

Carina Mendez
December 20, 2024



FAMILY FEDERATION

The Newsletter

Blessing & Family Ministry

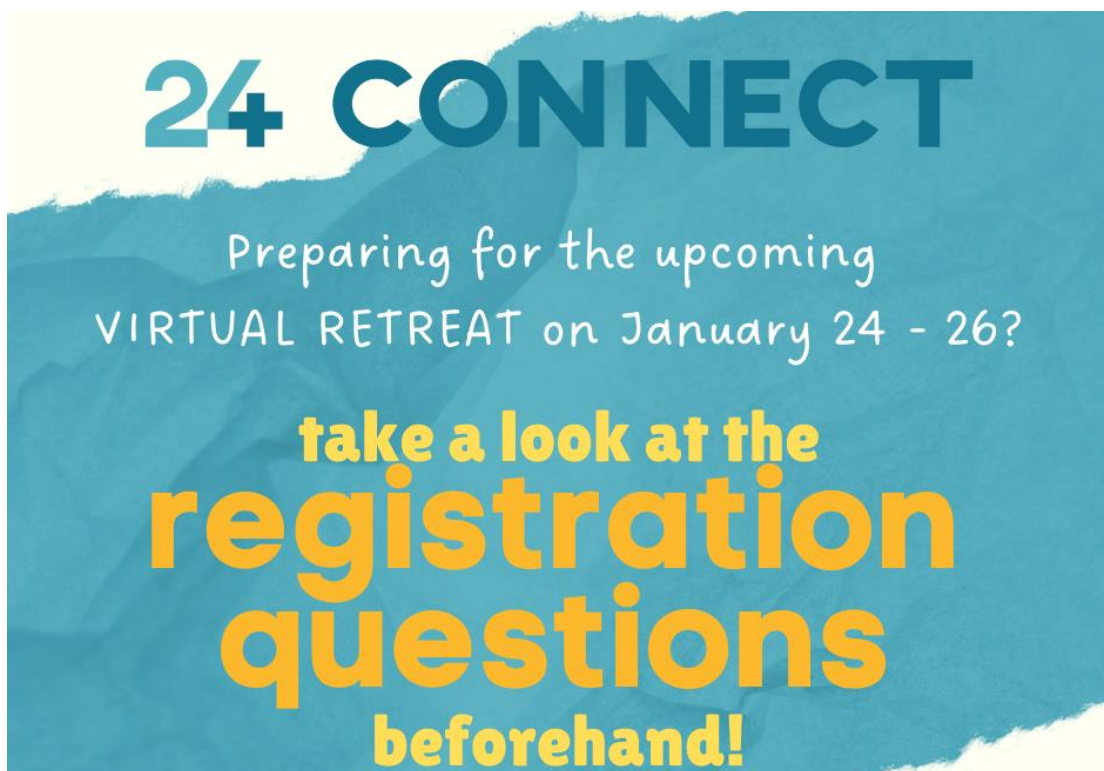
MATCHING | MARRIAGE | PARENTING

December 19, 2024

Hello family. 24+ Connect retreat. HJ matching support cycle 5. International Matching program. Level 3 Blessing workshop. High Noon Core program. Food for thought. Sunday service livestreams.

online events

24+ Virtual Retreat Registration opens
December 23!



24+ CONNECT

Preparing for the upcoming
VIRTUAL RETREAT on January 24 - 26?

take a look at the
**registration
questions
beforehand!**

We hope you're all looking forward to the upcoming virtual retreat! Registration opens this Monday, so we wanted to make the registration questions available a few days early if you want to spend some time thinking about them and writing them down over the weekend. We know sometimes seats can be limited, and it can be stressful if you are seeing these questions for the first time as you're trying to claim your spot quickly. This way, you can just copy+paste when Monday comes!

Here they are:

How would the people who know you describe you?

What are you up to in life right now? (Career, occupation, studies, etc.)

What are your long-term career and/or life goals? Share a bit about your family background!

What is your spiritual worldview?

Why did you decide to participate? What do you hope to gain?

Where are you at in terms of the Blessing? What are you looking for?

