

FFWPU USA Blessing and Family Ministry: How Do I Get Over Crushes?

Carina Mendez
June 21, 2025



Blessing & Family Ministry Newsletter

MATCHING | MARRIAGE | PARENTING

June 19, 2025

Hello family. Matchnet podcast episode. Weekly Blessing webinar. Post Blessing education. Next 1st Gen info session. Candidate introduction program.

what's new?

"How do I get over Crushes?" [MatchNet Podcast Ep. 121]



[listen here](#)

Next Blessing Webinar June 26: Preparing for the Blessing

•••

BLESSING

WEEKLY WEBINAR

TOPIC:
Preparing for the
Blessing: A Guide for
Singles



DATE

June 26,
2025

TIME (EST)

08:30 PM: Education
9:30 PM: Breakouts

- Q&A for Candidates
- Q&A for parents, Pastors, and Matching Supporters

Speaker: Landon Doroski

• Region 1



Register Here

>>>>

BLESSING MINISTRY

FAMILY FEDERATION FOR WORLD PEACE AND UNIFICATION USA

register here

events

Next Post Blessing Education Session June 25

2025 COUPLES
POST
BLESSING
EDUCATION

NEW
UPDATE



NOW ON WEDNESDAY!

25
JUNE

BUILDING A LIFE OF
FAITH TOGETHER
9:00-11PM EST

22
JULY

POST BLESSING
EDUCATION
9:00-11PM EST

13
AUGUST

POST BLESSING
EDUCATION
9:00-11PM EST

FOR MORE INFO: BFMADMIN@UNIFICATION.ORG

zoom link

Next Single 50+ 1st Gen Info Session June 22

1st GEN INFO SESSIONS

SUPPORT / CONNECTION / GUIDANCE FOR SINGLES

JOIN OUR MONTHLY ZOOM CALLS!

For the past four years, we have had Zoom meetings twice a month for our single 1st Generation members who seek the Marriage-Blessing of our True Parents. These meetings are there for the purpose of answering any and all questions that you might have about your application as well as the process to follow for a future Marriage-Blessing. Once a month education is also provided to help you prepare within your soul, mind, and heart.



MEETING SCHEDULE

Second Saturday of every month

- For individuals of all ages
- 7 PM Eastern Time

Led by:

Alice Fleisher, Erinah Ntamack,
Anne-Marie Mylar

4th Sunday of every month

- For individuals ages 50+
- 7 PM Eastern Time

Led by:

Erinah Ntamack
Anne-Marie Mylar

For registration:

<https://forms.gle/dAHyqV3Exg96Nwpc8>

For any questions:

matching@unification.org



[register here](#)

Candidate Introduction Program hosted by
Japan BFM



CANDIDATE INTRODUCTION PROGRAM

FOR INTERNATIONAL
BLESSING HOSTED BY JAPAN

JULY 1ST (JAPAN TIME)
APPLICATION (DOCUMENT SUBMISSION)
DEADLINE

JULY 5TH~12TH (JAPAN TIME)
CANDIDATE VIDEO MATERIAL VIEWING PERIOD

TARGET: 2ND GEN. AND 1ST GEN.
CANDIDATES WHO
WISH TO RECEIVE THE
INTERNATIONAL BLESSING.

FILL IN THE APPLICATION



[fill out application](#)

food for thought

Being Comfortable in My Own Skin



by Myrna Lapres

Being comfortable in our own skin isn't a given but there are ways that we can continue to grow and develop in our own self-assuredness. Research has shown that there are certain behaviors that reveal how we are doing on the road to self-acceptance. **First is embracing our imperfections.** By learning to do this, we not only accepting who we are now, but also open up the potential for growth and development in the future.

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Podcast

"How do I get over Crushes?" [Ep. 121]

We recommend listening on your favorite Podcast Player!

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► Subscribe on YouTube

Navigating crushes is one of the most difficult things that single people face when preparing for the Blessing. Benjy help illuminate this topic with perspective and experience.

