

The Joe Sikorra Show
Show Notes - 3rd Quarter 2017

7-3-17 (Best of - Originally aired June 8 2016)

Hour 1

- Meeting the bare necessities in people is important in helping find their purpose in life.
- Caller: I am visually impaired, how can I get over the fear of the sound of thunder.
- The Holy Spirit is the one who shows us that every detail can be worked for something good.
- Caller: How can I support and help my sister during her divorce process with her husband?

Hour 2

- The only true way to know your purpose in life is to allow the Holy Spirit to direct and guide you.
- Guest- Mike Stark- Mike discusses with Joe the origin of the Truth and Life audio Bible.
- Guest-Mike Stark- Mike gives us details of what the Truth and Life audio Bible app has to offer.
- Caller: I just had a relapse from hitting the pipe and I don't like what I am seeing and its a nightmare.

7-4-17 (Best of- Originally Aired April 4 2017)

Hour 1

- Results of what happens when your goals are not in line with what God wants you to achieve in your life.

- Reasons why putting limitations on your goals in life might not be helping you to achieve your true goals.
- Remember that your goals are not that hard to reach when you allow God to be a part of them.
- Caller: I am a single mother and my child is about to reach the age of adulthood and i am wondering if it is now time to pursue my next goal in life.

Hour 2

- How to feel great when you are planning for the future.
- How to be keeping your eye on the prize no matter how hard the goal is ahead.
- Caller: I just moved somewhere by myself and am trying to achieve self confidence in myself.
- Caller: How do I make a goal of finding the right women to marry in my life?

7-5-17

Hour 1

- Social justice in regards to the healthcare system. Our healthcare system in AMERICA seems to be changing so much that people are heading to Canada for its healthcare system.
- Patrick Coffin reveals that his man crush is no longer with Stephen Colbert from the late night show because he has gone too far with his late night show,

- Reasons why the fidget spinner could actually be heretical to the church.
- Man reacts to women after she sent him a nude picture on his snapchat.

Hour 2

- REasons why our new technology has caused us to start objectifying women a lot more than in past generations.
- Battle River school curriculum has been teaching traditional sex as part of their curriculum but they are being cut short because of it.
- Caller: I heard that in Ontario, Canada they will take their children away if they say they identify as one way or another.
- Book recommendations for your summer reading pleasures.

7-6-17

Hour 1

- Actor who fell in love with Jesus was put into an acting role as a gay person. Andrew Garfield was put into the role of a gay person without all the actions involved with it.
- The older Boomer generation is having more extramarital affairs than those of the younger generation.
- There is a rise in female sex robots simply because they can't confront a simple human being.
- Caller: It's time to stop looking at youth vocations and start getting married at 18 years of age.

Hour 2

- New suits seem to be hip for going into mass, but are they truly orderly at the mass?
- Caller: **how far can I push my son? youth group is stopping his faith.**
- Caller: I believe in gay rights and therefore I can't take the eucharist and feel that I am being judged by the catholic church.
- Caler: Teachings aren't as deep as they used to be in the priest's homilies and I am not growing in my faith as a result.

7-7-17

Hour 1

- Reasons why it is a good thing to look at the simplicities of your life rather than looking to the rat race.
- Caller: I just finished up college and now I am back home where I am about to get married and life doesn't seem as simple anymore.
- Caller: I am on the path towards marriage and I feel that I am going to inherit my girlfriend's family drama in marriage.
- Reasons why foreigners are more complicated to deal with than others. Simple ticker codes for investment seem to get more than complicated ones.

Hour 2

- Dr. Creasey describes Jesus's time in the temple as it is being rebuilt.
- God is truly living within you and your presence and we are the body of Christ, the Church.
- Caller: How do I practically start studying the Bible?
- Example of Namans skin disease in the Bible and finding simplicity in God's healing of his disease.

7-10-17

Hour 1

- Communication errors can result in hilarity. Joe share's a recent golfing story.
- Caller tells a story of a hilarious miscommunication in a crowd. Patrick Madrid calls into the show in response to forging Patrick's signature on bumper stickers.
- Caller tells a funny story about saying the wrong thing to a woman in a wheelchair.
- How do you develop flow in a conversation?

Hour 2

- Father Dave tells the story of using the men's room in Germany.
- Joe tells the story of the time he inadvertently imitated Maria from "The Sound of Music."
- Your role in conversation is not just when you are talking.

- Jesus listens to the Father, and He wants us to listen as well.

7-11-17

Hour 1

- Today the Fear of dying seems to be more of a concern with younger people than older.
- Caller: I am not afraid to die but I am afraid to leave behind my family like my father did with me when he died.
- Caller: fear of death got me off my behind and living for God!
- Caller: I was in a swimming event and was found on the bottom of the pool, 22min CPR woke me up to thought of what death and life truly are about.

Hour 2

- Caller: I lost husband 8 months ago at 46yrs.
- Caller: going on 56yrs of age, i dont want to lose my time left..
- Caller: lost people in family at age 17 all the time. we go where we belong?
- Caller: I experienced death, this is my second life. less fear of it now.

7-12-17

Hour 1

- When you are stuck in a decision it may actually be way to unleash your way to creativity. The Positive results that may occur when you consult your board of directors.
- Caller: I am in my 50's as single mom and i feel like i am not living the way i should be in terms of my job. Reasons why challenging yourself to smaller changes might be the best step you've ever taken towards being unstuck.
- Caller: i'm a widow of 8yr and my son is bipolar and i'm living off the system.
- Caller: I have been divorced for years, i'm older and still long for marriage.

Hour 2

- Breaking a cycle of repetition might not help with being stuck in a rut.
- Caller: I am in a marriage where there was abuse and separation occurred.
- Caller: After 23yrs of being with a woman, all i heard was what i give up.
- Caller: I'm in a juvenile jail ministry and i am not wanting to be by myself and am stuck. Ways in which physical activity and exercise daily can help with getting out of your sticky stuck situations.

