

FFWPU USA Blessing and Family Ministry: Six Intimacy Skills with Theresia Kittel

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FAMILY FEDERATION

The Newsletter

Blessing & Family Ministry

MATCHING | MARRIAGE | PARENTING

January 12, 2023

Hello family. New *MatchNet Podcast* episode. New podcast: *A Deeper Connection*. High Noon 40-day Challenge. Keep the welcome mat out. Local Sunday Service livestreams.

listen

Six Intimacy Skills with Theresia Kittel



Carina talks with Theresia Kittle on her experience facilitating wife support groups

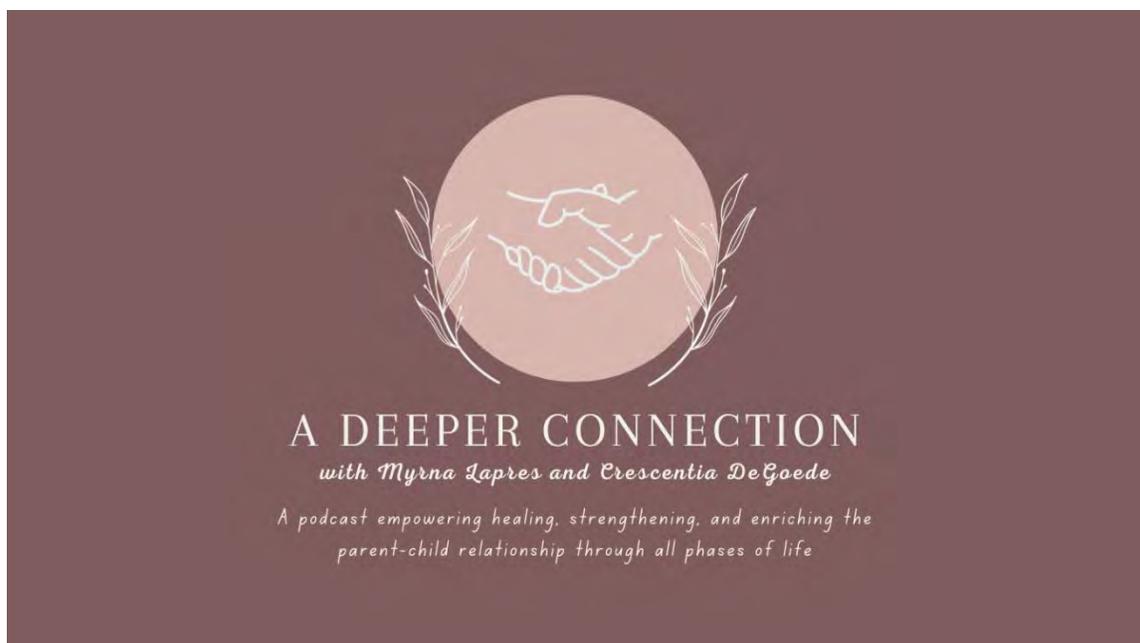
and implementing six intimacy skills that have improved her and many other women's marriages from the book *The Empowered Wife* by Laura Doyle.

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

[listen now](#)

what's new?

A Deeper Connection Podcast with Myrna Lapres and Crescentia DeGoede



Introducing *A Deeper Connection*, a new podcast empowering healing, strengthening, and enriching the parent-child relationship through all phases of life. This podcast is a collaboration with relationship coaches Myrna Lapres and Crescentia DeGoede and The Blessing & Family Ministry of Family Fed USA.

In this first episode, hear from Crescentia and Myrna on their journey to make this podcast a reality.

[listen now](#)

High Noon 40-Day Challenge



Join the High Noon Challenge!

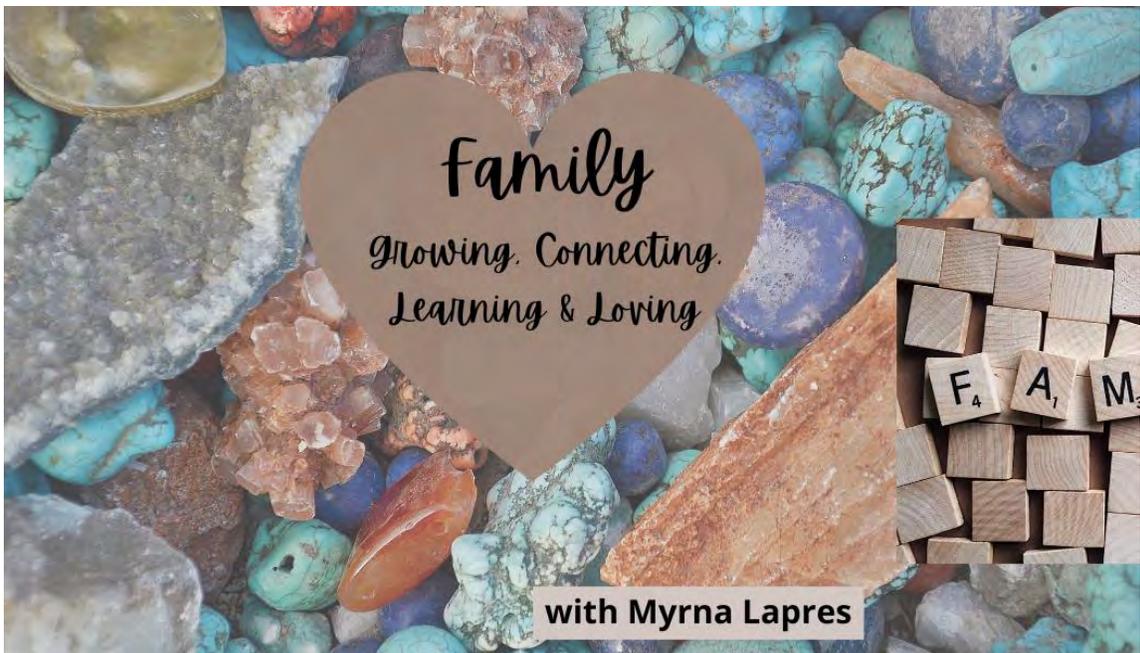
You will receive daily content by email to keep you motivated on your High Noon journey. Start the 40-day challenge if you want to:

- Live a High Noon life without shadows
- Create a vision for your Radiant Blessing
- Understand God's vision for healthy sexuality
- Eliminate unwanted sexual habits
- Improve your intimate relationship with your spouse

[join the challenge](#)

food for thought

Keep the Welcome Mat Out



Most parents of adult children have said that they lost sleep worrying about their kids when they were younger, but perhaps surprisingly, some stress and wonder nearly as much about them when they are grown.

[Read more](#)

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Local Sunday Service Livestreams



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