

## The Joe Sikorra Show

### Show Notes

#### 4th Quarter 2017

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?

10-4-17

Hour 1

- Often times the things that are most meaningful come out of tragedy. Sometimes the greatest lessons that you have to learn come on the heels of real tragedy.
- Guest: Garland (12 year old) who is raising funds for his sister. His sister suffers from Batten's disease. Text "hero" to 501051. <https://beyondbatten.org/be-project/be-a-hero/>
- Caller: My mother was able to hold my newborn before she passed from Cancer. The experience deepend my faith.
- Caller: I suffered from a brain injury and 17 cardiac arrests.

Hour 2

- Caller: My father passed away from Melanoma. He went for experimental treatment. I feel good knowing that he contributed to helping others with the same condition.
- Caller: My son in law was next in line for a liver transplant. He decided to pass on treatment to allow a 4 year old girl to get treatment before himself. Now he is actually very healthy. Caller: I am a Hopsice nurse and I deal with tragedy all the time.
- Caller: My husband died and I lost everything. I said "Jesus I trust in you" over and over again.
- Caller: My two children and niece were killed in 1993. How can I help my surviving daughter?

10-5-17

Hour 1

- Is there actually a time when quitting is the healthiest thing to do? Is it time for “Goal Disengagement?” Joe tells the story of “Guillermo.” [Why Giving Up Can Sometimes Be Good](#)
- Caller: My husband won’t move on from his business, because of all of his investment into it. He realizes it is not working out the way he had hoped.
- Caller: The management at my current job is not good. I don’t like their practices. They want me to quit.
- Are you holding on to something because you think, “This is who I am?”

#### 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.

10-6-17

#### Hour 1

- What should you really be doing in life that you’re not doing? Being aware of your breathing.
- Hillary Clinton on one-nostril breathing and yoga. The beauty of the Psalm 150.
- You are the crown of creation. Making a change in your life.
- Joe’s important tip: Change your “to-do” list into a priority list. What would you do if you discovered you had only a week to live?

#### Hour 2

- Dr. Bill Creasy on the daily Mass readings: God warns the nation of Israel through the prophet Isaiah.
- Dr. Bill chats about his continuing teaching tours to the Holy Land. Traditional sites vs. Authentic sites. The need to be fruitful. How do we remain productive in a time of unrest?
- The the weekly Gospel: Matthew 21, and Jesus’ entry into Jerusalem.
- 11-year-old caller: What can I do to become holier? Gratitude. . .
- The art of listening. Lead with your ears, and follow with your tongue.

10-9-17

#### Hour 1

- Joe tells the story being honored to meet a celebrity, “Jack.” Tensions grow as the hostess makes a comment to Jack.
- What do most people want? Happiness. How do you achieve it? God tells us to achieve happiness, we have to do our part. Happiness first starts with understanding yourself; it is not found “out there.”
- Caller: My eating disorder and OCD keep me from fully experiencing a new life in Christ.

- Caller: I want to have sobriety in my life. I want peace. I started drinking when i was 15 years old and I'm turning 43 today.

#### Hour 2

- Caller: I have a problem overeating. I don't want to go outside because of my weight.
- Joe tells the story of a family friend getting angry at her husband. It turned out she was trying to hold powerful emotions all on her own. Joe advises the caller not to go it alone.
- How do you get peace from the noise? From the past? From conflicts in relationships?
- Father Dave speaks about a worker at an aircraft factory. When asked what he did he said, "I reunite families." He realized that his seemingly tedious job helped others.

10-10-17

#### Hour 1

- What is the worst relationship advice you've heard?
- Caller: The worst advice I heard was: "Marriage is 50/50." I used to "keep score" in the marriage.
- Caller: My father told me not to marry the woman I loved. Now it has been 35 years of marriage. That was the worst advice I received.
- If you are looking for someone that makes up for all the ills of the world, you're putting unrealistic expectations on that person. Caller: I was told to just stay in the Philippines while my husband went to the United States, but I decided to come with him. Staying together was a good idea.

#### Hour 2

- Caller: My mother in law advised me not to get married because I already had a child.
- Bad Advice: Make your spouse/significant other jealous. Caller: My mother told me, "If your husband doesn't treat you well, you should just get divorced." After I heard that I went to others to get advice.
- Caller: My husband was unfaithful. My priest told me to kick him out. When we separated, he ended up having a child.
- Caller: I was told never to say, "I'm sorry" in my relationship.

10-11-17

#### Hour 1

- To what grudge are you holding on? When you forgive you can move beyond those feelings.
- Caller: My 6 year old was accused of inappropriately touching his cousin.
- Caller: My father in law hit on me over the phone. My husband feels torn.
- Caller: I was abused by my sister's husbands. Joe recommends finding a group for survivors of sexual abuse.

#### Hour 2

- Caller: I had a grudge against a Priest, but I thank God for giving us the Eucharist.

- Caller: I also had a problem with a Priest. I reported him for inappropriate behavior, but he wasn't held responsible.
- Our Lord was also unjustly victimized. When you see the Cross you see a victim of injustice, and he stands with you.
- Caller: I was left stranded 6 hours away from home. Caller: I have a grudge against myself because I feel like I did not do enough to protect my daughter from abuse.

10-12-17

Hour 1

- When you communicate through text and email, it is easily misunderstood. How can you get better at reading and portraying emotions through text?
- One problem people have with text communication is that most people don't recognize there are communication problems with text.
- In study, test participants rated intelligence of a stranger (with fictional photo and brief bio). When you receive a text or email from someone you don't know, you revert to stereotypes.
- How do you overcome this difficulty in communication? Make a phone call.

Hour 2

- Father Dave mentions that he tends to write longer text messages. Joe tells us he usually sends shorter messages but values face to face communication.
- Nothing communicates better than the human face. The invention of Emojis speaks to this.
- Father Dave tries to guess Joe's mood by reading emojis. Worshipping physically together is a much more profound experience than worshipping separately. This is an extension of the sacramental nature of the Church.
- If there is one practice that a family can do that will have the biggest impact? Family dinner all together.

October 13, 2017

Hour 1

- How comfortable are you with you? You may be trying to define you instead of letting God define you. Joe recounts the story of when Jesus tells Peter who he is.
- Caller: I believe I have self doubt now because of an overly critical Mother.
- Caller: We've told our children that they have to have a title after their names (i.e. MD, Ph.D.). I don't have a title. Am I just a lazy person or underachiever?
- Caller: I used to be a workaholic after dropping out of college.

