

FFWPU USA Blessing and Family Ministry: The Holy Spirit is Flying to Chicago

Carina Mendez
December 6, 2024



FAMILY FEDERATION

The Newsletter

Blessing & Family Ministry

MATCHING | MARRIAGE | PARENTING

December 6, 2024

Hello family. Live Sunday Service. HJ matching support cycle 4. Blessing webinar. HJ Blessing guide. High Noon live webinar. Strengthen Legacy webinar. Food for thought.

in-person events

The Holy Spirit is Flying to Chicago!

NATIONAL SUNDAY SERVICE

Message from
REV. DEMIAN DUNKLEY

December 8
10am Central

Livestream at live.familyfed.org



LIVE

National Sunday Service is BACK! Coming to you live from Chicago, IL next Sunday, December 8 at 10am Central/11am Eastern/8am Pacific. Join us for a spirit-filled message from Rev. Dunkley and music by the Chicago Peace Starts With Me Masterclass Choir!

[WATCH LIVE](#)

online events

HJ Matching Support Cycle 4 registration Deadline is this Saturday December 7



The poster features the Hyojeong Matching Support logo at the top, which includes a circular icon of three stylized figures holding hands. Below the logo, the text reads: "DO YOU WANT TO RECEIVE THE BLESSING IN APRIL 2025? SIGN UP FOR THIS PROGRAM TO RECEIVE A MATCHING SUGGESTION!". The process is outlined in three steps: "Prayer Week" (represented by a lightbulb with rays), "Receive a Matching Suggestion" (represented by a lightbulb and a speech bubble), and "Conversation Week" (represented by two people talking). A flowchart shows a "Decision" point leading to "Receive another Suggestion" and "Continue Communication after 7 days". The poster also states "TOTAL OF 7 CYCLES From Oct 20 to Feb 1" and includes a QR code and the text "JOIN WHEN YOU ARE READY. LEAVE WHEN YOU ARE READY!". At the bottom, it says "Learn More at: <https://www.hyojeong.org/online-events/matching-support>".

We invite all candidates preparing for the 2025 Cosmic Blessing to join the HJ Matching Support program, (previously the Blue Dragon Matching). This program offers a supportive and guided process to explore potential matches.

Running in two-week cycles with a total of seven cycles, the program consists of a Prayer week, where the Matching Committee prays for thoughtful suggestions, followed by a Conversation Week, allowing candidates to engage in 7-day discussions with their matches. Parental and matching supporter involvement is encouraged to provide guidance and support throughout the process.

This initiative aims to help participants step out of their comfort zones, build communication skills, and explore meaningful connections in a spiritual environment, ultimately enhancing their chances of finding a spouse. Those

interested in the next cycle must have a profile on Blessing4U and complete their blessing interview before. Join us for the 4th cycle and register now!

[register here](#)

Blessing Webinar



BLESSING <<<<
WEEKLY WEBINAR

DATE
Every Thursday
(December 12th)

TIME
08:30 PM ET - Education
9:30 PM ET - Networking
(for Parents, Pastors & MS)

NEXT TOPIC
More effective communication
between parents and adult children
about life and the Blessing

Speakers:
Bento C. Leal III,
Relationship Skills Trainer &
Best Selling Author

BLESSING MINISTRY
FAMILY FEDERATION FOR WORLD PEACE AND UNIFICATION USA

[Register Here](#)

The Blessing Ministry is hosting a weekly webinar with education for Singles, Couples, Parents, Matching Supporters, and Pastors. Next week's webinar will be cohosted by SR5, featuring Bento Leal on Building Stronger relationships. After the education, Parents and Matching Supporters will have the opportunity to network and meet with each other. Register now and join us for next week's meeting!