Watch more videos about the Matching 📌

- 7 Steps to a Successful Matching ► <https://youtu.be/xVKaIDbzVGg>
- Step 1: God & Spirituality ► <https://youtu.be/uof46sgeRYW>
- Step 2: Understanding the Blessing ► <https://youtu.be/D5jKj23DxOE>
- Step 3: Sexual Integrity ► <https://youtu.be/2ZmapGYbRqA>
- Step 4: Your Matching Team ► <https://youtu.be/iRt54eo-T8E>
- Step 5: The Matching Process ► <https://youtu.be/ABR62KQusYg>
- Step 6: Finding the Right Person ► https://youtu.be/hKcVB_-yGug
- Step 7: Create a Successful Blessing ► <https://youtu.be/-4rruKWWQUA>



"How do I get over Crushes?" [Ep. 121]
MatchNet – Blessing & Family Ministry



"How do I get over Crushes?" [Ep. 121]

Jun 15, 2025



"How do I know this is THE ONE—or I'm just forcing it?" [Ep. 120]

Jun 6, 2025



Surrender & Let God
Work Through You [Ep.
119]

May 22, 2025



Want to Get Blessed
Next Year? Start Here
[Ep. 117]

Apr 29, 2025

How We're Raising
Kids in CIG (w/ Cathy
& Benjy) [Ep. 118]

May 8, 2025



Guiding Adult Children
to Receive The
Blessing [Ep. 116]

Apr 3, 2025



Keeping Strong Faith
in Times of Doubt [Ep.
115]

Mar 28, 2025



Discouraged in the
Matching Process?
[Ep. 114]

Mar 14, 2025



Blessing Prep in Your
20s (Faith, Finance,
Health, Career) [Ep.
113]

Feb 28, 2025



How to Find Your
People & Build a
Community [Ep. 112]

Feb 14, 2025



How to Get Yourself
Out of Low Times [Ep.
111]

Jan 30, 2025



How I Would Find a
Match If I Did It Over
Again (w/ Cathy &
Benjy) [Ep. 110]

Jan 24, 2025



How Matched Couples
Can Prepare for the
Blessing (w/ Cathy &
Benjy) [Ep. 109]

Jan 10, 2025



God is Here With You
(Not Somewhere Else)
[Ep. 108]

Dec 26, 2024



CIG is Now – Not
Someday [Ep. 107]

Dec 13, 2024



How to Let Go of Your
Ego [Ep. 106]

Nov 29, 2024



Marriage, Gender Roles, Alcohol – Oh My! (w/ Cathy & Benjy) [Ep. 105]

Nov 14, 2024



You CAN Have a Successful Matching & Blessing [Ep. 104]

Oct 25, 2024



What Makes the Blessing Different from Marriage? (w/ Cathy & Benjy) [Ep. 103]

Oct 11, 2024



The Power of Internal Growth Before Matching [Ep. 102]

Sep 27, 2024



Dr. Yeunhee Chang's Blessing Testimony [Ep 101]

Sep 13, 2024



100th Episode Special! (w/ Yun-A & Benjy) [Ep 100]

Sep 5, 2024



How to Find a Match (Carina's Interview with her Father) [Ep 99]

Aug 30, 2024



Matching Q&A with Benjy – (2025 Blessing, Matching Process, Faith, Fears) [Ep 98]

Aug 23, 2024



CSW Spiritual Transformation (w/ Dr. Yeunhee Chang & Carina) [Ep 97]

Aug 16, 2024



How to Bless 1,000 Couples (w/ Cathy & Benjy) [Ep 96]

Aug 9, 2024



True Mother's Pain (w/ Dr. Yeunhee Chang & Carina) [Ep 95]

Aug 2, 2024



What's Blocking You From Finding a Match (w/ Beni & Benjy) [Ep 94]



Learning About True Mother with Dr. Yeunhee Chang [Ep. 93]
Jul 19, 2024



How to Discuss the Blessing with Your Adult Children (if they don't want to) [Ep. 92]
Jul 5, 2024

"How do I know this is THE ONE—or I'm just forcing it?" [Ep. 120] >

Frequently Asked Questions

Registration Questions

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?

Find the answer

System Questions

Q: I forgot to bookmark my dashboard page! How do I find it again?

Find the answer

BLESSING & FAMILY MINISTRY of FFWPU-USA

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Blessed Family
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[@Fukuya.Sano](#)

1st Generation Singles - Monthly Meetings

By registering here, you will be able to participate on the **2nd Saturday of every month** at 7:00pm (Eastern Time USA) in a Zoom meeting with other First Generation who also are preparing themselves for a future Marriage-Blessing. This Saturday meetings **include all ages**.

