"An answered prayer for parents working to raise faithful Catholic children in a sexually confused culture."

- Joseph D. White, Ph.D.

# Beyond THE BIRDS AND THE BEES

Raising Sexually Whole and Holy Kids



GREG AND LISA POPCAK

FOREWORD BY ARCHBISHOP JOSEPH NAUMANN

# **Beyond The Birds And The Bees Raising Sexually Whole And Holy Kids**

**Lisa Popcak, Greg Popcak** 

# **Beyond The Birds And The Bees Raising Sexually Whole And Holy Kids:**

Beyond the Birds and the Bees Greg Popcak, Lisa Popcak, 2014-06-26 The Talk It's one of the most daunting prospects parents face Communicating the richness of Catholic teaching on sexuality in a faithful and effective way can be an overwhelming responsibility But does it have to be so In this thoroughly revised version of Beyond the Birds and the Bees Greg and Lisa Popcak empower you with the tools needed to move well beyond the Talk by offering a comprehensive guide to raising sexually whole and holy children Using the riches of Blessed John Paul II's Theology of the Body the Popcaks help you safely navigate your children from infancy through the teenage years and beyond This book answers the questions parents may have including What lessons must my children learn at each stage to develop a healthy Christian sexuality How can I have age appropriate conversations about sensitive issues with my children How can I teach my children what it takes to be a true Catholic man or woman How can I help my children have healthy Christian dating relationships and much more

BeDADitudes Gregory K. Popcak, 2017-03-03 Internationally known marriage and family expert Greg Popcak draws on more than twenty years as a counselor as well as his own experience as a father to show how the Beatitudes can be viewed as a practical guide to understanding the love of God and applying that love to being a better father In the first book to uniquely focus on the Beatitudes and fatherhood Greg Popcak helps you stop focusing on yourself and instead focus on God learning how to be the father God wants you to be by becoming a servant leader in your home As a father of three children Popcak realized that Jesus call to be humble in the first Beatitude Blessed are the poor in spirit stands in direct opposition to what modern men learn growing up Instead they are taught they should live a life of unbroken success defined by promotions at work and beautiful wives and honor students at home The Catholic author speaker counselor and radio host will show that when you practice meekness you will connect with your family by asking them questions and listening closely to their responses By practicing mercy you come to know your own sins the difficulties that lie on the path to sainthood and how your family needs to hear about God's grace in their lives In BeDADitudes you discover the profound love of God found in the Beatitudes and understand how that love can transform you into being an awesome dad Parenting with Grace, 2nd Edition Updated & Expanded Gregory Popcak, Lisa Popcak, 2010-06-15 Would you like to raise almost perfect kids Family therapist and parent Gregory Popcak and his wife Lisa are back with their second edition of Parenting with Grace The Catholic Parents Guide to Raising almost Perfect Kids This latest updated version continues to guide parents through each stage of child development from infancy through adolescence offering additional age specific advice on parenting with grace Practical faithful and humorous Parenting with Grace will help you discover Seven factors that make Catholic parents unique How to C A R E enough to parent your very best Practical faith filled solutions to common problems of every childhood stage sleep problems tantrums faith issues childhood fears dating dealing with technology and media and much much more This book s uniquely Catholic approach to parenting combines vigorous relational advice with careful theology and plenty of good

