

If you received this twice, please accept our apologies. If the Newsletter does not appear as it should please go to our Website at <http://www.godsexandthmeaningoflife.com/Newsletters.html> - click on Volume 23 - to view the document. If you would prefer to receive this email as a PDF attachment please let us know.



# God, Sex and the Meaning of Life

JAN 2012

VOLUME 23

## Special Youth Edition

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

For more Information about GSML Ministry [click here](#)

**Don't forget to join our Theology of the Body Study Group:**

Every Monday morning from 9:30 - 11:30 at St. Bernadette's Parish Hall, 21 Bayly St.

[Natural Family Planning](#)  
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## **GSML Workshops:**

If your parish or group would like to book a workshop contact [gsmlministry@gmail.com](mailto:gsmlministry@gmail.com) or [click here](#) to find out more about GSML Workshops



### ***God, Sex and the Meaning of Life Workshop***

#### **At St. Philip Neri Parish**

Address: 2100 Jane Street, North York ON  
Intersection: Just north of the 401  
Dates: Monday Jan 16, 2012 - Session 2  
Monday Feb. 13, 2012 - Session 3  
Monday Mar. 19. 2012 - Session 4  
Time: **7:00 pm to 9:00 pm**  
Register: [stbreg@gmail.com](mailto:stbreg@gmail.com)  
Admission: Free (Optional Study Guide is \$10.00 )

The first session was an overview the next session presents more information, so don't worry if you missed the first one.



### ***A Biblical Walk Through the Mass*** ***Sponsored by St Bernadette's Knights of Columbus***

Address: St. Bernadette's Parish Hall - 21 Bayly St. Ajax  
Intersection: Harwood and Bayly  
Dates: Saturday Feb. 18, 2012 - Session 1  
Saturday Feb. 25, 2012 - Session 2  
Saturday Mar. 3, 2012 - Session 3  
Saturday Mar. 10. 2012 - Session 4  
Saturday Mar. 17, 2012 - Session 5  
Time: **10:30 am to 12:30 pm**  
Register: [stbreg@gmail.com](mailto:stbreg@gmail.com) or phone 905-683-1533

[Biblical Walk Poster](#)

*Resources for  
Celibacy & Religious  
Life*

**Vocation: Why not  
Priest? (english) -  
2.30 min**

<http://www.youtube.com/watch?v=Ey9OZNk0Y5U>

**Sisters: In Their  
Own Words - 5:53**

min

<http://www.youtube.com/watch?v=q4wDPaRSZm0&feature=related>

**"It changed my life."** was one student's response to the recent *Theology of the Body for Teens*.

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

*"Chastity: the virtue that directs all our sexual desires, emotions, and attractions toward the dignity of the person and the real meaning of love. It falls under the cardinal virtue of temperance. Chastity is saying "yes" to the demands of authentic love."*

- *Theology of the Body for Teens*

Admission: Free (Optional Study Guide & Book are \$25)

Based on the revised translation of the Mass, this workshop explores the biblical roots of the words and gestures we experience in the Liturgy and explains their profound significance. This intriguing look at the Mass is sure to renew your faith and deepen your devotion to the Eucharist.

To register email: [stbreg@gmail.com](mailto:stbreg@gmail.com)



## GSML News

### Special Teen Information

#### ***Theology of the Body for Teens Study Group - Report***

"It changed my life." was one student's response at the conclusion to the *Theology of the Body for Teens* study group at Fr. Leo J. Austin High School in Durham Region. Others said....

GSML Ministry just completed a 12 week program using the ToB for Teens. Working with approximately 100 teens, it was an exciting time, and we enjoyed and learned so much from these young people.

The Religion Department made us feel very welcome, and we came to know that the school was blessed by many teachers who truly care for their students' welfare and well-being. The students themselves participated actively and had many penetrating questions.