Hour 2

- "On this mountain he will destroy the veil that shrouds all people..." Dr. Bill reviews the readings for this Sunday beginning with Isaiah 25. Caller: What scripture should I share with my friend who is having trouble with drugs?
- Dr. Creasy discusses David as a military prodigy and expert guerrilla warrior. David authored Psalm 23 as a broken man. Dr. Creasy discusses Paul's letter in Philippians 4.

“I know both how to be brought low, and I know how to abound: (everywhere, and in all things I am instructed) both to be full, and to be hungry; both to abound, and to suffer need.”

- Dr. Creasy recollects the less prosperous times of his life and relates it to Philippians 4. Dr. Bill discusses the Gospel for Sunday, the wedding feast of the King (Matthew 22).
- When you connect your life to God, you connect your life to the real you.

October 16, 2017

Hour 1

- Joe tells about attending Mass with Bishop Barron and Father Dave for the 25th anniversary of the founding of St. Maximilian Kolbe parish. What do you wish you would have known when you were 25? If you are over 50, what advice would you give to those half your age? If you are younger, what do you think you will have regretted if you don't actually do it now? What would you do right now if you knew that eternity was at stake?
- Caller: I wish I had known how much happier I would have been if I stayed faithful to my spouse.

Hour 2

- Wouldn't it be great if someone came to tell you how to avoid the pitfalls of life?
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- Caller: I was a drug addict for many many years. I wish I could go back to tell myself to sober up. I got sober, and my children were grown up.
- Caller: I've lost control of my weight. I wish I could tell my younger self to say no to food.  
Caller: I was abused as a child. I wish I could go back and tell my younger self to be brave.

October 17, 2017

Hour 1

- Anxiety among young people is skyrocketing. There are some concrete things you can do to address your anxiety. It isn't just the external factors that create this anxiety, it is overwhelming expectations to be perfect.
- Caller: I suffer from anxiety because my husband is emotionally abusive.
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- What do you have to do to *actually* be accomplished? Joe and Father Dave discuss this in light of 1 John.

Hour 2

- God calls us out into this adventurous life not to live it perfectly, but to live it faithfully.
- If you trust God, you're not feeling anxiety. Do you know the source of your teens' anxiety? Are you struggling with the feeling that you are not enough?
- Caller: I have anxiety due to an abusive marriage. It first started with emotional abuse and then it became physical abuse after he isolated me from my family.
- Caller: I have had anxiety. It might be from a hurricane that I experienced when I was 14 years old.

October 18, 2017

Hour 1

- Have you been a doormat, or were you treating others poorly?
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- Caller: I am a daycare teacher. I feel that the children don't listen to me. It bothers me even when I leave my job.
- Caller: My sister keeps asking for help from my Mother and myself.

Hour 2

- When we have healthy boundaries, we know when to say, "no." If you grew up in a home that was chaotic, or where you were abused, it might have affected how you see boundaries now.
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- Guest: Michael Carney of movie "Same Kind of Different As Me."

October 19, 2017

Hour 1

- We sometimes have our focus on the end of the journey, but not what it takes to get there. It is often the pain we avoid that ends up causing us more pain. Fr. Dave: Jesus tells us to take up our cross and follow Him.
- The Good Shepherd sacrifices himself for his sheep.
- Caller: I'm suffering right now because I'm on a 40 day water fast. I'm offering up different intentions every day. Caller: I was living with my boyfriend but you've helped me to realize what I should do.

Hour 2

- Are you willing to suffer for your goals?

October 20, 2017

Hour 1

- Dr. Bill Creasy lays out the first reading this Sunday, Isaiah 45:1, 4-6. Cyrus is a gentile who has been appointed by God.
- The reading in Isaiah sets up "expectation."
- Matthew 22:15-21. Dr. Bill sets the stage. This is after Jesus comes in after Palm Sunday. He is asked, "Tell us, then, what is your opinion: Is it lawful to pay the census tax to Caesar or not?" The Jewish officials have Roman coins instead of the temple money. This discredits the Pharisees.
- Are you asking yourself the right questions? Follow Joe on Twitter: @JoeSikorraShow

Hour 2

- If you are looking for help, maybe you should start with the question. If you want help you'll need to ask the right question. Joe discusses the misfortunes of Paul.
- Have you ever asked yourself, "would I want to live with me?"
- Do the people in my life lift me up, or do they bring me down?

- Loving from your insecurity asks, “what can you do for me? Tell me I’m ok!” Loving from your strength asks, “What can I do for you?”

October 23, 2017

Hour 1

- How do you discuss disagreements? It is necessary in a relationship to talk about the things on which you disagree.
- Why are your arguments getting out of control? Father Dave speculates that it is our ego that is hurt. It can be the most sensitive part of our personality.
- Be useful in what you say. Joe gives the example of Paul giving a process for worship. Sometimes we need to learn the right process to be able to speak with our spouse. Joe: At a certain point, you may see your spouse as an enemy. Jesus tells us to love our enemies. Father Dave: I believe sometimes we see an enemy where there isn’t one.
- If marriage was easy, there would be no divorce, but if you can stay curious about one another it will help.

Hour 2

- Are you finding that your marriage is unbearable because of the fights? Joe emphasizes process over content.
- Jesus speaks about disagreement but presents a process. Matthew 18:15. “If your brother sins [against you], go and tell him his fault between you and him alone. If he listens to you, you have won over your brother. If he does not listen, take one or two others along with you, so that every fact may be established on the testimony of two or three witnesses.”
- Jesus tells us that if you’re at home with God, he listens to you. If you and your spouse are at home with one another, what you say will be heard.
- Jesus tells us to look in the mirror to start fixing things. We will have to answer to God about how we address problems. Did you demonstrate your faith during the last fight with your spouse?

October 24, 2017

Hour 1

- What mental, moral or spiritual strength do you need right now? Caller: My husband’s family is not respecting my boundaries, and my husband seems dismisses it.
- Caller: It’s hard for me to accept that I’m alone. I’m 41 and unmarried.
- If you can never be alone, that is a red flag, and if you can only be with others, that is also a red flag. A balance is a sign of mental health and toughness. You can’t manage other people when you can’t manage yourself.
- Father Dave shares the story of fraternal correction from a parishioner and how grateful he was.

Hour 2

- Joe tells the story of Samuel anointing the new king. When you are proactive, you have more options.

- God does not want you to be passive, He wants you to be strong! Let your difficulties do God's work in you.
- Caller: I have trouble accepting God's peace. Many times I'm stuck in the past or worried about the future.
- Once you inventory your feelings and become emotionally literate, you can resolve conflicts and grow. God wants you to grow.