humor Publishers Weekly Parenting Your Teens and Tweens with Grace (Ages 11 to 18) Dr. Greg, Lisa Popcak, 2021-04-29 Being a parent of adolescents is tough work Trying to raise faithful teens and tweens can seem like an impossible mission Today's Catholic parents need access to the best tools and most up to date research to help them fully cooperate with God's grace That's what Dr Greg and Lisa Popcak seek to help you do in Parenting Your Teens and Tweens with Grace Building on their best selling book Parenting with Grace first published twenty years ago this new volume draws on the same parenting principles and provides up to date research to guide parents on how to raise preteens and teenagers with grace and joy Practical faithful and humorous Parenting Your Teens and Tweens with Grace will help you Discover proven strategies for raising happy faithful loving preteens and teens Overcome common parenting problems from ages 11 to 18 Create an uncommonly close joyful family life Experience your faith as the source of the warmth in your home You can experience family life as the key to becoming the person God created you to be and help your teens do the same By integrating the Church's vision for family life with what science can teach about living out that vision in healthy ways you can feel confident that you have what it takes to raise great godly teens and tweens About the Authors Dr Greg and Lisa Popcak are the authors of over twenty books and the hosts of More2Life a call in advice program airing weekdays on EWTN and SiriusXM 130 Together they direct CatholicCounselors com a Catholic tele counseling practice serving couples families and individuals around the world In collaboration with Holy Cross Family Ministries Dr Greg and Lisa founded the Peyton Institute for Domestic Church Life which promotes family spirituality and family well being through professional training and original research The Popcaks are members of the U S Conference of Catholic Bishops National Advisory Board for Marriage and Family Ministry Parenting Your Kids with Grace (Birth to Age 10) Dr. Greg, Lisa Popcak, 2021-04-01 Believe it or not the Catholic family isn t primarily a human institution It s a divine one By uniting with the sacramental life of the Church your common ordinary crazy family becomes something sacred a domestic church Family therapist and parent Gregory Popcak and his wife Lisa are back with Parenting Your Kids with Grace Building on their best selling book Parenting with Grace first published twenty years ago this new volume draws on the same parenting principles and provides up to date research to guide parents through each stage of child development from birth to age ten Practical faithful and humorous Parenting Your Kids with Grace addresses four key questions Are Catholic families called to be different from other families in the way we relate to one another in the home If so how What does an authentic family based approach to Catholic spirituality look like in practice What can the latest research tell us about creating a faithful home and raising faithful kids How can Catholic families be outposts of evangelization and positive social change By checking our basic assumptions about parenting against both the Church's vision and what science can teach about living out that vision in healthy ways we can discover God's plan for parenting healthy godly kids **Discovering God Together** Lisa Popcak, Greg Popcak, 2015-08-03 Research shows again and again that when families openly live and share their faith together their marriages are stronger children and

parents get along better and children are less likely to succumb to drugs alcohol promiscuity or negative peer pressure In this book experienced psychotherapists Greg and Lisa Popcak show how you can transform your family into a joyful place where each member experiences life as a gift from God From tapping into the rich beauty of Catholic traditions to mustering the motivation needed to deepen your spiritual life you discover the practical positive and tangible difference our faith can make in your family life You ll also learn The five marks of a Catholic family Are you missing the most important How to keep rituals fresh and alive rather than boring and routine The four characteristics of teaching your children to have the heart of a disciple The one thing children need to catch their faith on fire How to shepherd your kids through the seven stages of faith Six steps to helping kids develop individual prayer time How to discern your family s charism and what to do with it How to foster your children's sense of mission Rooting Your Teen in the Faith Kim Cameron-Smith, 2023-01-03 While Catholic teens drifting away from the Faith is unfortunately an increasingly common occurrence it s not inevitable We as parents are uniquely qualified to lead our teens to a relationship with Christ During the difficult teenage years parents not youth ministers teachers or parish programs play a pivotal role in our children's faith development In Rooting Your Teen in the Faith family coach catechist author and mom Kim Cameron Smith empowers parents to shepherd their teens guiding them to discover their mission deepen their faith and discern the truth about their identity and purpose There is no perfect blueprint for evangelizing teenagers but there is the right relationship the parent child bond If we lean into our call to lead inspire free and transform our children by the end of the teenage years they will be equipped to respond to God's movements in their **Broken Gods** Dr. Greg K. Popcak, Ph.D., 2015-06-02 You are gods Blasphemy No those mysterious words spoken by lives Jesus in the Gospel of John and alluded to in Psalm 82 point to a holy longing deep in our hearts that tells each of us that we were created for more Imagine that you were to wake up tomorrow to discover that by some miracle you had become a god overnight writes Dr Gregory Popcak Not THE God omnipresent all knowing all powerful but a god in the classic sense That is to say you woke to find that you were perfect immortal utterly confident in who you are where you were going in life and how you were going to get there It might seem ridiculous to consider at first but allow yourself to imagine this truly miraculous transformation What would it be like to live without fear How would it feel to be completely at peace with yourself and the people in your life Imagine what it would be like to be able to resolve once and for all the tension that currently exists between all your competing feelings impulses desires and demands What would change in your life as a result of your having become that sort of divinely actualized person Bold questions are in need of bold answers And in Broken Gods a work that is both practical and inspirational Dr Greg explores what our deepest desires and even our darkest desires tell us about our ultimate destiny and reveals a commonsense approach to fulfilling our true purpose in life When Divorce is Not an Option Dr. Gregory Popcak, 2014-09-23 God has put you and your spouse together for a reason and it s not to argue You are bonded together to cultivate in each other those virtues that lead to sanctification That's why this book isn't just about saving your

