

FFWPU USA Blessing and Family Ministry: *Deeper Connection Podcast* Spotlight

Carina Mendez
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Blessing & Family Ministry Newsletter

MATCHING | MARRIAGE | PARENTING

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Hello family. Deeper Connection podcast. BFM director's testimony part 2. How to get back up. Fourth quarter of life.

what's new?

Spotlight on the 'A Deeper Connection' Podcast

A Deeper Connection, is a podcast empowering healing, strengthening, and enriching the parent child relationship through all phases of life. These podcasts reflect the lives of individuals navigating the various challenges and joys of finding understanding, forgiveness, growth, and connection through the parent-child relationship. They represent various relationships and faith journeys within the greater Unification Church Community.

Hosted by Myrna Lapres and Crescentia DeGoede in collaboration with the Blessing & Family Ministry of Family Fed USA. Click below to listen to the latest episodes.

[listen here](#)

BFM Director's Testimony Part 2

How I met my husband

PART 2



@carinabfm

[watch here](#)

Feeling Down Again? How to Get Back Up Today

We all hit emotional lows, but you don't have to stay there. In this episode, Andrew and Benjy share why we get stuck in familiar negative patterns and how to rise with

intention, grace, and God's help.

[listen here](#)

food for thought

The Fourth Quarter of Your Life



by Myrna Lapres

A few months ago, someone who reads my blog reached out to me to ask, "Have you heard of the book 'The Fourth Quarter of Your Life?' I think you should offer a webinar series based on the book." So of course, I had to find the book and check it out for myself. The premise of the book is that life consists of four quarters:

- First quarter: 1-20 years old
- Second quarter: 21-40 years old
- Third quarter: 41-60 years old
- Fourth quarter: 61-80 years old
- Older than 80 is **Bonus Time!**

[read more](#)

