

# FFWPU USA Blessing and Family Ministry: How to Prepare for Parenthood

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April 7, 2023



FAMILY FEDERATION

The Newsletter

## Blessing & Family Ministry

MATCHING | MARRIAGE | PARENTING

April 7, 2023

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Hello family. New *MatchNet Podcast* episode. 4th anniversary of City of Refuge rally. The Family Project. Join MatchNet. The value of self care. Local Sunday Service livestreams.

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*listen*

### How to Prepare for Parenthood with Yun-A & Benjy



Thinking about raising kids can bring up anxiety and uncertainty when preparing

for the Blessing. Benjy and Yun-A talk about some perspectives and lessons that have helped them grow as parents.

[listen now](#)

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## *this week in history*

# 4th Anniversary of City of Refuge PSWM Rally



On April 6, 2019, True Mother gave an inspiring speech at the City of Refuge church in Gardena, CA at a Peace Starts With Me rally. More than 6,000 people were in attendance at the event promoting peace and togetherness. A Blessing Rededication Ceremony was also held at the rally.

[Read the speech](#)

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## *what's new?*

# The Family Project



## **This month's new theme is "New Beginnings."**

The Family Project aims to help you have a meaningful year with your family through curated intentional activities that will encourage connection and growth.

Each month consists of weekly activities that you can download on the website or receive via email. You can use the activities however you see fit for your and your family.

[learn more](#)

[download april activities](#)

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## **Join the MatchNet Program**



**MatchNet is a step-by-step guide for your family.**

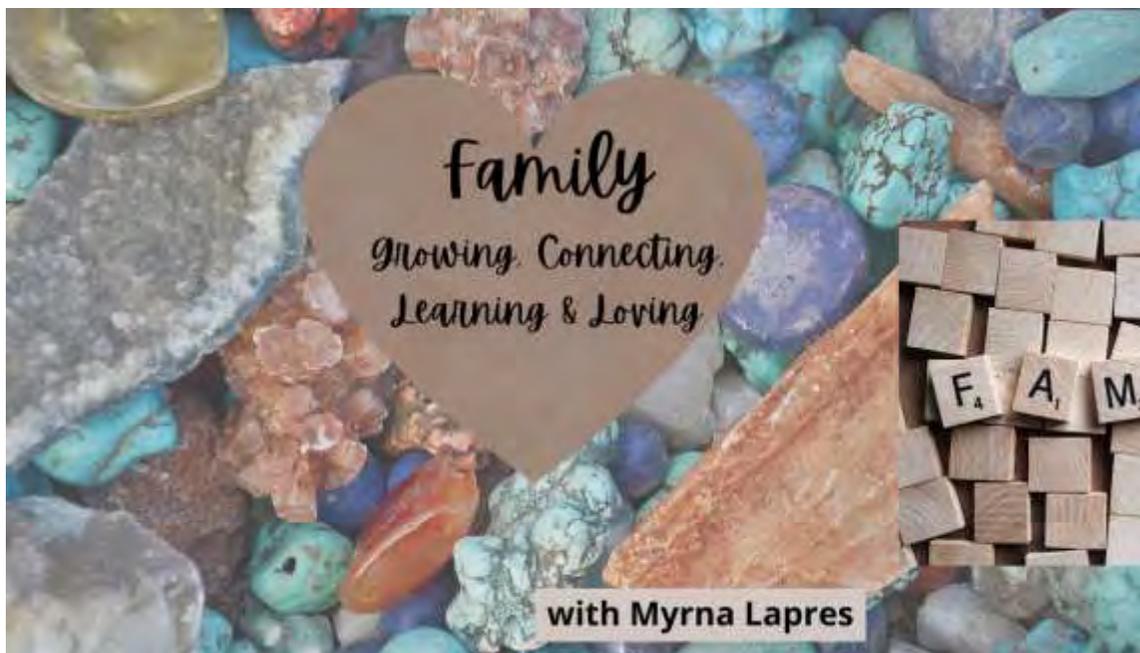
Whether you're single, a couple, or a parent, MatchNet is here to support you on your journey.

[learn more](#)

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*food for thought*

## Making Time for Self-Care



I work with a group of coaches who host a monthly "Self-Care Isn't Selfish" webinar series. (See more info at the end of this blog about this series.) You would think that I would be better at taking care of my own needs--physical, emotional, spiritual, relational. And yet, I find that I still need to remind myself to make time each day for meditation, prayer, reflection, conversation and connection.

[Read more](#)

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*connect*

## Local Sunday Service Livestreams

Stay connected by tuning into one of our livestreamed Sunday Services across the nation! [Find a service](#)

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