

DIVINE MERCY RADIO, INC.
ISSUES AND PROGRAMS THIRD QUARTER 2015

ISSUE Family, Parenting, and Relationships

04 13 2015 at 1100 More2Life 60 minutes Dr. Greg Popcak, who co hosts More2Life with his wife, Lisa, is the Executive Director of the Pastoral Solutions Institute, an organization dedicated to helping people find faith filled solutions to tough marriage, family, and personal problems. The Popcaks open the show discussing people who do not understand us, us being anyone listening. They aid we cannot open peoples minds and place in there what we want them to know, but there are ways we can help others be more receptive to us. Mike from Madison, Wis., called in to say that he just got past a 30 year war with his own family. A friend reminded him that it is not that his family does not understand, it is that they do not *want* to understand. Until they want to understand, nothing is going to change. Knowing this, Mike has been able to accept the disagreement between him and his family and enjoy the time they have together in hopes that they will one day choose to listen and understand him. Dr. Greg agrees that we cannot force the relationship that we want, but simply enjoy the relationship we are blessed with and keep praying for them. Just as Mike wants to be closer to his family, God wants to be closer to us, so we must pray and work on our relationships. Caesar in Chicago called in and said he is dealing with parental alienation. He has an 18 year old son who has bad grades, a bad attitude, and is rebelling against him. Caesar works to spend quality time with his son, but wants to know how to handle this change in his personality. Dr. Greg says that Caesar needs to listen to his son, go with the excuses he is giving, but put it back on him and make him think about how to change his actions. Dr. Greg also believes Caesars son may be depressed. Dr. Greg suggests that both Caesar and his son may benefit very much from counseling for them both.

07 14 2015 at 1100 More2Life 60 minutes Dr. Greg Popcak, who co hosts More2Life with his wife, Lisa, is the Executive Director of the Pastoral Solutions Institute, an organization dedicated to helping people find faith filled solutions to tough marriage, family, and personal problems. The Popcaks open the show discussing when and how we can set charitable boundaries to make us feel safe, and to benefit our relationships with others. Carrie wrote on Facebook that she draws boundaries when others behavior is abusive and toxic to her life. She said when others do not feel they need to set boundaries and continue to mistreat others, that this is a good time to set the boundaries. Dr. Greg and Lisa agree with this statement saying that others may not respect the boundaries set since they do not feel they are necessary, but the person setting the guidelines must stick to their boundaries and see them through otherwise it could lead to an unsafe relationship. Emily Stimpson, Catholic author, joins the show to discuss the challenges that single people may face in setting boundaries. She shared that when individuals do not have a spouse or family to help keep their lives in line, single Christians may have to be more mindful of setting their own boundaries. They are often called to give of their time, talents, and treasure to others so they need to be mindful of how to manage and execute all their duties meaningfully, without draining themselves or becoming mindless.

07 29 2015 at 1100 More2Life 60 minutes Dr. Greg Popcak, who co hosts More2Life with his wife, Lisa, is the Executive Director of the Pastoral Solutions Institute, an organization dedicated to helping people find faith filled solutions to tough marriage, family, and personal problems. The Popcaks opened the show discussing when how it feels not being heard, or sometimes it is hard to listen to others. Mary wrote on Facebook saying her husband often gets grumpy with her as he does not understand how busy she is during the day taking care of their six children. He wants her to have a hot dinner ready when he gets home, and to have time to spend with him in the evenings. She writes she understands her husband needs a break at the end of a work day, but wants to know how to approach him about her also needing a break at the end of the day. Dr. Greg said that communicating not only take words, but also action. Each parent must know how much the other can handle on their own. As a mother, Mary should not push herself past her breaking point. Dr. Greg said Mary needs to let her husband know that she has her own needs and that she is doing all she can. If need be, they may look into hiring extra help. Dr. Greg also suggested that Mary and her husband use tasks like dishes and laundry to get time together at the end of the day. Not only will they have time together during these tasks to talk, but they will grow closer by helping each other. Fr. Thomas Loya, pastor of Annunciation Byzantine Catholic Parish in Homer Glen, IL., and expert in Theology of the Body, joins the show to discuss those times when we have to talk about something difficult and do not know how to approach it.

