

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 20 - 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

JULY 2011

VOLUME 20

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

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

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

## GSML News

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

During Respect for Life Week in May we were invited to give two presentations on the Theology of the Body at Bishop Allen Academy, Etobicoke. Two classes attended each presentation for a total of approximately eighty Grade 12 students.

### *Light Weigh*

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.**

We will be starting again September 13, 2011 at 9:30 a.m. at 21 Bayly St. E, Ajax St. Bernadette's Parish hall. If you are interested in joining us, please contact [gsmlministry@gmail.com](mailto:gsmlministry@gmail.com) before August 15 so we can order the material.

**Important Note:** If two more people are interested in an **evening** Light Weigh we will start one on September 13 in Ajax. Please let us know as soon as possible if you would like to join.

Contact us if you are interested in this program. [gsmlministry@gmail.com](mailto:gsmlministry@gmail.com)

### *Theology of the Body Workshops in the Fall*

We are conducting several workshops on the Theology of the Body in the Fall of 2011 and early 2012, **Guiding Your Child Through the Sexual Minefield** and **God, Sex and the Meaning of Life Workshop**. For more information or to register [click here](#)

### ***New \* Confirmation Workshop \* New***

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

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

*Theology of the Body for Grade 7 & 8* answers the questions your students or young teen may have about sexual morality, relationships, and how they were uniquely created for greatness. This program uses a dynamic mix of stories, real-life examples, activities, prayers, and relevant references to the culture, all packed into eight life-changing lessons.

**It will answer questions such as:**

**Antiphon in honor of the Perpetual Virginity of the Blessed Virgin Mary**

*"You are an enclosed garden, O Mother of God, an enclosed garden, a sealed fountain; arise, hasten, my beloved, and come." - translated by James Monti*

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

- Who am I?
- Are there consequences to my actions?
- What is the difference between love and lust?
- How do I balance family, friends, school, God, music, TV, Internet, texting, etc., in my daily life?
- How can I discern my vocation to marriage, priesthood, or religious life?
- How do I deal with bullying, gossip, peer pressure, pornography, divorce, etc?
- Can I live my Catholic faith no matter how I messed up in the past?

***Our Trip to the Shrine of Our Lady of Good Help, Wisconsin***

Two members of our ministry recently returned from a very spiritual and rewarding visit to the Shrine of Our Lady of Good Help where the Marian Apparitions are the first and only in the U.S. to be approved by the Church. The shrine is located in rural Wisconsin close to Green Bay, which adds to the peace and serenity that overwhelms the beautiful chapel and grounds.

It was a great opportunity to think about Mary and her integral role in The Theology of The Body. Mary, having been born free of original sin and not subject to its repercussions, not having sinned during her life, and being a true tabernacle of the human side of God, did not "die", but was assumed body and soul into Heaven. She is our model. Her Son by his death gave us the opportunity to live a holy life, and to be a tabernacle of His Body through the Eucharist. However, having been born into original sin, our bodies are destined to turn "to dust", and will only be reunited with our souls when God's plan is fulfilled. Mary is the ultimate sign of the holiness and beauty of our bodies, as well as a sign from God of the ultimate destiny of both body and soul.

For further information on the Shrine please visit  
[www.shrineofourladyofgoodhelp.com](http://www.shrineofourladyofgoodhelp.com)

[See also article below](#)

*Due to the importance of BL John Paul II to the whole Church St. Augustine Parish has decided to dedicate May 1st 2011 - 2011 as "The Year of Blessed John Paul II". They will be having special events including monthly presentation of his teachings and main documents.*

**Monthly Conference on BL JPII Teachings**

**Eucharist & Penance**

**Speakers:** Fr. Mario Salvadori (English)  
Fr. Diego Ruiz, IVE (Spanish)

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

**When:** Thursday July 21, 2011  
Following Votive Mass at 7:00 pm

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

**Other talks:**

Bible Interpretation - Aug. 18, 2011

Life & Family - Sept. 15, 2011

*"Nothing can substitute prayer, reflection or meditation to improve our connection to God and unless we remain physically active to some degree, nothing will strengthen and nurture our bodies for a sustained period of time. We have to exercise and we have to pray. That's just the way it is."*

-Michael Carrera, MSc

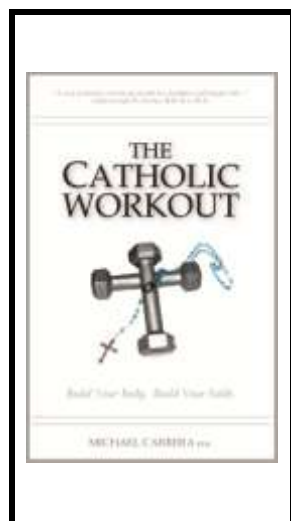
**Contact:**

[info@thecatholicworkout.com](mailto:info@thecatholicworkout.com)

