

**DIVINE MERCY RADIO, INC.**  
**ISSUES AND PROGRAMS THIRD QUARTER 2020**

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

**07 06 2020 at 9:00 More2Life 60 minutes** Dr. Greg Popcak who co hosts More2Life with his wife Lisa is the Executive Director of the Pastoral Solutions Institute an organization dedicated to helping people find faith filled solutions to tough marriage family and personal problems. The topic of the day is I've Got You Under My Skin. Annoying people making you itch? Dr. Popcak and Lisa will help you stop feeling so irritated. Their first caller is Alex from Florida. Alex shares about how his in-laws tried to run him out of his wifes life. His in-laws shunned their own daughter and didn't even attend the wedding. Then the in-laws reversed course and now they are trying to take control of their daughter again. Alex's wife wants them to act like nothing ever happened and move on. Dr. Popcak and Lisa encourage Alex and say that his heart is in the right place especially is the white martyrdom that he is willing to endure for love of God and love of his wife. Dr. Popcak gave Alex a couple of book resources to help him have a good boundary setting conversation with his wife. For the remainder of the hour the Popcaks answered calls from other listeners.

**07 10 2020 at 9:00 More2Life 60 minutes** Dr. Greg Popcak who co hosts More2Life with his wife Lisa is the Executive Director of the Pastoral Solutions Institute an organization dedicated to helping people find faith filled solutions to tough marriage family and personal problems. The topic of the day is Praise Report. The Popcaks want to hear about the ways God has answered your prayers! Their first caller is Dolores from Michigan. Dolores talks about applying for a job and she did not get it. Dolores prayed to God and told Him that it did not matter if she got the job or not. Lisa commends Dolores on how she has seen God through this situation and how she has praised God through this story. Then, Lisa shares about some of their life experiences with applying for jobs that seem to be the perfect job and the perfect fit. When these perfect things do not work out the way we think, then we start to listen to all the lies of Satan in our head. Lisa says that instead, God was saving us from something that was far from perfect, because He had a much better plan. For the remainder of the hour the Popcaks answered calls from other listeners.

**07 20 2020 at 9:00 More2Life 60 minutes** Dr. Greg Popcak who co hosts More2Life with his wife Lisa is the Executive Director of the Pastoral Solutions Institute an organization dedicated to helping people find faith filled solutions to tough marriage family and personal problems. The topic of the day is Do You Feel Me? How do you deal gracefully with people you disagree with and who disagree with you? Dr. Greg and Lisa will help you solve your problems with relevant, relatable and achievable tools and solutions straight from the genius of the Theology of the Body. It is the life you were meant to live! Their first caller is Carmen from Florida. Carmen talks about when she gets into a disagreement with her husband. She says that when they argue, it tends to escalate quickly. After an argument occurs, they do not communicate at all. Carmen said that after this last time, she has not been able to get back to normal. Dr. Popcak explains to her that couples step on each others toes and there is a healthy way to handle this and an unhealthy way. Dr. Popcak tells Carmen about doing a healthy pause and how she can talk to her husband. He tells her to empathize with her husband, but to keep trying to discuss a certain situation before moving on. Dr. Popcak also recommends to Carmen to read one of his books and if that does not help, then she needs to reach out for counseling. For the remainder of the hour the Popcaks answered calls from other listeners.

**07 24 2020 at 9:00 More2Life 60 minutes** Dr. Greg Popcak who co hosts More2Life with his wife Lisa is the Executive Director of the Pastoral Solutions Institute an organization dedicated to helping people find faith filled solutions to tough marriage family and personal problems. The topic of the day is Emotional Boundaries. Tired of getting sucked into drama? Worn out from caring too much? Dr. Greg and Lisa Popcak will help you build healthy mental boundaries. Their first caller is Elizabeth. She explains her struggle of being married to a person who denies his behavior. He reacts badly to small things and then always justify his actions. He always turns it to shaming Elizabeth. Dr. Popcak encourages Elizabeth to seek out personal counseling for her own good. He also says that she needs to learn to set appropriate boundaries. Dr. Popcak tells Elizabeth that his feelings are his problem. She should not take responsibility for his feelings and that is another reason she should be in counseling. Dr. Popcak

says that Elizabeth needs to state the facts and have him deal with reality, whether he likes it or not. For the remainder of the hour the Popcaks answered calls from other listeners.

**08 04 2020 at 9:00 More2Life 60 minutes** Dr. Greg Popcak who co hosts More2Life with his wife Lisa is the Executive Director of the Pastoral Solutions Institute an organization dedicated to helping people find faith filled solutions to tough marriage family and personal problems. The topic of the day is Don't Stand So Close To Me! Looking for ways to have more intimate relationships with your friends, spouse, or family? Dr. Greg and Lisa Popcak will help you cultivate greater intimacy in your life. Their first caller is Susie from Connecticut. Susie would like to have a more intimate relationship with her adult children. She describes her relationship with her kids as being superficial and how when they have a conversation it falls apart. Dr. Greg encourages Susie to give a specific example so they can help her with building these relationships. Dr. Popcak tells Susie to pray for opportunities to break through and go a little bit deeper and not to always just drop the topic when the conversation gets tough. Lisa encourages Susie to work on building the relationship on a daily basis by checking in with them everyday and telling them a little about what is going on in her life. For the remainder of the hour the Popcaks answered calls from other listeners.