In addition, for those who are **50 years old and above**, there is an additional gathering that takes place the **4th Sunday of each month**. These 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

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Google Forms



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.

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Being Comfortable In My Own Skin

6/18/2025



Being comfortable in our own skin isn't a given but there are ways that we can continue to grow and develop in our own self-assuredness. Research has shown that there are certain behaviors that reveal how we are doing on the road to self-acceptance. First is embracing our imperfections. By

learning to do this, we not only accepting who we are now, but also open up the potential for growth and development in the future.

The second is something that I have struggled with but I am learning the importance of setting boundaries and saying "No" when needed. If you

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Last Name *

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Categories

importance of setting boundaries and saying "No" when needed. If you have the tendency to over-commit and sacrifice your own needs or peace of mind. You might want to examine why you are striving so hard to please others. Being able to say No is a sign of self-respect and a clear indicator that you're comfortable in your own skin. One way to approach it is to respond with, "I would really love to support. I just have too much on my plate right now to give it the attention that it deserves."

Renowned psychologist Dr. Brené Brown states, "Authenticity is the daily practice of letting go of who we think we're supposed to be and embracing who we are." Embodying this kind of **authenticity** requires courage and self-confidence. It's an ongoing journey, not a destination. Learning to live your truth openly and fearlessly, it's a clear indication that you're supremely comfortable in your own skin.

Other behaviors for us to recognize and incorporate into our lives are:

- Enjoying solitude increases our self-reflection and self-awareness, better understand our emotions, and become more adept at self-regulation.
- Stop the comparison game. Embrace your unique journey and realize that your worth is not determined by how you stack up against others. This mindset shift is a significant indicator that you're comfortable in your own skin.
- Learn to accept compliments graciously. Maybe next time someone compliments you, thank them sincerely without downplaying your accomplishment. It's not arrogance - it's a sign of self-acceptance.
- Lastly, being comfortable in your own skin means living according to your values. It's about making decisions based on what truly matters to you, not what others expect from you. In the words of the famous psychologist Carl Jung, "The privilege of a lifetime is to become who you truly are."

How about picking one of the behaviors that you would like to incorporate more in your daily life and be intentional in how you practice it? Becoming more comfortable in your own skin is a deeply personal and empowering journey. It's about self-acceptance, authenticity, and embracing your unique path in life.

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- [June 2025](#)
- [May 2025](#)
- [April 2025](#)
- [March 2025](#)
- [February 2025](#)
- [January 2025](#)
- [December 2024](#)
- [November 2024](#)
- [October 2024](#)
- [September 2024](#)
- [August 2024](#)
- [July 2024](#)
- [June 2024](#)
- [May 2024](#)
- [April 2024](#)
- [March 2024](#)
- [February 2024](#)
- [January 2024](#)
- [December 2023](#)
- [November 2023](#)
- [October 2023](#)
- [September 2023](#)
- [August 2023](#)
- [July 2023](#)
- [June 2023](#)
- [May 2023](#)
- [April 2023](#)
- [March 2023](#)
- [February 2023](#)
- [January 2023](#)
- [December 2022](#)
- [November 2022](#)
- [October 2022](#)
- [September 2022](#)
- [August 2022](#)
- [July 2022](#)
- [June 2022](#)
- [May 2022](#)
- [April 2022](#)
- [March 2022](#)
- [February 2022](#)
- [January 2022](#)
- [December 2021](#)
- [November 2021](#)

[November 2021](#)
[June 2021](#)
[May 2021](#)
[November 2020](#)
[September 2020](#)
[July 2020](#)
[June 2020](#)
[May 2020](#)
[March 2020](#)
[February 2020](#)
[January 2020](#)
[December 2019](#)
[November 2019](#)
[October 2019](#)
[September 2019](#)
[August 2019](#)
[July 2019](#)
[June 2019](#)
[May 2019](#)
[April 2019](#)
[March 2019](#)
[February 2019](#)
[January 2019](#)
[December 2018](#)
[November 2018](#)
[October 2018](#)
[September 2018](#)
[August 2018](#)
[July 2018](#)
[June 2018](#)
[May 2018](#)

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