October 25, 2017

Hour 1

- What kind of advice have you given to your children? What are some of the damaging things that you may be teaching your children about success? Better to teach your children to live more in the moment rather than worrying so much about the future.
- Focusing too much on the future can impair your performance. If you keep your eyes on Jesus, you can do anything. When you find yourself struggling in your faith, it is about putting your focus on where God is right now.
- Guest: Paul, a seminarian at St. John's Seminary
- Paul recounts the moment when he felt God's calling.

Hour 2

- When you are lost in anxiety, it hinders your performance. Jesus tells us to find a quiet secluded place and be there.
- Caller: I encouraged my children not to take a part time job in high school. Now, my child doesn't see why he should get a job during college.
- Your children seeing you burned out, makes it more likely that they will be burned out at school. As parents we should model self care to our children.
- Free play rather than packing a child's time with activity, tells children that it is ok to destress and take a break. Should you play to your child's strength?

October 26, 2017

Hour 1 (Producer's Notes: Second segment possible promo)

- You are going to die. What would you want written on your tombstone? Don't live with regret, use your time on earth well.
- Imagine the end of your earthly life, will you think, "I wish I would have cared less about what other people think."
- Father Dave and Joe discuss the parable of the Talents.
- Self reflection can help mitigate a sense of regret. Sometimes things don't work out, but it doesn't mean that we did anything wrong. Jesus proclaimed the Eucharist, but many walked away from him.

Hour 2

- Joe recalls how his father wanted him to become an engineer instead of an actor. Joe realized that if he did not try acting, he would regret it.
- Don't give up a chance to practice the servant life. Joe shares the story of dealing with a grumpy neighbor.



- Joe recalls the story of “Chad” and the bag of marijuana. Regret will be close if you are just constantly trying to escape. You might live with regret if you are trying to impose a certain life on your child.
- If God has given so much to the wildflowers, most of which will never be seen, don't you think He has provisions for you? Everything will be taken care of, but not necessarily how you want them to be.

October 27, 2017

Hour 1

- Joe shares the story of his friend Steve. Joe visited his home town and found that Steve had not really changed since high school. His drinking had just increased. What are you lies that you told others before you finally told yourself, “Enough. It's time to get sober.” What did you lose?
- A huge ransom was paid for YOU! Please don't slip back into the habit or pattern that you know is killing you. Caller: I didn't have the power to quit on my own. I lose multiple jobs and almost lost my marriage.
- Caller: I'm was struggling with addiction and had surgery. I then was addicted to sedatives.
- Caller: I saw alcoholism in a co-worker and he eventually passed away. Now as a supervisor, I see the warning signs.

Hour 2

- Caller: I struggled with addiction for 12 years. I lost my children, my home, my pride and my self-respect.
- Caller: I lost my wife and my children. From 18 to 40 I drank and then progressed to drugs. I almost died from cocaine.
- Caller: I grew up with addicts. Mom, Dad, Aunts, Uncles. I still feel like it is hard to trust.
- Joe tells the story of dealing with an addict, Herbie, as a police officer. Joe reached out and tried to get him to change.

October 30, 2017

Hour 1

- Father Dave and Joe mention World Series Game 5. A parishioner speaks with Father Dave about what he would have done if he was manager of the Dodgers for that game. How many times did you yell at the TV last night? Realize that there are things about the world that you cannot control, but you can control your responses.
- Caller: My Grandmother has stage 4 cancer. I feel out of control.
- Caller: I'm an actor, and I feel out of control when, after many many auditions, and I don't get a callback.

Hour 2

- Caller: My workplace is demanding that I take a flu vaccine. I'm not sure that I want to do it, but I don't want to lose my job. Caller: My husband had an affair and had two other children. Now they are adults and are asking us for money.

- Joe shares the story of his friend who was denied the truth about his adoption. His parents denied it. The coverup is what hurt him more than the truth. Denial will not set you free.
- Even if you have had an affair, your relationship CAN come back. When life seems out of control....breathe. That is something you can control. Caller: My child is suffering. We are waiting for a kidney, but I can't control it. I can't make him better.
- Sometimes life's great lessons are through pain. Joe shares about his son's death.

November 2, 2017

Hour 1

- What small thing can I do today to become a better person? When you let that person in front of you in traffic, you are actually in control of the situation.
- Joe tells the story of his son going on a Confirmation retreat.
- Caller: I'm donating a kidney to a co-worker. How do I respond to friends and family?
- Caller: I donated my kidney and participated in a float in the Rose Parade.

Hour 2

- You cannot grow without resistance. If you choose to forgive, how does that change you? What would happen if you didn't have to hold on to that anger? Wouldn't your mercy towards another person, make you a better person?
- Caller: My husband was unfaithful. I believe I've forgiven him, but I find it very difficult to be affectionate to him again.
- If you're honest in the small things, you'll be honest in the big things.
- Joe tells the story about going to a club with some friends very different from himself.

November 3, 2017

Hour 1 (Harry mention done 1835)

- How do you rebuild your self-respect after you lose it? Joe tells the story of a woman who told him, "I hate myself."
- If you're lacking, maybe the first step is to trust in God Who lacks nothing. Caller: I lost my marriage and was reduced down to nothing.
- Some people feel better about themselves when they see you without self-respect. They will want to keep you in a low position. One of the ways to combat this is to put less value on what others think about you.
- Holding yourself to ambitious standards is another way to gain more self-respect. Joe shares the story of a woman who was raped by her grandfather.

Hour 2 (Christendom Mention done 1935)

- A study showed that when an avatar in a virtual world did well, people felt better about themselves.
- Joe tells about his mentor, Stuart Smalley. Joe also tells the story of how he started writing his book. It all started with Christmas Cards. Have people who can keep you accountable. This can help you build self-respect. A study showed that increased

television exposure was correlated with a boost of self-esteem for white males, but decrease for black and white females and black males.

- Joe reviews a study that shows conservative political beliefs correlated with higher levels of self-respect. Joe cites another 3 year study showing that piano instruction can help a child's self-respect.
- Caller: My co-workers make me feel like I'm not meeting expectations. I volunteer at Juvenile Hall to recharge my self-respect. Caller: I feel like I haven't done what God has asked me to do? How can I practically regain my self-respect?

November 6, 2017

Hour 1 (Harry mention done 3<sup>rd</sup> segment.)

