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## God, Sex and the Meaning of Life

NOVEMBER 21, 2010

VOLUME 16

### GSML News

#### ***Guiding Your Child Through the Sexual Minefield - Oakville***

On October 30, our ministry was invited by the Mothers' Group of St. Mathew's Parish in Oakville to present a full day workshop called **Guiding Your Child Through the Sexual Minefield**. This well attended presentation provided parents with tools to help them mould the morals and sexuality of children from toddlers to teens based on Pope John Paul II's writings. Feedback comments such as "New awareness, new strategies. New families and friends" and "All was new for me. Very informative and extremely useful for me as a parent", show the success and usefulness of these sessions. Our thanks to the Mothers' Group for the opportunity to be of service, and to The Lord for the blessings he granted to all who attended.



#### **WE OFFER THE FOLLOWING PARENT WORKSHOPS:**

- This workshop would be suitable for an Elementary School Parent Council Presentation, or for parents and care-givers within the Parish community. If your school or community is interested in this Workshop, please contact: [gsmlministry@gmail.com](mailto:gsmlministry@gmail.com) It is approximately 2 to 2 1/2 hours
- This workshop is a full day and is perfect for Parishes or Groups.

Both Workshops use a DVD by Katrina Zeno, followed by facilitator lead small group discussions. Many people comment on the small group discussions, finding them to be a very important part of the workshop.

#### ***Campaign to all Catholic Elementary Schools***

*Our group has sent information packages to all Catholic School Advisory Council Chairs and principals in the Durham area to let them know that we would like to offer a two hour **Guiding Your Child Through the Sexual Minefield Workshop** to all the parents in their school. We will be canvassing the Scarborough Separate Schools in the near future. We are hoping that many of these schools accept our offer. If you are interested in having your child's school in any region host these sessions, please contact your principal or CSAC, and let them know, or you can contact [gsmlministry@gmail.com](mailto:gsmlministry@gmail.com)*

**Note:** Email [gsmlministry@gmail.com](mailto:gsmlministry@gmail.com) to book a Workshop for your Parish or Group.

We are now taking bookings for 2011.



## Natural Family Planning Association

3050 Yonge Street, Suite 205, Toronto, ON, M4N 2K4 (416-481-5465)

### Part-Time Executive Director

The Natural Family Planning Association is a registered charitable organization that provides teaching in the Billings Ovulation Method of scientifically validated modern natural family planning.

The agency is searching for a leader who can embody and promote its mission and values to staff, volunteers and donors. The qualified candidate possesses a degree in business/administration or equivalent related experience in strategic planning, policy development and implementation in collaboration with the Program Director and Board of Directors. The successful candidate will demonstrate a range of leadership and administrative skills, with a strong emphasis on fundraising, financial management and governance. Excellent interpersonal and communication skills are required. The paid position is part-time, with the understanding that the successful candidate may be able to grow this into a full-time position.

If you are a team builder who possesses solid fundraising, administrative, and financial management skills, please submit your resume to the attention of Hiring Committee, by: **December 31, 2010** at [executivedirector@naturalfamilyplanning.ca](mailto:executivedirector@naturalfamilyplanning.ca)

### Light Weigh

Twelve of us have embarked on a journey to become closer to Jesus, increase our knowledge of the Catholic Faith, grow spiritually and hopefully lose some weight, using the bible, looking at the lives of the saints and offering sacrifices. It is wonderful to meet these people and travel together with them.

Please keep the group in your prayers.

From Katrina Zeno,  
<http://www.wttm.org/>

### Chastity is Saying Yes To:

- Reflecting God's covenant love through your sexuality.
- Never using another (or your own body) as an object
- Being totally available for union
- Fulfilling your virginity through your vocation.
- Protecting & increasing your ability to enter into covenant love.

New members always  
welcome

### ToB Study Group

We meet every Monday morning from 9:30-11:30 at St. Bernadette's Parish at 21 Bayly St East Ajax

We are studying *Heaven's Song* by Christopher West. It is based on the hidden talks of John Paul II,

For more information contact: [gsmlministry@gmail.com](mailto:gsmlministry@gmail.com)

Come and learn more about the Theology of the Body and how it applies to your daily life.

