**Ed Van Buskirk**

As a cradle Catholic, husband, father, and very active church member since his days as an altar boy, Ed felt he had a firm grasp of his faith. However, at age 47, he discovered he had forgotten something very basic and foundational about his faith. The Ten Commandments.

It was a defining moment that set him on an exciting journey to re-discover the Ten Commandments. What he once thought as ‘just a list of rules imposed on us by a demanding God,’ were now clear as God’s recipe for a wonderful life of authentic freedom and abundant joy.

Discovering the wisdom and joy of the Commandments was not enough. It needed to be shared! Always a man of action and community, Mr. Van Buskirk founded If U Love Me, a 501(c)3 nonprofit ministry to share what he discovered in the Commandments.

Today, Ed shares the joy of the Commandments in-person at parish events, online via video streaming, and in print.

Mr. Van Buskirk’s book on the commandments has been endorsed by Most Reverend James V. Johnston Jr., Bishop of Kansas City-St. Joseph, with an Imprimatur and Nihil Obstat.

If U Love Me also offers an 11-session adult faith formation video series featuring the Commandments. Perfect young adults, families and seniors, the video series is recommended by Bishop Johnston as a catechesis program for parishes of all sizes.

Whether in person at parish seminars, in written form, or on video, Ed loves to share his story of how he re-discovered the Commandments, how relevant and uplifting they are, and how they restore truth and clarity in a world of staggering confusion… even for cradle Catholics.

Visit [www.IfULoveMe.org](http://www.ifuloveme.org) to learn more about Ed and his ministry, or to schedule a no-cost parish event.