- Is winning everything in your life? Joe speaks about why he does not run to compete. He does not want to take what he loves and make it about competition. Do you want to win every fight with your spouse? Do you want your spouse to feel like a loser? Paul tells us that he's learned "secret of being content in any and every situation." Joe speaks about trying to sleep while thinking about an accomplishment. An inner voice said, "Joe, you might lose."
- The real victory has been given to you and it's not because of anything that you've done. God's ways are different than the world's ways. Do you want to get ahead? Become more generous!
- Caller: I sometimes feel like a loser. I started my own business, but when I see my son I do feel like a loser. Caller: I feel like a loser because my daughter has been hospitalized twice in the past year for depression.
- Joe discusses the competitive nature of parenting in today's world.

Hour 2 (Christendom Mention 3<sup>rd</sup> segment)

- Are you feeling like a loser? What can you do about it. God doesn't want you to feel like a loser, but he's not telling you to become "top dog." Jesus says, "the first shall be last."
- Trying to keep up with the "Jones'" will just wear you down.
- Caller: I feel like a loser every day. I had a brain injury and now I can't do all the things I could do before.
- The Apostle Paul tells us to run to win. You are Christ's representatives. You're working for the winning team.

November 7, 2017

Hour 1 (Harry mention 3<sup>rd</sup> segment)

- Why are we seeing such a rise in teenagers suffering from anxiety? One reason is that electronics offer an unhealthy escape.
- Some kids use drinking or drugs to escape their pain. Jesus tells us to take up our cross. Our faith does not just make us "happy." Like a laboring mother, pain gives way to joy.
- How might you be contributing to your young person's anxiety? After college, many young adults are stuck with debt, but are not employed in their field. Are you pushing your child too far regarding education, or sports?

- Children who aren't taught to deal with unpleasant emotions are turned loose in college and can end up just avoiding all bad feelings.

#### Hour 2 (Christendom Mention done 2<sup>nd</sup> Segment)

- If we teach children how to deal with difficult emotions, they won't have to color a coloring book to deal with stress when they are older. Parents, you can't protect your children from all of life's difficulties forever. Joe shares a story of a family friend who wrote her daughter's paper. Her daughter was in college.
- To treat anxiety, therapists help patients incrementally face fears. Well-formed love banishes fear. Can you allow God to move and breathe through you? Don't parent out of guilt.
- Free play can help children learn to deal with stress. Life is not safe, but we have a God who is willing to walk along with you. The structure of the hierarchy in your family can cause anxiety also. Are you trying to be your child's best friend? As your child grows up, slowly step back. "Train a child up in the way he should go and when he is old, he will not stray from it."
- The goal of raising your children shouldn't be to shield them from all anxiety, because it is impossible. You can't try to remove all the stressors. Teach them to function despite the anxiety and the difficulty. Joe recalls the times when he was afraid as a cop. The scariest times were when he thought he was facing a threat alone.

November 8, 2017 (Harry Connick, Jr. at 6:35pm) (Christendom at 7:35pm)

#### Hour 1

- Are Catholics more likely to stay married than their non-Catholic counterparts? What are the leading causes of divorce? Joe shares the statistics on the chances of remarriage success. Distance: The leading cause of divorce.
- Caller: I love my wife, and sometimes things are great – but sometimes I just can't stand her!
- Dealing with your own peculiar history. Words of advice from St. Paul. Caller: We've been married 11 years; we got off to a rocky start with infidelity and such.
- Last Caller, continued: I don't know if I can hang on, Joe; my wife isn't very close to the Lord. We're having major trust issues. Joe advises that the caller show his wife his love more clearly through his actions.

#### Hour 2 (Christendom Mention third segment)

- Three things to do before calling the divorce attorney. Learning not to be critical of your wife. You can survive infidelity – but you won't survive a breakdown in trust.
- Caller: My marriage flamed out 10 years ago; I hit the bottle as a result. My father was an alcoholic as well. Caller: My husband was unfaithful to me; he left me, and won't speak to me any more. Joe advises the caller to entreat her former husband to return – and to kick that habit of nagging. . .
- Stop going: "Last night when you. . ." - just let go of the past. Caller: I've been living as

brother-and-sister with the father of my kids; I don't feel a close connection with him. He doesn't want to get married to me. Joe advises that one cannot expect marriage to “fix” the flaws of another partner.

November 9, 2017

Hour 1 (Harry mention done third segment, Christendom done fourth segment)

- Joe tells the story of how he chose not to become an Engineer and instead sought a career as an actor.
- God is working when you're praised, but also when you're slandered and when you go unnoticed by the world. Joe tells the story of Carol. She complained about her husband screwing up the laundry, until a co-worker pointed out that he was trying to serve her.
- Joe tells the story of Saul and his tormenting depression.

Hour 2

- God knows that you will lose, but He promises to be there for you. What is keeping you from experiencing joy? Joe tells the story of a miserable cafeteria worker.
- Joe tells about his favorite toys as a child...a wooden board, and a hand-me-down tricycle without pedals. A study showed that merely witnessing kindness increased the tendency of people to do good deeds.
- Caller: someone took my parking spot and I lost my joy. Joe tells the story about how he reacts to things on the road now vs how he reacted when he was younger.

November 10, 2017

Hour 1

- Do you wish you could apologize to someone and be forgiven? Are you avoiding intimacy? You might be stuck.
- Joe tells about being too cool to carry a subway map. You have the capacity to take out the map, and go back to where you need to go. When you're stuck in the past pain, you have the capability to go back and heal. Caller: Others are calling me to reconcile with my father. I am a child of divorce.
- The past really isn't about the past. Everything that happens, happens in the present. Memories of events are thoughts that happen in the present.
- Are your thoughts the problem, or is it the attached meaning to the thoughts? Ruminating about how someone hurt you is keeping you from forgiveness, which God wants.

Hour 2 (Harry mention second segment, Christendom College third segment)

- You get a jumpstart on releasing the past when you take full responsibility. If you keep holding on to your victim status, it's a very passive un-empowered position. What are you waiting for? Are you waiting for someone else to provide you freedom or joy?
- You don't have to be stuck with these feelings. Central to our faith is a fresh start. Becoming more aware of how you speak to yourself.

- Joe tells about his friend who was in the Marine Corps. He admitted that he drank too much and couldn't stay in one place for too long. He realized he was troubled by the past.
- Joe tells about a woman that thrived in spite of abuse. She had to reframe the past. Paul says he quit focusing on his handicap, and started appreciating the gift. He was able to accept his weaknesses and follies.