7-13-17

Hour 1

- Results of seeking out new changes in your life.
- Challenge for you: What is one thing in your life that you think you can change today?
- Caller: I have an unstable job where I i feel like i need to move to a different job and a different place and I am scared.
- Caller: I would like change in direction with my coworkers in order to have a stress free environment.

Hour 2

- Small events like working at an assembly line for a factory can actually be the bigger picture for change!
- Caller: in service business. did more for them than family. now what?
- Caller: I am in my retirement, i decided to do a small business and offer to others. Caller: living in trailer almost run down, baby on way. what do change?
- Caller: I was a mother and parent for 30yrs with purpose and now I received a divorce with no meaning anymore.

7-14-17

Hour 1

- Caller: I just finished school and busy with occupational. 5-10 yrs to rejuvenate Science is now saying that being productive at work doesn't mean working more hours. What to do when you feel like you have overscheduled yourself.
- What kinds of reactions you might get when you tell people you are simply busy.
- Reasons why your business may lead you to an addiction.
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Hour 2

- Ways in which you can be productive and yield your faith to produce action.
- What it means when it says, " a seed will fall from its harvest".
- Caller: Are there different translations of the Bible for the book of Psalms?, Dr. Bill gives an explanation about the seeds and the harvest parable.
- Reasons why it is important not to squander one minute of your life.

7-17-17

Hour 1

- Steps to moving forward from marriage issues instead of heading toward the path of divorce.
- Caller: I was unexpectedly divorced and got through by not dwelling on it.
- Struggles will always be there with a divorce but healing is always possible!
- Caller: I was married for 26 years and now I was recently divorced and am hurting a lot.

Hour 2

- Caller: had divorce and blame myself for selfishness, pain is in children
- Caller: I am afraid of what my daughters are feeling after my divorce, what can I do?
- Caller: total disconnect after divorce, priest said dont' come back!
- Caller: I am still suffering even after my divorce of 1991 because I am not able to talk to my kids because the father will not let me talk to them at all.

7-18-17

Hour 1

- 15 Tips to Help You Make the Most Important Decisions by Suzanne Kane
<https://psychcentral.com/blog/archives/2017/07/15/15-tips-to-help-you-make-the-most-important-decisions/>
- When you're faced with a big decision, are you clear about what you actually want to do?
- Caller: One of the best decisions I made was going on a pilgrimage with my husband.
- Caller: I was on drugs, went to confession, and I never went back.
- Caller Krista: I have been listening to you for about a year. I haven't been back to church yet, but I'm learning more.

Hour 2

- Caller: I need help making a decision about my marriage
- Caller: My husband has a gambling problem. I went to counseling. What else can I do?
- Caller: My husband's girlfriend is offering to help me in court.
- Caller: I am considering moving to another state to be with my son, but it seems he doesn't want anything to do with me.

7-19-17

Hour 1

- Who are you? Are you controlling? Are you being controlled, and do you have difficulty setting boundaries?
- Caller: Joe, I'm a people-pleaser. I can't even decide what career I want by myself. Self-care and the example of Jesus.
- Caller: I'm the opposite, Joe; I am way TOO motivated by my work. How can I leave the office at the office?

- Caller: I grew up with an alcoholic father and a submissive mother; how do I not become like them?

Hour 2

- Fr. Dave: A prayer for the ability to follow Jesus.
- Caller: My parents immigrated from Mexico City, and were very fearful; they controlled all aspects of my childhood. I found a controlling person to get romantically involved with.
- Fr. Dave: The one thing God doesn't control: Man's free will. Caller: My brother has 10 kids; he raises them in an extremely controlled situation. They can't do anything for themselves.
- If you don't know what to do: Pray.

7-20-17

Hour 1

- Joe calls his brother for scientific advice regarding the end of the world. Finding joy.
- Guest: Dr. Joyce Mikal Flynn describes her near death experience - and how it gave her new life.
- Finding joy in your life.
- Will a pile of cash give you joy? Joe shares the answer from research: The genetic "set-point".

Hour 2

- Fr. Dave: Even on the cross - Jesus was joyful. Counting our blessings
- Joe discovers that Noah Mackenroth is a watchmaker. Fr. Dave talks about his dad's mantle clock. The miracle of modern technology. Caller: I've tried to do the right thing all my life, but I'm feeling joy slip away.
- Fr. Dave: The trap of focusing on one's feelings. Hebrews 11, and the "Hall of Faith".
- Is happiness a "choice"? Can counting your blessings actually make you happier?

7-21-17

Hour 1

- Finding joy: What brings you true joy? Charting our path in life, and seeking God.
- The parable of debtors, and the parable of the woman kissing Jesus' feet.
- Are you seeing goodness in the world? You are created to seek your Creator.
- Caller: How does one find joy in such a greedy, selfish world? Where does one draw the line on giving and sacrifice?

Hour 2

- Dr. Bill Creasy analyzes Psalm 86: "Lord, you are good and forgiving."
- Caller: Are there two trees in the Garden of Eden (Genesis 1:22)? Could Adam have reached out and grabbed eternal life after he sinned?
- Caller: Is there a discrepancy between Matthew 14 and Matthew 15 regarding the number of witnesses?
- Caller: Does God actually work with satan in the drama of man's salvation? The parable of the leaven.
- How joy can be depleted by worldly goods.

7-24-17

Hour 1 (Terry and Jesse)

- Guest: Father Frank Pavone, gives an update on what is going on with abortion and the Trump Agency.
- Guest: Father Frank Pavone, lets our audience know how to support our country with abortion rights
- Guest: Maricella talks about her experience with abortion and how she has supported others in the fight against it.
- Reasons why we should be praying to St. Charbelle to help our country with the fight against abortion.

