

# FFWPU USA Blessing and Family Ministry: Becoming a Desirable Woman or Man

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September 1, 2023



FAMILY FEDERATION

The Newsletter

## Blessing & Family Ministry

MATCHING | MARRIAGE | PARENTING

September 1, 2023

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Hello family. New *MatchNet Podcast* episode. 21+ Connect registration. 51+ Connect registration. High Noon Ascend program. Our body's superhighway. Local Sunday Service livestreams.

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*listen*

### Becoming a Desirable Woman or Man (with Cathy & Benjy)



In this episode, Benjy sits down with Cathy to talk about her preparation for the matching, how to deal with feeling unworthy, and the value of working on your internal character.

*MatchNet Podcast is also available on your favorite Podcast players: Spotify, Apple Podcasts, Google Podcasts, Stitcher.*

[listen now](#)

## events

# 21+ Connect Retreat Registration is Open!



Registration is now open for the next virtual 21+ retreat, for 2nd generation Unificationists ages 21-39! It will take place on September 29 - October 1, 2023. Register now!

[register now](#)

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## 51+ Matching Connect



The 51 + Matching Connect is a virtual meeting to create an opportunity for First Gen singles who are at least 51 years old to connect with their peers with the hope of finding their eternal spouse. This year, First Gen who are at least 46 years old are invited to join. This meeting is free of charge, but requires a registration.

[register here](#)

[more program information](#)

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## High Noon's Ascend Program is Now Open

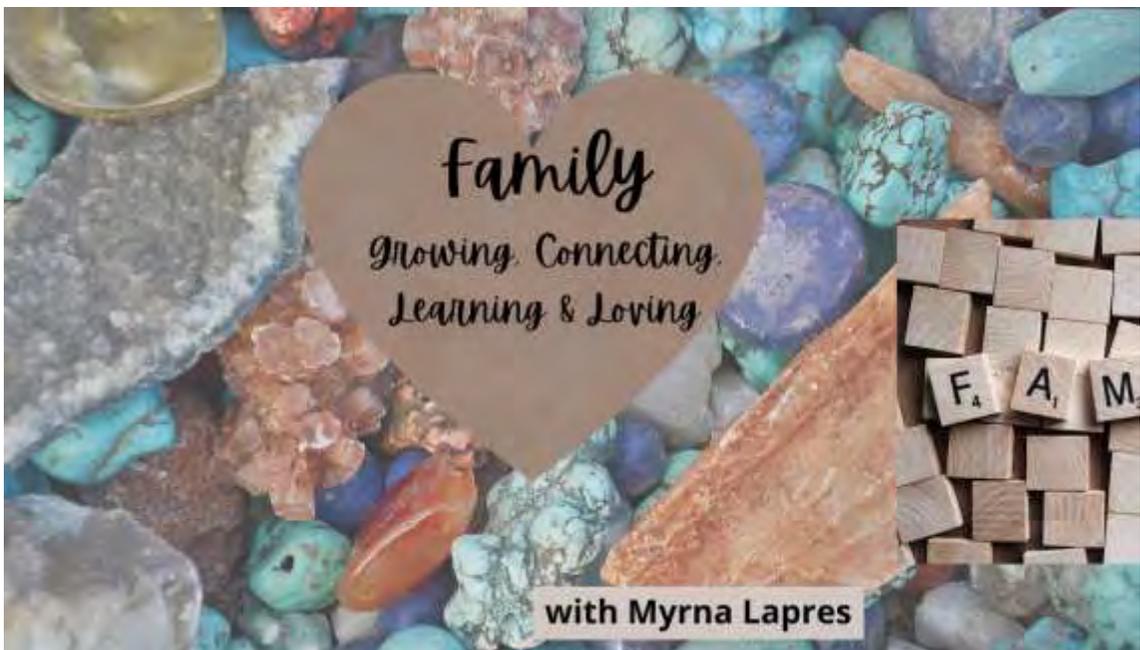


Calling all who want to build sexual integrity with a supportive community! The Ascend program will begin it's next quarter on September 10.

