

FFWPU USA Blessing and Family Ministry: Introducing Beehiiv - New Platform for the BFM Newsletters

Carina Mendez
September 3, 2026



FAMILY FEDERATION

Blessing & Family Ministry Newsletter

MATCHING | MARRIAGE | PARENTING

September 3, 2026

Hello family. HTM Meet Up! Showing up as a parent.

Important Update: We are excited to announce that the BFM Newsletter will soon be moving to a new email platform, Beehiiv. We will share a welcome letter with you shortly—please be on the lookout for it in your inbox!

what's new?

HTM Meet UP!



HTM Meet-Up

Meet the HQ Team and your Regional TribeNet
coordinator

September 22nd
8PM EST



Use this QR code to register!

September 22, 2026 | 8:00 PM EST

We're excited to invite everyone for a **National Heavenly Tribal Messiah Meet-Up!** Join us for this special opportunity to **meet the HQ TribeNet team and your Tribal Regional Coordinators.**

This meet-up is for everyone from those just wanting to learn more about HTM to CheonBo Victors.

In addition to meeting the team, we will be sharing updates, have regional breakout sessions and optional Q&A.

This meet-up is meant to supplement—not replace—the regular Monday Leaders calls, which continue to provide ongoing weekly support, leadership connection, and a chance to stay connected with the broader providential direction and what is happening across the nation.

We hope to see you there!

[sign up here](#)

food for thought

What It Looks Like To Show Up As A Parent!



by Myrna Lapres

A few weeks ago, I published a blog entitled "Showing Up" and one of my readers asked how they can be present to their children when they already have so much on their plate. I realize that parents are juggling a great deal--jobs, getting kids to school on time, packing lunches, extra-curricular activities, laundry, making meals, dealing with homework, sick kids, and so much more. But I would like to offer a few suggestions that may help. **Pick ONE that resonates with you and try it for a few weeks.**

[read more](#)



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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What It Looks Like To Show Up As A Parent!

9/2/2026



A few weeks ago, I published a blog entitled "Showing Up" and one of my readers asked how they can be present to their children when they already have so much on their plate. I realize that parents are juggling a great deal--jobs, getting kids to school, on time--packing lunches, extra-curricular sick kids, and so much more. But I would like to offer a few suggestions that may help. Pick ONE that resonates with you and try it for a few weeks.

It has been stated that there are nine most important minutes in a child's day: the first three minutes--right after

they wake up, the three minutes after they come home from school, and the last three minutes of the day--before they go to bed. What might you do to connect with your child during one or all these moments? For ideas: [the-9-most-important-minutes-of-your-childs-day.html](#)

- Practice being a better listener. When listening to your child (or spouse), try to give them your complete attention. Put your phone down, get down to their level if they are a small child or sit down beside them, and really try to give them your complete attention. If it isn't a good time right in the moment, say something like, "Give me 5 minutes and I will be with you." We don't learn listening skills growing up--it isn't taught in school. And we aren't particularly good at it. It takes practice and patience. For more on this: [listening-an-act-of-love.html](#)
- Begin having regular Family Meetings. For many families, the first hurdle is simply making time. In our busy lives, we can feel that family time is just one more thing to juggle. But shouldn't this be a worthy challenge for each of us to strive towards? If we want to make our family a priority, finding one hour a week is essential. If once a week is too much, start with once a month. Decide together to have Pizza Night or Chinese Take-Out on Friday (or whatever day of the week works.) Maybe it is Saturday breakfast. Play a board game together or plan for an upcoming trip/vacation. Here are more ideas on how to make this happen:
 - [the-power-of-weekly-family-time.html](#)

Categories

[All](#)

[Begin Anew 4 Steps](#)
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[Child Development](#)
[Stages](#)
[Coaching](#)
[Communication](#)
[Digital Age Parenting](#)
[Finance For Kids](#)
[Healing Ourselves](#)
[Life Goals](#)
[Parenting](#)
[Parenting Adult](#)
[Children](#)
[Relationship](#)
[Self Care](#)
[Teens/young Adults](#)
[The Brain](#)
[What Children Need](#)
[To Grow](#)

Archives

[August 2026](#)
[June 2026](#)
[May 2026](#)
[April 2026](#)
[March 2026](#)
[February 2026](#)
[January 2026](#)
[December 2025](#)
[November 2025](#)
[October 2025](#)

- [making-family-a-priority.html](#)
- Want to improve your family's communication? Start a new tradition in your home. Over a family meal or at a family meeting, say that you would really like to create more appreciation and kindness in the family. Print out the list of conversation starters at the link below and cut them into strips. Select the ones that best fit the age of your children, fold them in half, and put them in a jar or container. Pull one out at dinner and have everyone answer it. tinyurl.com/conversation-starters

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[October 2025](#)
[September 2025](#)
[August 2025](#)
[July 2025](#)
[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](#)
[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](#)

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[Create Connection](#)

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