The "ice breaker" activity set the pace for the daily instruction and the students looked forward to them each time. Every activity taught a lesson, for example - God has a message for the Christian, but it could not be heard amid the noise of the modern age. One student (God), stood at one end of the room passing a message to another student (the Christian) in a normal voice. The rest of the students stood between them talking and singing in normal voices. The lesson was brought home so effectively that students realized the original assurance that he or she would be able to hear God, was replaced by dismay and surprise when they didn't hear Him over the daily noise and clamour in the room. It was good fun.

Each of the 12 sessions started with a Bible reading, followed by a prayer. The lesson was built upon the Bible reading, as we have to first listen to God then respond. After a short review of the previous week, we moved on to the Story Starter, a true story that was often moving. One brought tears to my eyes each time it was read (Session 8). The story was about a soldier, Dave, who had half his face blown away and was anxiously awaiting his fiancée's hospital visit. Moments before she arrived, he witnessed the rejection of his roommate's wife as she declared, "I could never walk down the street with you again-" (He had been burnt from head to toe), and Dave was fearful he would be rejected also. But-his fiancée looked into his one good eye, then bent down and kissed him. "Dave began to experience love in a way he never imagined..."

Each week we also listened to a 20 to 25 minute DVD talk with Jason & Crystalina Evert and Brian Butler who shared many experiences of their own lives, as well as

*"Educating children for chastity strives to achieve three objectives; (a) to maintain in the family a positive atmosphere of love, virtue and respect for the gifts of God, in particular the gift of life; (b) to help children to understand the value of sexuality and chastity in stages, sustaining their growth through enlightening word, example and prayer; (c) to help them understand and discover their own vocation to marriage or to consecrated virginity for the sake of the Kingdom of Heaven in harmony with and respecting their attitudes and inclinations and the gifts of the Spirit."*

*- The Truth and Meaning of Human Sexuality: Guidelines for Education within the family.*

insightful teaching on purity, chastity, dating and other Theology of the Body topics.

One topic the students found very interesting was on Dating with Purpose and Purity (Session 11).

### **Let the students speak for themselves (a summary of their comments)**

- "I am grateful for this program because I now have a better grasp on my sexual life and it has changed my views on sex. I now understand the importance of treating your partner right and how to live in a pure way."
- "I think theology of the body is great. It makes sense by using language and examples that we understand."
- "Theology of the body was a good experience as it taught us about real issues affecting our lives today."
- "Was a great experience that taught me more about God and His relationship with me."
- "I enjoyed all of the different activities that the group had us do and I had learned a great deal from them. I also enjoyed the videos they had shown us."
- "I now understand what the purpose of human sexuality is. It has taught me how to respect myself and other people."
- "I learned a lot including how to date with a purpose."
- "Every single week I learned something new about what Jesus expects from me as a human being."
- "I know now what a healthy relationship should feel like and how to live in a proper Christian way."
- "Since Theology of the Body I have realized that following in Jesus' footsteps can really change your life. It has helped me realize and think about my relationship with God and how I need to keep in touch with God to strengthen our relationship through prayer."
- "Theology of the Body has taught me a lot about relationships and how to allow God into my life. Before theology of the body I wasn't fully sure how to let God into my life. Thank you so much for teaching me how to open up to God."

To read the complete comments [click here](#)

For resources on the Theology of the Body for Teens, as well as a sample chapter [click here](#)

If your school would be interested in inviting us in please contact us at [gsmlministry@gmail.com](mailto:gsmlministry@gmail.com) to find out more.

### ***Other Thoughts***

"The evil of our times consists in the first place in a kind of degradation, indeed in

a pulverization, of the fundamental uniqueness of each human person." Blessed John Paul II summed up in these few words the way adults perceive teenagers in today's society. In general we view them as being selfish, uncaring, irresponsible and perhaps even dangerous. We, of course, will automatically deny that we fall into that category as adults, but if we were honest with ourselves, we would admit that it is closer to what we think, as not. How can it be otherwise. As Christopher West asserts, we are all "so darned interested" in sex because the media puts it front and center everywhere, in advertizing, in news and in photography. This is the same media that tells teens their peers are "doing it", are into drugs, and yes the real message is that each person is the same, and not fundamentally unique. They rarely show the good side of teens, but seem to stress the negative side, and the lack of self-determination many youths possess.

