

**KVDM
DIVINE MERCY RADIO, INC.
ISSUES AND PROGRAMS FOURTH QUARTER 2023**

ISSUE Family, Parenting, and Relationships (10)

10 11 2023 at 1900 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 topic today is strengthening strong relationships. Mary called in and talked about her husband who has had drinking issues the past two years. He hides it. They have been married 55 years. When she confronts her husband about this issue, he denies there is a problem. If she would tell her adult children about their fathers problem, he would not physically harm Mary, but he would never forget it. Lisa Popcack compared alcoholism to cancer. If Marys husband had cancer, she would get him help. Dr. Popcak suggested Mary go to Alcoholics Anonymous meetings and also talk to a drug and rehabilitation facility about an intervention. Marys duty, as a wife, is to work for her husbands good. The Popcaks took calls the remainder of the hour.

10 18 2023 at 1900 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 title of this show is be still my anxious heart, dealing with fear, stress and anxiety. Anna called in and said she called the show a year ago when she was suffering severe anxiety because of an undiagnosed illness. She was in level 10 pain. In addition, within 18 months, her mother, dog, sister, two good friends died. Her husband also left her because she was not getting better. Then she discovered the surrender novena. She prayed this daily for a year and turned every aspect of her life over to the Lord. Jesus is now showing her what her mission in life is and her life is fabulous. Her body is healing. She simply called to recommend this surrender novena. The Popcaks thanked her for calling and took calls for the remainder of the hour.

10 25 2023 at 1900 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 topic today is how to find strength, passion and purpose in life when feeling burned out. The first caller talked about how he has many medical problems and the doctors cannot do anything about it. He needs a great deal of help. How can he find purpose, is his question. Dr. Popcak said that he needs to see himself as more than a patient and find little ways to help others. It might be his cheerful attitude. It could be asking others about what is going on in their lives. Dr. Popcak said he should never underestimate the power of a witness when someone is suffering and they work hard to play it well. The Popcaks took calls for the remainder of the hour.

11 01 2023 at 1900 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 topic today is people pleaser. If a person is afraid of letting others down or going to extreme measures to keep everyone happy, this show is for b. The first situation came by email. A wife called in and said her husband is studying to be a deacon. She is afraid of how this is affecting her marriage and family life. Her husband already is not present to her and the family because of his studies and other duties. Yet, she does not want to tell him that he cannot be a deacon when the church needs help so badly. Plus, he likes these duties. However, she is afraid it will get much worse once he is ordained. Dr. Popcak said ministry is communicating the love of God to others, whether that is in the family or outside the family. He encouraged the wife to lovingly challenge her husband on how being a deacon will affect the sacrament of marriage. Then the Popcaks encouraged the couple to be praying about it. The Popcaks took calls the remainder of the hour.

11 08 2023 at 1900 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 topic today is family feud. A lady called in and said her sister is loving and has a good heart but politically and religiously they do not agree. Her sister is quite antagonistic toward her about these conversations. Dr. Popcak said she should not go down this road with her sister. If the sister brings up politics or religion, she should just redirect the conversation back to the things they can talk about and share. If the sister really wants to know something like what the Catholic church teaches about a particular topic, then she should schedule a time with her sister to talk just about that. The Popcaks took calls the remainder of the hour.

11 15 2023 at 1900 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 show today is on trust. This man called in and said his daughter is not married but has lived with a man for 10 years and has children with him. Two years ago, they come over for a holiday and the man ended up getting drunk and shooting a gun randomly in the neighborhood. The caller pulled his gun and they all left. The caller said his daughter and granddaughter can come to his home, but the boyfriend cannot. Thus, the daughter punishes her father by staying away from him and does not allow him to see the grandchildren. Dr. Popcak said he had every right to break up that fiasco two years ago. However, the caller needs to set boundaries as to when he can and cannot be around the boyfriend. By not being around them ever, the caller will not have any positive influence on his daughter or granddaughter. The Popcaks took calls the remainder of the hour.

11 22 2023 at 1900 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 show today is about being worn out or burned out from working too hard. A lady called in and said her son has a history of drug use and they had to kick him out of the home at 18. Jump 30 years, he still has a drug problem. Whenever he and his wife show up to family gatherings, they come high or they come sober and sometime during the gathering they go outside. When they come back in, they are slurring their words and often will fall asleep. Dr. Popcak asked the caller what she would like to do. She said she would like them to not come over if they are going to use drugs. However, she cannot ask them to do that as she is afraid she will lose any relationship she has with her son. Dr. Popcak said she already lost the relationship with her son. He is choosing to have a relationship with drugs and not the family. If she truly loves her son, she would give him this option, come to the family gathering sober and stay sober, or do not attend. The Popcaks took calls for the remainder of the hour.

11 29 2023 at 1900 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 topic today is dealing with antagonistic people. Sam called in and said that he is trying to have a faith journey and rebuild a relationship with the woman he has had a child with. They are going to counseling but are not getting the fruits of the counseling in their relationship. He gave an example of each accusing the other of things. Dr. Popcak said that first they need to pray together and ask God what He wants for the relationship and how this relationship can glorify Him. Then both of them need to be in a place where they can each admit that they can handle a situation better. Until that happens, the relationship will not improve. The Popcaks took calls for the remainder of the hour.

12 06 2023 at 0900 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 topic today deals with toxic people who seems to bring out the worst in others. The first caller, Maria, said that her adult adopted daughter, with whom she now has a good relationship with despite a troubled past, is dating a man who uses drugs and has been in jail. Maria was conflicted in whether she should invite her daughter over for the holidays knowing that her boyfriend would accompany her. Lisa affirmed that Marias daughter is allowing her wounds as a child influence her dating life and that it is Marias job, as her mother, to affirm her daughters worth. Dr. Popcak added that Maria can deny the invitation if she has objective safety concerns. If not, Maria can offer an invitation to her daughter with stipulations, such as no drugs, or no sleeping together, or meet in a public restaurant, but ultimately, she should pray over how the Holy Spirit can use her to an instrument of healing and grace in her daughters life. The Popcaks continued to answer questions from other callers for the remainder of the hour.

12 20 2023 at 0900 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 show today, Wearing Armor, discusses dealing with defensive people in our lives. The first caller, Ruth, believes her husband has ADHD. When asked to elaborate, Ruth provided an example of her husband becoming angry because she didn't buy what he wanted from the grocery store. Dr. Popcak clarified that her husband does not have ADHD, but rather he practices emotional abuse. Ruth was advised to learn how to deal with his cruel and abusive behavior through conversation. Ruth was encouraged to seek professional counseling to help her stand up to his hurtful behavior. The Popcaks continued to answer questions from other callers for the remainder of the hour.

Certified by **Nathan Lang** December 31, 2023