Hour 2

- Jesse shares a Bible verse from the book of Sirach about God's plan and our free will.
- Terry shares a story about a friendly neighborhood witch from Glendale, California.
- Caller: wants to know your opinion on another person telling her what God's plan is for her life
- Reasons why real blood was required from Jesus for our sins.

7-25-17

Hour 1 (Terry Barber and Jesse Romero) Steve Ray as guest this hour

- Guest: Steve Ray, gives his testimony about his conversion story from being a Baptist to a Catholic and his article. Rules of evangelization from a Catholic perspective.
- Caller: I recently evangelized to my dad and he became a Catholic as a result and Catholic radio.
- Reasons why we should pray and make sacrifices for others.
- Steps to evangelizing a relative that you think truly has no hope in coming to the faith.

Hour 2

- Ways in which Paul Harvey's " If I Were The Devil" s prophetic words were so eerily come to being today.
- Reasons why you should be praying, " St Micheal the Archangle" prayer the moment your spiritual battle begins.
- Caller: I am wondering why we can't fend Satan our enemy on a personal level like the did in " The War Room" as Catholics.
- Reasons why priests prayers may or not be as powerful as you think with doing exorcism.

7-26-17 (Terry and Jesse Show as guest hosts)

Hour 1

- The origin of Satan!
- Caller: I have had priests bless my home twice because two witches live next door to me, I am still having darkness issues in it, what can I do?
- Caller: my ex said he was the devil often as if he was playing. why do?
- Is St. Maximo a real Catholic Saint?

Hour 2

- Guest: Bishop Connell and Ralph Martin discuss reasons why people are being more involved with the powers of darkness and suffering terribly.
- Ralph Martin mentions his role within the Renwall ministry and what it might mean for you.
- Bishop David G. O'Connell shares his experience of helping the youth come closer of Jesus and his mother.
- Reasons why all Catholics should know how to give their personal testimony.

7-27-17

Hour 1 (Terry Barber and Jessee Romero as guests)

- Reasons why the events at Fatima are relevant to us today!
- Requirements in order to live out the message of Fatima.
- Warnings that Fatima have that help us to grow closer to our blessed mother and our Lord. Hell and the visions of Fatima.
- Jesse shares a story about how a friend of his died on the spot wearing a scapular and how he lived out the message of Fatima. How to start preparing for consecration to Mary to her son Jesus right now!

Hour 2

- The Power of being healed through the power of the blessed sacrament.
- Caller: I was healed from my disease after going into the blessed sacrament for many hours
- Terry shares a story about a Satanist who went into a chapel to prove God didn't exist, instead turns back to the catholic faith after a long stint during adoration for four hours.
- Jesse Romero shares his own personal conversion story of how he believed in the true presence of Jesus in the eucharist.

7-28-17

Hour 1

- Guest Father Calloway, shares his testimony of how he was part of the Grateful Dead to where he is now serving our mother!
- Reasons why many religious pull their rosary from the left side and not the right. the meaning of the rosary.
- How to pray the rosary the way that the jesuits do!
- Reasons why it is important to get more men involved in the church today.

Hour 2

- Guest: Johnny Romero shares a story about how he was able to teach how to pray the rosary to WWII veterans.
- How to evangelize people who don't believe that the Eucharist is the true blood and body and divinity of Jesus Christ.
- The true cure to all cancers and diseases are found in the rosary and Eucharistic adoration. Things that St. John Bosco says about why it is a bad idea to miss the rosary.
- Caller: I want to get closer to our blessed mother... (Caller consecrates herself to the blessed mother)

7-31-17

Hour 1

- No matter how old or young you may be you have made mistakes or you will be in your life! If you want to be married forget about scorekeeping because it will put you in a territory you never want to go into.
- Caller: I am calling about my followup on my infidelity and feel that im still not feeling reconciled for this mistake I made.
- Caller: In my marraige I found out my husbands infidelity first hand and it is hard to deal with this.
- **Steps you can take in order to get past the mistakes that you have made in marraige.**

Hour 2

- Caller: Did I do the right thing in my marriage by not having the man come to me to marry me?
- Caller: I am about to get married and i have little issues that might bring mistakes into the marraige.
- Caller: I had an emotional affair and it really effected my relationship now
- Caller: Should I get back together with ex wife when I was already unfaithful to her once already. I would love to reconcile with her.

8-1-17

Hour 1

- Childhood trauma affects how you see yourself. Jesus says that unless you become like a child, you will never enter the Kingdom.
- Caller Elizabeth mentions recent anxiety. She points to the childhood trauma of her parents divorce when she was 11 years old.
- You've interpreted your life because of a history of abuse. Allow yourself to challenge that belief!

- Caller Daniel: I had to deal with my neglectful father. He's still the same.

Hour 2

- Caller Mary: I was abused by my brothers. I have a hard time trusting.
- Caller Robbie: I find my self-talk becoming more worse. My mother neglected me.
- Caller Ana: I was abused by my cousin and by an adult. How can I find courage to face college?
- Caller Dorothea: We are fostering 2 children who have been victims of abuse. What can we do to help them?

8-2-17

Hour 1

- You may be able to follow feelings but the truth is that faith simply doesn't work that way!
- Guest: Lee Stroble talks about why we should be listening and watching to his new DVD called "The Case for Christ".
- Caller: motivation is to always encourage someone in the family. close to God
- Caller: How can I motivate my son so he doesn't go to a mental hospital?

Hour 2

- Joe shares a story about how a father motivated her daughter to cook him breakfast.
- The one true way in which you can truly fulfill your motivation in life.
- Caller: rough life in past, no reconciled. how do i feel motivation again?
- Caller: My sister has been diagnosed with ovarian cancer and I want to know how to be motivated to go and talk to her.

