

## READING RESOURCES ON MARRIAGE AND FAMILY

### BOOKS in *Prayer Section* (39.)

#### **Prayers for Married Couples**

Renee Bartkowski

**PUBLISHER:** Liguori Publications, 1989

Discover the joys of praying together! Couples marry intending to share everything. But what about prayer? Do you share your conversations with God? This book will help you do just that. It contains over seventy-five prayers that express the hopes, concerns and the dreams of today's married couple. With this book as your guide, the two of you can share, aloud, prayers reflecting a rainbow of circumstances. **39.BART (Prayer)**

#### **Our Family Prayer Book**

**AUTHOR:** Renee Bartkowski

Prayers for: Home and Family; Living With Ourselves; Our Relationship with God; Facing Life; Our Relationship with One Another; Daily Responsibilities; Learning How to Live; Living with our Feelings; Coping with our Faults; Living with Others; Today's Problems and Standards; Our Goals and Achievements; Prayers for Special Needs; Special Times. **39.BART (Prayer)**

#### **Family Prayer for Family Times**

Kathleen Chesto

**PUBLISHER:** Twenty-Third Publications, 1995

In a perfect blend of traditional and the contemporary, Kathleen Chesto shows Catholic families how to begin prayer habits that can enrich their lives and yet be passed on for generations. Chesto believes in celebrating the spiritual aspects of everyday events. She also offers prayers for celebrating the great feasts of the church year. Woven throughout are familiar prayers like the rosary, the stations, the Angelus and novenas - prayers that parents remember from childhood and want to share now with their families. **39.CHE (Prayer)**

#### **Becoming Family**

Christian Family Movement, 1986

How do we "become family?" How do we create a loving, caring bond between all of the persons whom God has chosen for us? How do we create an environment where each family member can become a strong, Christ-centered person? How do we grow and build up at a time when much of society is tearing apart and breaking down? In 1978, the Christian Family Movement conducted a survey among its membership to try to determine what makes a good marriage work. From this survey certain qualities emerged that are characteristics of happy families. Some of these are good communication skills both with husband and wife, and parents and children; a sense of family spirituality; good use of time; good conflict resolutions; and for couples, a good sexual relationship. This program attempts to define the qualities of happy families and helps bring these qualities to your own homes. **BOOK#: 28.CHRI**

#### **In Love for Life!**

A Reflection Paper on the Conjugal, Social and Religious Significance of Marriage. **BOOK# 28.COLF (2002)**

#### **The Blessing Candles**

**AUTHOR:** Gaynell Cronin

People all over the world celebrate rituals to mark solstices and equinoxes, births, personal and religious milestones, marriages, anniversaries and death. Rituals allow us to remember our past, hope for the future, live in the now and mark important events, no matter how painful, as celebrations of human becoming and faith. Each prayer celebration includes a gathering prayer, the lighting of two candles, a reading and a prayerful response to it, reflection questions and a sending prayer. **39.CRON (Prayer)**

**Family Prayer****AUTHOR:** Dolores Curran

Ms. Curran offers her experience and insight on prayer. She tells how she and her husband have led their children from the simple first verses of childhood to the liturgical prayers of Christian adulthood.

**39.CURR (Prayer)****Celebrating: Family Prayer Services****AUTHOR:** Mary Hopkins, O.P.

Celebration offers the structure to foster family prayer. For families already celebrating in the home, this book is an added incentive to meaningful expression of love for God. For those just beginning to worship God together in the home, the book can be a starter. **39.HOPK (Prayer)**

**The Way of the Cross for Parents**

Susan Jones

**PUBLISHER:** Twenty Third Publications, 1997

Parenting is perhaps one of the most difficult tasks we will ever know. Every day brings new experiences, new joys and fears, new reasons for all of us to share with each other, work together, pray together, and be affirmed by each other. This Way of the Cross is written especially for parents. By using this form of prayer, join the suffering, trials, burdens and joys of family life with the passion, death, and resurrection of Jesus. **39.JONES (Prayer)**

**A Prayer Book for Catholic Families****PUBLISHER:** Loyola Press, 1998

This is a practical collection of contemporary and ancient prayers for holidays and for ordinary days - prayers of blessing and contrition, sorrow and rejoicing, petition and thanksgiving. These prayers are the heritage of every Catholic. **39.LOYA (Prayer)**

**Prayers, Activities, Celebrations for Catholic Families**

Meehan, B.

**PUBLISHER:** Twenty-Third Publications, 1995

Here is a book that will challenge families to find God right where they are - in the events and relationships of everyday life. It offers tested, workable strategies for better family communication and sharing. The practical, easy-to-use activities and exercises enhance family prayer, clarify family values, foster harmony, and help families experience God's presence in their daily routines. Chapter topics include communication, family strengths, prayer, discovering God, social concerns, healing and forgiveness.

**BOOK#: 39.MEEH****Catholic Household Blessings & Prayers****AUTHOR:** NCCB

This book has been assembled to help Catholics remember or learn anew. It is a way of reminding and a way of learning what belongs to us. Prayers, rites, blessings. **39.NCCB (Prayer)**

**Daily Prayers for Busy People**

William J. O'Malley

**PUBLISHER:** Saint Mary's Press, 1990

The busier we are, the more we need to withdraw awhile to remind ourselves of what is important, to keep our heads straight and pointing in the right direction... The goal of these prayers is connecting with and resting in God, not trying to learn anything or to make 'progress in the spiritual life.' **39.OMAL**

**(Prayer)****Blessings for God's People: A Book of Blessings for All Occasions****AUTHOR:** Rev. Thomas G.

Simons

Blessings enrich our lives because they help us experience God in the ordinary moments of life.

Blessings is a rich and flexible treasury of blessings to be used in the home, the parish or the classroom.