Theology of The Body for Teens was a recent revelation for me. The teens' responses to our efforts, as shown elsewhere in this newsletter, left us in no doubt that these youth are looking for answers. It showed me that they do not really believe the media hype, but are struggling with efforts to find a better alternative. The cause for this struggle can only be placed at our door. As adults, we have failed to help them deal with the horrendous burden of growing up in today's immoral society. Workshops like Theology of The Body for Teens, and others our Ministry offers, can help, but, as parents and adults, we have to start supporting and trusting teens to do the right thing. One of the most encouraging comments was that the GSML team was non-judgmental. We were there to help, not criticize. As parents and adults, one of the best ways for us to encourage youth to change is summed up in another quotation from Blessed John Paul II "Do not forget that true love sets no conditions; it does not calculate or complain, but simply loves."

We should all adopt that as one of our New Year resolutions.

## Other GSML News

### ***Guiding Your Child at St. Philip Neri - Report***

Our group was honoured to be invited to participate in St. Philip Neri Church's 60<sup>th</sup> anniversary celebration events. We presented a follow-up to the first parent workshop, in a full day format. About 40 people attended, and one lady traveled in from Kitchener, as she thought the topic was so important. Attendees were very interested and expressed their thanks especially on learning a new definition of chastity.

#### **Some comments about the Guiding Your Child Workshop were:**

- Volume of new information. New view of the topics discussed. Clear definition of chastity and how it relates to God.
- the info on how to start chastity education early and know how important it is to start early, learn some practical examples, know the term "marital union" can replace "sex" in everyday language.
- Learning new perspective on Sex, gender, marriage and dating.



### ***Theology of the Body Study Group***

Every Monday morning at St. Bernadette's Parish Hall, 21 Bayly St. E, Ajax from

*"Human sexuality is the truth and meaning of being a **gendered** human person, of being made in the **image and likeness of God as masculine and feminine.** Being male and female is how we image and reflect God." - Katrina Zeno*



**Starting Again  
Why don't you join  
us.**

*Grow in your Catholic  
Spirituality while you  
lose weight.*

**We are in the  
Catholic Register**

[www.catholicregister.org](http://www.catholicregister.org)

9:30 am to 11:30 am.

We are studying *The Body Reveals God* by Katrina J. Zeno

Everyone welcome.



### ***Light Weigh***

The next session starts on Jan. 10 in Ajax for 12 weeks from 9:30 am to 11:30 am.

The Light Weigh is a 12 week Video Series - Bible Study where you will learn a new approach to eating and to prayer. Light Weigh members learn to eat the foods they enjoy in moderation. **A Weight Loss program written from the Catholic perspective.**

If you are interested in joining us, please contact [gsmlministry@gmail.com](mailto:gsmlministry@gmail.com)

One of the participant's commented:

*"I have found the spiritual formation & the depth of the Catholic Faith element in the Light Weigh extremely good. There is so much material that I feel it can be done several times & not exhaust the possibilities for growth....and I'm not referring to our waist line!"*

## **Light Weigh feeds a spiritual hunger**

Written by [Vanessa Santilli](#), [The Catholic Register](#)

Wednesday, 04 January 2012 09:27

Suzanne Fowler wants people to fill the hole in their hearts with God, not with food.

That's the premise of Fowler's Light Weigh program for weight loss, which she created to solve her own struggles with eating.

"People are not going to food because they're physically hungry when they're overeating," Fowler told [The Catholic Register](#). "They're going to food because of a spiritual hunger. It's emotional. It's taking place in the heart."

To read more [click here](#)



## **Theology of the Body Discussion Group**

We have several interested people and will be contacting them soon to make arrangements for our first discussion group.