8-3-17

Hour 1

- Joe shares a story of how he met someone while waiting for a plane at the airport that was very boring to him but still listened to her.
- Guest: Dr. Bob Maurer, discusses that boredom may actually be a sense of a lack of meaning in your life. Caller: I'm a recovering boredom addict, and recently rediscovering my faith took away my boredom.
- If your in your daily adventure with God you will never be bored.
- Reasons why it might be a good idea to reach out to people instead of being bored.

Hour 2

- No matter what your job is, if you see yourself as changing the world one person at a time that is all that matters!
- Its not what's around us but what is within us that helps us to live with deliverance. The reason why your bored is probably because your not allowing God to
- Caller: I want to be used the best way possible and realized my life was boring before this point.
- Caller: I am never bored because of your show Joe and I have three full pages of notes as a senior citizen. When you make every prayer part of your believing prayer all things are possible.

8-4-17 (Marriage After Sobriety)

Hour 1

- Joe shares a story of of a recovering alcoholic's wife and her husbands grief as he went through rehab and what the life is like afterwards.
- Caller: I learned the hard way about sobriety when my son came home from rehab and we weren't prepared for it.
- Caller: I have been Clean and sober for 8yrs and was an ex meth user, the worst of the worst, and as a result my relationship was broken up.
- Caller: I am currently married to an alcoholic that is in sobriety recovery and we are both alcoholics.

Hour 2

- Dr. Bill Creasey discusses who Daniel is and how he amazingly resembles what the book of Revelation is like.
- Caller: What is the difference between “ the son” of God” and “ the son” of Man?
- Dr. Creasey talks about The holy mountain in Israel that is almost always full of snow.
- Questions you should be asking yourself in marriage when your significant other is recovering from sobriety.

8-7-17

Hour 1

- Reasons why it is important to look at the true behavior of an addict and not who they are on the outside.
- Caller: I vowed to never grab a drink after living in a family of alcoholics but I married one!
- Caller: i'm an alcoholic and i'm not on recovery at all and I felt like I just needed to call in!
- Caller: if I marry an alcoholic, what can we do with the kids?

Hour 2

- Caller: I have trust issues after dating an alcoholic. is this from the relationship?
- Ways in which alcoholism can make the child a scapegoat for the rest of the family.
- 61yrs age now, grew up in chaos. 50's went to alanon finally!
- Caller: I am living under a roof right now at 14 years of age and my dad is an alcoholic to where I don't know what he will do at night.

8-8-17

Hour 1

- Ways in which you should appropriately respond to conflict.
- Reasons why it is important to express your suppressed conflict with one another.
- Biblical example of conflict from the Pharisees when they were saying that Jesus was expressing blasphemy.
- Caller: My 8yr old son accidently hit my friends son while at the playground and she told me to hit him back, now I am in conflict with her and wondering what to do.

Hour 2

- Caller: My dad is very mad at me because I did some housework that he thought he would complete and were both handyman.
- Guest: Cigar company owner shares his family crisis that brought him to his current ownership with his company.
- Example of Our Lord having conflict yet with all in stride not getting big. Jesus entered into your conflicts to take on humanity.
- Questions you should ask yourself when you are dealing with conflict resolution and how to solve it.

8-9-17

Hour 1

- Humor in your life might actually help you to make better decisions in your life and help you to remember things more.
- Caller: My mom had to amputate her leg but we said, you don't have to wear mini skirts anymore and now we call it her little shark bite.
- Caller: I married my husband at an older age and were trying to conceive but have had several forms of humor along the way to help us out.
- Caller: I am 80yrs old and my memories of laughter make me happy today and Joe always makes me laugh.

Hour 2

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- Father Dave shares his own source of personal humor.
- Reasons why you have to experience the carefree lifestyle at times. How are you using laughter as a way of feeling freedom?
- Caller: Once sobriety hit me , i was able to laugh at a lot more at things. Slipping on a banana peel may truly show how your inner humor might be.
- Ways in which humorous television shows like M.A.S.H. can help with eventful situations like war.

8-10-11

Hour 1

- Once you're in a divorce, the percentage of being remarried will most likely not increase.
- Caller: I am on my second marriage and it's been the best thing ever for me! 29yrs of marriage
- Caller: my affair made our marriage stronger.
- Caller: divorced twice, second was like ink running dry. Remember when you need healing Jesus is in full recovery mode for you!

Hour 2

- Caller: I'm in my second marriage and it has been the best ever but only after divorce.
- ex was white collar, me blue collar. book of job helped me recover.

- Caller: very recent divorce (2 weeks ago). feeling numb.
- Caller: My husband blamed the affair on me for our divorce and now I am with my children and they don't' always understand it, i'm hanging in because I know God knows me by name.

8-11-17

Hour 1

- Things that may happen to you when you become more mindful of the things around you.
- Reasons why it is important to seek out faith like Noah and Abraham had in the Old Testament.
- Love each other because each moment depends on it!
- Asking yourself questions about what is ahead might help you determine your future.

Hour 2

- How you can truly understand and know you are hearing and listening to God's voice.
- Caller: Is the blessed mother related to James and Joseph?
- How to have faith like Jesus who walked on water.
- Ways in which you can be healed from the inside out!

8-14-17

Hour 1

- Reasons why empathy should be an important part of your daily life.
- Things that the Bible says about empathy through the Apostle Paul's eyes to the Galatians.
- Relationships and the art of empathy..
- What exactly is empathy?

Hour 2

- Caller: I have so many stressors and anxieties that it is really hard for me to be empathetic towards others as a result of taking on too much.
- Caller: How can i show empathy towards my wife about NFP?

- Caller: how can i show empathy towards our youth culture? Questions you should ask in order to help someone understand yourself better.
- The Man with the withered hand all the way to the possessed man in the Bible are examples of empathy found in the Bible. What Jesus said about being empathetic towards others.

