

## General Resources the Family Life Office Recommends

The Family Life Office highly recommends the following pamphlets, brochures and books for pre-Cana classes, as well as for personal study and discussion within the family.

### Books

#### The Catechism of the Catholic Church

*The official Catechism of the Catholic Church, Second Edition clearly spells out the Church's beliefs on:*

- *Love and marriage*
- *Children*
- *God, creation, humanity, life, death, and the afterlife*
- *Mary, the Church, the saints, and the sacraments*
- *And much, much more.*

Order at [www.osv.com](http://www.osv.com) 1-800-348-2440

#### For Better... Forever! A Catholic Guide to Lifelong Marriage

Gregory K. Popcak, MSW, LCSW

*This entertaining, practical, and completely Catholic guide will show you how the marriage of your dreams is possible today! While there are numerous resources available for those seeking marriage in the Church, what makes For Better...Forever! unique is that it offers down-to-earth ideas and suggestions for keeping marriages intact long after the wedding ceremony. Order at [www.osv.com](http://www.osv.com) 1-800-348-2440*

#### 7 Steps to Becoming Financially Free: A Catholic Guide

Phil Lenahan

*Packed with anecdotes and real life experiences, 7 Steps to Becoming Financially Free offers a solid Catholic perspective on how to make the most of God's generous gifts. In addition to understanding the necessary nuts and bolts of financial management, budgeting, and investing, discover how your Catholic Faith can be the base of a sound financial future! Order at [www.osv.com](http://www.osv.com) 1-800-348-2440*

#### The Theology of the Body

A New Translation Based on the John Paul II Archives

Pope John Paul II

Translated and introduced by Michael M. Waldstein

*In this new critical translation of Pope John Paul II's magnum opus, internationally renowned biblical scholar Michael Waldstein presents John Paul II's magnificent vision of the human person with meticulous scholarship and profound insight. In this vision, John Paul II presents a catechesis centered on the human person, understood within the mystery*

*of Christ. Going back to the biblical "beginning" as recorded in Genesis, the pope discusses the bodily dimension of human personhood, sexuality, and marriage and celibacy in the light of biblical revelation. Order: 1-800-836-9723 <http://www.pauline.org/>*

#### Theology of the Body Made Simple

Rev. Anthony Percy

*Sex matters. Yet even deeper than the urge for sex is the desire for love. More than sexual, we are relational: meant for true and intimate relationship with each other and with God. Rather than a "casual indoor sport," sex is sacred. And John Paul II's radical perspective on how we view life, love, and sexuality can transform our relationships into profound experiences of communion. This is a simple introduction to the basic premise of Theology of the Body. It explains how our bodies are symbolic, free, meant for love, and redeemed by Christ. It presents unambiguous reasons for the Church's teaching on premarital sex, contraception, homosexuality, pornography, and more. And it gives reason to hope that the love we crave so deeply is, in fact, promised us by God...from the beginning. Order: 1-800-836-9723 <http://www.pauline.org/>*

#### Love Letters to My Husband

Saint Gianna Beretta Molla

Edited by Elio Guerriero

*Gianna Beretta was over 30 years old when she met Pietro Molla, and their relationship quickly moved from acquaintance to friendship to passionate commitment. During their brief engagement and marriage, Gianna and Pietro's professional lives, family and parenthood were tightly wound together by a tremendous trust—in each other and in God. Touching, inspiring and refreshingly human, Blessed Gianna's letters reveal the ordinary longings of a modern day saint. Order: 1-800-836-9723 <http://www.pauline.org/>*

### Pamphlets and Brochures

National Healthy Marriage Institute LLC [www.healthymarriage.org](http://www.healthymarriage.org)

The Healthy Marriage Pamphlet Series

*This series teaches basic relationship skills and knowledge that can help a couple form and sustain a healthy marriage.*

*There is no charge to view and print these pamphlets. If you prefer full color copies you can purchase them in bulk for .18 per copy by calling 866-818-5530. [info@healthymarriage.org](mailto:info@healthymarriage.org)*

The series has a number of titles, and each includes a section for couples to write their thoughts on the topic, or to list ways in which they will put the information given into practice. Titles available for purchase, or to download for free and copy:

- \* *Persistence*
- \* *Healthy Marriage Weight Loss*
- \* *Time-Out*
- \* *Respect*
- \* *Forgiveness*
- \* *Appreciation*
- \* *Agape*
- \* *Affection*
- \* *Time*
- \* *Service*
- \* *Prayer*

New Hope Publications - [www.newhope-ky.org](http://www.newhope-ky.org)  
270-325-3061

New Hope offers an excellent, very readable pamphlet series on the Catechism of the Catholic Church. Some titles recommended for marriage preparation, family discussion, and personal study:

- \* *Primer for Confession*
- \* *Basic Catholic Prayers*
- \* *Why Must I Attend Sunday Mass?*
- \* *Watch One Hour With Me*
- \* *That Your Joy May Be Complete (Eucharist)*
- \* *Conscience: No One Can Serve Two Masters*
- \* *The Family and the Civilization of Love*
- \* *The Catechism on the Ten Commandments*
- \* *The Catechism on Keep Holy The Lords Day*
- \* *The Catechism on Honor Your Father and Mother*
- \* *The Precepts of the Church*
- \* *The Catechism on What is a Sacrament?*
- \* *The Catechism on the Gifts of the Sacrament of Baptism*
- \* *The Catechism on Confirmation*
- \* *The Catechism on The Eucharist*
- \* *The Catechism on The Anointing of the Sick*
- \* *The Catechism on Matrimony*
- \* *The Catechism on What is Prayer?*
- \* *The Catechism on The Mercy of God*
- \* *The Catechism on Death and Dying in Union with Christ*
- \* *The Catechism on Abortion and the Right to Life*
- \* *The Catechism on Euthanasia and Care of the Dying*
- \* *The Christian Home - The Little Church of the Family*
- \* *The Catechism on Man's Stewardship over Creation*

One More Soul - [www.omsoul.com](http://www.omsoul.com)  
1-800-307-7685

One More Soul offers books, pamphlets and tapes on topics surrounding the Church's teaching on human sexuality, specifically the harms of

contraception, and the good of Natural Family Planning. Many of their pamphlets are available online for download and distribution. Some recommended titles:

- \* *Why Use Natural Family Planning*
- \* *What is Natural Family Planning*
- \* *Breast Cancer Risk from The Pill*
- \* *The Blessings of Children*

Our Sunday Visitor - [www.osv.com](http://www.osv.com)  
1-800-348-2440

Our Sunday Visitor has a wide selection of pamphlets explaining Church teaching on a variety of topics, including the sacraments, human sexuality, and life issues. Some recommended titles:

- \* *How to Get More Out of the Mass*
- \* *How to Pray as a Catholic*
- \* *Catholic Etiquette: Weddings*
- \* *Catholic Etiquette: Funerals*
- \* *Catholic Etiquette: Mass*
- \* *What the Church Teaches: How to Form Your Conscience*
- \* *What the Church Teaches: Stem Cell and Cloning*
- \* *How to Pray the Rosary*
- \* *Pope Benedict's First Encyclical (God is Love)*

*[L]ay out with your meal a spiritual meal as well...[that] the household might become a church, so that the devil is driven off and that evil spirit, the enemy of our salvation, takes to flight; the grace of the Holy Spirit would rest there instead, and all peace and harmony surround the inhabitants.*

*~St. John Chrysostom*