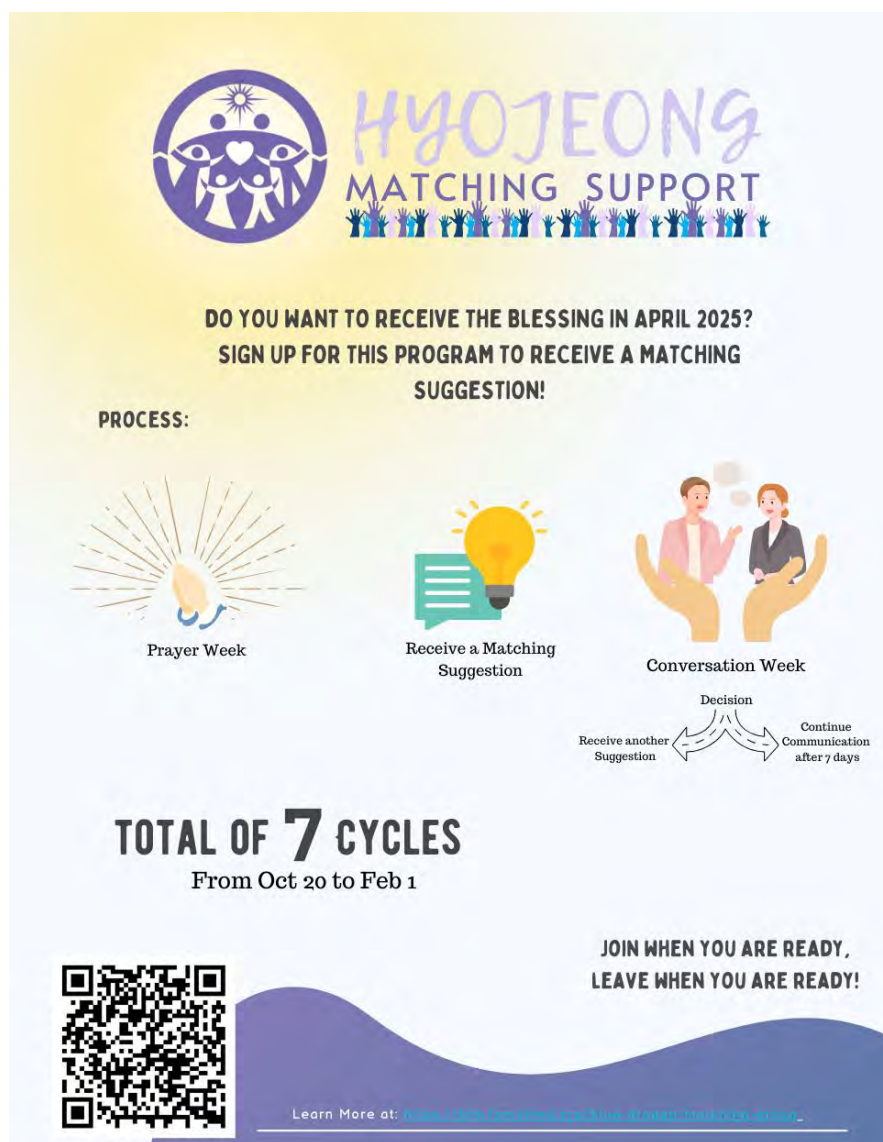
What are some of your hobbies/interests?

What are some topics you like talking about?

What is your height (in inches)?

[register here](#)

HJ Matching Support Program



The poster features a purple circular logo with stylized figures and a sun, next to the text 'HYOJEONG MATCHING SUPPORT' with a row of colorful hands below. The main text asks if the reader wants to receive a blessing in April 2025 and sign up for a matching suggestion program. It details a 7-cycle process: Prayer Week (with a sun icon), Receive a Matching Suggestion (with a lightbulb icon), and Conversation Week (with an icon of two people talking). A flow diagram shows a cycle of 'Receive another Suggestion' leading to 'Decision', which then leads to 'Continue Communication after 7 days', which loops back to 'Receive another Suggestion'. The total duration is 7 cycles from Oct 20 to Feb 1. A QR code is in the bottom left, and the text 'JOIN WHEN YOU ARE READY, LEAVE WHEN YOU ARE READY!' is in the bottom right. A URL for more information is at the bottom.

HYOJEONG
MATCHING SUPPORT

DO YOU WANT TO RECEIVE THE BLESSING IN APRIL 2025?
SIGN UP FOR THIS PROGRAM TO RECEIVE A MATCHING SUGGESTION!

PROCESS:

Prayer Week

Receive a Matching Suggestion

Conversation Week

Decision

Receive another Suggestion

Continue Communication after 7 days

TOTAL OF 7 CYCLES
From Oct 20 to Feb 1

JOIN WHEN YOU ARE READY,
LEAVE WHEN YOU ARE READY!

Learn More at: <https://www.hyojeong.org/eng/program/matching-support>

Registration deadline for cycle 5 is Tuesday January 7.