[find out more](#)

## *food for thought*

# Our Body's Superhighway: Surrender and Connection Series



Did you know that each of us has a superhighway within our bodies that carries information between the brain and the internal organs and controls the body's response in times of rest and relaxation? It is the vagus nerve. Maybe you have heard of it before, but if you are like me, you don't know much about what it is and

what it does. The vagus nerve is the longest nerve in your body, running from your brain through your neck and ear and down to the body. It connects your brain to many important organs throughout the body, including the gut (intestines, stomach), heart and lungs. In fact, the word "Vagus" means "wanderer" in Latin, which exactly represents how the nerve wanders all over the body and reaches various organs.

[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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# About the Second 51+ Matching Connect

We're excited to have you join us for our second 51+ Matching Connect.

Thank you for registering to join us on Saturday, October 7, 2023.

Please note that the meeting will start at 3:00 PM (Eastern Time), which is:

- 2:00 PM (Central Standard Time)
- 1:00 PM (Mountain Standard Time)
- 12:00 PM (Pacific Standard Time)

Click [here](#) for a time zone reference.

Since we'll be meeting on Zoom, it will be best that you:

1. Look your best. This does not necessarily mean to wear a suit or nice dress, but simply look good. Nice lighting, hair well put together, etc. There might be someone who will see you for the first time.
2. Have reliable internet connection
3. Use a computer or laptop rather than a phone
4. Keep your video on at all times
5. Mute when not speaking
6. Be respectful of others whether in the main room or breakout rooms
7. Very important: Do not share the meeting link with anyone.
8. Login to Zoom at least 10 minutes before the meeting starts to make sure that your camera, speakers, and microphone are working properly.

Below is the tentative schedule.



# Schedule

**Saturday, October 7, 2023**

**Note:** All times are Eastern Time (New York—USA). Click [here](#) for a time zone reference.

- 3:00 PM Letting participants into the meeting
- 3:05 PM Welcome and Opening Prayer
- 3:10 PM Introduction of the program (going over the schedule) —  
*Christian Nseka and Anne-Marie Mylar*
- 3:25 PM Open the floor for any questions in case clarification is needed
- 3:35 PM First breakout session
- 3:45 PM Individual Reflection (or any question)
- 3:50 PM Second breakout session
- 4:00 PM Individual Reflection (or any question)
- 4:05 PM Third breakout session
- 4:15 PM Individual Reflection (or any question)
- 4:20 PM Fourth breakout session
- 4:30 PM Individual Reflection (or any question)
- 4:35 PM Fifth breakout session
- 4:45 PM Individual Reflection (or any question)
- 4:50 PM Sixth breakout session
- 5:00 PM Individual Reflection (or any question)
- #: # PM (There will be as many breakout sessions as needed)*
- #: # PM (The program's length will depend on number of participants)*
- #: # PM Open floor & requests to meet with a specific single once more*
- 8:00 PM End of the program (*Tentative ending time*)



## **A bit more on... One-on-One Conversations**

We acknowledge that the thought of a one-on-one with someone in a Zoom breakout might bring out a mix of emotions. Maybe that's exciting for you, maybe it generates some nervousness, or both.

### **What it looks like:**

- Your discussion group will be divided into pairs (for 10 minutes) providing an opportunity for a short discussion of approximately 5 minutes per person.

### **The purpose:**

- We encourage you to see this not just as a way to find out if someone is "right for you" or not, but to also practice asking good questions and really listening to people.
- This gives you an opportunity to connect more personally to each of the participants.
- It will also help you to find out whether you are right for the person you are having a conversation with.

### **Tips:**

- Be open to meeting new people!
- Ask questions that bring out the best in others.
- Avoid asking questions that put others in an uncomfortable position.
- Ask questions of what you're really curious to know about.