

# Blessing and Family Ministry: How to Know If You've Found the "One"

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## How to Know If You've Found the "One"

The BFM team offers some advice to answer the Trillion-dollar question: How do you know if you've found the "one"?

This is a question everyone asks themselves at some point during the Matching Process!

[WATCH VIDEO >](#)

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## Is There a Difference Between Cosmic Blessing and HTM Blessing?

The term Blessing, with uppercase B, refers to a marriage that has been officiated according to the standard established by the True Parents—Father and Mother Moon.

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## How Talking about Porn With My Kids Changed Them [With Liz & Benjy]

Liz Buergi from California shares about how having ongoing conversations with her teens about porn and sexuality helped them be open to talking about it

as a family. If you're wondering how to bring conversations about porn into the home, then THIS is the place for you!

[WATCH VIDEO >](#)

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## Safe Conversations 3-Session Interactive Webinar

This Safe Conversations workshop is designed for Blessed Family members who want to have better ways of relating and connecting. It is for parents and teenagers (16 and up) or adult children who want to have a better relationship--come together or alone. It is for those who are preparing for or in the matching process as well as matching supporters. It is for anyone wanting to know how to create understanding, safety, and healing within their relationships.

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