We invite all candidates looking for a match in hopes of attending the Blessing within the next two years to join the HJ Matching Support program. This program offers a supportive and guided process to explore potential matches. Please take note of the following updates.

1. We will be taking a **break for the holidays** and resuming **cycle 5 on January 8**.
Registration deadline for cycle 5 is Tuesday January 7.
2. We will be shifting the **weekly cycle to go from Wednesday to Tuesday** (instead of the previous Sunday to Saturday)

*And as a special Holiday Gift to all those who want to participate, **we are offering a 50% off for the last 3 Cycles of the program!** Please use this 50 % discount code at registration: **50OFFScholarship**

[register here](#)

International Matching Program by Japan BFD Deadline Extended



The banner features a blue background with a white wavy top edge and a central circular image of a smiling couple. Text is arranged in various shapes: a large title at the top, a yellow oval on the left, a white circle at the bottom right, and a yellow rounded rectangle at the bottom left. The background shows a blurred cityscape with modern buildings.

**International Matching
PROGRAM**

**singles, parents,
matching
supporters**

**NEW
registration
deadline
Jan 4**

**Registration
and more
information**

Interested in an international match? Then this program is for you! After two years of great success in Japan, the Youth Blessing Candidate Introduction Program hosted fully by the Japan BFD has come to America.

Candidates from all over the world are welcome to join this new program to introduce more candidates to international potential matches. Parents and matching supporters will be able to view all profiles, listed by gender in order of the age of the candidates. If a parent or Matching Supporter sees a potential match, they can reach out to the contact person listed (parent or Matching Supporter).

Candidates:

- Create a 90-second video. Here are guidelines to introduce yourself.
- Update your Blessing4U profile (you can add this video to your profile on the photo page)
- You must have a Google email address to participate, so create one if you do not already have one
- Send your video link and profile to Mr. Ushimaru (masaharu@gmail.com) using Gmail

Parents and Matching Supporters:

- Watch videos at the link from Mr. Masaharu (will be forwarded when profiles are available)

Notes:

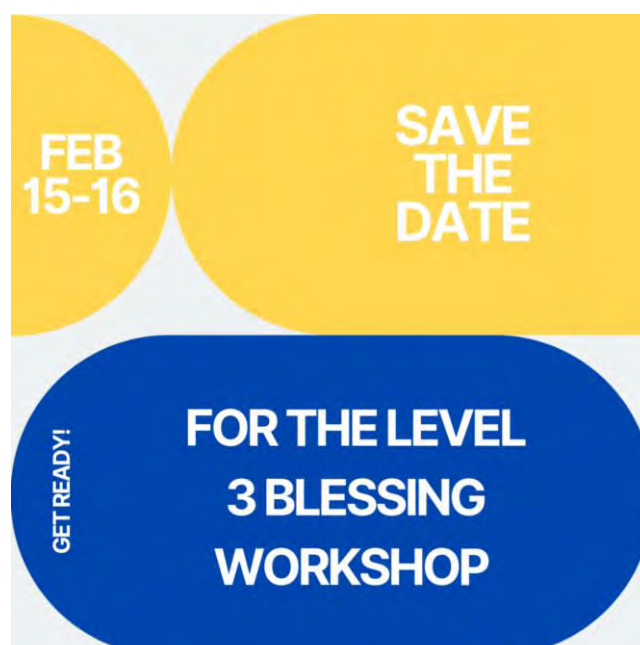
- Profiles are only available for 7 days then will be taken down
- Sensitive and confidential information should not be included

The new deadline for submission is now Jan 4, 2025. For any questions please email masaushi@gmail.com.

[candidate introduction](#)

[submit here](#)

Level 3 Blessing workshop in February



Save the date for the upcoming Level 3 Blessing workshop in **February 15–16, 2025!**

Calling all 1st Gen Singles



We would like to invite you to join our regular zoom calls where single can talk, ask questions and support each other. There seem to be many who have not been aware of the support and encouragement offered in these meetings and we would like to encourage you to join when you can.

The last Monday of every month is for individuals of all ages starting at 8:00pm Eastern time.

The 3rd Wednesday of every month is for individuals who are 51+ years of age at 7 PM Eastern time.

If you have any questions please email matching@unification.org.