If you are interested please get in touch with us at [gsmlvolunteers@gmail.com](mailto:gsmlvolunteers@gmail.com)

Some of the topics will include:

- *The Human Person in the Midst of a Culture of Death & JPPII's Response* by Dr. Michael Waldstein
- *The Neurology & Psychology of Gender* by Dr. Philip Mango
- *The Sun Has Scorched Me: The Mystery of Man* by Eric Scheidler
- *From Love & Responsibility to the Theology of the Body* by Fr. Roger Landry
- *A Garden Enclosed: The Mystery of Woman* by Katrina Zeno
- *Theology of the Body and Art? The Naked Truth* by Fr. Thomas Loya

## **Some New Workshops / Retreats:**

### ***Confirmation & Theology of the Body Retreat***

- We will be offering a Confirmation Workshop/Retreat on the Theology of the Body, Please contact us to book one.

### ***Theology of the Body for Grade 7 & 8***

- A new program, which would augment the *Fully Alive* program.

### ***Theology of the Body in the Classroom***

Short introduction to the Theology of the Body for Teens of 1 period length.

[www.catholicculture.org](http://www.catholicculture.org)

## **Pope calls for moral education of youth in annual message for World Day of Peace**

In the process, the Holy Father emphasizes moral education, and—reprising a common theme of his pontificate—warns against the dominance of relativism, particularly in education.... Education should prepare young people to live in freedom as adults, the Pope says. Here too, moral and religious education is crucial. He explains: "Only in relation to God does man come to understand also the meaning of human freedom." The Pope draws a sharp contrast between proper education in morality and a secular approach, which tends to "detach the concept of justice from its transcendent roots." To read more [click here](#)

## **Pope Benedict speaks at the Bundestag of importance of respecting 'ecology of man' - Sept. 22, 2011**

"The importance of ecology is no longer disputed. We must listen to the language of nature and we must answer accordingly. Yet I would like to underline a point



Pope Benedict first spoke of "Ecology of Man" in 2008

that seems to me to be neglected, today as in the past: there is also an ecology of man. Man too has a nature that he must respect and that he cannot manipulate at will. Man is not merely self-creating freedom. Man does not create himself. He is intellect and will, but he is also nature, and his will is rightly ordered if he respects nature, listens to it and accepts himself for who he is, as one who did not create himself. In this way, and in no other, is true human freedom fulfilled. - from **The Listening Heart: Reflections on the Foundations of Law** found at:

[www.vatican.va/holy\\_father/benedict\\_xvi/speeches/2011/september/documents/hf\\_ben-xvi\\_spe\\_20110922\\_reichstag-berlin\\_en.html](http://www.vatican.va/holy_father/benedict_xvi/speeches/2011/september/documents/hf_ben-xvi_spe_20110922_reichstag-berlin_en.html)

### **PONTIFF CALLS FOR "ECOLOGICAL OF MAN"**

VATICAN CITY, DEC. 22, 2008 ([Zenit.org](http://www.zenit.org)).- While protecting nature is an essential mission of the Church, it's no more important than protecting the nature of the person, says Benedict XVI.

The Pope spoke today of what he termed an "ecology of man" during his traditional exchange of Christmas greetings with prelates and members of the Roman Curia.... This human ecology, he affirmed, is based on respecting the nature of the person, and the two genders of masculine and feminine. ... The Pope warned against the manipulation that takes place in national and international forums when the term "gender" is altered.

<http://www.zenit.org/article-24652?l=english>

## **Bishops approve strategy to take lead on life and family issues**

Catechesis is the cornerstone of new pastoral plan  
By Deborah Gyapong  
The Canadian Catholic News

OTTAWA (CCN)—Canada's Catholic bishops approved a national pastoral plan on life and family at their annual plenary assembly Oct. 17-21 in Cornwall, Ont.

... Catechesis will include ways of incorporating Pope John Paul II's teachings on the Theology of the Body (ToB), which Archbishop Smith described as "so rich and so unique" that it might take "some time for us all to receive it." But he noted ToB had at its core the appreciation of the "gift of human sexuality, human life and married life." To read more [click here](#)

[bcc.rcav.org/canadian/1125-bishops-approve-strategy-to-take-lead-on-life-and-family-issues](http://bcc.rcav.org/canadian/1125-bishops-approve-strategy-to-take-lead-on-life-and-family-issues)

## Blessed John-Paul II: Prophet of Life and the Family

*The beatification of Pope John Paul II provides a new occasion for the Catholic Organization for Life and Family to pay tribute to the one who was, from 1978 to 2005, the "sweet Christ on earth" as Saint Catherine of Sienna affectionately called the Holy Father. It is with much joy that we renew our 2005 tribute, titled "John Paul II: Prophet of Life and Family".*

With the passing of Pope John Paul II, whose life was dedicated totally to Christ, to the Church and to all of humanity, Catholics from Canada and around the world have lost a father. This spiritual father missed no opportunity to tell the men and women of the beginning of this third millennium about God's unimaginable love for each and every one of them.

