

# FFWPU USA Blessing and Family Ministry: True Masculinity and True Femininity

Carina Mendez  
November 24, 2023



FAMILY FEDERATION

The Newsletter

## Blessing & Family Ministry

MATCHING | MARRIAGE | PARENTING

November 24, 2023

---

Hello family. New *MatchNet Podcast* episode. Virtual matching education program. Expressing difficult emotions. Local Sunday Service livestreams.

---

*listen*

## True Masculinity & True Femininity



Ep. 67:  
True  
Masculinity &  
True Femininity  
(w/ Cathy &  
Benjy)

MatchNet Podcast

Inspired by recent conversations with singles looking for a match, Cathy and Benjy

discuss what it looks like to embody true masculinity and true femininity.

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

[listen now](#)

---

## events

# Virtual First Gen Matching Education Program



There is one more virtual event happening this month related to the matching and Blessing. A zoom link will be sent to those who register.

Saturday November 25 First Generation Blessing Education @ 12 PM – 6 PM EDT (9 AM – 3 PM PDT)

The importance, meaning and unique value of the Blessing, why it differs from marriage, and how to prepare for the matching. Valuable for new single first generation members, matching supporters, pastors, witnesses, and spiritual parents to understand how to support new members in the matching and Blessing.

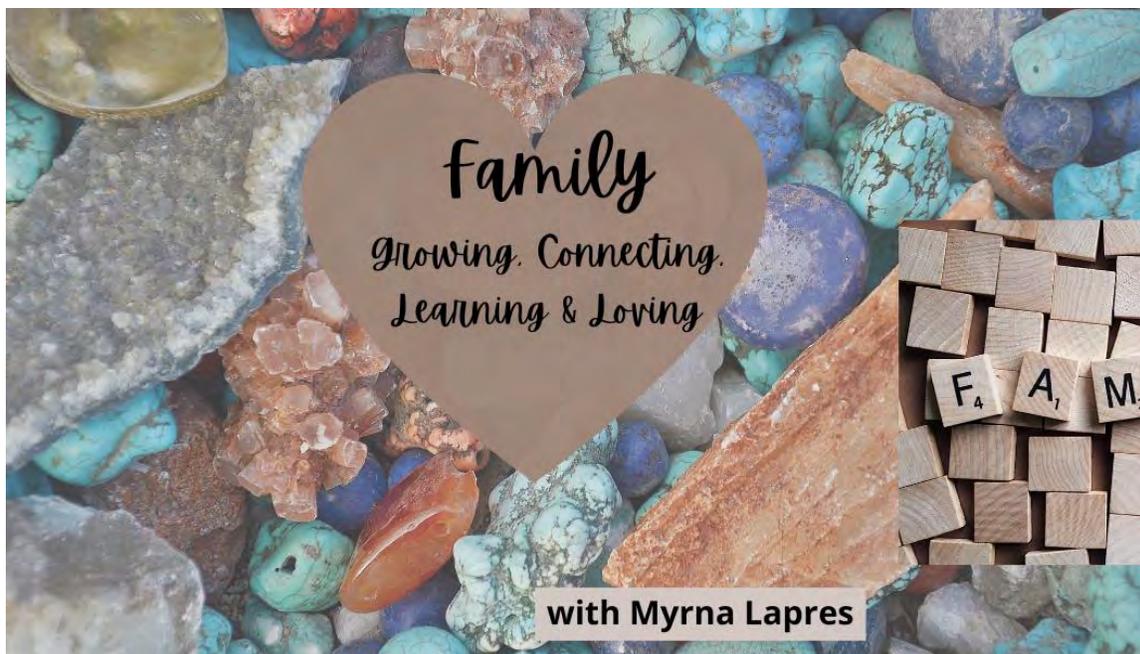
*Please register as soon as possible. If you have questions please contact [matching@unification.org](mailto:matching@unification.org) or [john.abelseth@gmail.com](mailto:john.abelseth@gmail.com).*

[register here](#)

---

## *food for thought*

# Expressing Hurt, Disagreement or Frustrations



The fourth part of *Beginning Anew*\*\* is letting the other person know that you are upset because of something that they said or did. However, as most of us know from past experience, this cannot be done while we are still in the middle of feeling hurt, irritated or just plain mad. When we feel hurt or irritated, it is wise to refrain from speaking or acting in those moments. Simply remember to breathe and move away from the person. If you must say something, keep it simple, "I am upset but I am not ready to talk about it yet. I will let you know when I am more calm and able to explain."

[Read more](#)

---

## *connect*

# Local Sunday Service Livestreams



*Stay connected by tuning into one of our livestreamed Sunday Services across the nation!*

[find a service](#)

---

*Did a friend forward this to you? [Subscribe](#) to The Newsletter.*

---

**Follow Us**



---

Have Feedback? [Contact Us](#)