[register here](#)

"Core" Program by High Noon



"CORE" PROGRAM
FOR SINGLES

MARRIAGE PREP PROGRAM BY HIGH NOON





**JOIN AT
HIGHNOON.ORG**

**Want to get Blessed but
don't feel ready?**

WHAT YOU'LL GAIN:

- Discover God's vision for an extraordinary relationship in the future.
- Become a stellar individual in preparation for the Blessing.
- Just for young men & women—this weekly group call gets to the core of what you need to prepare well for marriage.
- You will get a clear understanding of God's vision for sexuality and prepare you for Blessed life.

Want to get Blessed but don't feel ready? High Noon is offering a 8-week "Marriage Prep" program that focuses on preparing internally for the Blessing.

The program starts on January 19 and registration is now open with limited spots. Don't miss your chance and register now! Learn more at highnoon.org!

[join here](https://highnoon.org)

food for thought

A Christmas Tale Real Live Elves



A veteran pre-K teacher in a disadvantaged neighborhood in Los Angeles had the tradition each December of having Jessie, the class Elf on a shelf, who gifted all her students small tokens of holiday cheer. Although it was difficult to do on her teacher salary, she found ways to give something small--a pencil, a pack of crayons, or a small notebook. No matter how small her gift, the students were always grateful.

[read more](#)

connect

Sunday Service Livestreams



Stay connected by tuning into one of our live-streamed Sunday Services across the nation!

[find a service](#)

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Organizing events for single Unificationists to foster meaningful community and faith-affirming relationships



Who We Serve

We host semi-annual events designed to create meaningful opportunities for Unificationist singles aged 24 and older to connect and build relationships.

Our mission is to empower individuals on their journey toward receiving the Blessing of True Parents.

Connect: Meet through group activities, discussions, and 1-on-1 conversations.

Grow: Take time to pause and reflect on your direction and goals. Through presentations from couples on intention, openness, and commitment, as well as guided discussions, you'll gain tools for self-reflection and personal growth.

Prepare: Be intentional about your next steps. We hope you leave with clarity, inspiration, and new ideas for building the marriage and family you're meant for.

[Meet the Team](#)



Shiz & Ben

Hey there! We're Ben and Shizuka Pehling from Minnesota. We started helping with 24+ before we had kids, and now we're proud parents to four awesome kiddos who keep us on our toes!

Even with the busyness of family life, we love being part of this space and are passionate about supporting others. Over the years, we've been involved in 15+ retreats and have been matching supporters for more than 7 years. If you ever have questions, need advice, or just want to chat, please don't hesitate to reach out—we'd love to connect.

Looking forward to meeting you!



Sungmi & Kris

Hello! We're Kristian and Sungmi Holdhus, and we've been Blessed in marriage for two years. Right now, our biggest goal is growing our family.

Both of us have been Blessed before, and those experiences came with some pretty difficult endings. But through years of healing and searching, we eventually found our way to each other.

As a couple, we're passionate about making our Blessing not just about us, but about sharing our story and experiences to help others on their journey.

Feel free to reach out or ask us anything —we're here to support you!



Beni & Emmy

Hi! Beni here. Emmy and I live in Mobile, AL, where we're raising our little family with the love and support of a small but vibrant faith community. We were Blessed in 2010 and are doing our best to provide our kids with the same sense of belonging that so deeply shaped our own lives.

I believe that in raising a family, we discover both our highest purpose and our greatest happiness—and I believe we are all worthy of it. Family is grace. It holds the power to heal this world because it heals and renews me every single day.

Reach out if you need anything!



Yoshie & Matthew

Hi! We're Yoshie and Matthew from New Jersey. We were Blessed and married in April 2022, and at the end of 2023, we welcomed our first little one, Isaac, into the world!

Our journey to finding each other was long and winding—Matthew's been Blessed before, and Yoshie took her time finding someone who felt right. Through it all, we've become deeply invested in learning, growing, and figuring things out—not just for ourselves, but for future generations.

We hope that our perspectives and experiences can be helpful to you on your own journey. Looking forward to connecting!

Get in Touch

We want to hear from you! Whether you have an idea, question, or feedback, our top priority is to create programming that's engaging and appealing. Send us your thoughts.

Name (required)

First Name Last Name

Email (required)

Subject (required)

Message (required)

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The HJ Matching Support (previously called *Blue Dragon Matching Suggestion*) is an opportunity to receive a Matching Suggestion from a Matching Committee from the USA.

We are looking for candidates who will take this Matching Suggestion seriously and are committed to a 7-day conversation with the suggested person.

[Register HERE](#)

Now you can become a Sponsor and help individuals from a specific region to be able to participate in the program.

Now you can become a Sponsor and help individuals from a specific region to be able to participate in the program.

[Become a Sponsor](#)

What is this Program?

