

DIVINE MERCY RADIO, INC.
ISSUES AND PROGRAMS SECOND QUARTER 2016

ISSUE Family, Parenting, and Relationships

04 11 2016 at 1100 More2Life 60 minutes Dr. Greg Popcak, who cohosts 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 *Amoris Laetitia*. Thomas called in about a 4 year relationship he had been in. His exfiance now wants nothing to do with him. Thomas believes she is scared of his past alcoholism problems resurfacing, coupled with her past issues with loss. He wants to know what to do as he still cares for her a lot. Dr. Greg asks how Thomas is fighting his past issues, and suggests that Thomas start an annulment process with his exwife and to get himself in a good position for a relationship before further pursuing his exfiance. Bill Donaghy of the Theology of the Body Institute joins the show to discuss the differences between how the world views love and how Catholics view love. The Popcaks took calls the remainder of the hour.

04 20 2016 at 1100 More2Life 60 minutes Dr. Greg Popcak, who cohosts 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 times when our feelings get the best of us. Christina called in about the road rage she encountered on her way to Mass. She then took time to walk and cool down before going into Mass. She then offered up the Mass for the person who cut her off in traffic. Dr. Greg says that Christina handled her recovery of road rage well, but asked if this is her normal behavior. He says that if there is a bigger conflict in her life that she cannot resolve, she may be letting her anger out in these smaller petty situations. She agreed she has a lot of issues from her past that she has not dealt with. The Popcaks suggest she begin to offer these things up in prayer and really think about starting to find peace with them. Fr. Thomas Loya joins the show to discuss emotions and feelings we have, what is right and wrong, and how we can express them appropriately. They took calls for the remainder of the hour.

04 29 2016 at 1100 More2Life 60 minutes Dr. Greg Popcak, who cohosts 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. Lisa Popcak open the show discussing where to draw lines between caring for others and yourself. Maria called in about her 13 year old daughter who is having feelings toward other girls her age. The school counselor also called her and said her daughter is having suicidal thoughts. She wants to know how to handle this situation. Dr. Greg said that the suicidal thoughts need to be taken care of first through a faithful counselor. As for the same sex attraction, he said this is a normal age for kids to start grappling with questions about their sexuality. He said that attraction toward others is how God created us to be, but our culture today has sexualized all forms of attraction which makes it hard to sort out our feelings. He tells Maria to explain attractions to her daughter and the different kinds of love we can have for each other that comes with different forms of passion we can feel. Rachel Watkins, creator of the Little Flowers Girls Club, joins the show to discuss why it is important to take care of yourself and some tips on ways to do that while maintaining balance in your life. The Popcaks took calls the remainder of the hour.

05 03 2016 at 1100 More2Life 60 minutes Dr. Greg Popcak, who cohosts 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 human dignity and worth and how it correlates to acts of kindness. Kathy called in about her 11 year old daughter who has Attention Deficit Disorder as well as learning disabilities. They have her on electronic restrictions. She also struggles with disobedience. Dr. Greg said that when children are adopted, it is hard for them to sync to the rhythms of the new family. When they are not on the same rhythms as their new family, it is hard to control their desires and compulsive decisions. When approaching this situation, punishing and putting restrictions on these children would not be helpful. They need to find reason to *want* to do the things you tell them and that may only come with support. Dr. Greg suggests Kathy give her children more support when she has good behavior rather than punish them for their bad behavior. The Popcaks took calls the remainder of the hour.

05 11 2016 at 1100 More2Life 60 minutes Dr. Greg Popcak, who cohosts 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 how to balance the needs of others and your own needs. Susan wrote in about a discussion she had with her husband about vacation. He wants to go on a grand vacation with activities but they have three young kids who will not be able to participate. She feels she will not get a vacation if they follow his plans. She wants to know how to handle this situation. Dr. Greg responds that everyone relaxes in different ways. They suggest Susan talk to her husband about finding adventures that the whole family could do together, and also find time for them to have their separate times and activities as well. They suggest Susan and her husband discuss their needs first and then build a plan around it to cover everyone's needs. Dr. Greg discusses the difference between needs and wants and ways to fulfill them both in a healthy way. The Popcaks took calls the remainder of the hour.