November 13, 2017

Hour 1 (Harry mention 3<sup>rd</sup> Segment, Christendom College 4<sup>th</sup> segment)

- Father discusses his trip to New Orleans and trying the "swamp platter." Are you sabotaging yourself?
- Joe tells the story about the only time he was late to therapy class. Caller: The world seems to be self-sabotaging. Father Dave speaks about his "blank page syndrome." Perfectionism can cause you to sabotage yourself. Father Dave makes up a new word.
- Caller: I became sexually active, and afterward I figured why not just sleep around. I've been struggling now to have purity of heart.
- Do you have some unhealthy beliefs about yourself? Paul tells us that no matter what is going on we continue to shout our praises, no matter the troubles.

Hour 2

- Guest: Timothy Reckart, director of "The Star" an animated story of the Nativity. Timothy discusses the Hollywood scandals coming to light now and being a Catholic in Hollywood.
- Caller: I chose the Godparents for my son, but my ex-husband doesn't agree with my choice of godparents so my son's baptism is on hold.
- Caller: I wish I had a mutual respect with my co-workers. I'm finding myself having un-Christian anger.
- Caller: I'm depressed, but I don't really go out to socialize. I live in an assisted living facility.

November 14, 2017

Hour 1

- The cult of self lulls you into a sense of self-importance. Social media can play a role. Do you struggle with self-centeredness?
- Joe tells a story about being selfish. Father Dave and Joe discuss the dangers of becoming self-obsessed in Joe's acting career. Father Dave shares a "show biz" story. He shared about the temptation to become self-absorbed. Caller: I feel like I might be focusing on music too much and not on my family. I have a 2 month old child.
- Joe remembers how his father would play violin and how he introduced him to music. Father Dave discusses social media creating a "manufactured" world.

Hour 2

- There is a special cult, and they want you because you are special. It's the cult of self. Caller: I'm ashamed of myself. I didn't visit my Mother when she was sick. And I didn't visit her again when she passed away.
- One of the best ways to get out of "self" is to focus on serving others.
- Do you ever get stuck in traffic and think, "Why is this happening....to me?!" Joe tells a story of Southern California traffic and his realization. Joe tells the story of self-centered couple. They thought, "If I give away myself, will I get what I need?"
- Joe shares about how serving his son in his need becomes tedious sometimes. He offers it to God and realizes that he is serving Christ.

November 15, 2017

Hour 1

- Joe and Father Dave speak about the rise in suicide in the United States.
- Caller: I was suicidal. A sheriff's deputy stopped me before I committed suicide and he stayed and talked with me at 1 AM. Caller: When I was 16, I contemplated suicide. I was saved by someone at a Jesuit Retreat House.
- Caller: I'm older now, retired, and my financial and health issues are getting more and more overwhelming.
- Caller: I was very depressed at one point in my life. A homeless man started talking to me and mentioned how he found one thing to be grateful for each day.

Hour 2

- The age adjusted suicide rate increased 24% from 1999-2014. Caller: A priest befriended me and said that I needed to see him next week. He kept me from committing suicide because I had an appointment with him.
- Caller: I didn't even know I was suicidal until I was told I was. I finally went to therapy and cried for about an hour.
- Caller: I went through a horrible divorce and lost my job. I was homeless and I was about to kill myself.
- Caller: I left the postulancy for a religious order. I dreamed of it for 10 years and when it was taken away I became suicidal.

November 16, 2017

Hour 1 (Harry mention 2<sup>nd</sup> segment, Christendom 3<sup>rd</sup> segment)

- How can you overcome the fear of intimacy and find connection?
- Over personalization is the root of any detachment disorder. "It's not about you." Jesus tells us that if you trust in Him you will be unshakeable.
- Caller has connection difficulties. Joe relates it to communication issues in relationships.
- Father Dave tells us that he will leave events when the dance music starts. Caller: I have been single my whole life.

Hour 2

- Joe shares a story of a couple who lacked intimacy. They began to explore their respective upbringings. They could not get beyond their insecurity. If you feel insecure in your own heart/head, you will feel insecure in your relationships.
- Caller: My wife and I are separated. I'm anxious that God won't bless me with another woman if I leave her.
- Caller: I have an anxious relationship with my sister. She has invited me to her wedding, but in spite, she didn't attend my wedding.
- Caller: I've been told I'm a tyrant in relationships but I'm afraid to let this relationship go.

November 17, 2017

Hour 1

- Guest Dr. Bill Creasy discusses the readings for Sunday. Proverbs speaks of the value of a good woman, the wife of noble character.
- Joe tells the story about annoying a UCLA professor. Dr. Creasy expounds on Psalm 127
- Dr. Creasy goes over the 1 Thessalonians. This reading tells us to be alert and ready for when Jesus comes. Caller: Where is the Archangel mentioned in Scripture? Where in the Bible is the battle between Michael and Lucifer? Dr. Creasy explains the Gospel for Sunday, Matthew 25.
- Joe tells the story of a man showing compassion to his son at the airport.

Hour 2 (Harry mention 1<sup>st</sup> segment, Christendom mention 3<sup>rd</sup> segment)

- Joe discusses emotional burnout. How do you build your compassion bandwidth? Do you feel compassion burnout? Joe tells the story of his friend, Clint. During a difficult time in Joe's life, Clint gave Joe a birthday present he never forgot.
- More people suffering actually doesn't increase a person's compassion, they feel less. People feel more compassion for the one. Caller: I grew up poor. I feel burned out because I feel like our society is full of takers.
- When you see much suffering, your compassion turns off (termed compassion collapse). You have the ability to skillfully manage your emotions. Joe tells about how his compassion started to turn off as a Police Officer. DO NOT tell your wife that she is an unskilled emotion regulator. Joe relates compassion collapse to the feeding of the 5000.
- In a study, those told to regulate their emotions were less compassionate. Those told to accept their emotions were more compassionate. You have to choose to care. Giving doesn't burn you out. Begrudgingly giving burns you out. Just focus on one person, don't try to save a whole city.

November 20, 2017

Hour 1 (Harry mention done 3<sup>rd</sup> segment)

- Joe tells the story of when he asked for support, and felt so much better after sharing.
- Joe shares a story of how her wife helped someone at Mass, and how she was yelled at by another parishioner in the span of a few minutes.
- Father Dave mentions that when he is asked for help, he considers it a great honor.



- Caller: is it ok for me to pray the rosary even though I am not a Catholic? Caller: I've been married 38 years and my husband had a daughter outside of our marriage.