The HJ Matching Support is a Program for individuals who would like to **receive prayerfully created Matching Suggestions** based on their preferences and vision for their future.

The program will run in cycles and each participant can join as many cycles as they would like.

Each cycle runs for 2 weeks. The first week is prayer time where the Matching Committee will be creating the suggestions. The second week is testing time, where each suggested match will spend 7 days talking with each other to decide if they would like to start an Official Matching Process or not.

decide if they would like to start an official matching process or not.

- The nature of this program is Spiritual and therefore your participation will allow the spirit world to work closer in your life and you will feel more spiritual guidance and support.

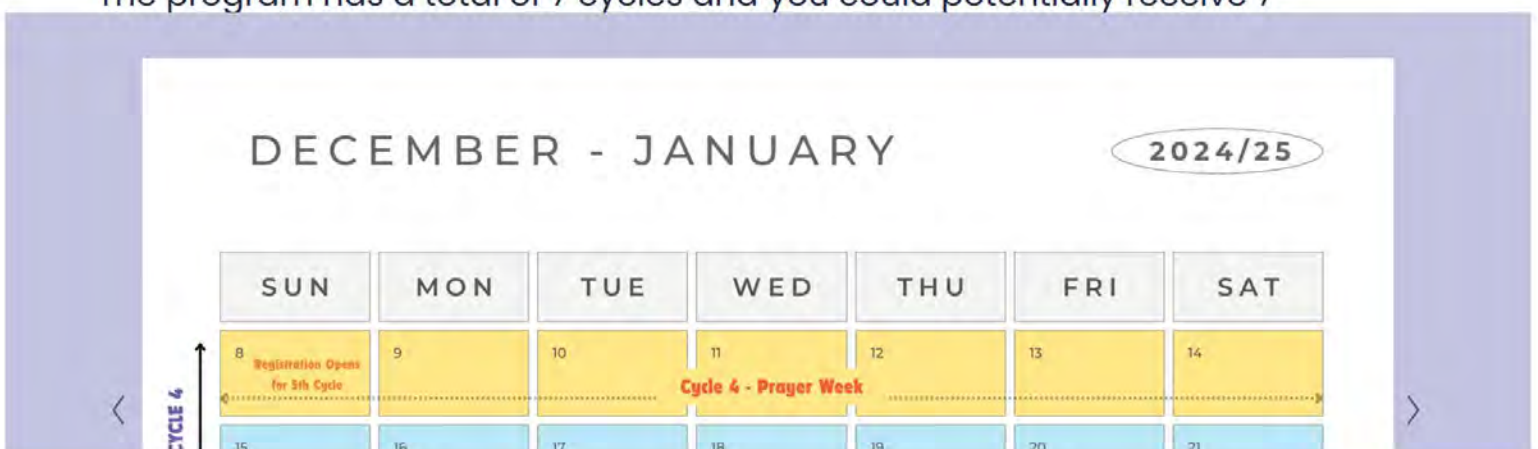
How does this program help me find a spouse?

Receiving relevant Matching Suggestions and purposefully engaging in

How does this program help me find a spouse?

Receiving relevant Matching Suggestions and purposefully engaging in communication on an ongoing basis will increase the chances of you meeting the person you want to commit to and creating a family with.

The program has a total of 7 cycles and you could potentially receive 7



			Cycle 4 - Conversation Week			
22	23	24	25	26	27	28
			HOLIDAY BREAK			
29	30	31	1	2	3	4
			HOLIDAY BREAK			Registration Closes for 5th Cycle

CY	15	16	17	18	19	20	21
				Cycle 4 - Conversation Week			
	22	23	24	25	26	27	28
				HOLIDAY BREAK			
	29	30	31	1	2	3	4
				HOLIDAY BREAK			Registration Closes for 5th Cycle

1- Create a Profile in Blessing4U

For the Matching Committee to be able to learn more about you and have something to share with the possible suggestions please create a Profile in Blessing4U.

Create a Blessing4U Profile

Create a Blessing4U Profile

2- Register for the Program

Register for the Program and share with us more about you and your preferences.

There is going to be a one-time Registration Fee of \$100. Scholarships will be available through BFD centers for international participants or through the Subregional Senior Pastors.