**39.SIMO (Prayer)**



## BOOKS IN FAMILY SECTION

### **A Journey in Faith with Families Today**

The Assembly of Bishops of Quebec

**PUBLISHER:** Novalis

"As bishops, as pastors, we sincerely want to walk with you. We are interested in family experiences, whatever they may be. We can grow together in love, and, with the Lord, we can continue our life's journey with courage and hope." **28.ASSE**

### **With This Ring**

**AUTHOR:** Renee Bartkowski

*With this Ring* helps newly married couples build a solid foundation for their life together and avoid the "traps" that can undermine their marriage. With candor and creativity, author Renee Bartkowski pinpoints over twenty crucial areas of adjustment. The author actively involves the couple in finding the solution that works best for them. Included are exercises that help the couple respond lovingly and constructively to the complex issues of the early years of marriage. **28.BART**

### **Life Choices for a Lasting Marriage**

**AUTHOR:** David Boehl

Discover how you and your spouse can renew your marriage daily through the choices you make. Learn how the choices you make shape your life - and your marriage. **28.BOEH**

### **Christian Marriage: Sacrament of Abiding Friendship**

John & Therese Boucher

This book's approach is positive and uplifting. It is easy reading, very gentle and persuasive. All couples will profit from sharing in the author's love experience. **28.BOUC**

### **Marriage Is More Than You & Me**

Edited by Patrick Brennan

Here is a unique collection of reflections by married couples and professionals involved in family life ministry on a variety of issues facing those preparing for Catholic matrimony. **28.BREN**

### **Together in Christ: The Hope and Promise of Christian Marriage**

Canadian Council of Churches' Commission on Faith and Witness

This collection of essays from 14 Christian denominations, which contains both theological reflection and practical information, offers a tool to help pastors, couples preparing for marriage (particularly interchurch marriage), and their families to explore together the differences and common understandings of Christian marriage. **28.CCCC**

### **The Five Love Languages of Children**

Gary Chapman

Northfield Publishing, 1997

Kids desperately need to know how much you love them. But if you don't know their special "love languages" you might as well be speaking gibberish. Every child (like every adult) expresses and received love best through one of five communication styles. Find out which one your child speaks.

**28.CHAP**

### **The Five Love Languages of Teenagers**

Gary Chapman

Northfield Publishing, 2004

Never before has the task of parenting teenagers been more perplexing. Despite the peer pressure that teenagers face, it is still parents who influence teens the most. And the door to that influence is love. Love is the most functional building block of parent-teen relationships. Find out which love language your child speaks. **28.CHAP**

### **The Five Love Languages - Men's Edition**

Gary Chapman

Northfield Publishing, 2004

You bring your wife flowers but she'd rather just have a hug. You buy tickets to a movie when she wants to sit and talk. Tired of missed cues and confusing signals? The author reveals how different personalities express love in different ways. **28.CHAP**

### **Playing, Learning, Praying**

Kathleen O'Connell Chesto

**PUBLISHER:** Liguori Publications, 2000

If you're looking to strengthen your parish community - to encourage families to work and play together while sharing and living out their faith - this book offers thought-provoking suggestions for jump-starting the process. **28.CHES**

### **Raising Kids Who Care**

Kathleen Chesto

**PUBLISHER:** Sheed & Ward, 1996

Kathleen Chesto addresses the common behavioural problems parents face in moulding character in children. She demonstrates with examples from experience how to lead a child through sibling rivalry, how to deal with lying, what to do about crises of divorce, sex and latchkey situations. **28.CHES**

### **Exploring the New Family**

Kathleen Chesto

Saint Mary's Press, 2001

Introducing the idea of a new phase of life called postadolescence, Kathleen Chesto takes a groundbreaking look at young adults, their families, and the influences that shape them. Based on her personal parenting experience and interviews with over 150 parents and young adults, Chesto explores how young adults and their parents can face the challenging issues of this phase and work together.

**28.CHES**

### **In Love for Life!**

Catholic Organization for Life and Family

This booklet provides compelling responses to questions that the Catholic Organization for Life and Family addresses about the significance of marriage, while also inviting reflection and discussion.

**28.COLF**

### **Kids are worth it!**

Barbara Coloroso

This book delivers a powerful message that good parenting begins by treating kids with dignity and respect, giving them a sense of power in their own lives, and offering them opportunities to make decisions, to take responsibility for their actions, and to learn from their own successes and mistakes.

**28.COLO**

### **Parenting Through Crisis**

Barbara Coloroso

**PUBLISHER:** Harper Collins, 2000

In this companion to her bestselling *kids are worth it!*, parenting educator Barbara Coloroso shows how parents can help children find a way through grief and sorrow during the difficult times of death, illness, divorce and other upheavals. She offers concrete, compassionate ideas for supporting children as they navigate the emotional ups and downs that accompany loss, assisting them in developing their own constructive ways of responding to what life hands them. **23.COLO (Grief)**

### **Parenting with Wit and Wisdom in times of Chaos and Loss**

Barbara Coloroso

**PUBLISHER:** Penguin Books Canada Ltd., 1999

When our lives are thrown into chaos and confusion by illness, divorce, death or other loss, we need to rely on the T.A.O. of Family: time, affection and optimism. If we spend time with our children, attending to their needs but also showing them affection, compassion and kindness, and sharing with them a sense of optimism, we affirm that both grief and joy are vital and inevitable parts of life. **28.COLO**

### **Tired of arguing with your Kids?**

Dolores Curran

**PUBLISHER:** Sorin Books, 1999

Arguing with your kids can be draining, unproductive and downright tiring. There's got to be a better way. But knowing on the spot how to respond to an argumentative child isn't all that easy. Help is here. For many years now parents have been sharing with Dolores Curran responses that worked when their kids started arguing. Now she shares them with you. Arguing with kids may be inevitable but it doesn't have to be exhausting. **28.CURR**

### **Fun? But We're Married**

Lois and Joel Davitz

**PUBLISHER:** Sorin Books, 1999

Marriages that last may be back in style, but no one thinks that they come easily. Only folks who take marriage seriously would suggest that the real key to a lasting marriage is having fun together. They also insist that more communication is not always better, that you can be too sensitive, that your marriage can survive a few good fights (if you know the rules) and that getting out of sync is not necessarily fatal. **28.DAVI**

### **Being a Man After God's Own Heart**

David Dayler

As husbands, fathers, sons and colleagues, men's relationship with God is the key to living as God wants us to live and serve those around us. In this book, meet men from the Old Testament, New Testament, and men from the Modern Age. **28.DAYL**

### **No Longer A Stray**

Terry Deffenbaugh

Scepter Publishers, Inc. 2005

This book will grab the imagination of many young people, as well as adults who are young at heart. They will become good friends of Christ and embrace his mission and make it their own. They will be surprised and hurt by those who oppose Christ, horrified by his passion and death. But they will begin to understand the redemptive meaning of Christ's love and sacrifice, to appreciate the meaning and value of suffering, and then to read the Gospel. **28.DEFF**

### **Enriching Faith Through Family Celebrations**

DeGidio, S.