August 15, 2017 - rebroadcast of 4-5-17

8-16-17

Hour 1

- Reasons why it is good to assess your relationships before they begin to develop further. A relationship becomes better when you assess not when you assert your issues.
- Reasons why you might be arguing in your current relationship and what to do about it.
- Caller: i am now in a predicament of arguing with my husband and didn't realize till after dating him.
- If there are perpetual problems in your life, sometimes the best thing to do is just let go! What it is like to live your life without the low flying black cloud!

Hour 2

- Caller: husband keeps telling me he doesn't like the way I look, ugly
- Results of asking your partner questions that are about your long term goals and dreams. Reasons why married couples should always go back to the engagement stage of their life.
- Caller: When I bring up long term questions about raising kids with my fiance they seem to not go very far and avoids the topic.
- Caller: My spouse had an affair and he doesn't want to leave and I tend to argue a lot!

8-17-17

Hour 1

- Is there a superior sense when it comes to the battle of the sexes? Evidences that may point that one sex is superior than another.
- Caller: i'm an older lady, men help me all the time. if you let them!
- Caller: I like my husband because he is able to be masculine and help with my car problems and accepts who I m in my femininity.
- Recognizing gifts is about compatibilities in a relationship. Statistically speaking women have about 20% more neurons than men and processing is different.

Hour 2

- Attributes of characteristics might be a good thing.
- Caller: i love that my husband holds me and makes me feel secure. At younger years people come out of the womb already liking different things like dolls vs trucks.
- Caller: i love my gal because of her gift of helping others out with her tender heart.
- Ways in which men and women truly find out their characteristics in each other.

8-18-17

Hour 1

- How do you make yourself more persuasive?

- You can change you!
- How to get a person to help you with a task.
- When you try to persuade people, do you let them know that they are free to choose?

Hour 2

- The best day to ask for something is a sunny day.
- Joe analyzes the story about the rich young man.
- Apologizing for the weather makes you more persuasive.
- There is a certain confidence when you know you're right, but it will not work to convince your opposition.

8-21-17

Hour 1

- Reasons why you should be feeling the way you are at exactly the moment you are in.
- Steps that you should take in order to accept your feelings and how you can get out of your stuck moments.
- Caller: I am stuck in the rut of loving to shoplift in Beverly Hills and its rush but want to get out of this habit.
- PRevious call: Joe lets the caller know that what she is going through she needs to accept yet take steps and go from there.

Hour 2

- Caller: depression is something in my life, how can i let it go.
- Emotions that you can use to be happy on a day to day basis.
- Caller: met at elevate. I had tough divorce. im stuck in this hard moment.
- Caller: I am stuck in the emotions of finding a real job not a minimum wage job.

8-22-17

HOur 1

- Reasons why adultery is something that happens all to often and how you can stop it.
- Caller: I committed adultery while my husband was on his deployment.
- Caller: I had facilitated motivation of cheating because I wanted instant gratification.
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Hour 2

- Caller: lots of sexual affairs brought patterns and lessons to learn
- St. Augustine's example of how he wanted to get his affections towards others after he made his mistakes in life.
- Caller: I married the man that I had an affair with.
- Caller: I had an affair as a feeling of being neglected.

8-23-17

Hour 1

- There are habits that you can form but there might be habits that you can't change.
- When we do things that we admire it is easier for others to feel better towards yourself.
- Caller: I have a habit of staying up late because I escape on the computer at night instead of going to sleep.
- Caller: I have a habit of prioritizing which kids I am going to talk to first and its keeping me from furthering my relationship into an engagement.

Hour 2

- Father Dave shares a personal habit of his that he had in the past and how he overcame it.
- Caller: I have a habit of judging others in my marriage.
- Caller: i fill my schedule up too much and don't see things clearly.
- Caller: I have a habit of drinking alcohol whenever I have a tough time when I am anxious.

8-24-17

Hour 1

- Reactions that can occur as a result of thinking about how lonely you have been in the past while in a current relationship. Loneliness can affect your overall body and how it is an epidemic today.
- Caller: 70yrs old and i don't have a relationship with anyone really.
- Caller: I was an extreme extrovert who became lonely and then became a lonely extrovert where I am not fully blessed
- Caller: I feel lonely despite being married... how can i get help?

Hour 2

- Caller: was in ER recently and lonely, now husband doesn't talk to me..
- By replacing your negative self talk with something positive you are taking the first step towards being away from loneliness.
- Caller: When I got married to my husband many of my family members decided to stray from me and tell me I picked the wrong guy, now I feel lonely.
- Caller: wife left me 9 months ago, still dealing with it.

August 25, 2017

Hour 1

- Anxiety: What is keeping you from doing what you need to do in life?
- Joe calls Cy Kellet to ask about Cy's new book "Ad Limina". Cy chats about surmounting his anxiety: "If anything, perhaps I should have been a little bolder."
- Caller: I'm bipolar, and separated from my abusive, alcoholic husband. Should I look into getting back together with him?
- Caller: My 14-year-old granddaughter was recently diagnosed with bi-polar disorder. Could anxiety over a school dance have caused this?

Hour 2

- Dr. Bill Creasy answers Bible questions. Background on Isaiah, Assyria, and Hezekiah. The parallel between Isaiah 22 and Matthew 16:18.

- Caller asks: Judges 9, and the parable of the thorn bushes - what do they represent?
Caller: Is there an “unforgiveable sin”? Can’t God forgive anything?
- Caller: Dr. Bill Creasy breaks down the Gospel of the day, Matthew 16:18. Caller: What does the “desert” signify in Revelation 12?
- Your life of faith - a response to God’s power. Letting God take control.