#### Hour 2 (Christendom College mention 4<sup>th</sup> segment)

- Joe tells the story of when he was a struggling actor with a wife and struggled to pay the rent each month.
- Caller: I'm the one that always says, "God will provide." What's wrong with that? Joe tells about the cable guy coming to his house. Joe doesn't know anything about cable and recognizes that the cable guy can be his support in that area. Caller: I don't know when to ask for help.
- Caller: I'm visually impaired and I know that sometimes I have to bite the bullet and ask for help.
- Joe tells the story of how his son "drove" even though he is visually impaired. How often in life do we tell God, "I've got this, get your hand off the wheel, God."

November 21, 2017

#### Hour 1 (Harry mention 3<sup>rd</sup> segment)

- What are your Thanksgiving fears? How can you make your relations with family members better this Thanksgiving? Father compares two Norman Rockwell Thanksgiving paintings. One with a family at home, and one with a family praying in a diner.
- Caller: How can I deal with my sister who plays the victim all the time? Father Dave and Joe discuss tips on getting the family to remain civil during Thanksgiving.
- Joe and Father Dave discuss the story of Mary and Martha from Luke 10.
- How can you keep Thanksgiving from becoming the slowest afternoon of the year? Father Dave and Joe discuss Thanksgiving entertainment.

#### Hour 2 (Christendom Mention 1923)

- Caller: I had a fear of last family gathering. I prayed that I would have the eyes of Christ. Joe remembers when he reminisced with family members and how fun that was.
- Your family gathering doesn't have to have alcohol if you have a problem drinker in your family
- Caller: My fear for Thanksgiving is speaking about my child's choices in colleges.
- Joe reflects about his mother in law who has passed away.

November 22, 2017

#### Hour 1

- "Journey of a Young Seminarian" segment. Paul, a young seminarian shares a story of fear. Paul shares about how he received the call and how he grew in his faith.
- Joe shares the story of his sister and a fearful event in the California ocean. Joe and Father Dave discuss Jesus walking on water
- Caller: I'm afraid of breaking out of my shell. Is it alright to seek self-confidence?

- Caller: I lost my brother a week and a half ago. I'm afraid of dealing with my family about the services for my brother.

#### Hour 2 (1935 Christendom)

- Even when you're called by God, you can become fearful. Joe shares about Peter's calling and Peter's fear.
- From a psychological perspective, being controlling is from fear. The opposite of control and fear, is trust.
- Caller: I've been struggling with chronic pain for 30 years.
- Caller: I'm fearful for my husband. He was Catholic when we married, but now he's decided the Catholic Church is a fraud.

November 27, 2017

#### Hour 1 (Producer's Notes: glitch at beginning of second segment)

- Father Dave describes "famine" people and "plenty" people. How has generosity changed your life?
- Researchers compared ownership for a short time or long term. Those that give away items that have been owned for a long time, feel better about themselves.
- Joe tells about when he laid out all of his bills that he couldn't pay and offered it up to God. Father Dave points out that the Wine and Bread is the work of the community, and God transforms it into his Body and Blood during the mass. He can take our work and make it more. Caller: We were facing homelessness, but our church helped us.
- Joe speaks about the power of the name in relation to generosity. Caller: I learned generosity from my Mother. She would always be generous with others. When we had hard times, others helped us.

#### Hour 2

- Joe tells about his visually impaired son, John, fulfilling a dream by playing on the school baseball team. He got his Varsity letter by going to bat at the Division League Championship.
- Joe tells about the generosity of a friend who surprised him at his house. When you are too internally focused, you can miss need in your community.
- Caller: I almost lost my house, but a generous couple donated 50,000 dollars to us. We were able to keep our house.
- When couples are generous to each other in small ways, the marriage thrives.

November 28, 2017

#### Hour 1

- Father Dave as a celibate man, imagines that a deep rejection from a spouse must be extremely lonely. In the 12 step program, if you complete 11 steps, but leave the last one out, you are likely to return to your addiction.
- Social media is creating an unrealistic impression of life. The opposite of happiness is not sadness, but loneliness. You can still feel a deep connection with one who joins in your sadness.

- Caller: I have been married 5 years now and I've felt lonely. I have always felt lonely.
- Father Dave responds to the notion that a Priest or Nun who is given wholly to God, can feel lonely.

## Hour 2

- What is the secret to happiness and living a life of meaning? Connect. Connect with and serve God and others.
- Caller: My fiancé decided she didn't want to get married. I've been feeling lonely.
- Caller: It's my birthday today. No one from my family called.
- Caller: I felt lonely because I am blind, but now I volunteer at a house for the blind.  
Caller: My husband passed away. I have a sexually transmitted disease and I am afraid of being rejected because of it.

November 29, 2017 (Producer's Notes: Good for encore. Good Calls)

## Hour 1

- What are you doing that may be sabotaging your happiness? Father Dave introduces Father Dave's rules. One is "If everything is going your way and you are feeling happy, there is only one legitimate response, to enjoy it fully." Do you keep waiting for the other shoe to drop?
- Caller: I find that when I receive compliments, I feel like people are trying to manipulate me. Joe recommends book: "30 Lessons for Living."
- Focusing on the life of Our Lord can give us insight on balancing our good and bad times. Caller: How can I help my friends? I have two toxic friends that are pushing me away, but I want to evangelize.
- Father Dave shares the gospel story of the man at the pool in Bethesda. "Do you want to be healed?" Joe shares a story about someone who could not move out of victimhood. She didn't allow herself to be joyful.

## Hour 2

- Joe tells a story of hiking in Los Angeles and actually "being present." Being happy is a skill.
- Caller: My children are not happy. Caller: I have been clean and sober for 18 months. I keep dwelling on the past. Is this really my life now?
- Joe shares a story about going to the doctor. The source of his illness was something he had overlooked. Caller: It is hard to feel joy after my wife left me and our children.
- Caller: I've been fighting to bring joy into my life.

November 30, 2017

## Hour 1

- Joe shares a source of friction between him and his wife. Do you find that you are arguing too much? Do your conversations turn into fights?
- Love is not founded on a feeling. Caller: I noticed I was very angry and snapped at people. I did a 40 day water fast and went to adoration. I've noticed a change in myself and those around me.

- Father Dave shares a story humor in the face of stress.

## Hour 2

- Your relationships are what contributes most for your happiness, more than your job or wealth. How you communicate is the most important thing you can do to nourish the relationships. Are you finding that all you do with your spouse is fight? You may have to find a new way of talking.
- Do you say, “yes, but...” when you fight? When you are fighting, you are focusing on what divides you. When you focus on common ground, you won’t start a fight. Joe tells a story about going to graduate school while working as a police officer.
- Caller: I don’t get into fights. Is that bad?