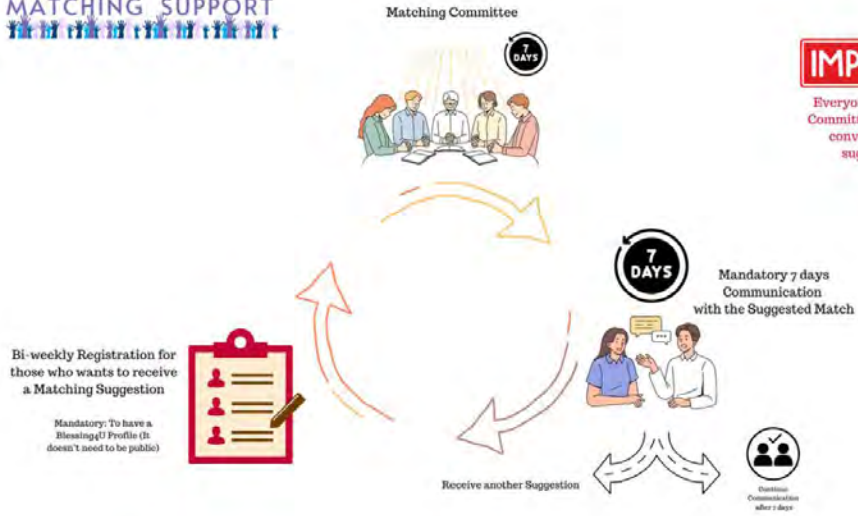
Registration [HERE](#)

3- Opt-in for each Cycle

Once registered, you will need to opt-in or opt-out for each cycle. You will have the chance to update your preferences and your profile.

Now you can become a Sponsor and help individuals from a specific region to be able to participate in the program.

[Become a Sponsor](#)



Common Questions:

What ages can participate in this program?
able to participate in the program.



Become a Sponsor

Meet the Matching Committee



MEET THE MATCHING COMMITTEE



Andrea Khun
BFM Director for Canada

Andrea has been a Matching Supporter for more than 10 years, helping dozens of families and singles find their Matches. She is an expert in Special Grace and Intergenerational Couples.



Miilhan Stephens
MANHATTAN FAMILY CHURCH PASTOR

Miilhan is the most active Pastor in the area of Matching and Blessing. He has a big group of brothers who he mentors and helps as a Pastor and Matching Supporter. He has so much success in his method and strategy that he would like to help others in their Path to the Blessing as well.





Tomomi Fukuda

SOUTH EAST REGION SECRETARY
GENERAL

Tomomi is a Mother and Wife who went through her own journey to be able to find her spouse. Now she wants to help others on their Blessing Journey. As the Secretary-General of the SouthEast Region, she is deeply involved in her region's youth journey toward their Blessing.



Carina Mendez

Carina is the Director of the Blessing Ministry in the USA. She is passionate have helped many people in their journey. She is facilitating the Committee and overall responsible of the program.



"We offer You our gratitude. Heavenly Parent, please accept this joy and glory. I pray that all 8,000 couples who are receiving the Blessing today will fulfill their responsibility. Let them guide the eight billion people of the world to Heavenly Parent's bosom in the shortest possible time so that they can become couples whom You will remember and be proud of and in whom You will have increasing hope. Please grant them Your wisdom and capability. We pledge that they will become proud blessed couples of Cheon Il Guk who will, without fail, accomplish their dutiful path as filial sons and daughters and loyal subjects in front of You, Heavenly Parent, and so please accept them with joy. In True Parents' name we pray and proclaim these words. Aju."

Frequently Asked Questions

Registration Questions

Q: I don't see any welcome email, did my registration go through?

[Find the answer](#)

Q: I don't see any welcome email, did my registration go through?

Find the answer

Airtable Questions

Q: I registered but it says I need to create an airtable account, how do I do that?

 Search

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CONTACT US

Candidate Matching Introduction Program For International Blessing

2025, 2026, 2027...

Hosted by Japan BFD

NEW Application deadline: Wed January 4 (Japan time)

Target: 2nd Gen. Candidates who wish to receive the International Blessing.

Blessing dates: 2025, 2026 or any future Blessing

NEW Viewing Period: January 8 to 14th (Japan time)

NEW Application deadline: January 4 (Japan time)

Process to apply:

- 1.Fill in the application form: <https://forms.gle/KBv8yUzWqZEjXoaC9>
- 2.Complete candidate profile ([download and complete this excel form](#)).
- 3.Record a 90 second introductory video of the candidate ([tips to create video](#)); (can also include Parents and family)
- 4.Send profile (#2 above) and introductory video as an email attachment by January 8th (must be sent using Gmail; if you do not have a gmail account please create one)

Send to masaushi@gmail.com by January 8th. Please check for any errors before submitting.