**08 10 2020 at 9:00 More2Life 60 minutes** Dr. Greg Popcak who co hosts More2Life with his wife Lisa is the Executive Director of the Pastoral Solutions Institute an organization dedicated to helping people find faith filled solutions to tough marriage family and personal problems. The topic of the day is Team Work Makes the Dream Work. Feeling like you're struggling to get your family to work together? Dr. Greg and Lisa will help you be a better team! Dr. Greg and Lisa will help you solve your problems with relevant, relatable and achievable tools and solutions straight from the genius of the Theology of the Body. Their first caller is Mary from Missouri. Mary talks about how each family has a certain dynamic and if there is something to help analyze the family dynamics. Dr. Popcak shares about the symposium that happened last year. There were many people there that had done many different types of research on what family life should look like. Dr. Popcak, through this symposium, they have developed a program called the Liturgy of Domestic Church Life. Dr. Popcak explains the different rites within the Liturgy of Domestic Church Life. For the remainder of the hour the Popcaks answered calls from other listeners.

**08 18 2020 at 9:00 More2Life 60 minutes** Dr. Greg Popcak who co hosts More2Life with his wife Lisa is the Executive Director of the Pastoral Solutions Institute an organization dedicated to helping people find faith filled solutions to tough marriage family and personal problems. The topic of the day is The Eye of the Beholder. Dr. Greg and Lisa take a break from all the negativity. They want to hear what makes your life beautiful, joyful, and blessed! Share what gives you joy! Their first caller is Amy from Nevada. Amy initially shares that the Popcaks are a blessing to her and she listens to them everyday on her way to work. Amy shares about how she struggled with finding her future spouse for 20 years, but she wanted to encourage others to not give up hope and to keep praying! Amy also shares how she is thankful for her husband. Lisa and Dr. Greg say how they like her faithfulness to God even in the midst of the struggles. Dr. Greg says that we should give our desires to God and continue to learn how to follow Gods will within our desires. For the remainder of the hour the Popcaks answered calls from other listeners.

**09 08 2020 at 9:00 More2Life 60 minutes** Dr. Greg Popcak who co hosts More2Life with his wife Lisa is the Executive Director of the Pastoral Solutions Institute an organization dedicated to helping people find faith filled solutions to tough marriage family and personal problems. The topic of the day is Confidence Robot. What situations in your life or relationships tend to undermine your confidence? Are there times you worry you don't have what it takes to handle a challenge, address a concern or make an important change? Is someone you love struggling with their confidence and you're not sure how to help them. Dr. Greg and Lisa Popcak want to help answer your questions. Their first caller is Jaunda from Ohio. Jaunda explains that she is having anxiety with her sister who is a negative person. Jaunda shares some more about her sisters background and how her sister feels cheated in her younger years and therefore despises her younger siblings because of what they got. Jaunda says that she does not have the confidence to talk to her sister about this issue specifically and find out why she is so negative regarding the siblings. Dr. Popcak encourages Jaunda to pray about it to know when and if there is a good time to say something. Dr. Popcak also tells Jaunda that the why doesn't matter. He explains that her sister is unhappy about something in her life and she doesnt know how to fix it. Dr. Popcak tells Jaunda to empathize with

her sister, but to ask questions to make her sister focus on what is happening in the present. For the remainder of the hour the Popcaks answered calls from other listeners.

**09 14 2020 at 9:00 More2Life 60 minutes** Dr. Greg Popcak who co hosts More2Life with his wife Lisa is the Executive Director of the Pastoral Solutions Institute an organization dedicated to helping people find faith filled solutions to tough marriage family and personal problems. The topic of the day is Giving Forgiveness. Jesus says that we must forgive 70 times 7. Struggling with questions about giving or getting forgiveness? Dr. Greg and Lisa will help you heal. Dr. Greg and Lisa will help you solve your problems with relevant, relatable and achievable tools and solutions straight from the genius of the Theology of the Body. Their first caller is Serena from Maryland. Serena shares how she has never heard her husband apologize for anything and how she has been holding grudges for 35 years of their marriage. Serena explains that her parish priest had given the parish an exercise to practice forgiveness and she does this exercise with her husband. Dr. Popcak explains the difference between forgiveness and reconciliation. He makes this distinction, because many people have a misunderstanding that once you forgive, you pretend that everything is back to normal. For the remainder of the hour the Popcaks answered calls from other listeners.

**09 21 2020 at 9:00 More2Life 60 minutes** Dr. Greg Popcak who co hosts More2Life with his wife Lisa is the Executive Director of the Pastoral Solutions Institute an organization dedicated to helping people find faith filled solutions to tough marriage family and personal problems. The topic of the day is How Dare You?! Are you struggling to manage your anger? Not sure how to deal with someone else's angry outbursts? Dr. Greg and Lisa will help you find peace. Dr. Greg and Lisa will help you solve your problems with relevant, relatable and achievable tools and solutions straight from the genius of the Theology of the Body. Their first caller is Jim from Vermont. Jim explains that he tends to wake up every morning in a bad mood, thinking about all the injustices going on right now, and thinks of himself as god. Lisa says that a lot of people are starting their day like this and getting frustrated. Then, Dr. Popcak describes two different levels of this. Dr. Popcak explains that there is the upsetting nature of the news and what is going on in the world and the second level is something in your own life that seems out of control. Jim says that he is just getting caught up in the drama of everything going on in social media and the news. Dr. Popcak encourages the obvious suggestions of only checking the news one time a day and fasting from social media. Dr. Popcak also tells Jim to be religious about whenever he experiences this anger or frustration, that he should bring it to God. For the remainder of the hour the Popcaks answered calls from other listeners.

Certified by **Donetta M Robben** September 30, 2020