## December 1, 2017

### Hour 1

- Guest: Dr. Bill Creasy of Logos Bible Study. Dr. Creasy discusses the importance of the beginning of Advent and the new Liturgical Year. Dr. Creasy reviews Isaiah 63.
- God came to us as a baby, who had to be loved and nurtured, not as a ruler. He gives the context of the book of Isaiah. Dr. Creasy discusses Psalm 80. “Lord, make us turn to you...”
- Dr. Creasy reviews 1 Corinthians 1. “Grace to you and peace...” We are anticipating the grace of the coming of Christ.
- Dr. Creasy discusses the Sunday Gospel Mark 13. Dr. Creasy discusses preaching at Protestant services vs the Mass.

### Hour 2

- Joe discusses the song “Vertigo” by U2. Joe sets out to dispel some myths about marriage. You don’t have to just “grin and bear it” in your marriage. God wants you to feel joy.
- All marriages are incompatible, because you are two different people. It gives you an opportunity to develop a mature and loving relationship. Portrayal of romance in movies and media is inflated or unrealistic. This can lead to higher divorce rates because of expectations about relationships. Joe compares crime shows with his actual work as a police officer.
- An unhappy marriage can increase your chances of getting sick by 35% and decrease your life by 4 years.
- Joe discusses sacrificing for your spouse, and gives examples in his own life.

## December 11, 2017

### Hour 1

- Do you ever feel like an imposter? Joe tells an embarrassing story of when he didn’t exactly fit in.
- Caller: My husband died recently. Why didn’t God give us a miracle?
- Caller: I’ve done good things, but I feel like it doesn’t really matter.
- You may have made mistakes in your life, but that doesn’t make you a failure.

## Hour 2

- Paul speaks about sin in Romans. You don't have to live under a black cloud. Caller: I go to mass and try to pray regularly, but I still feel anxious.
- Good news. If you feel like an imposter, you're not alone.
- Joe shares his experience during the pledge drive last week and a story of his son on twitter. [@JoeSikorraShow](#) ([Link](#))
- God doesn't tell us to run from difficulty, but instinctually, that might be what you feel like doing. When you embrace the struggle, you can learn frustration tolerance, and you become stronger.

December 12, 2017

### Hour 1 (Christendom: 18:35)

- How do men and women communicate differently? Do men and women experience things differently?
- A woman says, "Do you want to go out to eat?" A man tends to respond, "yes" or "no." Many women, however, want to be asked the same question they just asked of the man.
- Men tend to frown or squint while listening. Joe shares about his wife's concern over his expression while Joe was listening to God in prayer.
- Women tend to nod heads, even if they do not agree. They might just be nodding their heads to express understanding even if there is no agreement. Both men and women want power. Men seek it, but women tend to assume it when it is granted.

### Hour 2 (Harry mention: 1918)

- Men typically do not seek help or directions. If something is going wrong in a relationship, men might need to learn how to ask for help. Joe speculates about why men tend not to ask for help.
- Men, you don't have to fix your wife/girlfriend's feelings.
- How many words we use is less important than what words we use.

December 13, 2017

### Hour 1 (Harry mention 1835, Christendom mention 1836)

- Co-dependency as an adult might be the result of neglect you experienced as a child. Have you internalized a destructive message as a result of how you were raised?
- Joe shares the story of a friend that seemed to get defensive when asked, "how are you doing?"
- Caller: I can't let myself relax or feel good. I'm always concerned about my Mother's health. She was my protector growing up. Joe recommends "Co-dependent no more" by Melody Beattie.

### Hour 2 (JP the Great University mention 1921)

- Caller: I believe I am in a co-dependent relationship with my Mother.
- People pleasing could be a sign of co-dependency. Caller: I believe that my mother is codependent.

- Caller continued. Joe suggests that the caller may have her own issues of co-dependency and depression.
- Even your relationship with God might be co-dependent. Jesus warned of people who try to get what they want from God by formulas.

December 14, 2017 Recommended for Encore (Mentions Christmas Season)

Hour 1 (Harry mention 1826, Christendom College 1845)

- How can you rediscover joy in this Holy Season? What is preventing you from experiencing joy right now?
- Joe shares about his realization that God is residing within you according to scripture. Father advocates the 1 minute pause.
- Father shares about his joyful but busy day. Even though there were so many good things happening for the Church, it was still very stressful. Joe and Father Dave discuss seeing Jesus in the boat during the storm. Joe tells the story of cleaning his vehicle and the satisfaction of 'checking it off' the to-do list.
- Caller: My daughter has shown signs of mental illness and drug use. I've done a lot, but I just can't feel happy. Caller: I thought I would only be tried for a misdemeanor, but it turned out to be a felony.

Hour 2 (John Paul the Great Mention 1917)

- Joe speaks about Paul's life. He was beaten, shipwrecked, attacked by wild animals, but he was joyful. What is keeping you from experiencing joy. Caller: My son is addicted to drugs.
- Caller: I'm a recovering alcoholic who has been sober for 2 years. Since I got out of the Navy, my wife has moved out with the kids. We seem to fight all the time. Caller: My family is at odds with my fiancé.
- Caller: My brother's wife confessed to my wife, that she is having an affair. My wife wants me to keep the secret. Joe: Your job is not to cover for her, it is to live in truth as a couple. Caller: I'm overweight, but I just don't have the desire to lose weight.
- Caller cont'd: Joe: Can you start with something small? Find some way to move that you like, and do it with your husband.

December 15, 2017

Hour 1 (JP Mention: 1818)

- Joe reviews a post by Alice Walton, "The 12 Health Risks of Christmas." How do you avoid Christmas pitfalls?
- Caller: I feel anxious because there are so many ways I can go in my life right now. I've just finished college, and I'm not sure what my purpose is yet.
- Caller: My oldest child is marrying a non-Catholic, I'm not sure how to handle it.
- Caller: I haven't been going to my family gatherings since dating someone. We've

broken up, and now I find that I don't want to go to my family for Christmas. I spent Thanksgiving by myself.

Hour 2 (Christendom Mention: 1916, Harry Mention: 1920)

- Guest: Vivian, Joe's book editor. Vivian shares about a difficulty in her family life, and Joe's family inspired her.
- Caller: I'm having trouble in my career. I'm 50 and I can't seem to find the right job. Joe shares a story about his concern with finances.
- Caller: I've had to work overtime a lot, and I am capped at my current wage. Joe: "You're looking to others to make you feel good".
- When you try to make a huge change in your life, you are less likely to stick with it. Try making a small change at a time.