[register here](#)

[view handouts](#)

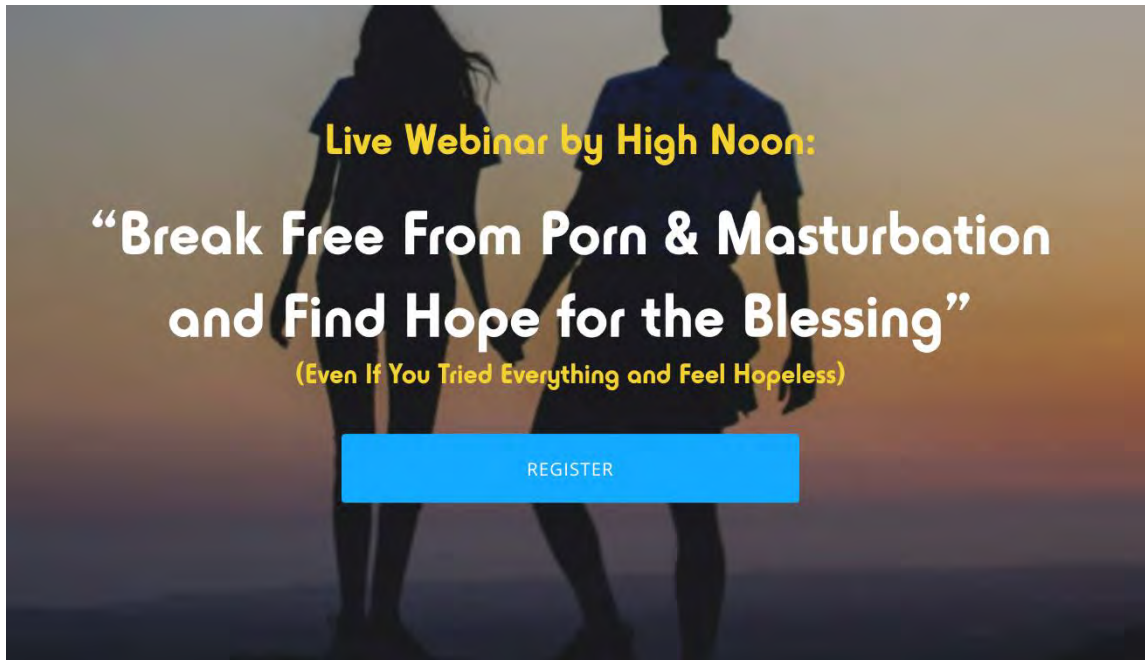
HJ Blessing Guide



The new Blessing Application System is now open! If you are a Pastor, local community leader, Matching Supporter, or Blessing Interviewer, please register as soon as possible so you can assist candidates joining the HJ Blessing Guide. For any questions please contact bfmtechsupport@unification.org.

[join here](#)

High Noon Live Webinar



Are you struggling with the shame and hopelessness of porn & masturbation habits? Do you feel unworthy of the Blessing or stuck in a cycle you can't break? This faith-based webinar will guide you to lasting freedom, healing, and hope. Join us below.

[join here](#)

Strengthen Your Legacy 4 Week Series Webinar

Strengthen Your Legacy--Creating Greater Connection With Your Teens & Adult Children



- Gain tools to create safety, connection, empathy, and understanding with your teenagers and adult children
- Improve your communication skills, including learning how to listen in order to understand
- This is a crucial foundation for discussing the Matching & Blessing

**4 week online course-Wednesdays
Jan. 8-29, 2025, 5 pm PT/8 pm ET
Facilitated by Myrna Lapres,
Family & Relationship Coach & West
Region BFM Coordinator**

Did you know that we only hear about 25% of what someone says to us in a

conversation? We usually listen to respond with our own ideas instead of listening to understand the other person. In this four--week course, you will gain tools to help you create safety, connection, understanding, and empathy with your teenagers and young adult children. Having this kind of relationship will go along way in supporting your family matching process and beyond. This 4 week series will be held on Wednesday evenings 5 pm PT/8 pm ET, from January 8–29, 2025. During the webinars, various topics will be addressed, you will have opportunities to practice in breakout rooms, and you will gain skills to put into practice with your family. This 4 week series is \$40/individual or couple. Click below to register.