## The Catholic Workout

*The Catholic Workout* book and DVD helps restore balance in your life by building your body and your faith. Tone your body with simple dumbbell exercises and pray the decades of the Rosary at the same time while meditating on important events in the life Jesus. *The Catholic Workout* is available at [amazon.com](http://amazon.com) or can be purchased from [www.thecatholicworkout.com](http://www.thecatholicworkout.com)

Featured on Catholic focus (Salt and Light TV):  
[www.youtube.com/watch?v=QvLg1DaJb8E](http://www.youtube.com/watch?v=QvLg1DaJb8E)



From Fitness Expert and a once starved Catholic comes an unprecedented method of building your body and your faith. *The Catholic Workout* invites you to use your body as an expression of love for Christ and as an opportunity to renew your belief in God, others and yourself.

Far from a typical fitness-oriented book, *The Catholic Workout* involves performing five specific resistance exercises while meditating on important events in the Life, Death and Resurrection of Jesus Christ. Michael Carrera leads by example, offering guidance through his touching stories and confessions. All you need is a Rosary, a set of dumbbells, and thirty minutes, three times a week to get the body and life you always wanted!

*"A very personal, convincing model to a healthier and happier life under every aspect. The author takes you where you are at, and by a novel approach to the Rosary shows you step by step the way to human and Christian maturity."* -

**Father Joseph M. Occhio, SDB, STL, Ph.D.**

## Worthy of Belief

### Diocese of Green Bay, Wisconsin

#### **Bishop Ricken approves Marian apparitions at Shrine of Our Lady of Good Help**

GREEN BAY, Wis. (December 8, 2010) — Bishop David Ricken announced today that he officially approves the Marian apparitions at the Shrine of Our Lady of Good Help at Champion.

The announcement was made during a special Mass for the Feast of the Immaculate Conception at the Shrine of Our Lady of Good Help at Champion.

#### **Declared with moral certainty**

Reading from his decree, the Bishop stated, "I declare with moral certainty and in accord with the norms of the Church that the events, apparitions and locutions given to Adele Brise in October of 1859 do exhibit the substance of supernatural



"Through Mary's maternal charity, the Shrine of Our Lady of Good Help will play an important role in the new evangelization. As Pope John Paul II said, "Let us go forward in hope! A new millennium is

opening before the Church like a vast ocean upon which we shall venture...On this journey we are accompanied by the Blessed Virgin Mary..."" (Novo Millennio Ineunte 58) from article by James John Marsala - [read the full document](#)

character, and I do hereby approve these apparitions as worthy of belief (although not obligatory) by the Christian faithful."

Today's declaration makes Our Lady of Good Help at Champion the first and only site in the United States of an approved apparition of the Blessed Virgin Mary.

[Read more.....](#)

**To read the full decree on the first approved Marian apparition site in the USA go to:** [www.shrineofourladyofgoodhelp.com/PDFs/diocesanShrine\\_Decree.pdf](http://www.shrineofourladyofgoodhelp.com/PDFs/diocesanShrine_Decree.pdf)



## TOB for Teens: Middle School Edition

The feast of John Paul II will be observed on October 22, in recognition of the date of his installation in 1978 as Roman Pontiff, the Vatican has announced.

The TOB for Teens: Middle School Edition Student Workbook presents the revolutionary teachings of John Paul II to middle school students in a way that is relevant, easy-to-follow, and entertaining. It follows the 8 segments presented in the TOB for Teens: Middle School Edition DVD Set and Leader's Guide. Each participant of the program should have a Student Workbook.

The Middle School Edition Workbook Includes:

- Lesson Overviews
- Suggested Prayers
- Story Starter Activities
- Comprehension & Discussion Questions
- Bridging the Gap Material (Relates Lesson to Students)
- Work It Out Sections (Applies the Lesson to Students)
- ...and much more!

For more information go to [Ascension Press](#)