At the heart of the brilliant teachings of Karol Wojtyla, who became the Holy Father in 1978, is his proclamation and rigorous defence of the Gospel of Life and the Family. Despite opposing currents, John Paul II never stopped inviting believers to build a civilization of love, against all obstacles and in a spirit of joy and courage, with their sights set on Christ... [Read More](#)

## Recommended Reading

### **How to Find Your Soulmate: Without Losing Your Soul**

*21 Secrets for Women*

By Jason & Crystalina Evert

In your quest for love, don't lose yourself along the way.

While navigating through the dating scene, every woman an begins to wonder:

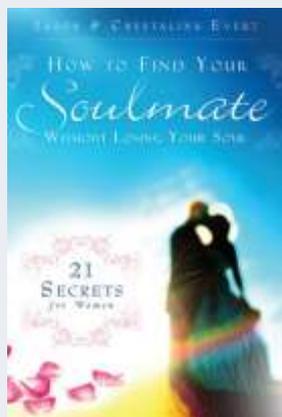
- How do I know when a guy really loves me?
- Am I being too picky?
- Do I even deserve love?
  
- Is my relationship worth keeping?
- Is love worth the risk?
- Are any decent guys left?

Single women often feel left alone to find answers to their deep questions about love and intimacy. Some hang out and hook up, hoping for love. Others are afraid even to hope. At some point, every woman needs reassurance that she—and her standards—are not the problem. In *How to Find Your Soulmate without Losing Your Soul*, you'll discover twenty-one strategies to help you raise the bar, instead of sitting at it, waiting around for Mr. Wonderful.

Isn't it time that you discovered a love that helps you to become yourself?

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

*For over a decade, Jason and Crystalina Evert have traveled the world speaking to more than a million singles about finding love without having to settle for less.*



*They have authored numerous books on the subject and live in Southern California, with their children.*

## **Life on the Rock - Finding Your Soulmate - Fr. Mark and Doug with the Everts - 07-28-2011**

EWTN Global Catholic Television Network: Life on the Rock - Fr. Mark and Doug - Jason and Crystalina Evert - Finding Your Soulmate Without Losing Your Soul

<http://www.youtube.com/watch?v=M9I0cumvGiI>

*Due to the importance of BL John Paul II to the whole Church, St. Augustine Parish has dedicated the year May 1<sup>st</sup>, 2011 – 2012, as "The Year of Blessed John Paul II". They have scheduled special events, including monthly presentations of his teachings and main documents.*