**PUBLISHER:** Twenty Third Publications, 1989

You'll find enlivening, encouraging and enjoyable ways to turn simple family gatherings into occasions for deepening faith. Traditional holidays are given a fresh perspective with new and updated ways to celebrate them. Interesting explanations of various customs and symbols add depth to our need to commemorate important - and seemingly unimportant - feasts, holidays and events within our households. And when you want to create and build your own special celebrations, this book will help you to do so. **28.DEGI**

### **Take Back Your Kids**

William Doherty

**PUBLISHER:** Sorin Books, 2000

Dr. Doherty shows you how to *Take Back Your Kids* in a timely, confidence building book that backs up fresh insights with personal experience and advice you can rely on. Protect your children from the me-first, consumer culture by giving them the love and limits they need. His stories are fresh and apt. His writing is clear and entertaining. His work helps harried and confused parents raise well-adjusted,

productive kids. **28.DOHE**

**Natural Family Planning: Blessed Our Marriage**

Fletcher Doyle

St. Anthony Messenger Press, 2006

Nineteen couples in this book not only share how NFP helped them plan their families, it improved their marriages. Discover NFP and see that when it comes to sex and marriage, the church has found a better way to keep the hone fires burning. **28.DOYLE**

**Courage to Love (When Your Marriage Hurts)**

**AUTHOR:** Gerald Foley

Building on the experience of Retrouvaille, this book focuses on relationship building. It invites couples to reconciliation, to rebuilding trust, to learning the skills necessary for healthy communication, and to growing spiritually through the lived reality of married life covering such crucial topics as self-awareness, conflict resolution, forgiveness, the stages of a relationship, and intimacy. Each chapter concludes with reflection and sharing questions that encourage dialogue and discussion between spouses. **28.FOLE**

**Amoris Laetitia: The Joy of Love**

Post Synodal Apostolic Exhortation of Pope Francis. **28.FRAN**

**Family and Life**

Pope Francis

This important collection of teachings from our Holy Father, Pope Francis from his time as Archbishop of Buenos Aires shows the depths of his pastoral sensitivity. **28.FRAN**

**Creative Grandparenting Across the Miles**

Patricia L. Fry

**PUBLISHER:** Liguori, 1997

Here are dozens of ideas, tips, and suggestions - traditional and unconventional - to help long-distance grandparents develop a lasting bond with their grandchildren. **28.FRY**

**Speaking to the Heart: A Father's Guide to Growth in Virtue**

Stephen Gabriel

**PUBLISHER:** Our Sunday Visitor, 1995

Written by a dad for dads, this book looks at the twenty critical character traits that are necessary for all fathers and husbands. These traits include faith, justice, fortitude, humility and generosity. With insight, humour, and deep faith, Stephen Gabriel focuses on the greatest gifts a dad can give his family.

**28.GABR**

**Love is a Couple**

Gallagher, C.

**PUBLISHER:** Image Books, 1976

In his characteristically popular approach, Fr. Chuck Gallagher here offers compelling insights on achieving an open, creative and fulfilling love relationship. This book focuses on the everyday happenings - problems and joys - in the lives of married couples. It is a must reading for all married Christians, whether newlyweds or middle-aged couples, who seek to transform their union into a dynamic, joyful and lasting commitment. **BOOK#: 28.GALL**

**The First Two Years of Marriage**

Kathleen Fischer Hart and Thomas N. Hart

**PUBLISHER:** Paulist Press, 1983

The Harts provide some down-to-earth, unpretentious guidelines to help recently married couples handle predictable changes and adjustments. The thesis of this book is simple, yet true: the first two years are crucial and fundamental.... Though couples who wish to improve their marriage, or make a good marriage better, will find this book a good read. This book comes out of the Harts counselling work, their facilitation of marriage enrichment events and the lived experience of their own marriage. This book is a clear,

insightful and practical commentary on the challenges young married couples must respond to if they are to succeed in marriage today. **BOOK#: 28.HART (Marriage Preparation)**

### **Marriage: An Interfaith Guide For All Couples**

Rev. William H. Genne/Rabbi Mordecai Brill

**PUBLISHER:** Association Press, 1970

This book brings together in a single place the traditions, insights, values and goals for marriage of the Catholic, Protestant and Jewish faiths. The book does not gloss over the differences of attitude and outlook on marriage and family living, as taught by these differing traditions. But for those who live within them it explores their common central convictions that God is the author of marriage and that marriage is a continuing, living contact with God, a way of life that is at once a vocation, a covenant and a sacrament. This is a fresh, reliable guide illustrated with facts, statistics, cases and examples. It deals with such basic concerns as budgets, babies, the child and school, family and community childlessness, interfaith marriage, sex and marriage and the broken marriage, etc. **BOOK#: 28.HATH (Marriage Preparation)**

### **Home Is Where God's Heart Is**

K. Hendricks

**PUBLISHER:** Resources for Christian Living, 1997

God's love lives and grows within the family. This is a parish-based program that gathers families together in order to help them recognize the reality of this love within the ordinary events of their lives.

**28.HEND**

### **The Seasons in a Couple's Life**

Genevieve Hone/Julien Mercure

Written from the point of view of the values that characterize the life of a couple in its various phases of development, this book will be greeted with joy by partners who wonder what new skills they need to better their relationship. *The Seasons in a Couple's Life* provides ways to help couples translate their good intentions into human, moral and spiritual realities.

