

**KVDM  
DIVINE MERCY RADIO, INC.  
ISSUES AND PROGRAMS FIRST QUARTER 2024**

***ISSUE Family, Parenting, and Relationships***

**01 10 2024 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 of this weeks show is The Power of No and seeks to help people know how to say no. The first caller, Pat, has a son addicted to drugs and says she helps him with daily things and the more she helps him, the worse he got. Dr. Popcak explained that while we are called to love others, we are called to love responsibly which means that we should love in a way that works for the good of the other person. When we offer help to others, we should do so in a way that would help the person become a healthier and holier person. Dr. Popcak offered an example of paying for treatment if her son could not afford it, but she should not let him live with her which would allow him to use drugs easier and more often. Dr. Popcak concluded that Pat should pray asking God to tell her ways that she can love in a responsible way to help her son based on ways he has responded to her help in the past. The Popcaks continued to take calls for the remainder of the hour.

**01 17 2024 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 of this weeks show is Resisting Resentment and seeks to help people find graceful support and healing needed to face resentment from others. The first listener, Sandra, sent a message to the show explaining that she faces growing criticism from her mother about how Sandra is living such as how she does laundry and more. Sandra added that comments from her mother are becoming more and more critical and she doesn't know how to deal with the criticism. Dr. Popcak advised Sandra to understand that her mother is concerned that Sandra is doing things differently from how she did. In dealing with her mothers behavior, Sandra should explain to her that her concerns come off as criticism and ask her mother to help out with some of those things if Sandra feels comfortable doing so. Sandra and her husband should pray over what boundaries should be set. The Popcaks continued to take calls from other listeners for the remainder of the hour.

**01 24 2024 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 of this show is turning down the heat. The show is designed to help those who are feuding with people in their life in order to bring God's peace to others. The first caller, Jodi, called about her son who is 19. He is using zyn which a product which contains nicotine and is putting his pre existing conditions at an elevated risk. Dr. Greg recommended to get the doctor involved and to help the son understand that his heart problems make him different and that he cannot do what other people. He said that for each interaction involving the conflict there should be 20 that are not. The Popcaks continued to take calls from other listeners for the remainder of the hour.

**01 31 2024 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 of this show is smoke and mirrors. The show is designed to help set boundaries and how to stop people from compromising on their own personal lives. The first caller that they take is Lydia. Her boyfriend wants to take their relationship to a physical level, but she does not. Dr. Greg said to let him go because the boyfriend is not respecting her boundaries and will not respect future ones that she sets if she gives into this one. The boyfriend does not have her best interests in mind and is seeking to harm her in the long run. They continued to take calls from other listeners for the remainder of the hour.

**02 07 2024 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 for this show is about what parents should with little children, teens or adults. The first caller is named Emily. She asked how to control her anger towards her childrens unwillingness to listen to directions. She does not have a sense of peace in her life and the chaos has made her life difficult. They suggested that she should try to involve her children more in her daily life with work. This will help them to begin to finish the tasks that she gives them and will actually make her work get done faster because she now has extra help. Over time this will help her children to listen better, become more independent and overall improve the relationship. The rest of the time they continued to take calls.

**02 14 2024 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. Today the show is centered around people who feel they have everything left up to them. Especially those who feel resentful because of the responsibilities given to them. The first caller they take is from a woman in Missouri. She has been married for 14 years and went to counselling but her husband and her do not really have a great relationship anymore. Their relationship has become legalistic and she feels that she has taken responsibility for the children and her husband does not do much at all. They tell her to take charge and keep confronting him. Not in a bad way but understanding that perhaps the husband does not know what is going on at all times. He may be clueless about what needs to be done and she needs to have a daily meeting with him so that they can work together to get things done. They continued to take calls the rest of the hour.

**02 21 2024 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. Today they set out to help those who are dealing with sudden or unwanted change in life or relationships or anything. The first caller is from Kansas and is struggling with their 24 year marriage. He says that he feels just despair and have been through a lot of conflicts including 3 miscarriages. They recommended that they go to marriage counseling. After that, it was recommended to turn to God and to live for each other. Start looking for little things to help each other out. Ask in the morning what is one thing I can do for you today. They continued to take calls for the rest of the hour.

**02 28 2024 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. Today they look at rebooting relationships that are strained or broken. The first caller is Jeff from Texas and he is wanting to help his siblings who are dealing with addictions. Dr. Greg says that he is not required to maintain the relationship if it is detrimental to himself. Jeff does not need to over burden himself, but simply invite the addicted parties back into his life and ask them to look for healing. They continued to take calls for the rest of the hour.

**03 06 2024 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. They are talking about happiness today, but stress the fact that they are not saying, just be happy and stop being sad, they are trying to help people get through the things stopping them from living a joyful life. They do not want their listeners to settle and give up. The first email they read is from a woman who wants to go out on dates with her husband and says that the last 10 years have left her wanting emotional intimacy with her husband. She is desperate for her husband to lead in prayer and communication, but her husband has possibly been traumatized. Greg talks about how a lot of men when confronted with stuff shut down because when they were growing up the only way to fix things was to keep their heads down. They recommend counseling for the both of them to help her husband open.

**03 13 2024 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. Today they talk about what kind of household you want

to raise. They ask the question how do you make a household that is on mission to evangelize and that is working for each others good all the time. Paul is the first caller and is worried about the things that are being taught in school to his 9 and 4 year old. They first recommend that in the home you must show love and you have to show them love. If you are not praying and loving your children in the house then your children are going to be lost. Talk to them about things that are going on and do not hide things from them. Parents must be actively involved in their childrens lives because the children will be taught other things contrary to what the parents value in schools.

Certified by **Nathan Lang** March 31, 2024