August 28, 2017

Hour 1

- Are you a “people pleaser”? Joe describes the characteristics. . .
- Caller: Joe, you’re describing me to a tee; I survived a very high-conflict divorce. Talking to your inner child.
- Caller: I struggle to keep both of my parents happy, even though they don’t get along. I’m stuck in the middle.
- Caller: I married a man that admitted he was being agreeable just to get married; I knew I should have turned and ran as I walked down the aisle.

Hour 2

- Fr. Dave: “I just try to please just ONE person; it’s much simpler.” Caller: I’ve tried to please my mother my whole life; I just realized I can’t make her happy - at age 60!
- Father Dave describes an early job experience he once had (actually a clip from the movie “Office Space”). Caller: I’m a people-pleaser now; when will I learn?
- Fr. Dave: Our Lord wants us to be the captains of our destiny.
- Dealing with someone who is angry: Don’t take it personally. Making people angry might even be your job.

August 29, 2017

Hour 1

- Do your emotions dictate your behavior? Do they get the better of you?
- Guest: Ed Henry Chief National Correspondent at Fox News. Ed discusses his book “42 Faith” about the faith life of Jackie Robinson.
- Caller Anonymous: I blew up at my boyfriend last weekend.
- Caller: I am the opposite. I have a problem actually showing my emotions.

Hour 2

- Caller: I am married to someone like the last caller.
- Caller: My emotions have been getting the best of me. I was always the emotional type. Now my anger is directed at my children and sometimes they don’t deserve it.
- We should not present God as Someone who intimidates.
- Caller: My kids are crazy!

8-30-17

Hour 1

- When you have some alone time it might actually be helping you produce more productivity and creativity.
- Caller: I love my alone time because it gives me time to focus on myself.
- Caller: Lonely and retired, i enjoy it immensely. got rid of tv..

- Reasons why it is important to spend time alone and know what God's best is for you.

Hour 2

- Reasons why silence is important after communion time.
- Caller: i don't like music at all in mass, i love silence. helps me to focus.
- Caller: i'm a people person, but i like benedictine monastery times...
- Things that might happen to you if you don't take the time to pause and pray.

8-31-17

- Jobs friends gave advice on how to feel happy after after traumatic events and now it's up to you to help your friends out in traumatic events.
- Things that happen inside of your brain when you have a traumatic event and what you should do about it.
- Caller: I am still hurting 5 years later and feel numb after my parents died one year apart from each other.
- Caller: I was abandoned as a child and feel abandonment issues ever since that trauma as a child.

Hour 2

- Caller: not wanted as a child and my father left mother after born, now I don't have any adult relationships at this time.
- Trauma might be bad but the best thing to do is to focus and get help as soon as you can.
- Caller: I am a nurse and see a lot of traumatic events and I end up taking those patients problems home with me on a daily basis.
- Caller: reactive behavior to my father, he came back when i was a teenager.

9-1-17

Hour 1

- The first step to recovery is actually having a personal analysis of yourself. Things people do when they are depressed.
- One truth about depression is that in the stage of denial it will not solve any type of depression.
- Results that could possibly happen when you reach out for temporary solutions to your depressive problems.
- Reasons why you should be slowing down and checking out the things around you little by little.

Hour 2

- Dr. Creasey explains How to know and understand the will of God and the direction that he is taking you based of the prophet Jeremiah.
- Caller: What does it mean from John 1 where Jesus says, " who do you think I am"?
- Reasons why you should stay close to the compass of God's guiding light.

- Ways in which to make your depression worse when you are feeling down!

9-5-17

Hour 1

- Is there a difference between romantic love and hopeless love?
- Caller: i learned the difference between love and infatuation hard way.
- Guest:

Father Peter Henriot of Loyola Jesuit Secondary School, Kasungu, Malawi.

- Falling in love is something that GOd gives us, but there is always danger involved in it.

Hour 2

- Our reasons for being with people change for meeting someone in a relationship, what makes a difference is the things that change a relationship.
- Caller: I turned a guy down at 19 and a few years later i wanted to chase him again.
- Caller: married another man after falling in love, see the affects of it now..
- Ways in whcih you may be losing sight in what ist truly important in falling in love in a relationship.

9-6-17

Hour 1

- THings that you should do when you feel uncomfortable about being comfortable with where you are or who you are.
- Caller: I started going to school which is totally out of my comfort and I can't hang on anymore.
- Reasons why it is important to examine if you are using your gifts that GOd has given you to the best of your ability.
- Ways in which the fight or flight reactions might help you to understand your comfort zone and what to do about it.

Hour 2

- Caller: I am now going to stray away from being a stay at home mom and not sure what may lie ahead.
- Guest: Brad from Soidatrity health shares what his company does
- Caller: i need to talk to my supervisor about seeking a new position for further professional development. but this is tough. out of comfort
- Go doesn't always make the phone calls for oyu so you have to do the work he is the guide.

9-7-17

Hour 1

- Ways in which Peter allowed God to heal him through his flaws. How to get set free from your flaws.
- Caller: My mother was critical and now my husband is like her also now.
- How to overcome your dysfunctional attitude that you may have acquired during your childhood years.
- Caller: i feel like i am ugly on the inside because my mother never believed in me. Things that Jesus says to you regarding what you believe about yourself on the inside.

Hour 2

- Caller: My dad was in prison for murder, now i feel guilty for all things.
- Caller: I grew up in a family where I was told I wasn't wanted and now it is affecting my boyfriends relationship.
- Caller: At 6yrs of age my parents divorced and as a result I was abused verbally and emotionally and now my nanny career is affected by it.
- PRevious caller: I am afraid of what will happen in my next career as i begin to take courses to become a nurse.

9-8-17

Hour 1

- Do you worry about things that will never happen? Is a fear of failure keeping you from becoming a success?
- Caller: I'm a perfectionist - and it's keeping me from an expanded prayer life.
- The parable of the talents - Jesus encourages us to take risks.
- Learning to forgive yourself. Eriksen: generativity vs. stagnation.