With their simple and humorous style, the authors' solid theoretical basis is evident. They use their considerable clinical experience to reveal the potential in a couple's relationship. What a refreshing reading in a discipline which too often dwells, as moral theology used to do, on the pathologies of the couple. **BOOK#: 28.HONE**

### **Original Unity of Man and Woman**

John Paul II

A catechesis on the Book of Genesis. **28.JOHN**

### **From the Heart of a Father**

William Johnson

**PUBLISHER:** Sun creek Books, 2003

Personal 'letters of love' written to his three young sons are 'wrapped' around fictional inspirational stories and motivational quotes. Wm. Johnson's hope is that anyone who reads this book will be re-energized and walk away with an uplifting perspective on life. **28.JOHN**

### **Christian Marriage**

George Joyce

An Historical & Doctrinal Study. **28.JOYC**

### **Marriage & the Spirituality of Intimacy**

**AUTHOR:** Leif Kehrwald

The essence of spirituality is presence, recognizing and responding to the real but unseen presence of God. Marriage can be deeply spiritual simply because its ingredients - intimacy, conflict, personality, friendship, play, work, health, love, nurturing, sex, faith and so on - go to the core of one's being. The entire book is illuminated by the experience of married couples who are also consciously on a spiritual journey, seeking to connect the daily reality of marriage with God's gracious presence. **28.KEHR**



### **God Knows Marriage Isn't Always Easy**

Maureen Rogers Law & Lanny Law

**PUBLISHER:** Sorin Books, 2002

Straight from the minds of two very experienced therapists, this warm, wise, hopeful book advocates 12 effective ways to enhance the marriage relationship, heal the scars, and re-ignite the flame. **28.LAW**

### **Called to Marriage**

Carol Luebering

The author shows us how union with a spouse helps us fulfill spiritual longings as well, and, indeed, may bring us to communion with God. This book is designed to help the reader reflect, alone or with a spouse, on "what God has already written across the map of your own married life." **28.LUEB**

### **Growing in the Dark**

Nancy Marrocco

**PUBLISHER:** Saint Mary's Press, 1998

With sensitivity and hope, *Growing in the Dark* shows how you can cultivate your child's faith even as you struggle with your own. As you see God being revealed in your child, you will find your own faith growing too. Led by the Spirit, you and your child can learn to move through darkness radiant with God's light. **28.MARR**

### **The Marriage Course Kit (ALPHA)**

The Marriage Course is very practical, giving married couples the tools to build a strong and healthy marriage that lasts. The eight session course is suitable for any married couple, whether or not they are churchgoers, and is based on *The Marriage Book* by Nicky and Sila Lee. **28.MARR (Marriage Prep)**

### **The New Wine: Christian Witness of the Family**

**AUTHOR:** Carlo M. Martini

Speaks to families, encouraging them to be the foundation of society, a school of authentic humanity, and witnesses to belief in and love for Christ. Here families can find the description of a journey that will lead them to truly be what they are: a centre of progress for society and for the kingdom of God. **28.MART**

**Love and Creation/Parent Participant Book** McBride, B. 28.MCBR

### **Tips for Raising Teens**

Robert J. McCarty

**PUBLISHER:** Paulist Press, 1998

In five short chapters, the book touches on the essential points parents need to know about the situation of young people today, their developmental tasks, building their self-esteem and other practical issues in parenting. In addition, this is one of the few books in the field that tells parents how they can foster the religious faith of their sons and daughters. **28.MCCA**

### **A Treasure Chest of Traditions for Catholic Families**

**AUTHOR:** Monica McConkey

This book offers ideas for activities, crafts and recipes to help families celebrate the various Seasons and Feast Days of the Liturgical Calendar. With fun-filled activities, we can build out own family traditions while passing on the richness of our Catholic Faith. **28.MCCO**

### **Raising Faith-Filled Kids**

Tom McGrath

**PUBLISHER:** Loyola Press, 2000

The author shows how the hectic and ordinary moments of family life offer endless opportunity to live more deeply. This book is full of stories and ideas for parents who care about their children's souls. **28.MCGR**

### **Mothering: Becoming the Heart of the Home**

Rosalie McPhee

**PUBLISHER:** Madonna House

Love...love...love... never counting the cost. A clarion call to mothers who are hungering for the truth

that is their soul's sustenance, and searching for clarity in the lived-out reality of their vocation to motherhood. You will also find the wisdom of Pope John Paul II, Catherine Doherty and many popular saints throughout. **28.MCPH**

**Marriage: A Fountain of Grace**

Rosalie McPhee

**PUBLISHER:** Madonna House

Love...love...love... never counting the cost. *Marriage* offers fresh insight and new hope for couples seeking to strengthen and deepen their marriages. Rosalie McPhee explores Scripture, the teachings of the Church, and the writings of Catherine Doherty, and offers her own candid experiences of the joys and struggles of Christian marriage. **28.MCPH**

**Twelve Smooth Stones**

Chuck Meyer

Northstone, 1999

A father writes to his daughter about money, sex, spirituality, and other things that really matter.

**28.MEYER**

**Marriage: Theology & Reality** Cathy Molloy

The author looks at contemporary marriage in relation to traditional theology and, more particularly, recent developments in that theology, the question arises as to whether the two are in touch with one another at all, and, if they are, to what extent? **28.MOLL**

**The ABC's of Family Communication**

Jean Monbourquette

**PUBLISHER:** Novalis, 1994

This book offers parents sound principles and practical advice in living and communicating as a family. It foregoes long discussions in pedagogy, and instead suggests simple and practical things to do in relating to children and adolescents. This small book brings to parents, who are sometimes overwhelmed by their work and by the task of raising children, the practical wisdom and encouragement to live out their role as parents with joy. **28.MONB**

**Catholic Marriage: An Intimate Community of Life and Love**

Patricia Murphy

Novalis, 2011

A lively back-to-basics look at the sacrament of matrimony. It lays the foundations for understanding how Christ transforms marriage, and offers encouragement for those seeking to live out this awesome vocation in a faithful, fruitful and truly human way. **BOOK# 28.MURP**

**Staying Safe in a Wired World: A Parent's Guide to Internet Safety**

Rob Nickel

This book was written for the parent – by a parent, one who knows that the Internet can be intimidating, and confusing. It covers most of the applications used on the Internet by children and gives instructions on how to help keep our children safe while in cyberspace. Also included are the terms used by kids when they are chatting online, and resources for parents they can use online. The CD features a video presentation, and printable files. **28.NICK**