[register here](#)

food for thought

Give the Gift of Reading



Did you know that there is a resource for imparting wisdom that we often overlook? It is the use of books and literature in our homes to subtly set the stage for a conversation about a topic that we'd like to explore with our children. Books and

stories also provide the opportunity to explore and widen our view of the world. Ann Patchett, renowned American author has said, “Reading fiction not only develops our imagination and creativity, it gives us the skills to be alone. It gives us the ability to feel empathy for people we've never met, living lives we couldn't possibly experience for ourselves, because the book puts us inside the character's skin.”

[read more](#)

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How to Build a Stronger Relationship with Your Adult Child

Building a stronger relationship with your young adult child takes effort, communication, and mutual respect.

Here are some strategies to consider:

1. Respect Their Independence

Acknowledge that they are becoming their own person with their own opinions, interests, and goals. Show support for their choices, even if you don't always agree.

- **Example:** *If your child decides to change their college major, support their decision by asking about their new interests and plans rather than questioning their choice.*

2. Foster Open Communication

Create a safe space for honest conversations. Listen with empathy and without judgment. Let them know they can come to you with any topic, big or small.

- **Example:** *If they come to you with a problem, listen fully before offering advice. Say, "Do you want my advice, or would you prefer I just listen?"*

3. Show Genuine Interest

Engage in their hobbies and passions. Ask about their interests, work, studies, or whatever is going on in their life. This shows you value their world and perspective.

- **Example:** *If they love gaming, ask them about their favorite games or try playing with them. You could say, "Can you show me how this game works? It looks interesting."*

4. Set Boundaries Together

Discuss expectations and boundaries collaboratively. This helps establish mutual respect and avoids unnecessary conflicts.

- **Example:** *If they live at home, discuss shared responsibilities. Say, "What's a good way for us to split household chores so it works for both of us?"*

5. Spend Quality Time Together

Find activities you both enjoy, whether it's a shared hobby, a meal out, or a trip. These moments help build positive memories and deepen your connection.

- **Example:** *Plan a regular movie night or cook a meal together. You might say, "I'd love to learn how to make that recipe you like—want to cook together this weekend?"*

6. Be Patient

Young adulthood is a time of change and self-discovery. Be patient as they navigate challenges and celebrate their successes, big or small.

- **Example:** *If they're figuring out their career path and taking longer than expected, encourage them with, "I know it's a big decision, and I trust you'll figure it out at your own pace."*

7. Encourage Without Pressure

Support their ambitions without imposing your own expectations. Celebrate their achievements while allowing them to define success on their own terms.

- **Example:** *Instead of saying, "You should be applying for more jobs," try, "Is there something I can do to help with your job search?"*

8. Apologize and Forgive

Acknowledge mistakes and apologize when needed. This shows humility and strengthens trust.

- **Example:** *If you argue, acknowledge your part. Say, "I'm sorry for raising my voice earlier. Can we start over and talk about this calmly?"*

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Communication Suggestions for Parents of Adult Children

Keys for improving my communication with my young adult child

Improving communication with a young adult child requires building trust, respect, and understanding.

Here are some key approaches:

1. Practice Active/Empathic Listening

- Give your full attention during conversations—avoid distractions like phones or TV.
- Reflect their feelings or concerns back to them to show understanding (e.g., "It sounds like you're feeling..." or "I hear you saying..." followed by "Is that correct?").
- Resist the urge to immediately offer advice or solutions unless they ask.

2. Foster Mutual Respect

- Acknowledge their autonomy and right to make their own decisions, even if you disagree.
- Avoid speaking down to them or dismissing their feelings as "immature."
- Be willing to admit when you're wrong or made a mistake, and say so.

3. Ask Open-Ended Questions

- Encourage dialogue with questions that invite more than a "yes" or "no" response. For example:
 - "What's been exciting or challenging for you lately?"
 - "How do you feel about that decision?"