marriage it s about transforming it into a joyful loving relationship In these pages acclaimed author and psychotherapist Gregory Popcak shows you how to heal the hurt in your marriage and develop the crucial habits necessary to resolve conflicts renew the love you once had and discover the passion you always wanted Dr Popcak's clinical experience and recent research show that the difference between happy and unhappy marriages lays in the habits both good and bad that are practiced in the home Here you ll discover the simple steps needed to root out behavior that leaves you resentful and demoralized and to begin practicing positive habits that facilitate mutual respect and cultivate admiration Even if you feel lonely and abandoned in your marriage Dr Popcak offers sensible ways you can work alone at resolving conflict repairing damage building rapport and maintaining intimacy Because of the graces given to husbands and wives you have tremendous untapped power to be a catalyst for change even if your spouse isn t participating By following the wise advice in this book you ll take the guesswork out of building a stable healthy marriage You ll also learn Eight marriage friendly habits that couples in healthy relationships exhibit How to identify those areas of your marriage that require the most attention What to do when you feel your spouse is out to get you Simple ways to integrate prayer into the life of your marriage How to make God part of healing your marriage How your mind handles feelings and emotions and what you can do about it Tips for keeping your conversations focused on solutions instead of emotions How to see each your spouse s faults as opportunities for you to grow in holiness Endorsements Dr Greg offers practical wisdom rooted in a profound understanding of human nature and divine grace Read it yourself and share it with couples who need it Christopher West Author Fill These Hearts God Sex the Universal Longing I heartily recommend this book to all who hope that marriage can last forever Dr Popcak provides practical advice distilled from decades of counseling experience to help couples deepen their love for each other But this book is more than a list of practical tips it is permeated with faith in Christ and the realization that His cross is the pathway to our redemption and happiness on earth Rev Francis J Hoffman JCD Ex Director of Relevant Radio Author of Marriage Insurance 12 Rules to Live By The Divorced Catholic's Guide to Parenting Lynn Cassella-Kapusinski, 2020-03-13 In The Divorced Catholic s Guide to Parenting Catholic author speaker and licensed clinical professional counselor and pastoral counselor Lynn Cassella Kapusinski herself a child of divorce takes parents step by step through these challenges Drawing on her own story and professional experience she helps Catholic parents walk with their children through the heartbreak of divorce into the healing peace and even joy that is possible in their lives In this groundbreaking work readers will Uncover the emotional effects and challenges that divorce or separation may have on children and find concrete developmentally appropriate ways to address them Understand common problems children face as a result of coparenting difficulties or a parent s personal issues and learn how to communicate constructively about them Navigate circumstances that arise in the later stages of divorce when a parent is absent or when one or both parents date or remarry Explore ways to use the divorce as a Catholic teaching tool on God forgiveness and the beauty of the Sacrament of Matrimony Find outside

resources and additional support Throughout this book Lynn's thoughtful advice reveals how the Catholic Faith and its teachings are the key to loving your children through divorce and preparing them to live full joyful lives I commend Lynn Cassella Kapusinski for shining light on a common but difficult to address topic She offers wisdom for parents on how with God's grace to raise their children after the pain of separation Not only does she communicate the teaching of the Church but she also offers insightful practical details stemming from her own experience as a counselor that will greatly benefit divorced parents in supporting and guiding their children Archbishop Samuel J Aguila Archdiocese of Denver The Divorced Catholics Guide to Parenting is a welcome follow up to Lynn s earlier works Drawing from the best of the psychological sciences the Church's teachings and her own experiences this newest addition demonstrates a thoughtful coincidence of wisdom with approachability and practicality Lynn s book and ministry are great gifts to the Archdiocese of Baltimore and beyond Archbishop William E Lori Baltimore Lynn Cassella Kapusinski s book The Divorced Catholic s Guide to Parenting is an answer to the calling of the whole Christian community to accompany with attention and care those who have endured the effects of divorce Offering professional and personal insights it is a timely resource particularly to help treat and heal the wounds suffered by the most innocent and vulnerable the children of divorce Archbishop Wilton D Gregory Archdiocese of Washington D C A very impressive easy to use guide for divorced parents to help with their children's journey Lynn shares her experience as a child of divorce and counselor to families and provides specific tools and the gifts of our Catholic Church to minimize the trauma of divorce for children This guide addresses any stage your family is struggling through and can be revisited as dynamics change As a Family Therapist I recommend this book for parents who are looking for answers and support to ease the pain Kelly Klaus MA LMFT Executive Director of Catholic Divorce Ministry A remarkable book to aid divorced parents in pastorally walking with their child who has been affected by divorce Lynn once more writes a great resource for families who seek healing She provides practical and poignant steps that divorced parents can take to aid their child Lynn captures the reality that it is faith in God that will be an anchor for all dealing with loss and pain Michael Donaldson MTS Parish Development Director Saint Oscar Romero Catholic Community Eastvale CA ABOUT THE AUTHOR Lynn Cassella Kapusinski LCPC NCC is a licensed clinical professional counselor pastoral counselor and a leading figure in Catholic pastoral care of children from divorced or separated families Her work has been recognized by Pope Emeritus Benedict XVI the Pontifical John Paul II Institute for Studies on Marriage and the Family the Knights of Columbus and various dioceses She has appeared on EWTN and Relevant Radio and speaks at conferences around the country