**Aging: The Fulfillment of Life**

**AUTHOR:** Henri Nouwen and Walter Gaffney

Enhanced by some eighty-five photographs depicting various scenes from life and nature, this book shows how to make the later years a source of hope rather than a time of loneliness - a way out of darkness into the light. A warm, beautiful and caring book. **28.NOUW**

**Empowering Couples: Building on Your Strengths**

David H. Olson, Amy K. Olson

A treasure-trove of wisdom and practical skills about relationships. **28.OLSON**

**Parenting Teens: Understand, Assess, Plan & Problem Solve**

This booklet offers information and tips to help guide parents through the teen years. **28.PARENT**

**Saving Your Marriage Before It Starts (and after you marry)**

Dr. Les Parrott III & Dr. Leslie Parrott

Are you tired of marriage books that sound like they were written thirty years ago? Do you want real, honest advice from a couple who knows the hopes and struggles of today's couples? Do you want to build a marriage that will last a lifetime? You can learn how to uncover and deal with problems before they emerge. You'll discover how to communicate, not just talk and you'll learn the importance of becoming "soul mates" - a couple committed to growing together spiritually. **28P.PARR**

**The Secret of Staying in Love**

**AUTHOR:** Powell, J.

**PUBLISHER:** Argus Communications 1974

The secret of staying in love is communication. A growing relationship requires commitment to that open and genuine expression which can occur only in a climate of love. And, more than simply a feeling, love is a decision-commitment, made forever and unconditionally. **28.POWE**

**9 Ways to Nurture Your Marriage**

Wm. Rabior and Susan Rabior

**PUBLISHER:** Liguori, 2000

Authors share their experiences and those of other couples who have found the keys to fulfilling marriages. They offer 9 strategies for building a happy marriage. **28.RABI**

**Velvet & Steel: A Guide for Christian Fathers and Grandfathers**

J. Ream

**PUBLISHER:** Resource Publications Inc. 1997

Ream explains what it means to be a man in this day and age - and how men can strengthen their families by compassion (velvet) with moral backbone (steel). He tells men how to get back in the game, how to assess their current family situation, how to begin a prayer partnership with their wives, and how to step through the land mines of fatherhood. **28.REAM**

**How to survive being married to a CATHOLIC**

**PUBLISHER:** Liguori Publications, 1986

If you are not a Catholic but your partner IS, this book is for you... Why do Catholics go to Mass on Sundays? What do they really think about sex and marriage? Are they forbidden to plan their families? Do their partners have to make promises about the way their children should be brought up? This book gives clear and honest answers to these and many other questions. In thirteen down-to-earth chapters it tells you what Catholics believe and what difference it makes to their lives. Get the low-down on Catholics. Read this book. **28.REDE**

**9 Ways to Bring Out the Best in You & Your Child**

Maggie Reigh

Northstone, 2004

This book is about turning power struggles into powerful relationships. Combining profound insights with practical ideas, Reigh shows parents how to raise respectful, responsible, and resilient children and at the same time, add more life and laughter to their children's lives and their own. **28.REIG**

**Family Ties that Bind**

Dr. Ronald W. Richardson

**PUBLISHER:** Self-Counsel Press Ltd.

Birth order, our parents' relationship, and the "rules" we were brought up with can affect our self-esteem and relationships with spouses, children, and other family members. This easy-to-read, practical book explains how families function and what you can do to change the way you act in your family and with

other people. Exercises show how to apply the principles to your own situation and develop a more positive approach to all aspects of your life. **28.RICH**

### **Family Rituals and Celebrations**

John Roberto

**PUBLISHER:** Don Bosco Multimedia, 1992

Through the rituals of family life, the rituals of Catholic tradition, and the rituals of ethnic traditions, faith is nourished and celebrated in our families. This book provides over 100 ideas and rituals that you can use at home. This book is designed to help you enrich your family's faith life and sense of togetherness in simple practical ways, giving sound, easy to follow direction. **28.ROBE**

### **Marriage, Divorce & Nullity**

Robinson, G.

**PUBLISHER:** Novalis, 1987

This book is not directed only at those considering annulment. It also addresses Catholics who believe that marriage blessed by the Church is for ever, those who believe that the Church should recognize civil divorce, and those divorced Catholics who wish to remarry. **BOOK#: 28.ROBI**

### **Soul-Healing Love**

B. & T. Rodgers

**PUBLISHER:** Resource Publications Inc.

The authors aim to help couples overcome the "woundedness in their souls" and achieve the "soul-healing intimacy and oneness" that comes from a deep relationship with God. The ten techniques and exercises found in this book foster communication, promote empathy and encourage healing and forgiveness.

**28.RODG**

### **From Wild Man to Wise Man**

Richard Rohr

St. Antony Messenger Press, 2005

A revised and updated edition of Richard Rohr's earlier best-seller, *The Wild Man's Journey*. For this new work, Rohr added three chapters that discuss John the Baptist, Saint Paul and grief. With Richard Rohr as mentor and guide, men - and women who care about men - will want to embrace this new *Wild Man*. **28.ROHR**

### **Living Together Loving Together**

Philip St. Romain & Lisa Bellecci-St. Romain

**PUBLISHER:** Liguori, 1995

Here are three major insights for turning marriage into a lifelong positive adventure: Faith..., Commitment..., Communication Skills.... **28.ROMA**

### **Healing Wounds in Couple Relationships**

Martin Rovers

Novalis, 2005

This hope-filled book is for individuals and couples, as well as those who work with them in counselling: people who want to love and be loved, who want to know where love comes from, how it works, how love can live or die and, especially how to live a fuller loving life with their partner. **28.ROVE**

### **Hidden Keys to a Loving Lasting Marriage**

Gary Smalley

**PUBLISHER:** Zondervan Publishing House

This book is a combination of Smalley's earlier published works, *If Only He Knew* and *For Better or For Best*. The first half of the book discusses the husband's part of building a successful relationship. The second half of the book shows how wives can nurture their marriages. Good marriages don't just happen. They take both husband and wife working together to understand, appreciate, and honour one another. This book shows couples how to do just that. **28.SMAL**