05 26 2016 at 1100 More2Life 60 minutes Dr. Greg Popcak, who cohosts 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 parenting and how to make it easy. Pat called in about her two adopted grandchildren who have grown up with no discipline. She has no legal rights over them, though they live with her along with their mother, her sons girlfriend. The mother does not do a lot in the children's lives. Pat wants to know how to discipline these children when the mother will not enforce it and her son sometimes gets in the way. Dr. Greg said these children are impulsive and will not learn anything from simple disciplines. They also say the children are raising hell trying to get their mother's attention. Dr. Greg and Lisa tell Pat that she needs to form an attachment to the children. They need a positive person in their life that they can attach to and look up to. They also tell Pat to teach the children the positive opposite of their actions instead of simply disciplining them. Show them what you want to see in them, instead of condemning their bad actions. The Popcaks took calls the remainder of the hour.

06 02 2016 at 1100 More2Life 60 minutes Dr. Greg Popcak, who cohosts 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 times we find it difficult to love others and to love ourselves. Maria on Facebook commented that she loves her 17 year old son but recently he has become irritating with his stress about college. She does not want to feel relieved when he leaves for college. She has talked to her son about his attitude but he has not changed. Dr. Greg said that there is going to be tension when kids are going through these big changes but there does not have to be disrespect between Maria and her son. He said people often respond in a guerilla warfare way but he suggests she anticipate the problem instead. Do not wait for trouble to strike before talking to him about his actions and how it affects you. Point out to him when he acts in disrespectful ways, and calm the situation before approaching it in a more positive way. Take time to discuss why he is stressed and how to handle situations better. The Popcaks took calls the remainder of the hour.

06 08 2016 at 1100 More2Life 60 minutes Dr. Greg Popcak, who cohosts 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 connections in couples. Fr. Thomas Loya, from the Tabor Life Institute, joins the show to discuss marriage and how everything else will come from it. Many couples today get so involved in raising their children that they are no longer present to each other. They talk about keeping the vision of courtship and being gifts to each other. They give a list of tips for couples on how to stay close and little things they can do to give each other due time each day. Patricia called in and commented that her husband has a strong work ethic which is a blessing and a curse. With strong team building at work, the marriages often falter. The Popcaks suggest that she take action and make a point of doing things together even if it is the chores. Make time to spend together every day and discuss how your days went. The Popcaks took calls the remainder of the hour.

06 09 2016 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. Today the Popcaks talk about raising children to have good moral values. Mike Acquilina, author and host of several EWTN shows, joined the Popcaks to talk about the importance of having a good father for raising good children. Two suggestions Mike shared was for the father to cultivate a life of prayer in themselves and to form a relationship with their child's guardian angel. Kim called in about bringing her adult children back to the church without being an overbearing mother or mother in law. She has cancer and is concerned. Outside of discussing religion, Kim has a good relationship with her adult children. Lisa suggested Kim say to her children that this is not an issue to debate, that that she, Kim, needs them to go to church

and pray for her. Even if the children do not believe in God, Kim should tell them that she needs them to pray for her. The Popcaks took calls the remainder of the hour.

06 14 2016 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. Carrie posted on Facebook that lying is unforgivable in her book. She was recently lied to by a person who then denied the lie. She said that their relationship is lost, and it hurts more because the other person acts like nothing happened. Lisa agrees that lies can tear down a relationship and all trust is lost. Dr. Greg said that forgiveness is vital. If Carrie does not, anger will build up inside of her, and it will affect how she acts. Some people will often take out their anger on those they are not even mad at, affecting even more people. Although forgiving the person may not mend the relationship, it will ease any hatred Carrie is harboring in her heart. Reconciliation between two people takes the other person admitting they did something wrong and work between both parties to fix it. Dr. Greg says that if reconciliation cannot take place, then boundaries may have to be set; healthy boundaries that allow for forgiveness in the future. The Popcaks took calls the remainder of the hour.

Certified by Donetta M Robben June 30, 2016