## Uniting Theology Of Body With Theology Of Love

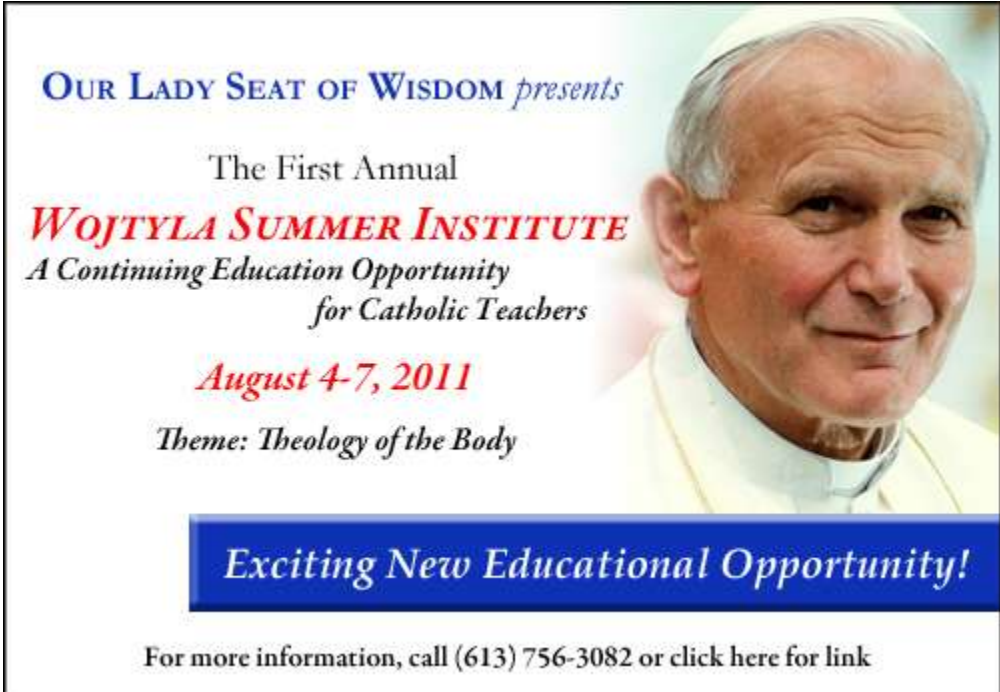
VATICAN CITY, 13 MAY 2011 (VIS) - At noon today the Pope received participants in a meeting sponsored by the Pontifical John Paul II Institute for Studies on Marriage and Family.

At the beginning of the address the Holy Father recalled that 30 years ago the newly Blessed John Paul II founded that Institute and the Pontifical Council for the Family and that it was precisely on 13 May thirty years ago that he "suffered the terrible assassination attempt in St. Peter's Square".

[Read more....](#)

## Wojtyla Summer Institute

This August OLSWA will host its first summer institute. The mission of the Wojtyla Summer Institute is to advance OLSWA's mission of serving the Church by offering programs focusing on aspects of Faith and Catholic Social Teaching which will be available to groups or individuals interested in further developing their understanding of Catholicism.



OUR LADY SEAT OF WISDOM *presents*

The First Annual  
**WOJTYLA SUMMER INSTITUTE**  
*A Continuing Education Opportunity  
for Catholic Teachers*

**August 4-7, 2011**

*Theme: Theology of the Body*

**Exciting New Educational Opportunity!**

For more information, call (613) 756-3082 or [click here for link](#)

For more information [click here](#)

## In memoriam - Rev. Richard Hogan (1952-2011)



May Father Hogan rest in peace.

"Anyone who has seriously studied the Theology of the Body knows the name of Rev. Richard Hogan. He co-authored *Covenant of Love* with Fr. John LeVoir, the first commentary book in English on this series of addresses by then-Pope John Paul II. He was recognized last summer with a Distinguished Achievement award as a pioneer in the advancement of the teaching of the Theology of the Body at the first ever Theology of the Body Congress.

Fr. Hogan spent many years teaching and preaching on the TOB and Natural Family Planning. He worked for several years with NFP Outreach, giving parish missions all over the country. He served on CCL's Board of Directors for three years, and was the primary person responsible for infusing our new course with a TOB focus. Fellow board member and friend, Bob Laird, shares the following reflection on Fr. Hogan and his contributions to CCL's work, both at the national level and in Bob's home diocese of Arlington, Virginia" [Read more....](#)

Fr. Hogan's audio file on the [Introduction to the Theology of the Body](#)

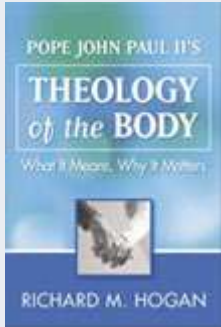
Fr. Hogan at the [Family Honor's Annual Conference, 2006 - The John Paul II Revolution](#)

**To listen or view these files you must have or download RealPlayer.**

Article: [An Introduction to John Paul II's Theology of the Body](#)

## Recommended Reading

***The Theology of the Body in John Paul II: What It Means, Why It Matters*** - by Richard M. Hogan



In this illuminating and comprehensive commentary, Rev. Richard M. Hogan explains why Pope John Paul II's teachings on the theology of the body speak so powerfully to a new generation of believers. At the heart of John Paul's series of talks is the unchanging truth that we are created in God's image, and so are called to love as God loves and to express that love in and through our bodies. Marriage, sexuality, celibacy, virginity, the resurrection of the body--all of these issues are covered within the pope's expansive framework.