### **The Key to Your Child's Heart**

Gary Smalley

**PUBLISHER:** Word Publishing, 1992

You Want a warm, harmonious home life. You want your kids to grow up confident and responsible - and you want to stay close to them. Gary Smalley shows you how through simple principles and workable ideas, including: six characteristics of a close family/five steps to opening up a child who has shut you out/four common parenting styles/five childhood personalities/one practical, family-tested approach to setting limits and enforcing them/ten keys to effective but tender discipline/seven ways to express loving support/twenty-two proven ways to motivate a child. **28.SMAL**

### **Love is a Decision**

Gary Smalley/John Trent

**PUBLISHER:** Word Publishing, 1989

If your marriage relationship doesn't have a destination, how will you know when you arrive? And why wait for love to materialize out of stardust, when you could choose excitement and romance - now? In this practical book, Gary Smalley reveals a simple yet profound plan for a marriage of depth and warmth and excitement. **28.SMAL**

### **The Hidden Value of A Man**

Gary Smalley/John Trent

**PUBLISHER:** Focus on the Family Publishing, 1994

**If you're a man, you need to read this book.** Often men are ridiculed for being men. The media portray them as sitcom buffoons, heartless, money-hungry corporate raiders, and angry criminals. Many feel powerless and frustrated, unsure of their role in the family and beyond.

**If you're a women, you need to read this book, too.** The truth is that a man has great value and incredible impact on his family - and his world. Gary Smalley and John Trent explore that influence and show men how to use their God-given power to build strength, love, and unity in their families and the world. **28.SMAL**

### **The Two Sides of Love**

Gary Smalley/John Trent

**PUBLISHER:** Focus on the Family Publishing, 1992

Do you and your loved ones sometimes seem poles apart? Do you long for greater affection in your most important relationships? Do you wonder what makes commitments last in an age of throwaway marriages and friendships? The key to all these concerns is finding a healthy balance between love's hard and soft sides. *The Two ...* shows you how balanced you are now, how you got that way, and how to move towards a wholehearted love that will enrich all your relationships. **28.SMAL**

### **The Language of Love**

Gary Smalley/John Trent

**PUBLISHER:** Focus on the Family Publishing, 1991

"Why can't he understand how I feel?" a wife asks herself in desperation after another failed attempt to communicate with her husband. The frustration of missing out on meaningful communication affects not only our marriages, but also our friendships, parent-child and professional relationships. *The Language...* explores, "emotional word pictures". The authors explain how word pictures help us capture people's attention, make our messages memorable, open the door to greater intimacy and bring about lasting change. **28.SMAL**

### **Celebrate the Family**

Gary Smalley/John Trent

**PUBLISHER:** Tyndale House Publishers, Inc., 1999

One of life's most cherished gifts is being part of a family. Ponder the wisdom of God in creating the environment and companionship we know as family. Let your heart be warmed as you experience the love that binds family members from a variety of cultures and life circumstances. **28.SMAL**

### **Joy That Lasts**

Gary Smalley/Al Janssen

**PUBLISHER:** Zondervan Publishing House, 1988

"Trials can be our greatest experience for they can lead to the source of lasting joy." "Reaching bottom is the first step up." These words of advice come easily, except to those who are hurting. Gary Smalley learned the pain of rejection. He recovered from his emotional devastation to become a best-selling author, respected marriage counsellor, and sought-after public speaker. But it took him two years and a career change to heal from his hurt and turn back to God. It was then he discovered the secret to a life so fulfilling, it would be virtually impossible for circumstances to rob him of his joy. **28.SMAL**

### **Raising a Good Kid**

John Smith

**PUBLISHER:** Sorin Books, 2002

Most kids grow up to be just plain good kids, despite all the advice thrown at parents. But even a good kid can cause a parent to worry. Raising a good kid - even knowing what makes a "good" kid - can be terrifying because it is so important to us and because so many things can go wrong. John Smith has spent decades with kids and their parents. He knows what it takes to raise a good kid. He knows there isn't an owner's manual. Most important - and reassuring - he knows, too, that despite all your worries, chances are you're doing just fine raising a good kid. **28.SMITH**

### **Men, Women and the Mystery of Love**

Edward Sri

An updated and expanded edition of the classic meditation on Pope John Paul II's *Love and Responsibility* which includes a new introduction, new chapters for singles and engaged couples and more stories of people whose lives have been transformed by Pope John Paul II's *Theology of the Body*. **28.SRI**

### **Anchor: God's Promises of Hope to Parents**

James B. Stenson

Scepter Publishers, Inc., 2003

Mothers and fathers: here's help to maintain your confidence and peace of mind even during your toughest times as a parent. With a warm understanding of the trials of parenthood, veteran educator James Stenson here emphasizes your sacred mission as a parent and your primary responsibility: to bring your children face-to-face with Jesus Christ. Brief and to the point so that you can read it whenever you can find a spare moment or two, this book is a treasury of advice and encouragement for busy parents.

**28.STEN**

### **Lifeline: The Religious Upbringing of Your Children**

James B. Stenson

Scepter Publishers, Inc., 2002

In this book, the author summarizes the proven methods and techniques of effective Christian parents today. This resourceful book is straight to the point and full of ideas that can be put into practice immediately. It is an excellent tool for parents of small children, parents who have no time to spare.

**28.STEN**

### **Father, The Family Protector**

James Stenson

Scepter Publishers, Inc., 2004

James Stenson explores how fathers exercise their powerful and particularly masculine contribution to family life. This book explains the main obstacles in today's society that undercut a father's teaching role, and tells men what they could do to overcome them. Mrs. Stenson spells out how successful fathers deal with their children in their more crucial areas: family rules, discipline, schooling, sports, recreation, the media, and ongoing teamwork with one's wife. **28STEN**

### **Preparing for Adolescence: A Planning Guide for Parents**

James B. Stenson

Scepter Publishers, Inc., 2001

The author focuses his experience on pre-high school students and the most troublesome questions they pose their parents: Why don't you trust me? Why do you tell me what I can't wear? Why do you always

correct my manners? Parents who successfully survive these interrogations are the ones that have been planning for them for years. To be prepared, they need to provide their young adults with clear moral direction and take advantage of peer support from other parents. He concludes with a question and answer section for parents to work through before the issues arise, rather than after. **28.STEN**