## ***Katrina's ABC's of dressing for beauty:***

1. Dress to draw Attention to the face.
2. Dress according to your Body type.
3. Dress according to the Context.
4. Don't flaunt the feminine: accentuate it.
5. Dress to Express - yourself.

## **GSML Travels**

### ***Trip to Ottawa to hear Katrina Zeno***



Recently some of our ministry attended **The ToB Family Conference** in Ottawa with speaker Katrina Zeno. It was amazing to see so many teens and pre-teens in attendance with their parents. Katrina gave an overview of the Theology of The Body to all attendees, followed by a presentation on chastity and sexuality aimed mainly at teens.

After that, the males in the group attended a session for fathers and sons, while the mothers and daughters learned about dressing modestly.

To finish the day, the adults attended a session by Katrina that provided parents with tools to help them mould the morals and sexuality of children from toddlers to teens, while the young people were involved in other activities in St. Mary's church hall.



***Christopher West thanking all the celibates for their sacrifice for the Kingdom.***

## **Freedom to Love Conference**



Couples for Christ sponsored "**FREEDOM TO LOVE**" Conference, which featured the internationally known speaker, Christopher West, who talked about applying Pope John Paul II's "Theology of the Body" to life & relationships.

Members of GSML attended and also hosted a booth there. It was a wonderful talk. Over 750 attended. The main celebrant of Mass was Fr. Morosco Lett from Holy Redeemer in Pickering.

It was a wonderful opportunity to connect with people we had met in the past.

**From the  
Theology of the Body  
Family Conference  
at  
St. Mary's Ottawa  
- by Katrina Zeno**

## **5 Practical suggestions for Living Chastity:**

1. Be addiction free.
2. Take custody of your eyes & mind. Be vigilant about what you watch, read, listen to, and talk about.
3. Cultivate the distinction between sensuality and sexuality.
4. Reconsider the reason you date:
  - a. to grow in emotional & spiritual maturity without harming or damaging yourself or the other.
  - b. to discern if you are called to marriage.
  - c. to discern if this is "the one."
  - d. to grow in committed (sacrificial) love (+covenant love).
5. Rediscover your dignity & destiny as a child of God. Pray to be revirginized.



## Freedom to Love

by Christopher West

The world tells us that freedom is the ability to do what we want, whenever we want, with whomever we want. But has this led to strong relationships, strong families, or strong communities? Since the days of the "sexual revolution," the opposite has played out. Sexual chaos, exploitation, broken families, and a lot of pain have been the result of "freedom."

In this powerful, five-part study for young adults, popular author and presenter Christopher West lays out a convincing and refreshing road map to living a life of freedom. The concepts presented in this study will change everything, including your worldview.

### **Freedom to Love, 5-Part Study - Starter Pack**

by Christopher West

This Starter Pack contains everything a facilitator needs to successfully run a Freedom to Love study including:

- 3 DVD Set (5-parts)
- Leader's Guide
- Student Workbook

These and other ToB material can also be purchased from either [Sunrise Marian](#) (Canada) or [Ascension Press](#) (USA)



[familyhonor.org](http://familyhonor.org)

**Family Honor empowers families to come together and communicate about life issues, chastity and God's gift of sexuality.**

## ToB Online Course

### **The Truth & Meaning of Sexuality, Love & Family**

This online course will provide you with an understanding of the core truths of sexuality, love and family as defined by Sacred Scripture, tradition and natural law. Our goal is for this course to serve as a solid foundation for authentic formation of men and women in their dignity as images of God.

#### **Here are just a few of the course objectives:**

- Students will be able to articulate the rationale for a family-centered approach to education in the truth and meaning of sexuality and chastity.
- Students will be able to explain the core concepts of the Theology of the Body and total-person sexuality.
- Students will demonstrate an understanding of the impact of misuse of sexual powers on the human person physically, psychologically and spiritually.
- Students will be able to identify the reasons marriage has historically been and should continue to be the foundation of the family.
- Students will be able to explain the influence of the family on a child's beliefs and attitudes about sexuality.

