

FFWPU USA Blessing and Family Ministry: Sign Up for the 24+ In-Person Retreat

Carina Mendez
August 16, 2025



FAMILY FEDERATION

Blessing & Family Ministry Newsletter

MATCHING | MARRIAGE | PARENTING

August 15, 2025

Hello family. 24+ In-person retreat. Blessing Webinar. Building true love. HN Core program. Soften your start up. Sunday service livestreams.

what's new?

Register now for the 24+ In-Person Retreat

Registration for the In-Person Retreat happening September 18-21st at Trout Lodge in the Ozarks closes This Sunday!

Just a friendly reminder that you miss 100% of the shots you don't take. You got this!

Sign up today!



register now!

Next Blessing Webinar: August 21

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BLESSING

WEEKLY WEBINAR

TOPIC:

Conscious Communication for Couples



 **DATE**
Aug 21, 2025

 **TIME (EST)**
08:30 PM: Education
• Extra Q & A

Speaker: Highmy Her
(Region 2)



[Register Here](#)

>>>>>

 **BLESSING MINISTRY**
FAMILY FEDERATION FOR WORLD PEACE AND UNIFICATION USA

join here

Building True Love: Conscious Communication for Couples

Welcome! This will be a six session class with practice, starting either Sep 6 or Sep 8. You will have homework to practice the skills you learn. I know it's hard to meet every week, but this way we'll be done before any students' work loads get heavy. We'll do this by zoom so you don't have to be in the same location as your spouse. And if your spouse can't attend at all it's okay. You'll still get something out of it to get your communication off to a good start.

Building True Love

Conscious Communication for Couples

Starts on Sep 8th
with **Highmy Her**

Registration here:

Topics That Will Transform the Way You Connect:

- The difference between Real Love and Imitation Love
- Why we try to protect ourselves—and how to stop
- How to speak your truth in a relationship
- Choosing freedom: understanding choice and expectation
- Facing conflict with honesty (The Field of Death)
- Learning to name emotions so you can truly heal together

[register here](#)

events

High Noon Core Program



[join here](#)

Soften Your Start Up



by Myrna Lapres

A "soft startup" in the Gottman method refers to a gentle and respectful way to begin a conversation about a difficult topic, particularly when addressing a problem or conflict in a relationship. It emphasizes using a calm tone, positive body language, and "I" statements to express feelings and needs without placing blame on the partner. This approach aims to create a safe and open space for discussion, increasing the likelihood of a positive resolution.

[read more](#)

Choose your service

Sunday Service Livestreams



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