### **Upbringing: A Discussion Handbook for Parents of Young Children**

James B. Stenson

**PUBLISHER:** Scepter Publishers, Inc., 1991

Serious needs of today's parents are not being met effectively. This book addresses the most important of those needs. Where are we headed? What sort of men and women do we hope our children will grow up to be? Are we making progress, and how can we tell? What do we have to do *now* to help our children grow toward responsible adulthood? *Upbringing* provides a framework for fruitful discussion of these issues by couples and groups of couples. **28.STEN**

### **The Thinking Parent**

A. Stokes

**PUBLISHER:** Twenty Third Publications, 1993

This is an essential book for today's parents. In it, readers will find sound, down-to-earth advice on how to raise their children in the tumult of contemporary times. Ann Stokes, a long-time educator from Minnesota, tempers her writing with wisdom, experience and practical guidance. She offers a necessary antidote to the "feel good" pop psychology so often fed to parents today. Stokes believes that nothing short of intelligent parental decision making, gentle but firm discipline, and genuine caring and concern will help children grow into responsible, reasoning adults. **28.STOK**

### **Beginning Your Marriage**

Thomas & Thomas

An insightful, comprehensive presentation on the important issues and critical life skills that contribute to a successful, long lasting marriage. **28.THOM**

### **The Covenant Experience**

Bob & Irene Tomonto

This program was developed to help faith communities support married couples in their relationships with each other, with the Lord and with the community. **28.TOMO**

### **How to Succeed in Marriage**

Stephen Treat

The Pilgrim Press, 2004

A thoughtful booklet ideal for times that call for contemplation or prayer, for times of difficulty or worry, for times of joy and happiness, and for special occasions and events. **28.TREAT**

### **On Life and Love**

William Urbine

This concise reference work summarizes the key documents of the Roman Catholic Church on marriage and family life, from the time of Leo XIII to John Paul II. **28.URBI**

### **Canadian Families** (Text in English and French)

**AUTHOR:** The Vanier Institute of the Family

This book is addressed to people who are concerned about families in Canada. Its goal is to encourage them to think about the structural changes that have occurred to families in recent decades. The book is a basic introduction to the subject for a broad cross-section of Canadians who might otherwise not be aware of the most up-to-date information about families in Canada. **28.VANI**

### **Man and Woman God Made Them**

Jean Vanier

Novalis, 2007

In a new and fully revised edition of a classic text, Jean Vanier examines the significance and sources of human sexuality. Drawing on his years of experience of Christian community life with and for people with

disabilities, he explores the implications of the relationship of man and woman from a Christian and community standpoint. An intimate and searching book. **28.VANIER**

### **Marriage & Relationships**

Various

This book is a marriage preparation program; it is also a valuable tool for marriage preservation dealing with communication and conflict resolution, sexual intimacy, blended families, financial planning and more. **28.VARI**

### **Love Happens in Families**

**PUBLISHER:** Christian Family Movement

This book was written for families who want to hold weekly "family nights" in their homes for the twofold purpose of establishing closer family ties and of fostering Christian values within their families. **28.VARI**

### **COUPLE SKILLS: Making Your Relationship Work**

**PUBLISHER:** New Harbinger Publications, Inc., 1994

This is a book that can change your relationship. It will change how you communicate, how you think about your partner, how you behave, and how you cope with problems and conflicts. Each chapter helps you polish an essential couple skill: listening. **28.VARI**

### **Growing in Faith: A Catholic Family Sourcebook**

**PUBLISHER:** Don Bosco Multimedia, 1990

"Anyone who is concerned about the what, why, how, when and who of family life will find this book invaluable. At once solid and readable, it could be used both as a comprehensive instruction to family life and as an aid and stimulus to parish ministers concerned about faith growth and transmission in the families." Sr. Kateri Battaglia, MSC, National Association of Catholic Family Life Minister. **28.VARI**

### **Keeping Your Kids Catholic**

Though keeping your kids Catholic may seem impossible in the 1990's, Bert Ghezzi believes it can be done. From how-to articles on sharing your faith with small children to articles on how to love adult children who leave the Church, here is tested pastoral wisdom for raising your kids Catholic. **28.VARI**

### **Family Ministry**

Various

The editors have amassed an insightful, powerful and timely collection of original essays on family ministry. You'll find solid theory, background information and a wealth of practical suggestions on making family ministry work. **28.VARI**

### **Family Life**

Various

This program contains information and materials for planning and implementing the Benziger Family Life Program throughout a parish. This manual can help make family life education an enjoyable and rewarding process for the entire parish. **28.VARI**

### **Fathering: Building the New Civilization of Love**

Christopher De Vinck

**PUBLISHER:** Madonna House

Love...love...love... never counting the cost. Fathers are invited to enter deeply into their fatherhood in order to discover their true and most central vocation. This book offers concrete help and encouragement in living the gospel call to become transformed through loving their family. **28.VINC**

### **Good News About Sex & Marriage**

Christopher West

St. Anthony Messenger Press, 2000

This book offers readers an easily readable, down-to-earth, and stimulating account of the reasons why Church's teaching on sex and marriage is true and because it is true, 'good news' for people today.



## **28.WEST**

### **Love and Responsibility**

H. Wojtyla

**PUBLISHER:** Ignatius Press, 1993

Drawing from his own pastoral experience as a priest and bishop before he became Pope John Paul II, Karol Wojtyla has produced a remarkably eloquent and resourceful defence of Catholic tradition in the sphere of family life and sexual morality. Perhaps the most striking feature of the book is that the author appeals throughout to ordinary, human experience, logically examined. His conclusions coincide with the traditional teachings of the Church, which invoke scriptural authority. But the author's approach ensures that non-Christians also can consider the arguments on their own merits. **28.WOJT**

### **Get Out of My Life, but first could you drive me and Cheryl to the mall?**

Anthony E. Wolf, Ph.D.