Hour 2

- Dr. Bill Creasy on the week's Bible reading. We are REQUIRED to admonish our brothers and sisters living in sin.
- Dr. Creasy digs deeper into the weekend's readings: The woman caught in adultery; Jesus' response.
- Matthew 18 & 19: The procedure for handling conflict, and the ultimate authority of the Church.
- Worried about coming up short? Allow God's grace and forgiveness to fill the gap.

9-11-17

Hour 1 (pledge drive - 1 hour only)

- If you can't trust, your relationship will fail. This also relates to a relationship with God. In your life, where are you saying, "I can't tell my spouse that." The truth will set you free.
- Without trust, it is impossible to have the relationship you want and it is impossible to live out your faith.
- Can you be trusted even when things aren't going your way? Even little white lies can erode trust.
- We are Samaritans. We are called to help our neighbors.

9-12-17

Hour 1 (pledge drive - 1 hour only)

- Do you want to perform well but have some anxiety? Ritual can help you!
- Joe shares how his personal morning ritual of reading "the imitation of Christ" has helped him transform his life. Ways in which rituals in your life can help you to better prepare yourself for your future.

- Caller: I am a former pole vaulter where my ritual was to observe other athletes doing the same event in order to get better with this.
- Ways that rituals desensitizes your brain to personal failure and negativity.

9-13-17

Hour 1 (pledge drive- 1 hour only)

- Reasons why it is important to let go of the past problems that you have had in order to get you unstuck for what lies ahead.
- Caller: I was hoping that my sons girlfriend was going to work out for him but now I found out that she has schizophrenia and now I am not sure how to go from here.
- The seed planted is natural and the seed grown is supernatural!
- When you are stuck and can't change anything simply look to Jesus and alter the way that you are living.

9-14-17 (pledge drive- 1 hour only)

Hour 1

- Beat The Clock (pledge drive)
- Choices can make an impact in your life, its all about what you do in life that makes it happen. What truly can happen when you get outside of what others think in your life.
- To be happy in your life you need to leave room for mistakes. Things that happen when you focus on your mistakes only.
- Reasons why you should get out of your comfort zone.

9-15-17 (pledge drive- 1 hour only)

- Beat the clock (pledge drive)
- What to do when you are in the midst of your overwhelming circumstances.
- Caller: I grew up struggling financially and now I am struggling to find another job, will you pray for me?
- Pledge central heavy!

9-18-17

Hour 1

- Things that can happen when you are taking control of your emotions.
- Caller: My father passed away recently and I start crying and feel embarrassed by my emotions coming out.
- Gifts that God gives you in order to help you live and breath in your everyday life.
- Caller: My neighbor got me upset and they are moving soon, should I still let them know my emotions or not?

Hour 2

- Caller: I wanted to update you on how God has provided me with all my needs while I am waiting for my the father of my children to get married to me.
- Reasons why you should be the thermostat in your life.
- Caller: my emotions were so numb i didn't know if relationship is real or not.
- It is so easy to look at disapointments but it is very important to get those thoughts out of your head and see what is best in you.

9-19-17

Hour 1

- Results that happen when you simply decide to breathe and become mindful of the things that are happening around you.
- Reasons why you should simply slow down!
- Caller: My husband and I filed for divorce and I am battling this decision internally and praying over this currently.
- Decision making processes always need prayer!

Hour 2

- Caller: I am about to make a decision regarding divorce and I have two daughters who are at the age where they understand what is happening.
- Caller: My daughter is sexually active and I took her to the clinic for contraception, now I am hurting in the decision I made.
- God chose you to be fruit bearers, what is your decision making that you are doing currently?
- Two choices you have: One with God with you and then the other one where you are on your own! Follow self, not a good choice!

9-20-17

Hour 1

- Are you currently experiencing a coincidence or an act of God in your situations at hand?
- Caller: my car motor starting knocking. I went across street and boom..
- Caller: I was at a protestant service where I used my holy water to heal someone on the spot.
- Caller: My son was shot in the spleen from a gang related incident and was supposed to have died on the spot but lived through it.

Hour 2

- How you can tell if it is truly a miracle or a coincidence.
- Caller: I had a dream that came true and saved my husband
- Caller: demonic deliverance deliverance miracle..
- caller:wife became pregnant, soon after my first job. wasn't supposed to.

9-21-17

Hour 1

- Signs that show that you may be controlled in a relationship.
-
- Caller: had controlling and abusive husband, still has his tentacles...
- Caller: My husband always wants me to be with him and I can't even have time to my own girlfriends anymore.

Hour 2

- Every good marriage should be first and foremost friendship, when it is controlling its time to think about getting out!
- Caller: my child is controlling, causing marriage to fall apart.
- If there has been a lot of hurt in a controlling relationship the best thing to do is to simply say, " from this day forward"
- Caller: living with mother in law who is controlling my son's eating habits

9-22-17

Hour 1

- Reasons why it is very important in a relationship to genuinely apologize and mean it.
- Biblical examples from the Queen of Sheba about sincere apologies.
- You can't try to manipulate forgiveness with someone right after you apologize, allow it take some time.
- Ways in which you should properly apologize to someone

Hour 2

- Things that scripture tells us about forgiveness.
- Paul's relationship to the Philippians was very close so he was able to say more of this city than to the church in Corinth.
- Caller: different tribes of Israel, north vs. south. where is this?
- How to experience real truth.

9-25-17

Hour 1

- How are you reacting to your co dependency? Control as a sign of codependency.
- .Caller: I am taking care of my mom's health and am wondering how I can stray away from her being in a codependency stage, i was once there myself.
- Symptoms of someone who might be dealing with codependency.
- Caller: How do I deal with parishioners who come to me as a priest and feel that I am codependent of them.