4. Be Patient and Nonjudgmental

- Allow them to express themselves without fear of criticism or overreaction by you.
- Keep calm even when discussing sensitive topics; create a safe space for them to be honest.

5. Adapt to Their Communication Style

- Notice how they prefer to communicate—texts, calls, or face-to-face—and use their preferred method when possible.
- Understand that their responses may be more concise or informal.

6. Share, Don't Lecture

- Instead of giving advice, share your experiences or perspectives without framing them as the "correct" way.
- Use "I" statements to avoid sounding accusatory (e.g., "I've found it helpful to...").

7. Show Interest in Their World

- Learn about their hobbies, studies, work, or social issues they care about.
- Support their passions and celebrate their achievements.

8. Respect Their Independence

- Avoid micromanaging or prying into areas they aren't ready to share.
- Trust their ability to handle challenges while offering your support when needed.

9. Keep Conversations Balanced

- Share your own thoughts and updates about your life without dominating the conversation.
- Let them guide topics they're comfortable discussing.

10. Express Unconditional Love

- Remind them often that you care, love, value them, and are proud of them.
- Offer consistent emotional support, even when conflicts arise.

By fostering an open, respectful, and empathetic dynamic, you'll strengthen your bond and create a foundation for meaningful communication.

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Ideas for conversation starters with my young adult child

Here are some meaningful and engaging conversation starters to try with your young adult child:

Life and Interests

1. *“What’s something new you’ve been passionate about lately?”*
2. *“If you could spend a day doing anything, what would it be?”*
3. *“What’s a skill you’d love to learn or improve?”*

Personal Growth

4. *“What’s a recent challenge you’ve experienced? Have you been able to overcome it?”*
5. *“Is there a moment recently that made you feel really proud of yourself?”*
6. *“How do you think you’ve changed or grew the most in the past year?”*

Future Aspirations

7. *“What’s one thing you’re excited about in the next few months?”*
8. *“If you could plan the perfect future, what would it look like?”*
9. *“Are there any places you’d love to travel to someday? Why those spots?”*

Social and Emotional Well-being

10. *“How are your friends doing? Is there anyone you’ve really enjoyed spending time with?”*
11. *“What’s been making you happy or stressed lately?”*
12. *“What do you do when you want to recharge or relax?”*

Pop Culture and Trends

13. *“Seen any good shows, movies, or videos lately that I should check out?”*
14. *“What’s a song or artist you’ve been listening to on repeat?”*
15. *“Is there a trend or meme you think is hilarious (or ridiculous)?”*

Family Connection

16. *“What’s a favorite memory you have of us as a family?”*
17. *“If you could plan a family day, what would it look like?”*
18. *“Is there anything you’d love to do together that we haven’t tried yet?”*

Curiosity and Perspective

19. *“What’s a random fact or thought that’s been stuck in your head?”*
20. *“If you could live in any time period, when would it be and why?”*
21. *“What’s something you’ve seen recently that made you think differently about the world?”*

The key is to listen with genuine curiosity and avoid turning the conversation into a lecture or an interrogation. Showing interest in their world can open the door to deeper connection.



The above content was AI-generated by ChatGPT.com with edits by:

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10. Celebrate Their Successes

- **Example:** *If they achieve something, like a promotion or a good grade, celebrate in their preferred way—whether it's a simple, "I'm so proud of you," or planning a special dinner.*

11. Show Consistent Support

Remind them that you are their unwavering support system, no matter what.

- **Example:** *If they're going through a tough time, offer reassurance. Say, "I know this is hard right now, but I'm here for you no matter what."*

12. Be a Role Model

Demonstrate behaviors like empathy, responsibility, and effective communication. Young adults often look to their parents for guidance, even when they seem independent.

Summary

The key is to adapt your approach based on their personality and needs. Small, consistent gestures of support and understanding go a long way in strengthening your bond.



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