

**FFWPU USA Blessing and Family Ministry: The Marriage Course Fall Session  
Starting October 28**

Carina Mendez  
October 7, 2023



FAMILY FEDERATION

The Newsletter

## Blessing & Family Ministry

MATCHING | MARRIAGE | PARENTING

October 6, 2023

---

Hello family. The Marriage Course. 51+ Connect. *MatchNet* Podcast episode. High Noon Fall Challenge. Re-parenting ourselves. Local Sunday service livestreams.

---

### *events*

## The Marriage Course Fall Session Starting October 28



Photo courtesy of Marcos Paulo Prado

The next series of The Marriage Course is starting on Saturday, October 28 at 7:00PM EST. You're invited to an Introduction webinar for this 7-week program to improve your marriage.

We will be holding TWO 30-minute Introduction webinars on Thursday, October 19 at 7:30 PM EST and on Saturday, Oct 21 at 4:00PM EST. The content will be the same, so please pick the one that works for you. If you have already done the program, we encourage you to reach out to other couples and invite them to attend one of these introduction sessions.

You'll hear about the purpose of the course and it's impact on couples who have completed it. You can also sign up for the full program at the link below!

[register for the full program](#)

[Zoom Link for Introduction Meeting](#)

---

## 51+ Connect Registration



The 51+ Matching Connect is a virtual meeting to create an opportunity for First Gen singles who are at least 51 years old to connect with their peers with the hope of finding their eternal spouse. This year, First Gen who are at least 46 years old are invited to join. This meeting is free of charge, but requires a registration.

The meeting will take place on Saturday, October 7, 2023 from 3:00 PM to approximately 8:00 PM EST.

If you have any questions or concerns, feel free to reach out to either Christian Nseka [cNSEKA@unification.org](mailto:cNSEKA@unification.org) or Anne-Marie Mylar [amie2013@gmail.com](mailto:amie2013@gmail.com).

[register now](#)

[more program information](#)

---

*listen*

## New Director Brings New Vision for BFM (with Carina Méndez)



Introducing the new BFM Director, Carina Méndez! In this episode, Carina shares why she decided to take on her new role and her vision for the BFM moving forward.

*MatchNet Podcast is also available on your favorite Podcast players: Spotify, Apple Podcasts, Google Podcasts, Stitcher.*

[listen now](#)

---

*what's new?*

## High Noon Fall Challenge (online



program)



Photo courtesy of Chang Duong

High Noon is offering a free 6-week online program for young adults that want to make their vision for healthy, vibrant, and heavenly sexuality *a reality*.

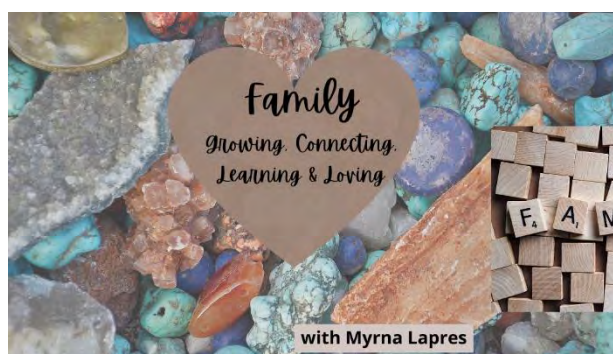
Shame and isolation are huge obstacles in this journey, so we want to give you the knowledge and support to free yourself of shadows, establish meaningful connections, and live your vision *now*. The program starts October 12.

[join the challenge](#)

---

## *food for thought*

### Re-parenting Ourselves



In her book, *The Conscious Parent*, Dr. Shefali Tsabary says, “Through our children, we get orchestra seats to the complex theatrics of our immaturity, as they evoke powerful emotions in us that can cause us to feel as though we aren’t in control—with all the frustrations, insecurity, and angst that accompanies this sensation.” We have many opportunities to get upset, react, or get triggered throughout our day—with our boss or a co-worker, while driving in traffic, with a friend, or our spouse. However, children seem to have the unique ability to know how to push our buttons! I’d like to point out that this gives us the opportunity to re-parent ourselves.

[Read more](#)

---

*connect*

## Local Sunday Service Livestreams



*Stay connected by tuning into one of our livestreamed Sunday Services across the nation!*

[find a service](#)

---

*Did a friend forward this to you? [Subscribe](#) to The Newsletter.*

---

Follow Us



Have Feedback? [Contact Us](#)

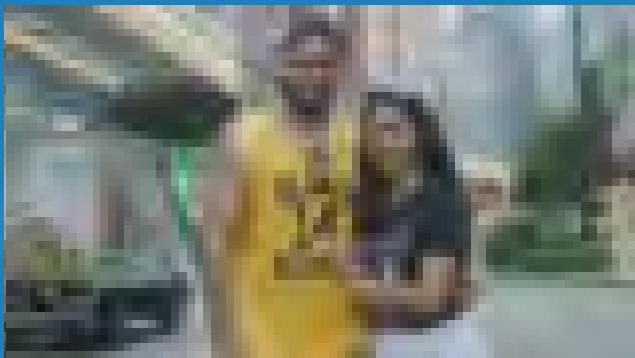
---

# The Marriage Course

Designed to help couples invest in their relationship and build a strong marriage.

**REGISTER**

**"Having to sit down and properly talk about things is a game changer."**



Keeping a marriage joyful, growing, and fulfilling takes proactive effort!

Whether you're newly married or enjoying your senior years together, this course offers a chance to spend focused, intentional time working on practical skills to deepen your relationship.

**Join from Anywhere!**

## What to expect?

- ✓ A romantic evening in the privacy of your own home
- ✓ Watch each session in a friendly online group environment
- ✓ Digital surprises! Yummy dessert recipes, ideas for ambiance at home
- ✓ Celebration and Commitment ceremony during week 8

## 7 Sessions over 7 weeks + a celebration

Starting **Starting October 28, 2023**

## A new topic each week!

- 1 Strengthening Connection
- 2 The Art of Communication
- 3 Resolving Conflict
- 4 The Power of Forgiveness
- 5 The Impact of Family
- 6 Good Sex
- 7 Love in Action

Time to Celebrate! The 8th week will be a marriage rededication ceremony.

## And there's a study journal!

The study journal is designed to be used in conjunction with each session. You will need to

order two [HERE](#).

Course Price: **\$70**  
+ 2 journals

Get 15% off with this code: **SAVE15@CS**

Ready to discover something new about  
each other ?

**Starting October 28, 2023**

**REGISTER**

An investment in your Marriage.

Family Fed Courses