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# Table of Contents Beyond The Birds And The Bees Raising Sexually Whole And Holy Kids

- 1. Understanding the eBook Beyond The Birds And The Bees Raising Sexually Whole And Holy Kids
  - o The Rise of Digital Reading Beyond The Birds And The Bees Raising Sexually Whole And Holy Kids
  - Advantages of eBooks Over Traditional Books
- 2. Identifying Beyond The Birds And The Bees Raising Sexually Whole And Holy Kids
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
- 3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - $\circ$  Features to Look for in an Beyond The Birds And The Bees Raising Sexually Whole And Holy Kids
  - User-Friendly Interface
- 4. Exploring eBook Recommendations from Beyond The Birds And The Bees Raising Sexually Whole And Holy Kids
  - Personalized Recommendations
  - $\circ$  Beyond The Birds And The Bees Raising Sexually Whole And Holy Kids User Reviews and Ratings
  - Beyond The Birds And The Bees Raising Sexually Whole And Holy Kids and Bestseller Lists
- 5. Accessing Beyond The Birds And The Bees Raising Sexually Whole And Holy Kids Free and Paid eBooks
  - Beyond The Birds And The Bees Raising Sexually Whole And Holy Kids Public Domain eBooks
  - Beyond The Birds And The Bees Raising Sexually Whole And Holy Kids eBook Subscription Services

- Beyond The Birds And The Bees Raising Sexually Whole And Holy Kids Budget-Friendly Options
- 6. Navigating Beyond The Birds And The Bees Raising Sexually Whole And Holy Kids eBook Formats
  - o ePub, PDF, MOBI, and More
  - Beyond The Birds And The Bees Raising Sexually Whole And Holy Kids Compatibility with Devices
  - o Beyond The Birds And The Bees Raising Sexually Whole And Holy Kids Enhanced eBook Features
- 7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Beyond The Birds And The Bees Raising Sexually Whole And Holy Kids
  - Highlighting and Note-Taking Beyond The Birds And The Bees Raising Sexually Whole And Holy Kids
  - Interactive Elements Beyond The Birds And The Bees Raising Sexually Whole And Holy Kids
- 8. Staying Engaged with Beyond The Birds And The Bees Raising Sexually Whole And Holy Kids
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Beyond The Birds And The Bees Raising Sexually Whole And Holy Kids
- 9. Balancing eBooks and Physical Books Beyond The Birds And The Bees Raising Sexually Whole And Holy Kids
  - Benefits of a Digital Library
  - o Creating a Diverse Reading Collection Beyond The Birds And The Bees Raising Sexually Whole And Holy Kids
- 10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
- 11. Cultivating a Reading Routine Beyond The Birds And The Bees Raising Sexually Whole And Holy Kids
  - Setting Reading Goals Beyond The Birds And The Bees Raising Sexually Whole And Holy Kids
  - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Beyond The Birds And The Bees Raising Sexually Whole And Holy Kids
  - Fact-Checking eBook Content of Beyond The Birds And The Bees Raising Sexually Whole And Holy Kids
  - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
  - Utilizing eBooks for Skill Development
  - Exploring Educational eBooks
- 14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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