For more information or to register for this course go to [Family Honor](#)

## Contraception: Why Not?

**JANET SMITH**

Janet Smith explains why the Catholic Church keeps insisting, in the face of the opposite position held by most of the rest of the modern world, that contraception is one of the worst inventions of our time. Read full article here:

[www.catholiceducation.org/articles/sexuality/se0002.htm](http://www.catholiceducation.org/articles/sexuality/se0002.htm)

## Online Study Group

**The group will study  
John Paul II's book  
Love &  
Responsibility**

## ToB Study Group with Fr. Thomas Loya

This Internet Study Group will meet every 2nd Saturday of the month (September thru June) 10:30 am - noon (CST) which would mean it would start at 9:30 (ET)

**Join any time.** All welcome.

Links to the talks so far

[Sept. 11, 2010](#)

[Oct. 9, 2010](#)

[Nov. 13, 2010](#)

Simply go to [www.ustream.com/channel/theology-of-the-body](http://www.ustream.com/channel/theology-of-the-body) to watch, or join the chat and ask your questions live. (past classes are archived)

## My Catholic Faith

**Delivered** provides in-depth learning programs and video tutorials on the web for all levels of knowledge of the Catholic faith. This is accomplished by combining Catholic content with innovative technology. It is the ideal program for a teacher or a catechist looking for resources and courses, and for a Catholic who simply wants a better understanding of the faith. These fantastic courses are available on the Internet anytime, anywhere—making learning convenient and fun. Our dynamic courses feature engaging lessons, interactive activities, and immediate assessments that give real-time feedback on learner progress.

## ToB Online Course

### ***Introduction to the Theology of the Body***

*An Introduction to the Theology of the Body: Discovering the Master Plan for Your Life*, is an eight-part, four-hour study designed to give you a solid understanding of God's plan for humanity—a plan stamped right into our bodies.

Most people have heard the "whats" of Catholic teaching, but very few have ever heard the "whys." With profound insight, Christopher West demonstrates that the Church's teaching on human sexuality makes sense, and, in fact, is the very "logic" of Christianity—because it corresponds perfectly with the deepest stirrings and desires of the human heart. This study is for everyone searching for their ultimate purpose in life.

#### **In this study you will:**

- Learn why the redemption of our sexuality is the key to happiness.
- Develop a "new lens" through which to see the world with greater clarity.
- See how God's mystery is revealed through the body and spousal love.
- Discover the truth behind the lies of lust and pornography and how they can be overcome.
- Learn the language of sexual love.

Go to [www.mycatholicfaithdelivered.com](http://www.mycatholicfaithdelivered.com) to register for this and other courses.

## Work + Love = Holiness!

The Catholic Organization for Life and Family (COLF) has issued a new message to families on work.

Entitled "Work + Love = Holiness," the brochure examines how work is related to human dignity.

**As** the world progressively overcomes a serious economic crisis, the Catholic Organization for Life and Family offers an important reflection on the grandeur and dignity of work. Christians know that the main ingredient that gives any labour its value - whether it is performed outside the home or within the family - whether it is volunteer or paid work, physical or intellectual - is the love with which it is performed. This is an astonishing discovery, which allows us to perceive another facet of work; one that is unexpected and invisible but very real. Since the beginning of the world, human work has been part of God's plan. It is an occasion for us to become co-creators and co-redeemers. Jesus calls us in our daily work to ask us to become his partners, to work for Him and with Him... [more](#)

***God's Plan for a Joy-Filled Marriage*** is a marriage preparation supplement that offers engaged couples a more complete understanding of God's glorious plan for marriage and human sexuality than perhaps any program available in the Church today.

Based on Pope John Paul II's Theology of the Body, this supplement is not a replacement to current diocesan or parish programs. It is intended to enhance a key component of marriage preparation: catechesis in the theology of marriage and the gift of human sexuality. *God's Plan for a Joy-Filled Marriage* can be implemented as a one-day seminar, or over multiple evenings.