Suggestions:

- Record your video with a smartphone or tablet.
- Try taking videos and photos in several locations so that your face appears clearly and is well lighted.
- Make sure your voice is clear when you record.
- Wear a suit or other appropriate attire

Remember you may be speaking to your future parents-in-law and your future spouse; what do they want to know about you?

How does this work:

Single BCs seeking an international match:

1. Record and then email a 90 second video, and the [excel profile](#) (#2 above) to Mr Ushimaru;
2. Complete the [application form](#); (#1 above)
3. Mr Ushimaru uploads candidate information and sends the access link to contact person - (parents, matching supporters, & singles);
4. Parents, matching supporters, singles can view profiles and contact the responsible person for any candidate they feel could be a good match for their candidate;
5. Profile information is available for 7 days, then is deleted and no longer available.

Recommendations:

Heaven needs your BLESSING to be HAPPY AND HEALTHY. Therefore, we strongly recommend a 7 month period of conversation:

- Before deciding to become a couple
- Meeting in person AT LEAST once, ideally 2 or 3 times
- Meeting each other's families in person
- Discussing important topics such as:
 - Having children
 - Where will you live (who will move to join the other)
 - Who will care for children and who will earn income
 - Honest communication with no hidden issues or secrets
 - Take time to build trust and grow your relationship
- Candidates make the final decision
- Don't rush! There will be another Blessing in 2026 and beyond!


1st Generation Singles - Monthly Meetings

By registering here, you will be able to participate on the **Last Monday of every month** at 8:00pm (Eastern Time USA) in a Zoom meeting with other First Generation who also are preparing themselves for a future Marriage-Blessing. This Monday meeting **includes all ages**.

In addition, for those who are **over 51 years old**, there is an additional gathering that takes place the **3rd Wednesday of each month**. These mid-month meetings start at 7:00 PM (Eastern Time USA).

These Zoom meetings are there to help as you go through the process of preparing yourself for a future matching and then blessing, and receive answers to all your questions. They are not matching meetings, however by participating in these meetings you will be able to hear stories/testimonies from brothers and sisters which might help you find your heavenly spouse.

Matching Supporters are welcome to attend these meetings as well.

 Not shared



* Indicates required question

First Name *

Your answer

Last Name *

Your answer

Gender *

Male

Female

Choose your status *

Matching Supporter

Single

Email address (important, as most correspondence with you will be via email) *

Your answer

Phone # *

Your answer

Country of Residence *

United States

Outside of United States

Next

Clear form

Registration Now Open! (space is limited)

Program Starts Jan. 19
(registration deadline Jan. 12)

- Discover God's vision for an extraordinary relationship in the future.
- Become a stellar individual in preparation for the Blessing.
- Just for young men & women—this weekly group call gets to the core of what you need to prepare well for marriage.
- You will get a clear understanding of God's vision for sexuality and prepare you for Blessed life.
- Matched Couples are also welcome!

[APPLY NOW!](#)

Learn more about Core! 🖱️



Be the Right Person

This program will focus on preparing well for marriage through these three objectives:

1. Understand God's original vision for the absolute sex
2. Develop sexual integrity
3. Get support from brothers or sisters (separate groups) and learn together

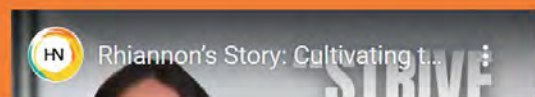
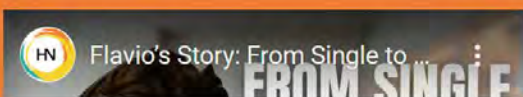
These objectives will be achieved through discussions, guidance from group leaders, and studying True Parents' words on sexuality in the Core of the Universe book.

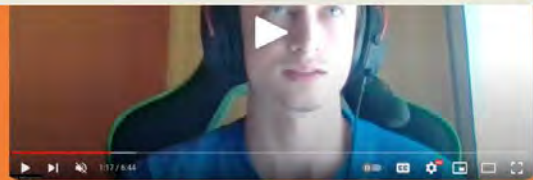
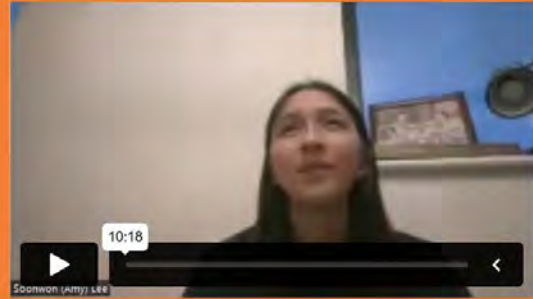
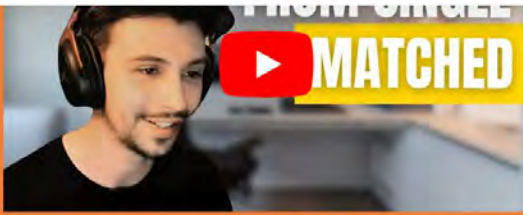
If you want to be a Godly husband or wife in the future, this is the best opportunity around.

