonbo Greatworks Regional Level

September 12th

Bay Area Family Church

Save the date September 12th for HJ Cheonbo Greatworks Regional event at Bay Area Family Church in San Leandro, CA.

- Ancestor and Collateral Liberation and Blessing
- HyoJeong Offering Ceremony
- HyoJeong Won Inheritance Ceremony
- Private Consultation (by gratitude offering)
- Personal one on one Ansu (by gratitude offering)

(There will be coffee, tea, refreshments on Saturday, September 12th and lunch is included - NO Dinner)

Basic tentative schedule:

September 12th

- 8:00 AM Check-in
- 8:50 AM Holy Song
- 9:00 AM Welcoming Ceremony Opening Address
- 10:00 AM Special Lecture
- 11:00 AM Break
- 11:20 AM Chanyang Lecture
- 11:40 AM Chanyang Session
- 12:10 PM Lunch
- 1:40 PM Holy Song
- 1:50 PM Ancestor Liberation
- 2:50 PM Break
- 3:35 PM Ancestor Blessing
- 4:35 PM Break
- 5:05 PM HJ offering Ceremony
- 5:55 PM Hyojeong Won Ceremony

Final program will be updated a week before

Thank you

Early Bird Fee:

Adult \$50

Young Adult \$25 (18 to 40 year-old)

Youth \$15 (11 to 17 year-old)

10 years old and younger \$10

Early birds ends August 31st.

Fees after early birds (after August 31st):

Adult \$65

Young Adult \$30

Youth \$15 (11 to 17 year-old)

Under 10 year-old \$10

Please make checks payable to "HSA-UWC" and write "HJ cheonbo event" in memo

Participants' Information

How many people are you planning to register? (Including yourself) *

(Choose One) 

What ceremony and/or event do you participate? Check all that apply to you. *

- ☐ Changyang session
- ☐ Ancestor or Collateral Liberation
- ☐ Ancestor or Collateral Blessing
- ☐ Hyojeong Offering Ceremony
- ☐ Hyojeong Won Inheritance Ceremony
- ☐ Private Consultation (gratitude offering)
- ☐ Personal one on one Ansu (gratitude offering)
- ☐ None

Total \$0.00

Almost done, where should we send the confirmation?

Email *

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Confirm Email *

Confirm Email Address

Name *

FirstLast

Phone Number *



SUBMIT



MISCELLANEOUS

Form Submission

■ May 26, 2026 ■ By Tatsuyo Morimoto

Ancestor / Collateral Form

Step 1 of 3

33%

Section Break

Country You Live In *(Required)*



Family Name *(Required)*

Given Name *(Required)*

Spouse Name *(Required)*

Email *(Required)*

Representative Name (If you are not participating)

Phone *(Required)*

Date of Birth *(Required)*

yyyy/mm/dd



Blessing *(Required)*

Gender *(Required)*

- ☐ Male
☐ Female

Which workshop will you be attending? *(Required)*

- ☐ Los Angeles, CA : 2026-08-15
☐ San Diego, CA : 2026-08-22
☐ Bay Area, CA : 2026-09-12

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Testimony of 40-Day Spiritual Workshop





Cheonshim Won Prayer Vigils

What is the Cheonshim Won?

Cheonshim Won is the worldwide headquarters for jeongseong (devotion). It is a prayer room where blessed families can resonate with the heart of Heaven. You can join a prayer vigil taking place in Cheonshim Wons across North America to offer devotion remotely. Click on the plus sign next to each location to find details for how to join.



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