

Divorce & Remarriage Resources  
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[The Gospel of the Family](#) (Book) Kasper, Walter, Paulist Press, 2014. Cardinal Kasper, in an address to the consistory, published in English exclusively by Paulist Press, advocates a stronger appreciation of marriage and the family---even on sensitive issues such as divorce and remarriage.

[When Divorce is Not an Option: How to heal your Marriage and Nurture Lasting Love](#) (Book) Popcak, Gregory K., Sophia Institute Press, 2014. 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.

[Annulment: The Wedding That Was](#) (Book) Foster, Michael Smith, Paulist Press, 1999. Helps the layperson understand what the Church teaches about marriage; how the Church's court system is structured and how it works; the difference between annulment and divorce; the status of children after a marriage is declared null; and the process of getting a marriage declared null.

[The Catholic's Divorce Survival Guide: Helping You Find Peace, Power, and Passion after your Divorce](#) (DVD, Study Set) Ascension Press, 2013. The Leader's Guide is essential for every leader of the Catholic's Divorce Survival Guide program. It helps you understand the hearts of those who are dealing with the deep wounds of separation and divorce and provides instructions on how the program works, including how to get your group up and running. It also answers practical questions and provides samples for advertising as well as resources for people who are divorced.

[The Catholic Guide to Dating after Divorce: Cultivating the 5 Qualities that Free you to Love](#) (Book) Duffy, Lisa, Ave Maria Press, 2015. Encouraging yet forthright, "The Catholic Guide to Dating After Divorce" offers sound advice to anyone who has experienced the deflating effects of divorce, but is not ready to give up on love. Affirming the universal need for intimacy, relationship expert Duffy shows that faith can be a catalyst for healthy relationships, helping to identify and uproot emotionally harmful habits and boosting authenticity and confidence. Duffy identifies five essential characteristics of spiritually healthy people-being available, affectionate, communicative, faithful, and magnanimous--and shows how cultivating these qualities can bring out the best, most confident, and most attractive version of anyone. Quizzes, journaling questions, and action steps will help the reader grow in these areas. The book concludes with an appendix on resources for those who need help working through an annulment or who are in need of other post-divorce resources.

[Be Healed: A Guide to Encountering the Powerful Love of Jesus in your Life](#) (Book) Ave Maria Press, 2014. In book form Bob Schuchts's popular program for spiritual, emotional, and physical healing through the power of the Holy Spirit and the sacraments. This renowned program for spiritual restoration is steeped in scripture and the wisdom of the Catholic Church. Deeply intimate and vulnerable about his own journey of healing, Catholic therapist Bob Schuchts connects with his readers by sharing the series of betrayals he endured in high school--his father's infidelity, his parents' divorce, and his older brother's drug addiction--and his subsequent seasons of struggle with God and faith. Be Healed is based on the program first used in dioceses across the United States to form the hearts and

minds of Catholic clergy. Schuchts's trusted process for finding inner peace and healing is now expanded to serve the entire body of Christ, helping people recognize their brokenness and find hope in the risen Christ.

Oil on the Wounds: A Response to the Aftermath of Divorce and Abortion (Book) Livio Melina, Carl Anderson, Square One Publishers, 2011. The first section deals with the aftermath of divorce, its long-term effects on the social lives of children, and the ways in which the Church can offer compassion and counsel to those affected. The second section addresses the issue of abortion, the pain that results from ending a pregnancy, and what the Church's role should be in the alleviation of that pain. The text relies on sociological and psychological perspectives to illuminate these wounds, and suggests both practical and spiritual methods of healing. Inspired by the biblical story of the Good Samaritan, this volume asks us to recognize the profound torment left in the wake of divorce and abortion. It urges us to act accordingly in the face of these ordeals--to shoulder the burden of the tormented in an attempt to one day alleviate their suffering by the grace of God. Ultimately, this collection of essays is meant to create a dialogue, promote recognition of those psychologically and spiritually harmed by divorce or abortion, and explore our duty to listen to these victims and, like the Good Samaritan, bandage their wounds. This book is for laymen, professionals, and clergy who seek to understand the issues not only from a religious point of view, but also from a human perspective.

When Parents Divorce or Separate: I Can Get Through This (Book) Cassella-Kapusinski, Lynn, Pauline Books and Media, 2012. Formed by the truths of the Catholic faith and by what professionals in family counseling have found helpful, this guide through parental divorce and separation designed for children ages 8-12, blends faith with interactive elements. Whether you are a parent, guardian, caretaker, counselor, therapist, support group leader, or ministry program coordinator, with this resource, you can provide your child with a safe space for coping, healing, and growing. Chapters cover the entire experience of divorce or separation-its development, onset, duration, and aftermath-and acknowledge a child's emotional, mental, and physical responses amidst these stages.

Making Your Way after your Parents' Divorce: A Supportive Guide for Personal Growth (Book) Cassella, Lynn, Liguori, 2002. Takes an honest look at the effects that divorce can have in the life of a teenager or young adult and the ways that they can move toward healing and forgiveness after their parents' divorce.

Remarriage in the Catholic Church (Book) Sclafani, Joseph D, Twenty-Third Publications, 2010. All marriages have challenges, but for Catholic couples preparing for remarriage, these challenges are unique. The spouses will have gone through the death of a partner or divorce and will have been deeply affected by these experiences. And often remarriage involves the blending of families, a challenge in and of itself. Here the authors, as practicing Catholic clinicians, share their personal and professional experiences, as well as insightful recommendations for couples who are re-marrying. They seamlessly blend real-life stories, common sense, and the spiritual and sacramental values of the Catholic Church.

Catholic Remarriage: A Workbook for Couples (Book) Garascia, Anthony, Ave Maria Press, 2005. The exercise in this workbook are aimed at helping you assess the strengths and weaknesses of your present relationship and then address more universal issues like communication, conflict resolution, parenting children in a blended family, and the spirituality required of a mature and healthy Christian marriage.

The Catholic's Divorce Survival Guide: Helping You Find Peace, Power, and Passion after your Divorce (DVD, Study Set) Ascension Press, 2013. The Leader's Guide is essential for every leader of the Catholic's Divorce Survival Guide program. It helps you understand the hearts of those who are dealing with the deep wounds of separation and divorce and provides instructions on how the program works, including how to get your group up and running. It also answers practical questions and provides samples for advertising as well as resources for people who are divorced.

Through a Lens Darkly (DVD) Vision Video, 2011. Loss comes in many forms: the grief over the death of a loved one, the devastation of a physical or mental impairment, the pain of divorce or separation, or the distress of job loss and foreclosure. The physical and emotional responses to grief can be as heart wrenching as the loss itself. So where does a person turn for answers and encouragement in a time of despair, doubt, and fear? Through a Lens Darkly uplifts the soul with the moving stories of people touched by a significant loss.