"Pope John Paul II's teachings on the theology of the body are such a goldmine, with so many rich veins to explore, that new treasures emerge every time they are studied. This book by Fr. Richard Hogan moves us forward in the exhilarating project of understanding and living out the genius of John Paul II and his view of the human person." - Fr. Michael J. McGivney Chair of Life Ethics, Sacred Heart Major Seminary, Detroit, Michigan

*Since his ordination, Fr. Richard Hogan has authored three books on the theology of Pope John Paul II. The first two of these books were co-authored with his classmate, the Most Rev. John M. LeVoir, Bishop of New Ulm, MN. Fr. Hogan was one of the authors and editors of the Image of God series, a textbook program for use in Catholic religion programs for grade-school age children. In addition to this work, Fr. Hogan has been a pastor and served several parishes in the Twin Cities. He has been seen as a regular guest on EWTN and has a TV series called Theology of the Body.*

## Pastoral Ministry to Young People with Same-Sex Attraction

Canadian Conference  
of Catholic  
Bishops

**Letter published by the Canadian Conference of Catholic Bishops**

"As Bishops, we wish to address the pastoral needs of adolescents and young adults who question their sexual identity or experience feelings of same-sex attraction. We are concerned for the spiritual good of all persons, and want to help them live out their call 'to the fullness of Christian life and to the perfection of charity'. Convinced that 'only what is true can ultimately be pastoral,' we offer this guidance, by way of general principles and pastoral guidelines, to all Catholics, pastors, parents and educators, as well as to young adults themselves," the Commission states in its introduction to the pastoral letter."

To read this Letter go to [http://www.cccb.ca/site/images/stories/pdf/ministry-ssa\\_en.pdf](http://www.cccb.ca/site/images/stories/pdf/ministry-ssa_en.pdf)

## Priests for Life Joins with Real Estate for Life program

1.877.543.3871 (1-877-LIFE-US1)

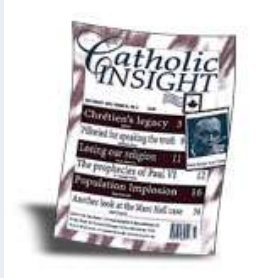
[www.realestateforlife.org](http://www.realestateforlife.org)

**Here's how it works:**

- You, your family, or a friend decides to **purchase or sell a home** anywhere in North America.
- Call Real Estate for Life first, before you call a real estate company (i.e., Century 21, Remax, etc.), and they will make the necessary arrangements

to market your home (using your preferred real estate company or agent if you wish).

- One phone call and you will be supporting the pro-life efforts of Priests for Life Canada.
- With that one call, a portion of the money that is already being spent on the services of a professional real estate broker will be donated to Priests for Life Canada



## Catholic Insight

Consider subscribing to Catholic Insight the magazine for Canadians who would like to deepen their knowledge of the Faith and to discover the authentic teachings of the Catholic Church.

To view articles or subscribe go to [www.catholicinsight.com](http://www.catholicinsight.com)

**What a good idea!**

**These two books and DVDs would be a great resource for the Religion Dept.**

## Donate Catholic Books to Catholic School Libraries

Some suggestions:

- *Theology of the Body for Teens, Leader's Guide and DVD*
- *Theology of the Body for Teens, Middle School Edition, Leader's Guide & DVD*



## Peter's Points to Ponder

A Catholic Rap Singer Fr. Stan Fortuna suggested in one of his songs that the word FAMILY is actually an acronym for "Forget About Me, I Love You". For a "family" to be a family in the truest sense of the word, it must be centered in Love, and for "love" (a commonly used but often misunderstood word) to be true "Love" it must be a selfless, self-giving love. The core of the family starts with the parents, whose mutual love for each other brings forth new life. This new life then demands a complete self-giving of the couple by providing the basic human needs (food, water, love, clean diapers, etc).

The love of the couple sustains both their own relationship, and the child; by giving everything of themselves the couple is enriched, and receive from God, and their spouse what is needed.

It is true that love demands a great deal, and it does require that each person forget about themselves (their own selfish needs and desires) to focus on what is best for the couple as a whole, but in so doing they receive much more in return. The couple who loves one another also realizes that they forget about themselves not because love demands this; they forget about themselves because they love the other, and want to do what is best for their partner.



## GSML Ministry is on FaceBook

If you have a question or would like to start a discussion - look us up at [www.facebook.com/pages/GSML-Ministry/142788839095476](http://www.facebook.com/pages/GSML-Ministry/142788839095476)

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.godsexandthmeaningoflife.com/](http://www.godsexandthmeaningoflife.com/)

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

To unsubscribe to this newsletter, reply back with this email to [gsmlministry@gmail.com](mailto:gsmlministry@gmail.com) with unsubscribe in the body of your email.