

Blessing and Family Newsletter: How's Your Family Holding Up?

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BLESSING & FAMILY MINISTRY
FAMILY FEDERATION FOR A HEAVENLY USA

[MATCHING](#) | [BLESSING](#) | [COUPLES](#) | [FAMILIES](#) | [COMMUNITY](#)

Dear Blessed Families, Couples, and Candidates,

We hope that you are managing well at home and taking good care of yourselves and your loved ones.

There isn't much to say about the current virus situation that hasn't been said, but we hope that we can remember that God is alive and very much involved in our lives. We pray that our ancestors in the spirit world can also reach down and help stabilize the situation.

Despite the many ways our lives have been affected recently, many of us are realizing that this is a much-needed opportunity for us to slow down our busy lives and focus on what is most important—**our relationships**. Our relationship with God, with True Parents, with our spouse, with our parents, with our children, and with our Original Mind.

The past decade can be labeled the decade of “*busyness*”. We have seen unprecedented economic growth for the past 10 years. As a result, we've been working more, planning more, and spending less time on what matters—time with God, quality time with our loved ones, and taking care of our health.

With the entire nation at home right now, there will surely be friction in your relationships. And we understand! We are here to support you and want to emphasize how this can be seen as an opportunity to cherish those precious relationships and grow our capacity to love our children, our spouse, and our parents.

If anyone understands how to remain grateful and faithful during a time of crisis, it would be True Mother and True Father.

True Mother has shared powerful insights on the importance of gratitude:

"We must always start each day with a grateful heart. We are gradually aging. All people are very interested in health, but the most important thing about health is always living with a positive, happy, grateful heart. When we open our eyes in the morning, we should smile and shout out, "Today I am beginning a happy day!" It is said that if we do that, all diseases fall away, and endorphins are produced. Therefore, we become more healthy and efficient in our work." -

[Read more about gratitude from True Mother here.](#)

Powerful and timely words indeed!

As always, below is our wonderful newsletter with content that can keep you spiritually healthy during this time.

For Matching Candidates, we encourage you to take this opportunity to focus on your matching process. You can take the [Level 2 Online Course](#) "Preparing for Marriage", or you can create a matching profile on one of the [matching websites](#), or you can start communicating with a family/candidate! Read: [3 Essential Tips to Getting Matched...Well](#)

For married couples, we have an entire archive of marriage enrichment [articles](#) and [videos](#).

For parents, check out the many parenting [articles and resources](#).

High Noon is also recognizing the fact that this is a very difficult time for those fighting a porn habit, who are feeling more isolated at this time, so please take High Noon's free [15-day challenge](#) from today to keep integrity in check. They also have a [90-day course available here](#).

In conclusion, we hope that all Blessed Families can use this opportunity to invest in our relationships at home.

May God be with you and your family,

Blessing & Family Ministry

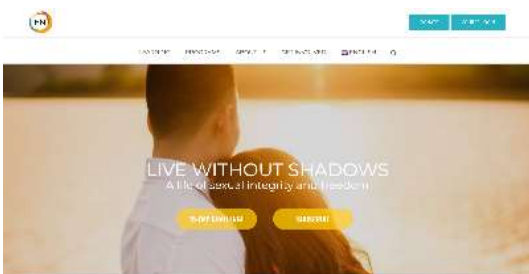
FFWPU-USA



Marriage Enrichment Videos

Over the past several years, the BFM has offered Marriage Enrichment Webinars, presented by marriage professionals in our faith community. We've recorded all of our webinars and have now compiled them into this page, where you can watch more than 30 videos!

[WATCH VIDEOS](#)



High Noon Resources

High Noon exists to create a culture of sexual integrity, openness, and heavenly sexual intimacy. We provide sustainable pornography recovery and sexual integrity training services based on Unification Principles.

[TAKE 15-DAY CHALLENGE](#)

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