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

Carina Mendez August 16, 2025



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!

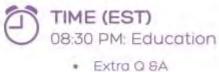
Just a friendly reminder that you miss 100% of the shots you don't take. You got this!

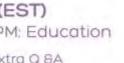
Sign up today!



Next Blessing Webinar: August 21













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.



events

High Noon Core Program



join here

food for thought

Soften Your Start Up

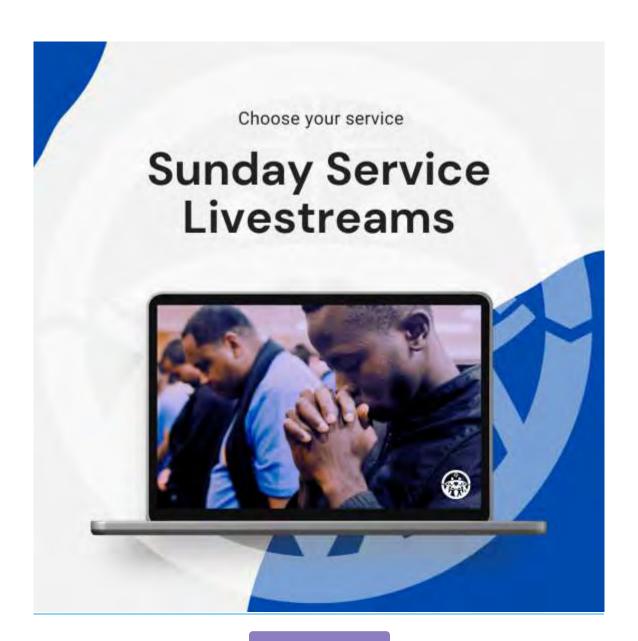


by Myrna Lapres

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.

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