Hour 2

- Caller: i look after my injured daughter and I feel battered around, i am not sure if I am co dependent or not.
- Previous caller: Joe and Father dave suggest that she has to take care of herself first an then work on the rest after.
- Reasons why people in a codependent relationship might make for a long non emotional years ahead. Being a codependent person might slow you down as a result of thinking about what others are thinking about you.
- Be willing to not only give help but receive help as well! Ways in which the the parable of the vine and branches helps you to realize what true intimacy is all about.

9-26-17

Hour 1

- What is true codependency and what you can do about it.
- Guest: TC Stallings, talks about his new movie coming out called " A Question of Faith"
- Reasons why it is not a good thing to worry about what others are saying about you.
- It is ok to let your child fail -- they will benefit from the experience of getting back up!

Hour 2

- What is self worth to you?
- Affirming a child for what they did right is ok, but make sure that it is for the right reason.
- The difference between love and affirmation of love contrasted to self worth.
- How to deal with a child who is codependent on you.

9-27-17

Hour 1

- Joe discusses tactics and traits of narcissistic people -- do we use the same tactics? What's the best way to respond to narcissistic people?
- Caller: with an abusive childhood and chaotic current life, seeks help knowing if he's narcissistic; Joe reminds him of what Jesus would say, "I love you unconditionally, just as you are."
- Joe recalls the love and mercy of the Father in the parable of the Prodigal Son.
- Caller: shared story of slipping the snares of a narcissist.

Hour 2

- Joe and Father Dave discuss the issues surrounding narcissism. If you're in a relationship with a narcissist, the number 1 casualty is...YOU.
- Caller: Today is my wedding anniversary and my narcissistic husband forgot all about it.
- Caller: was complemented with the "perfect person" then he saw someone else
- Caller: can a narcissistic person change?

September 28, 2017

Hour 1

- Some people seem to naturally be resilient, but there are techniques you can foster in your own life to become more resilient.
- Guest: Eric LeMarque. Eric's survival story is coming out in the movie "6 below." After an injury ended his Hockey career, he turned to drugs and alcohol. After going off the trail on Mammoth mountain he was lost, and began his fight to survive.
- Guest: Eric LeMarque. Eric LeMarque recounts his turning point. With frozen feet, Eric walks 10 miles and survives: cold, predatory animals, and dehydration to be finally rescued after 8 days.
- Everything was created by Christ, and everything finds it's meaning in Him.

Hour 2

- There is nothing wrong with feeling good about yourself as long as you realize that everything you have been given is a gift from God.
- Joe gives away movie tickets to "A Question of Faith."
- You will need others to help you during a crisis. They don't have to have all the answers, but they should be willing to stand with you in your fears and concerns.
- Keep a firm grip on the faith. Real self-care is about giving yourself to God and his care. He will deliver you from every snare and trap.

9-29-17

Hour 1

- Joe reads the racist parts of Dr. Seuss. Are you a stepmother having difficulty, or did you learn to navigate life as a stepmother?
- Sister Nancy Usselmann - Director of Pauline Media, talks about the movie "Mully."
- Joe warns about getting into a relationship too soon after the previous one.
- Caller: Being a Stepmom was difficult. But I let my stepchild know that I was not going to replace his mom. I also reached out to his biological mom. Both of these things helped and now we all have a great relationship.

Hour 2

- Dr. Creasy calls Ezekiel “the Weird Prophet.” First Reading: Ezekiel 18:25-28
- Psalms 25:4-5,6-7,8-9 “Remember your Mercies O Lord.”
- Second Reading: Philippians 2:1-11 Is Paul’s encouragement to the Church in Philippi. Paul speaks about selflessness, humility and mercy.
- Gospel: Matthew 21:28-32. Jesus addresses the chief priests and elders. The father forgave the “no” of the son who corrected his behavior and went to do the father’s will.
- Dr Creasy and Joe discuss God’s Mercy and Justice. How should we look at these harsh passages in the Old Testament? What is the one unforgivable sin?
- Caller: I raised 8 children, including 5 stepchildren. I tried to treat them all equally and it was a great experience. Now they all treat me like a queen.

10-2-17 Encore of 8-31-17

10-3-17

Hour 1

- Joe mentions the Las Vegas Massacre. How has this changed you? How do you overcome tragedy and loss?
- Joe recounts the Gospel story in which the disciples ask about man born blind. They asked who had sinned that he would be born blind. Jesus said, “Neither he nor his parents sinned; it is so that the works of God might be made visible through him.” Are you just looking for someone to blame?
- Caller from Las Vegas: The Las Vegas Massacre became real when my supervisor texted me for accountability. I also saw the lines for blood donation.
- Caller: My son killed himself. We loved him very dearly and we had no warning. How could God abandon him?

Hour 2

- Caller: A few years ago, I lost six family members in a car accident. They were hit by a drunk driver.
- Caller: My healing process took a long time. I lost three family members in a short time span. I realized that I need God every moment.
- Caller: I lost my 10 month old son. My relationship with God has become stronger.
- Caller: My son committed suicide. He was a combat veteran. God and my community has helped me through this tragedy.

10-4-167

Hour 1

- Suffering....
- Guest- Benson, talks about how he is finding a cure for Batton Disease and lets the audience know how they can help raise support for the cure.
- Caller: Called yesterday: Mom passed away. Through her death I found God.

Hour 2

- The prayer is not about your will be done but rather thy will be done for your suffering.
- Caller: I'm a hospice nurse. I witnessed tragedy.

- Caller: My husband passed away. Its been 5 years. God has given you everything, the suffereing that you have today will not last forever!
- Caller: Two of my cildren were killed in a car accident. I dont know how to help my one surviving child.
-