[APPLY NOW](#)



Testimonies from Core Testimonies from Core Participants





What to Expect

- Weekly small group call (separated by gender)
- 1-on-1 support from program staff
- Engaging video content about preparing well for marriage
- Reading and discussing the Core of the Universe book
- Q&A with the High Noon staff
- The program will run for 8 weeks

[JOIN US!](#)



Have Questions?



Contact Andi
andreas@highnoon.org

9

Andi is our Programs Coordinator for Men. He wants to talk with you! Schedule a call to get clear on your next steps.

[BOOK A CALL](#)

Contact Araceli
araceli@highnoon.org

Araceli is our Programs Coordinator for Women. She wants to talk with you! Schedule a call to get clear on your next steps.

[BOOK A CALL](#)

The Team



Andi Pock

Andi joined High Noon in 2019 and has been active ever since.

He received the Blessing with his wife Karen in 2022 and we are looking forward to creating a beautiful radiant family together.

Both love connecting with others on the Blessing and marriage and support each other in substantiating their vision for Radiant Blessed Couples.



Samara Zacarias

Samara is an experienced High Noon mentor and facilitator and is recently married. She is looking forward to help other sisters do the same!



David Huish

David initiated this program and has gained a lot from the Core of the Universe book. He wants to prepare well for marriage and help others do the same.



Araceli Melgarejo Hirano

Araceli is an experienced High Noon mentor and facilitator and recently received the Blessing. She is passionate about helping people get the education they need to become their best selves and create loving couples. She is excited to support her fellow sisters on their matching journey.



We uphold True Parents' vision of sexual intimacy through education and building a High Noon culture.

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admin@highnoon.org



On our journey in life, the most profound thing that we can offer others-- partners, children, parents, friends, co-workers, bosses, neighbors-- is our own healing and growth towards being a more loving person.

To sign up for the weekly newsletter:

www.coachmyrna.org/home.html#Signup-Form

A Christmas Tale--Real Live Elves

12/18/2024



A veteran pre-K teacher in a disadvantaged neighborhood in Los Angeles had the tradition each December of having Jessie, the class Elf on a shelf, who gifted all her students small tokens of holiday cheer. Although it was difficult to do on her teacher salary, she found ways to give something small--a pencil, a pack of crayons, or a small notebook. No matter how small her gift, the students were always grateful.

Then, the pandemic hit and through the switch to online learning, the educators' eyes were opened to the many hardships that their students faced--living in rooms with little or no heat, doing the daily zoom calls at the

back of a mini-mart while the parent worked, or in motel rooms where their families were temporarily sheltered.

The teacher knew that she had to do something but on her limited means, what could she do. She created a simple wish list on Amazon: a blanket for each of her twenty-four students and shared it on the Nextdoor app. Five minutes later, she received a text from one of her neighbors saying that they were looking at the wish list but there were no items needed. Amazed, she reached out to her colleagues to see if she could add their students to the wish list.

In the end, each of the six hundred students in her school received a gift from these generous donors. With the help of colleagues, the blankets were given out at a distribution point to grateful children and their parents. During the summer of 2021, the teacher was contacted by a number of her donors who wanted to know how they could contribute again. She put together a list of school supplies which was quickly filled, and all six hundred students started the new school year with backpacks filled with school supplies.

On one of the neighborhood forums, someone wrote about how much she appreciated being part of this wonderful event. She said, "On neighborhood forums, there's so much slander, hate, and political stuff. People bash others including teachers. But when something like this comes up, everybody jumps in to help, even the people who have been so negative. It's just absolute community."

In the world of a young child, what matters is being kind and caring, looking out for another, and sharing what you have. Jessie the Elf represents a 2,000-year-old narrative in which a severely disadvantaged child--one born to penniless parents in a drafty barn--would go on to teach the world that it's children who have it right, that our differences are trivial and that love is the thing that matters most. In our troubled times, it's easy to believe that the lesson has been lost. But it hasn't. It's just that sometimes we need the little children to reawaken it in us.

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