[www.joyfilledmarriage.com](http://www.joyfilledmarriage.com)

## Marriage Preparation Programs Find Renewal

### ***Ministers Engage in New Evangelization***

By Genevieve Pollock

PHILADELPHIA, Pennsylvania, SEPT. 15, 2010 ([Zenit.org](http://www.zenit.org)).- Across the country, ministers working in marriage preparation programs are finding themselves at the forefront of the new evangelization, renewing their methods with novel yet traditional means.

ZENIT spoke with Sister Mary Elizabeth Wusinich of the Sisters of Life, who worked for a decade as director of the New York Archdiocese Family Life/Respect Life Office, and with Jake Samour, the current director of Marriage and Family Life for the Archdiocese of San Antonio, Texas.

They described a common experience: Marriage preparation, as a requirement of the Church, many times brings in couples who know little about their faith. Both ministers, who gave presentations at the first National Theology of the Body Congress in Philadelphia, said that the teachings of Pope John Paul II have been key in reaching these couples.... [more](#)

[www.zenit.org/article-30348?l=english](http://www.zenit.org/article-30348?l=english)

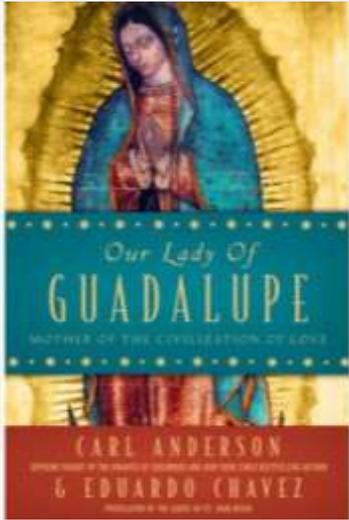
## ToB Resources

- [General Audiences: John Paul II's Theology of the Body](#)
- [Mulieris Dignitatem \(On the Dignity and Vocation of Women\)](#) *Pope John Paul II*
- [Familiaris Consortio \(On The Role of the Christian Family in the Modern World\)](#) *John Paul II*
- [Letter to Families from John Paul II](#)
- [Deus Caritas Est \(On Christian Love\)](#) *Benedict XVI*
- [The Truth and Meaning of Human Sexuality](#) *The Pontifical Council for the Family*
- [Humanae Vitae \(On The Regulation Of Birth\)](#) *Paul VI*
- [Casti Connubii \(On Christian Marriage\)](#) *Pius XI*
- [Towards a True Sexual Liberation](#) (COLF)

## What we do in this life, echoes in eternity!

*How have I laid down my life today?*

*- Katrina Zeno*



The Guadalupan message is ..... a spiritual education, an education in love."

Our Lady of Guadalupe – Pray for us.

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### **Pilgrimage to Our Lady of Guadalupe**

February 16-22, 2011  
Mexico City.

Join Reverend Paul Hancko and Deacon Milan for a pilgrimage to Basilica of Guadalupe and surrounding sites.

For more info please call Deacon Milan 905-794-1141.

## **Recommended Reading**

### ***Our Lady of Guadalupe: Mother of the Civilization of Love***

- by Carl Anderson & Eduardo Chavez (Anderson who also wrote *Called to Love: Approaching John Paul II's Theology of the Body* - along with Jose Granados)

The authors provide an excellent description of the events of the apparitions, the miracle of the painting, as well as an overview of the historical events and conditions of the times. They provide an intriguing insight into the meaning of the colours and symbols of the miraculous painting on St Juan Diego's tilma or cloak.

Although the full significance of Guadalupe may never be known, Anderson and Chavez do a brilliant job of showing us that the message of the event is becoming clearer, that its applicability today is even though different, is no less meaningful as it was at the time.

In the painting Our Lady appears as a mestiza, a person of mixed blood from both European and Indian blood. This and other aspects of the painting shows the inclusion of both the Spanish and the Indians as equals.

The designs on the tilma also show her desire for the people and government to move away from the human sacrifices and war, to a complete respect for life. During one of his four visits to the shrine, Pope John Paul II entrusted the cause of life to our lady, and placed under her care the lives of those who are in danger of not being born.