08 10 2015 at 1100 More2Life 60 minutes Dr. Greg Popcak, who co hosts More2Life with his wife, Lisa, is the Executive Director of the Pastoral Solutions Institute, an organization dedicated to helping people find faith filled solutions to tough marriage, family, and personal problems. The Popcaks opens the show discussing what it takes to

obtain a more abundant life, as well as how to fill others needs. Dianna in San Antonio, TX, called in and said she is a breastfeeding mom with a very loving husband. She believes she is being somewhat condemned by her sister in law and others whenever she breastfeeds. This makes Dianna feel unsupported, and she wants to feel accepted by her husband and family. Dr. Greg advises that Dianna needs to figure out who exactly she wants to be accepted by. Lisa then asks Dianna to pinpoint what exactly she wants her husband to do better. Dianna said she would like her husband to stick around with her while the rest of his family flees when she breastfeeds. Dr. Greg said that she needs to relay this to her husband. He may be doing the best he knows, but he will not know what she needs without Dianna telling him. Men are not educated on this topic on what women need. Rachel Watkins, homeschooling mother of 11 and a freelance writer, joins the show to explain how, as a mother, she communicates her needs.

08 13 2015 at 1100 More2Life 60 minutes Dr. Greg Popcak, who co hosts More2Life with his wife, Lisa, is the Executive Director of the Pastoral Solutions Institute, an organization dedicated to helping people find faith filled solutions to tough marriage, family, and personal problems. The Popcaks open the show discussing jobs or chores that you and your spouse or kids argue about. Mary Jo in New Orleans called in to say when her adult children come home from college they leave their rooms a disaster. They say they have more important things to do than clean. Mary Jo wants to know how to not let them get away with this behavior. Dr. Greg says that using a passive, pity party approach will not work. Do whatever you have to do, even if it is a little ridiculous, to show them they need to be responsible. Make them do their chores and clean their rooms before they are allowed to see their friends or have dinner. Tell them that you will be taken seriously. Dr. Greg says Mary Jo must demand that respect. Kim Cameron Smith, founder of Intentional Catholic Parenting, joins the show to discuss the importance of chores. She said kids, who do chores, are more successful in life. This is proven through many studies. Kids, who do chores, have the personality and initiative it takes to help make it further in life. They learn this trait through doing chores. Kim says that chores help kids feel like an important part of the family.

08 21 2015 at 1100 More2Life 60 minutes Dr. Greg Popcak, who co hosts More2Life with his wife, Lisa, is the Executive Director of the Pastoral Solutions Institute, an organization dedicated to helping people find faith filled solutions to tough marriage, family, and personal problems. The Popcaks open the show discussing spiritual infidelity in a marriage. This could be when you are on two different levels of faith, or maybe the spouse does not believe the same faith as the other spouse. Unless couples are sharing their spiritual life with their spouse, then we cannot make God the center of the marriage relationship. Amanda listening in Maryland called in to say she has been married for eight years to her high school sweetheart. Her husband is not Catholic, so she often goes to Mass alone. She has young children and does not want them to grow up seeing her faith being mocked by her husband. Dr. Greg said the issue sounds more like a respect issue rather than a religion issue. If the husband is not willing to support and respect Amanda in her faith, there may be other areas that he is not willing to sacrifice for her. Amanda said the children are now saying they would rather stay home with dad than go to Mass with Mom. Lisa responded by saying Amandas children are not doing it because Mass is boring, but because they want to be closer to their dad at home. Dr. Greg suggests Amanda show her husband that insulting her faith is something he is simply not allowed to do. He needs to support her in her faith. Dr. Greg also said that if Amanda makes Mass a warmer environment for her children, they may be more likely to want to continue coming.