## **Monthly Conference on Bl. JP II Teachings**

### ***Morality & Sexuality: The Splendor of Truth & the Theology of the Body***

**Speakers:** Dr. Gabriela Alfano (English)  
Ing. Arturo Perez (Spanish)

**Where:** St. Augustine of Canterbury Parish  
80 Shoreham Dr., Toronto, ON

**When:** Thursday Jan. 19, 2012  
Following Votive Mass at 7:00 pm

### ***Mystery of Suffering:***

**Speakers:** Dr. Michele Vecchio (English)  
Sr. Maria del Sol (Spanish)

**Where:** St. Augustine of Canterbury Parish  
80 Shoreham Dr., Toronto, ON

**When:** Thursday Feb. 17, 2012  
Following Votive Mass at 7:00 pm

**Website:** [johnpaulthegreatfamilycentre.org](http://johnpaulthegreatfamilycentre.org)

### **Other Talks:**

Dignity of Women - Mar. 15, 2012

Art & Culture - April 19, 2012

## Theology of the Body Talk

**Date:** January 12th, 2012

**Location:** Kings University College, 266 Epworth Ave, London, N6A Canada

**Presenter:** Damon Owens

**Contact:** Sister Susan Glaab, CSJ

**Email:** [sglaab@uwo.ca](mailto:sglaab@uwo.ca)

**Description:** 7:30-9pm This talk introduces a new "vision for life" designed for young adults! Many will come to see, perhaps for the first time, who they really are and who they are called to be. God's plan for us is stamped right into our bodies, and understanding this plan will give attendees a new lens through which to see their lives, relationships, and the world around them. Damon Owens will address and answers some of the most fundamental questions of human existence.

Theology of the Body  
Institute

[www.tobinstitute.org](http://www.tobinstitute.org)

The love of man and woman "tends to rise 'in ecstasy' towards the Divine, to lead us beyond ourselves; yet for this very reason it calls for a path of ascent, renunciation, purification and healing."

*Benedict XVI (God is Love, n. 5)*

## Theology of the Body I: Head & Heart Immersion Course

**February 26-March 2, 2012**

with Christopher West  
Quarryville, Pennsylvania

This course introduces students to the key themes of the 129 Wednesday audience addresses that comprise John Paul II's Theology of the Body. Particular attention will be paid to the imago Dei, fall and redemption, Christian ethics and ethos, freedom and person, gender and vocation. Students will be encouraged to journey from "head to heart" in applying the theological concepts they learn to their own lives and relationships.

[Register Online](#) or Contact Tess at 215-302-8200 ext. 102 or [takre@tobinstitute.org](mailto:takre@tobinstitute.org)

"Brace yourself! If we take in what the Holy Father is saying in his Theology of the Body, we will never view ourselves, view others,

## Spring Time of Faith Conference

St. Therese School of Faith and Mission in Bruno, Saskatchewan, presents "Into the Heart: An Introduction and Journey through the Theology of the Body" with well-known speaker and author, Christopher West Join the students of St. Therese for a transforming journey that opens the heart to deeper intimacy with the Father, Son, and Holy Spirit.

view the Church, the Sacraments, grace, God, heaven, marriage, the celibate vocation...we will never view the world the same way again."  
(Christopher West)

### Two different registration options:

- **FULL CONFERENCE (Apr. 27 - May 3);** includes:
  - All "**Introduction to Theology of the Body**" sessions
  - Admission to "**Fill These Hearts: An Evening of Beauty and Reflection on Theology of the Body**" featuring Christopher West and Mike Mangione & The Union, with round-trip event transportation between St. Therese, Bruno and Circle Drive Alliance Church, Saskatoon
  - "**Advanced Theology of the Body**" sessions
- **ADVANCED LEVEL ToB (Apr. 29 - May 3);** includes:
  - "**Advanced Theology of the Body**" sessions only

**Registering only for Advanced Level ToB:** *It is recommended that you attend the full conference in order to take in the fullness of the ToB teachings, including the new/updated information contained in these presentations. However, if you have attended previous ToB sessions (eg. National Theology of the Body Conference - Saskatoon; other Christopher West presentations / DVDs / etc.), we give you the option of registering only for the Advanced ToB portion*

For more information or to register [click here](#)

"Create in me a pure heart oh Lord, and renew a steadfast spirit within me."  
- Psalm 51:10

## Points to Ponder

While addressing the Reichstag in Berlin Germany on a recent apostolic journey, Pope Benedict XVI spoke about the importance of respecting the ecology of man.

In this address the Holy Father noted that man (generic of the human race) is much more than just a being with free will, man is also nature. It is only when we accept and orient ourselves based on this nature that we can find true happiness.

Pope Benedict used this opportunity to speak to the German people about laws, and the importance of ensuring laws are oriented towards the true nature of man.

Ensuring our laws are oriented towards nature is important; but also, equally important is ensuring a true moral education. This moral education must be more than just a secular education about the ABC's and 1-2-3's of math, science and literature. This education, as the Holy Father points out in his address (released December 16, 2011) on the occasion of the World Day of Peace, must start with the family, the "first school" for young people. During this address the Holy Father also spoke of the need to ensure that education does not "detach the concept of justice from its transcendent roots".