"Our Lady of Guadalupe's apparition can only be understood fully now, when Catholicism's most expressed model for society is a Civilization of Love and its greater explication of human dignity is the Theology of The Body." In the book, the authors stress the importance of love as relationship, as in making a gift of oneself to others, as opposed to love being a physical act. "If we are to see in her {Mary's} words an answer to a spiritual problem, the spiritual problem it answers is a lack of love and a lack of understanding about love as a relationship rather than as a practice."

CARL ANDERSON, New York Times bestselling author, is the chief executive officer and chairman of the board of the Knights of Columbus. He held various positions of the Executive Office of the President from 1983 to 1987, was a member of the U.S. Commission on Civil Rights, and has taught at the Pontifical John Paul II Institute for Studies on Marriage and Family.

FATHER EDUARDO CHAVEZ is one of the most renowned experts on the Guadalupe apparitions and the postulator of St. Juan Diego's cause for sainthood. He is the first Dean of the Catholic University Lumen Gentium of the Archdiocese of Mexico, co-founder and Dean of the Higher Institute for Guadalupan Studies and honorary Canon of the Guadalupe Basilica

## Peter's Points to Ponder

What is the most common reaction for a teenager who's told "Don't do that" with little explanation as to the consequences of doing what they're not supposed to do, or the explanation given is "because I said so"? It's human nature to want to do what you're not supposed.

In 1953, Hugh Hefner launched the first edition of "Playboy", and the 1960s are commonly referred to as the "sexual revolution". During this time, there was an increase in pornography and the advent of oral contraception (birth control pill). With the exception of Pope Paul VI's encyclical "Humane Vitae", the church was fairly quiet on these issues. Pope Paul's encyclical addressed the dignity of human life, and birth control; however, it did not provide the theology behind the Church's teachings. The controversial encyclical was, for many, especially in the Western World, seen as the "just don't do it" encyclical. It's safe to assume that many who criticized this encyclical had also never read it in full.

Pope John Paul II knew the importance of emphasizing "don't do it", but recognized the Church's teachings lacked the required explanation. In response, he released his "Theology of the Body" starting September 10, 1979, with the 1st of 129 General Audiences which would last until December 3, 1984. In this rich body of work, John Paul II teaches that the body is created in the image and likeness of God, and, as such, must be used as God designed it to be used. When seen in its entirety, John Paul II's "Theology of the Body" truly is the answer to the ever popular question "What is the meaning of life?"

*"Sometimes, what is called... 'love,' if subjected to searching critical examination turns out to be, contrary to all appearances, only a form of 'utilization' of the person."*

- Pope John Paul II

## What the Pope really said about condom use

By Phil Lawler - ([Catholic Culture](#)) There are dozens of misleading stories abroad already, about a statement Pope Benedict made in a lengthy interview. Unfortunately, there will be many more misleading comments, based on these inaccurate first reports.

Did the Pope really say that condom use is sometimes justified? No; that's not what he said.

The book-length interview in which the Pope made these comments will be available next week, and you can read the full statement in the proper context. Until then, [here is a simple and lucid explanation](#) by Janet Smith for *Catholic World Report*.

## God, Sex and the Meaning of Life Ministry

Formed in 2006 our ministry has presented over twenty Workshops on the Theology of the Body in many Parishes in the Toronto and Hamilton Archdioceses. As well, in the fall of 2009, we organized a Conference attended by over 1000 people. We have held four Theology of the Body for Teens workshops and have been invited into two high schools to provide a session on the Theology of the Body in the Classroom. We have also held workshops for Parents. Our Ministry is approved by The Archdiocese of Toronto.

Please keep GSML Ministry in your prayers

Contact information: [gsmlministry@gmail.com](mailto:gsmlministry@gmail.com)

[www.godsexandthemeaningoflife.com/](http://www.godsexandthemeaningoflife.com/)

*God, Sex and the Meaning of Life Ministry has Toronto Archdiocesan approval*

Visit our website for news, and resources for:

- Teachers
- Parents
- Teens
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- Books
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