

When your need is ...

...to find a way back to the Church:

Coming Home: www.catholicscomehome.org

...to stay informed as a faithful Catholic:

National Catholic Register: www.ncregister.com

Carolina Catholic Radio:

www.carolinacatholicradio.org

United States Conference of Catholic Bishops:

www.usccb.org

...to grow in your ability to discern God's will:

What Does God Want? by Fr Michael Scanlon

A Map of Life by Frank Sheed

...to find a good devotional:

Magnificat: www.magnificat.net

The Word Among Us: www.wau.org

... to advance strongly in the spiritual life:

Introduction to the Devout Life by St Francis de Sales

Imitation of Christ by Thomas a' Kempis

...to find God in a retreat/conference setting:

Welcome Retreat:

www.stmarknc.org/welcome-retreat

Cursillo movement:

www.natl-cursillo.org

Steubenville Adult Conferences:

www.steubenvilleconferences.com/adult

...to deal with scrupulosity:

Understanding Scrupulosity by Thomas M. Santa

...to deal with depression:

Surviving Depression: A Catholic Approach by Kathryn Hermes

...to handle the death of a loved one:

Be Comforted by Gloria Hutchinson

Grieving with the Help of your Catholic Faith
by Lorene Duquin

KinderMourn

704-376-2580

www.kindermourn.org

...to handle suffering:

The Truth About Trouble by Fr Michael Scanlon

Making Sense Out of Suffering by Peter Kreeft
Amazing Grace for Those Who Suffer by Jeff Cavins

Fighting Cancer with the Help of Your Catholic Faith by Lorene Duquin



...to deal with stress:

God Help me : This Stress is Driving Me Crazy
by Gregory Popcak

Managing Stress with Help of Your Catholic Faith by Mary Lou Rosien

Taming the Lion Within by Rhonda Chervin
Helping Teens with Stress, Anxiety, and Depression by Roy Petitfals

...to deal with difficult relationships:

God Help Me: These People are Driving Me Nuts by Gregory Popcak

Forgiveness: Experiencing God's Mercy by Richard McAlear

... to deal with suicide:

After Suicide: There's Hope for Them and For You by Fr Chris Alar, MIC

When a Loved One Dies by Suicide by Ed Shoener and John P. Dolan

... to deal with disappointment:

Life Shouldn't Look Like This by Gregory Popcak

Arise from Darkness: Fr Benedict Groeschel

... to learn boundaries

Boundaries by Dr. Henry Cloud and Dr John Townsend

...to find a place to worship on vacation:

www.masstimes.org

... to learn the Bible:

St Paul Center: www.salvationhistory.com
You Can Understand the Bible by Peter Kreeft

...to learn to defend your faith:

Compendium of the Catechism by the Vatican
Catholic Answers: www.catholic.com
This Rock Magazine:
www.catholic.com/magazine

...to find out about saints:

Encyclopedia of Saints by Matthew Bunson
Saints Index: <https://catholicsaints.info/>

...to understand how the devil tempts souls:

Screwtape Letters by C.S. Lewis
An Exorcist Tells His Story by Fr. Gabriel Amorth
Unbound by Neal Lozano
The Exorcist Files Podcast by Fr Carlos Martins

...to help some one whose loved one opposes the faith:

When Only One Converts by Lynn Nordhagen
How Not to Share your Faith by Mark Brumley
Search and Rescue by Patrick Madrid

...to address annulment situations:

Annulments and the Catholic Church by Edward Peters
Seeking an Annulment by Lorene Duquin

...to address issues of same sex attraction:

Courage: www.couragerc.net
Beyond Gay by David Morrison
Made for Love by Fr Mike Schmitz

...to address sexual addiction/pornography:

Breaking Free by Stephen Wood
The Porn Myth by Matt Fradd
St Joseph's Covenant Keepers: www.dads.org
Sex Addicts Online www.sexaa.org
Integrity Restored
www.integrityrestored.com/
Online Sexual Addiction
www.onlinesexualaddiction.com

...to address gambling, alcohol addiction, or substance abuse:

Dying for a Drink by Anderson Speickard and Barbara Thompson
Gambling Addiction by John Eades

Anuvia

704-376-7447

www.anuvia.org

Alcoholics Anonymous

Tom – 704-604-7739

Al-Anon (for families of alcoholics)

Ellen – 704-907-8555

Alateen Program

Mike 516-536-9005

...to counsel someone who has had an abortion:

Her Choice to Heal by Sydna Masse and Joan Phillips

Men and Abortion: A Path to Healing by Catherine Coyle

Project Rachel www.hopeafterabortion.com

Rachel's Vineyard www.rachelsvineyard.org

...to counsel someone who is considering an abortion:

Gabriel Project: www.gabrielproject.org

Heritage House: www.hh76.com

Life Cycle Books www.lifecyclebooks.com

...to find Catholic music for teenagers:

Francesco Productions

www.francescoproductions.com

Matt Maher www.mattmahermusic.com

...to send a teenager on great retreat:

www.steubenvilleconferences.com/youth

<https://www.stmarknc.org/lifeteen>

...to find online dating for faithful Catholics:

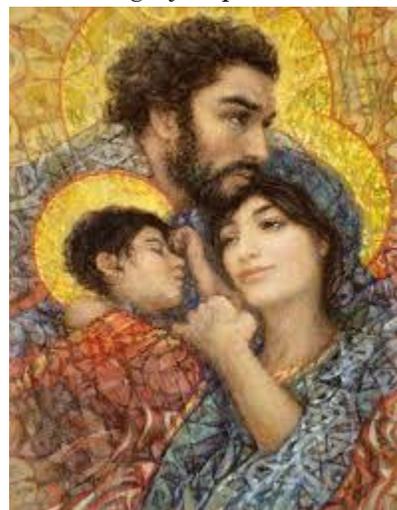
Ave Maria Singles:

www.avemariasingles.com

Catholic Match: www.catholicmatch.com

...to give comprehensive Catholic marriage resource:

A Catholic Guide to Lifelong Marriage by Gregory Popcak



...to find a good Catholic college:

[Newman Guide to Choosing Colleges](#)
[NCR Guide](#)

...to find out about vocations:

Vocation Ministry www.vocationministry.com
<https://charlottediocese.org/vocations/>

...to encourage young adults in their faith:

<https://www.usccb.org/topics/youth-and-young-adult-ministries>
<https://www.stmarknc.org/young-adult-group>

...to address issues of contraception and life:

Couple to Couple League www.ccli.org
One More Soul www.onemoresoul.com
Humane Vitae by Pope Paul VI
NaPro Technology www.naprotechnology.com/

...to help those scandalized by clergy sex abuse:

From Scandal to Hope by Cardinal Timothy Dolan

...to deal with intellectual doubting of faith:

The Truth of Catholicism by George Weigel
The Courage to be Catholic by George Weigel

... to learn to be a Catholic parent:

Parenting with Grace by Greg and Lisa Popcak
Hooked, New Science on How Casual Sex is Affecting Children by Joe McIlhaney and Freda McKissic Bush

...to find good Catholic books and movies:

Ignatius Press: www.ignatius.com
Sophia Institute Press: www.sophiainstitute.com
Formed: www.Formed.org (signup as a parishioner)

...to find a place for good family resources:

Family Life Center: www.dads.org

...to protect children in cyberspace:

Protect Kids: www.enough.org
Protecting Young Eyes:
<https://protectyouneyes.com/>

... to form and engage children at home:

MagnifiKid:
<https://us.magnificat.net/home/magnifikid>
Children of Hope: www.childrenofhope.org

...to find a short booklet for teenagers on sexuality issues:

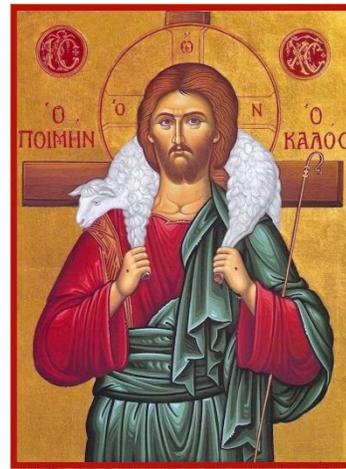
Pure Love by Jason Evert

...to find a book for teenagers on sexuality issues:

Arms of Love by Carmen Marcoux
If You Really Loved Me by Jason Evert
Real Love by Mary Beth Bonacci

...to find a book for teenagers on faith issues:

Did Adam and Eve have Belly Buttons by Matthew Pinto
Prove it! Series by Amy Welborn
I'm not OK. You're Not OK. But It's OK. By Chris Padgett
Chastity Project: www.chastity.com
Ascension Press: www.ascensionpress.com



Catholic Counselors:

Emily Hogan LCSW-A
St Mark Catholic Church
704-948-0231 (x130)
St Matthew Catholic Church
704-543-7677 (x1069)
Katelyn Stearman, MA, LCMHCA, NCC
www.greenwoodcounselinglkn.com
Dr Mario Sacasa
www.drmariosacasa.com
Renee Birch
Rooted in Faith Counseling
704-327-0736
www.rnfcounseling.com
Wisdom Integrated Counseling
704-960-3619
www.wisdomintegrativecounseling.com

General Resources on Marriage and Family:

For Your Marriage www.foryourmarriage.org
Marriage Encounter: www.wwme.org
Retrouvaille (for troubled marriages)
www.retrouvaille.org
St Joseph's Covenant Keepers (Husbands and Fathers) www.dads.org
Couple to Couple League (Natural Family Planning) www.ccli.org

Creighton Model Fertility Care (Natural Family Planning)

<https://creightonmodel.com/>

Fathers for Good:

<http://www.fathersforgood.org/>

Catholic Therapists:

www.catholictherapists.com

Pastoral Solutions Institute:

<https://catholiccounselors.com/>

Ray Guarendi (Parenting, Marriages, Families) www.drray.com

General Resources on Sexuality:

Chastity Project: www.chastity.com

Courage/ Encourage (Same Sex Attraction):

www.couragerc.net

Sexual Addiction: www.sa.org

Transgenderism: www.personandidentity.org

General Resources on Post Abortion Healing:

Project Rachel: www.hopeafterabortion.com

Rachel's Vineyard: www.rachelsvineyard.org

The Elliot Institute: www.afterabortion.org

Christian Residential Treatment for healing from sexual abuse trauma:

Healed and Restored

www.healedandrestored.org

My Peace I Give You: Healing Sexual Wounds with the Help of the Saints by Dawn Eden

...to address eating disorders:

The Renfrew Center-Charlotte

1-800-RENFREW

www.Renfrewcenter.com

Made in His Image

www.madeinhisimage.com

Life Without by Jenni Schaefer and Thom Rutledge

Raising Kids With a Healthy Body Image by John C. Acquaviva

... for one-on-one Christian Care:

Stephen's Ministry

www.stmarknc.org/stephen-ministry

Leanne Vacarro 704-948-0231 ex107

Leanne.Vacarro@stmarknc.org