This revised and updated edition of a best-selling guide to raising adolescents tackles the changes of the past decade with wit and compassion. Revisions include a new chapter about the Internet, a significantly modified section on drugs and drinking and an added piece on gay teenagers. **28.WOLF**

### **Make Family Time Prime Time**

D. Yribarren

**PUBLISHER:** Twenty-Third Publications, 1997

Turn off your television and make family time prime time! This marvellous new resource is filled with family activities that are as lively and entertaining as any sitcom. The authors offer activities, games, crafts, recipes, rituals and many other creative ways to engage families in spending quality time together. Best of all, most of the activities can be done with little planning or preparation. **28.YRIB**

## **OTHER RESOURCES:**

### **Motherhood in the Balance**

Catherine M. Wallace **PUBLISHER:** Morehouse, 1999

Recounts the ordinary struggles of a woman trying to juggle the demands of her career with the needs of her children, husband, and God who helps her realise that it is all a question of vocation. **20.WALL**  
(*Women's Section*)

### **Helping Children Cope with the Loss of a Loved One**

William C. Kroen

**PUBLISHER:** Free Spirit Publishing, 1996

In clear, concise language, Dr. Kroen offers comfort, compassion, and sound advice to any adult who is helping a child cope with the death of a loved one. He offers suggestions on how we can respond to children at different ages and stages, and describes strategies we can use to guide and support them through the grieving process. **23.KROE** (*Grief Section*)

### **The Catechism of the Catholic Church: Family Style**

David M. Thomas & Mary Joyce Calnan

**PUBLISHER:** Tabor Publishing, 1994

Thomas & Calnan have adapted the Catechism both to the language of our culture and to the language of the family. They have taken the heart of the faith and blended it with the heart of the family. Expanded information has been provided on how families share faith, values and their sacred, sometimes quite ordinary, moments. **34.THOM** (*Faith Section*)



## VIDEO RESOURCES ON MARRIAGE & FAMILY

### TEN INGREDIENTS FOR HAPPY FAMILY LIVING

**PUBLISHED:** Tabor Publishing

A two-segment video presentation during which Fr. McNulty shares with us his experience from 32 years of pastoral ministry with families. In each 30-min. segment we reflect with Fr. McNulty on ten ingredients of family living that he has come to value. Fr. McNulty gives us practical ways we can integrate these values into our own family lives. **GUIDE. LENGTH:** 1 hr. **VID#:** 20.006

### HOMES OF HONOR - PARENTING SERIES - Gary Smalley

**PUBLISHER:** Today's Family, 1998

Hidden Keys to Successful Parenting teaches parents how to discover their child's personality type, their strengths and weaknesses, and how to build on those strengths and minimize those weaknesses. Gary teaches you how to move out of the two parenting styles that can produce devastating, long-range consequences, and move into the parenting style that produces the most stable and fulfilled children. Parents will learn: how to motivate their children; how to remove walls between them and their children; and how to keep the lines of meaningful communication and love flowing both ways. These are just a few of the areas covered in this seminar. **GUIDE. LENGTH:** Approx. 40 min. each **VID#:** 20.008

### JOY IN PARENTING

**PUBLISHED:** Franciscan Communications

In four, 30-min. segments, Joe Schlehofer addresses common issues that concern parents: raising children, developing self-esteem, discipline and spiritual values. **LENGTH:** 120 min. **VID#:** 20.009

### CREATING FAMILY

**PUBLISHER:** St. Anthony Messenger Press

A five-part video series that takes an engaging and inspirational look at the American family, with author, lecturer and family therapist, Clayton Barbeau.

**Husband/Wife Relationship:** The whole concept of marriage hinges on how husbands and wives relate to each other... and that relating revolves around their sexuality. 51 min.

**Creating Family:** We create ourselves, our families and each other by our responses to each other and our world... our creation means risk taking to nurture ourselves. 49 min.

**The Male/Female Crisis:** Obsolete American misconceptions of male, female roles are wreaking havoc in many marital relationships. 47 min.

**Teens, Singles & Lovers vs. Sex:** Love is learned in the home, and love education is the answer to a lot of the problems sex education is trying to solve. 53 min.

**Parents as Role Models:** What we do, more than what we say, is critical in parenting... we need to be open and natural with our children. 49 min. **VID#:** 20.010-20.014

### FAITH & FAMILY LIFE SERIES:

**TAPE 1: HOW TO RAISE YOUR CHILD WITH FAITH AS A SINGLE PARENT (Help for the Divorced or Widowed)**

Shows how a single parent can meet this challenge with confidence and hope.

**TAPE 2: HOW TO RAISE YOUR CHILD WITH FAITH**

Explores some practical answers while helping parents to go on a faith journey as a family.

**TAPE 3: RAISING FAITH-FILLED CHILDREN IN A CONSUMER SOCIETY**  
Provides realistic answers which help children live gospel values. **VID#:** 20.015-20.017

### **FAMILY SPIRITUALITY**

**SPEAKER:** Dr. Kathleen Chesto **PUBLISHED:** Twenty-Third Publications

This video program is a significant step in the ongoing faith journey of families. Dr. Kathleen Chesto, a nationally known speaker and workshop presenter, enriches her audience with her thoughts and ideas on building healthy faith life within the family. She emphasizes how the commitment we make to a family lifestyle is as important as any calling.

Dr. Chesto uses her own experience as a mother of three and a family religious education consultant to bring encouragement and affirmation to other families. Her stories cover areas that all parents can relate to as they find support and comfort in hearing many of their own fears and feelings voiced. This video will spark an excited response in viewers and elicit a fundamental commitment to fostering a sound spiritual life in their families. **LENGTH:** 25 min. **VID#:** 20.019

### **HOLINESS FAMILYSTYLE**

**SPEAKER:** Kathleen O'Connell Chesto **PUBLISHER:** Liguori Publications

Holiness FamilyStyle is a simple, heart-warming look at the extraordinary sacredness of all the ordinary tasks of parenting. Dr. Chesto calls on parents to recognize their role in "making God visible" in the lives of their children, while using stories to illustrate how children also play a primary role in teaching their parents about God.

This is an empowering video, designed to help parents feel comfortable with their faith and confident in their ability to share faith with their children. Use it with parents during sacramental preparation, in young mothers support groups, in the RCIA, at PTA meetings, in marriage preparation and at the beginning of a religious education program. **LENGTH:** 30 min. **VID#:** 20.020