With the family as the first school, this makes parents the first teachers. So what can parents do to ensure they are providing a moral education that respects the true ecology of man? This is a challenge that the Canadian Catholic bishops are looking to address with the release of a catechism that will be based on Blessed John Paul II's "Theology of the Body". The "Theology of the Body" contains, at its core, a respect for human life and sexual / married love, which is of fundamental importance to ensuring man is properly oriented towards nature, with a true moral education. With many of our laws already contrary to the true ecology of man (eg. a woman's right to abortion, homosexual marriage) it is especially important that today's young people are educated on God's plan for life and love. If parents do not take this challenge seriously, children will be educated by secular sources,

including the media, which already teach that a homosexual marriage is legitimate. With the release of the Canadian Catholic Bishop's catechism for families, as well as existing material on "Theology of the Body", there are a number of resources available for parents including CDs / DVDs, etc., that can be ordered online.

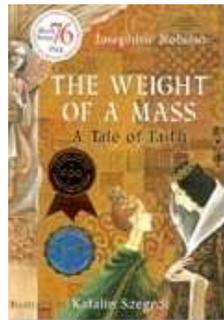
**What a good idea!**

**Items to help teachers and parents teach young children**

## **Donate Catholic Books to Catholic School Libraries**

### **The Weight of a Mass: A Tale of Faith**

By Josephine Nobisso



Couched in the language and look of a fairy tale, and rich in solemn beauty, this tale of what happened when a destitute widow begs only a crust of bread in return for offering the Royal Wedding Mass is based on a true miracle.

Note: We enjoyed this book so much we are donating a copy to the three schools attached to our parish. - GSML Ministry

## **Evening of Reflection for Women**

“Living Cardinal Virtues”

Speaker: Fr. Kenneth Leblanc, LC

Date: January 18, 2012

Time: 7:00 p.m.

Location: St Andrew's Parish

47 Reynolds Street

Oakville ON L6J 3J9

Contact: Tima Borges

Phone: 647-227-0682

e-mail: [borgest@acn.net](mailto:borgest@acn.net)

## **Natural Family Planning Association**

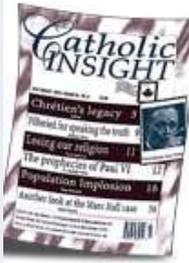
NFPA association teaches the Billings Ovulation Method of natural family planning. The Billings Ovulation Method teaches a woman to interpret her natural signs of fertility through all her changing life stages from puberty to menopause. It is not the Rhythm method nor the Calendar method. It does not involve temperature taking. The Billings Ovulation Method is easy to learn and is highly successful when used by a couple to achieve or avoid a pregnancy. This method of natural family planning engenders co-operation and respect between the woman and man. It develops love and concern for each other and for the child, thus enriching their relationship.

Once learned, the method can be applied to all variations throughout a woman's reproductive life:

- regular cycles

- irregular cycles
- anovular cycles
- effects of stress
- low fertility
- after childbirth or miscarriage
- while breastfeeding and weaning
- approaching menopause

For more information about the Natural Family Planning Association Toronto - [click here](#) or <http://www.naturalfamilyplanning.ca/toronto/>



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Visit our website for news, and resources for:

- Teachers
- Parents
- Teens
- Articles
- Books
- Websites
- And more

## God, Sex and the Meaning of Life Ministry

Our Ministry is approved by The Archdiocese of Toronto and has presented over twenty Workshops on Pope John Paul II's Theology of the Body in Parishes in the Toronto and Hamilton Archdioceses. As well, in the fall of 2009, we organized and held a Theology of the Body Conference in Toronto. This conference was attended by over 1000 people. At the same time, we facilitated a Luncheon meeting on this same topic for Priests and Seminarians with over 120 in attendance. We have held four Theology of the Body for Teens workshops and have been invited into three high schools to provide a session on the Theology of the Body in the Classroom. We have also held workshops for Parents.

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*

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