08 26 2015 at 1100 More2Life 60 minutes Dr. Greg Popcak, who co hosts More2Life with his wife, Lisa, is the Executive Director of the Pastoral Solutions Institute, an organization dedicated to helping people find faith solutions to tough marriage, family, and personal problems. The Popcaks open the show discussing being an empowered parent and not letting children take the power from parents. Eric wrote in that he talks at his kids a lot and feels that do not listen to him. Dr. Greg and Lisa suggest that when he is asking his children to do something, like pick up their toys, they give them a time limit and stick to it. If they pick up then there is no consequence, but otherwise, give them a punishment and follow through with it until they realize that you have the power, not them. Fr. Loya joined the show to discuss how keeping children informed about God and why they were created is important. Sarah on Facebook wants to be more in control of her reactions. She knows her son tests her to see how she will react, and she loses her temper, which is counterproductive. Lisa said that Sarah may be getting caught up in her sons attitude rather than his actions. Dr. Greg said the best way to avoid falling into this trap is to anticipate the problem. Sarah should write down the ways her child provokes her into have a reaction. When the child is being disrespectful and showing attitude, correct the attitude in a patient way without overreacting. When they fix their attitude, you can then address the real problem at hand.

09 14 2015 at 1100 More2Life 60 minutes Dr. Greg Popcak, who co hosts More2Life with his wife, Lisa, is the Executive Director of the Pastoral Solutions Institute, an organization dedicated to helping people find faith filled solutions to tough marriage, family, and personal problems. The Popcaks open the show discussing anxiety, how it affects us, and ways to cope with it. **They** go over special details of Pope Francis upcoming visit and the rumors of the world ending on September 23rd. Bill Donaghy of the Theology of the Body institute calls in to speak about anxiety and that it is not from God. Joy is a gift from God, and laughter is true defense against the devil. Joy and laughter helps us to see the reality that we do not have to carry the weight of the world, because God will do that for us. We do not have to cling to our anxiety, for it was not put into this world by God. Dr. Greg and Lisa take a call from Stella in Fort Worth, TX who says it sounds easy to fall into fear and anxiety. If fear is good but anxiety is bad, then how do we differentiate the two? Dr. Greg says that fear is good because it stops us from doing things that are bad for us. Anxiety is more free, causing problems that one ca not pinpoint or control. God will not give us things to worry about that we have no control over. It often prevents us from doing things that may be good for us to do, which is bad. Dr. Greg and his wife gave five tips to avoiding, or getting past anxiety.

09 16 1205 at 1100 More2Life 60 minutes Dr. Greg Popcak, who co hosts More2Life with his wife, Lisa, is the Executive Director of the Pastoral Solutions Institute, an organization dedicated to helping people find faith filled solutions to tough marriage, family, and personal problems. The Popcaks open the show discussing stress and how to heal those relationships that sap up a persons energy. A study out of Queens University in Australia supports that mothers and daughters who have a close relationship handle stress better. They discuss how creating a close, positive relationship with your children helps kids cope with stress throughout the day when Mom is not there. Carrie commented on Facebook that one relationship she has with a person is highly unpredictable to some addictions the friend has. They cannot count on the person to do anything unless it is on their time which causes a lot of stress. Dr. Greg said that a person needs to address with themselves how much time they can spend with a person like this without it wrecking the rest of their day. Limiting relationships to specific times and places can help destress the relationship.

09 28 2015 at 1100 More2Life 60 minutes Dr. Greg Popcak, who co hosts More2Life with his wife, Lisa, is the Executive Director of the Pastoral Solutions Institute, an organization dedicated to helping people find faith filled solutions to tough marriage, family, and personal problems. The Popcaks open the show discussing Pope Francis visit to America. Pope Francis brought love and mercy and affected the lives of many people during his visit. Today, they talk about the importance of the family in todays world. What makes a home a warm, welcoming place? Children are more likely to stay in the faith when the faith is what has provided the warmth in their home and family settings. Maryanne wrote on Facebook that she started a tradition of getting ice cream on every full moon. This led to her children being able to track the lunar cycles by the age of 4 and can still do so now that they are older. Lisa discussed traditions and how to start them in your family even when they kids are older and may be out of the house. Rachel Watkins, creator of Little Flowers Girls Club, joined the show to discuss how she involves prayers in her hectic family life. Making time for prayer, movie nights, dinner conversation, etc. is important for family growth and bonding. Be sure to let your kids know how important family time is and how much you appreciate them making time for it. Mike in Alvin, TX called in to say that in his family, Sunday is a day of rest. There was always a big Sunday meal that was prepared on Saturday evening. After church, his family spent the day together relaxing and having a good time together.

Certified by Donetta M Robben October 2, 2015