December 18, 2017

Hour 1

- Do you feel understood? Before you can feel loved, you need to feel understood. Joe shares his interactions with a listener via email. Joe shares a story about his wife feeling disconnected.
- Joe reveals the deeper part of his story with his wife. We have need of human relationships, but they ultimately will fail. God understands us completely. He would suffer to save only you, and He wants what is best for you.

Hour 2 (Harry: 1906, John Paul the Great: 1918, Christendom College 1948)

- Joe tells the story about his 90 year old neighbor of many years whom they had not yet met.
- Joe shares a personal story about working on a scene from "Of Mice and Men." God wants you to share your inner life with Him.
- Caller: I am the mother of an inmate. I feel like most people won't understand it. I've been told I shouldn't share it. Joe: I have a special needs child and we are treated differently sometimes also. Christ revealed who He was, and suffered for it.
- Joe tells about his therapy practice and reflects on the importance of trying to understand his clients. Joe tells a story about when he made a bad confession. The priest saw right through him.

December 19, 2017

Hour 1 (Harry: 1854)

- Joe and Father Dave review Gospel Matthew 5:48 and being "perfect." This verse refers to "perfection" to completeness. If you want to be "perfect," see the truth about yourself.

Hour 2 (Christendom: 1920, JP Catholic: 1935)

- Are you highly self-critical? You may be a perfectionist. Joe speaks about St Paul and perfectionism.
- Joe shares an embarrassing moment. He shares about becoming a licensed marriage and family therapist.
- "Perfect of the enemy of good" When you allow God to accomplish things in your life, you can do more than you could by yourself.

December 20, 2017

Hour 1 (Christendom: 1850)

- Men and women tend to prefer different forms of appreciation. Men tend to favor appreciation for what a man does. Women tend to show appreciation for the person.
- Father reflects his parishioners' appreciation and what it means to him as a priest.

Hour 2 (JP Catholic: 19xx?, Harry: 1935)

- Joe responds to a listener email. A wife finds her marriage more difficult than she had expected. She finds herself nagging her husband.
- Joe describes some good small examples of showing appreciation in marriage.
- Women, try praising your husband in front of your friends. Men, try offering a listening ear.
- Caller: I let my girlfriend know that I appreciate her by staring into her eyes.

December 21, 2017

Hour 1

- Joe and Father Dave reviews an article by Peg Streep, "Five Things an Unloving Mother Never Does."
- Was your mother toxic? How did you overcome? Father mentions the organization "Children of War" who helps children from wartorn countries. By placing traumatized children in good communities and families, they can thrive despite their past.

Hour 2 (Harry: 1906, Christendom: 1935, JP: 1949)

- Joe reveals some effects of emotionally unavailable and narcissistic mothers. Joe tells a story about his mother and how she acknowledged his wrongdoing, but was still emotionally available.
- If you have been affected by a distant mother, you yourself can still be a good mother or father. If your mother did not respect your boundaries, see how you can prevent yourself from making those same mistakes as a parent.
- Acceptance does not mean looking away from flaws.
- God wants to bring you a sense of healing. You can reclaim the love you did not get from your parents.

December 22, 2017

Hour 1 (Harry: 1818)

- Joe shares yet another embarrassing story. Young people are reporting that it is difficult to find good friends.
- Caller: I met my friend in 8<sup>th</sup> grade. I'm 46 now.
- Joe outlines how you can make an "action plan" for finding friends. Do you want to be a good friend? You have to be willing to be yourself.

Hour 2 (Christendom: 1935, JP: 2<sup>nd</sup> segment)

- Technology connects us more than ever, but we are lonelier than ever.
- Caller: I had a very good friend, but she developed schizophrenia.



- Sometimes you just have to be persistent with a potential friend. Ecclesiastes tells us that it is better to have a partner than to go it alone. A three stranded rope is not easily snapped. Caller: My husband was my best friend. He passed away a year ago.
- Joe tells yet another embarrassing story. This one was about a being an 8<sup>th</sup> child.

December 27, 2017 (Harry mention 1835, Christendom 1838)

Hour 1

- Patience: Joe discusses the art of slowing down. Special Guest: Paul Maxi, seminarian, chats about the challenges he faces in his new life. Does social media make the Mass boring? Father Dave Heney comments on the folly of seeking favor from the world, and the curative power of the Mass.
- Joe shares about his own struggle with slowing down. Father Dave explains how slowing down helps him minister to his flock. Slowing down helps to really listen to others.
- Know Thy Self: Father Dave shares about discovering the fact that he hates skiing. The self-awareness gained by slowing down. A slow speaker can actually be a superior listener.
- The Art of Scheduling: Set aside a time for preparation, getting ready, prayer, reflection, etc. Getting older: Get used to slowing down. Slowing down as a youth will help you when you get older.

Hour 2 (John Paul II mention 1936)

- Impatience: The famous Marshmallow Test – a famous psychological experiment about how delaying gratification is a learned skill. Caller: How can we take more time to listen in today’s fast-paced world? Peoples’ attention spans are so short.
- The health benefits of slowing down. The slow-food movement. Joe’s high-stress experience as a police officer. What would happen if you just slowed-down?
- The brain science behind slowing down. The benefits of napping.
- Proverbs: Trust God from the bottom of your heart. The Israeli judge/prisoner study: Judges that took breaks were much more thoughtful, and likely to grant parole. De-activating and re-activating your goals. Brief mental breaks increase focus on difficult tasks.

December 28, 2017 (John Paul II mention 19:26) (Harry 1935)

Hour 1

- Having a love for God is first; then one can truly love others. How does one love themselves? What is keeping us from loving?
- Guest: Father Dave Heney. Paul’s address to the Corinthian Christians: Don’t puff yourself up. Knowing what love is. What is the greatest impediment to real love? Fear of rejection.
- What is love? Is it just “feelings”, or is it caring? How do we make love last?
- The “fantasy” of love. Media misinformation. Schizophrenia – the disorder of loneliness. Look at what a person does, not what is said.

Hour 2

- If you want peace: Unilaterally disarm yourself! Love requires vulnerability. Joe shares about meeting his mentor.

- Challenging the negative voices in your head. God wants you to love. If you don't love, you're more likely to die early.
- Learning to love when you've been hurt. Cultivating an authentic heart. Learning to be vulnerable.
- Getting over your past, and learning to love again. Love others – because Jesus commanded it. Sharing the love of Jesus!