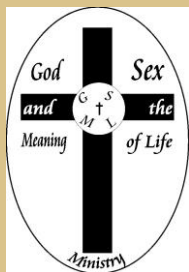


If you received this twice, please accept our apologies. If the Newsletter does not appear as it should please go to our Website at <http://www.godsexandthemeaningoflife.com/Newsletters.html> - click on Volume 43 - to view the document. If you would prefer to receive this email as a PDF attachment please let us know.



# God, Sex and the Meaning of Life

JULY 2015

VOLUME 43

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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. Ajax starting again on Sept 8, 2015



## **We are now booking into the 2015 and 2016.**

Toronto's Cardinal, Thomas Collins stated: [John Paul II] *"His teachings, and especially his Theology of the Body, are a permanent gift of immense benefit to us all. I earnestly invite everyone to study prayerfully the teachings of Pope John Paul, especially the Theology of the Body. -We need very much in these days to deepen our awareness of the dignity of the human person, and Pope John Paul helps us to do that."* - Address of Archbishop Thomas Collins - 32nd Annual Archbishop's Dinner, Oct 27, 2011

To read the full address [click here](#)

*"But sanctify the Lord God in your hearts, and always be ready to give a defense to everyone who asks you a reason for the hope that is in you, with meekness and fear;" 1 Peter 3:15*

*A Theology of the Body Workshop would help your parish or group grow in the knowledge of their Faith.*

Contact:

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

or 905-683-9055

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## **GSML News**

### ***Apologetics – Know and Explain Your Catholic Faith***

We are facilitating the Apologetics at St. Bernadette's Parish in Ajax, 21 Bayly St E. Sessions are held the fourth Saturday of the month after the 9 a.m. Mass – start 10:00 a.m.

Sept 26      Topic: Prayer

The word ***apologetics*** comes from the Greek word *apologia* found in **1 Peter 3:15** and means "defense." The Bible says that we're to always be ready (thus the name of this ministry) to give a "defense" (an *apologia*) to people who ask us about the hope we have as Christians.

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### ***Parent Retreat***

In May of this year we were part of a Parent Retreat held in Georgetown at Holy Cross Parish. We gave a talk on the Theology of the Body. Thank you Corina Sibley for inviting us.

The talk went over very well and everyone showed a keen interest.

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### ***Theology of the Body for Young Couples***

Let's give our teens an opportunity to discover the truths.

Contact: Rose and Pat Heron at [roseheron@gmail.com](mailto:roseheron@gmail.com)

On June 14 several facilitators from our group gave a full day presentation to five married couples from the Couples For Christ – Foundation for Family and Life, Young Couples Group in Georgetown. The topic was *An Introduction to the Theology of the Body* based on the material by Christopher West. All who came were enthusiastic, and the topic was well received. Thanks to all who attended, and a special thank you to the young couple who provided the venue by opening their home to all of us and to Candice Tolentino who organized the event.

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## **Religion Teachers: what is the best gift you can give to your students?**

### **Book a Theology of the Body for Teens Program for your classes in the Fall**

**FYI** - One of the High Schools in which we facilitated the Theology of the Body for Teens, over time went from a Pro Choice school to a Pro Life school. It changed the whole dynamics of the school life. This is thanks to the teachers who continued with the seeds we sowed to reap a great harvest.

**Also - at** another high school, one of the sisters who has since retired, was so struck by the Theology of the Body, she is now volunteering at her former high school facilitating the Theology of the Body.

#### **The Theology of the Body changes people's hearts.**

**Religion Teachers:** Consider booking us for the First Semester of 2015 or the second semester in 2016. We are willing to present to several classes on the days of the program.

Our group, GSML Ministry, which has Archdiocesan approval, is willing to come into your classroom and help facilitate the Theology of the Body for Teens program. This program normally runs 12 weeks, but we can adapt it to a shorter schedule. Also, there are plenty of opportunities for essays, projects or other necessary student involvement.

Not only do the teens have a lot of fun, especially with the activities, they learn how to make a gift of themselves to others.

The program will also provide you with a valuable experience with the ToB material and show how easily it can be incorporated into the curriculum without a lot of study on your part.

We are very knowledgeable on the *Theology of the Body for Teens* as we have held over 20 Workshops and have been invited into four High Schools.

There has been terrific feedback from the Students.

## **We have held over 20 Theology of the Body for Teens Workshops and Classroom Sessions**

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## Book a Theology of the Body Workshop for your Parish or Group

Our Ministry was founded in 2006 with the aim of spreading Saint John Paul II's Theology of The Body. Our programs will be a great benefit in the lives of those who attend. Our Ministry is approved by The Archdiocese of Toronto.

While we believe the best plan is to offer ToB Workshops to Adults and Parents, followed by ToB for Teens and ToB for Grade School, we are willing to provide them in any order based on the needs of your parish or group.

### **Our main workshops for Adults are:**

- *God, Sex and Meaning of Life (Intro to the Theology of the Body)* [click here](#) for more info
- *Guiding Your Child Through the Sexual Minefield* - [Click here](#) for more information
- *Theology of the Body and Marriage Preparation* – Contact us for more information
- *Parish or group retreats* – Contact us for more information
- *Various Talks on the Theology of the Body* – Contact us for more information

### **Our main workshops for youth are:**

- *Theology of The Body for Teens* – [click here](#) for more information
- *Theology of The Body for 7 & 8 Grade* - [click here](#) for more information
- *Theology of the Body and Confirmation* – [click here](#) for more information
- *Girl Talk*. Contact us for more information For more information about us and our group, [click here](#)

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### ***Theology of the Body and Marriage Preparation***

Our Facilitators are ready to speak about Theology of the Body at Marriage Preparation programs.

As Pope Benedict XVI said, "The Theology of the Body is a way to find true love."

Let's make use of this wonderful tool to help strengthen marriages.

Contact us to arrange this talk at your parish Marriage Preparation Talk.

Contact Rose Heron at: [roseheron@gmail.com](mailto:roseheron@gmail.com) or 905-683-9055

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### ***The Great Adventure: Matthew: The King & His Kingdom***

In the fall we will be offering the next step in the Great Adventure, *The Gospel of Matthew: the King and His Kingdom*.

The course is a combination of small group discussion followed by a DVD talk by Jeff Cavins. This is a 24 week course.

Cost \$40.00

Time Wed mornings from 9:30 am to 11:30 pm.

**OR**

Friday evenings from 7:00 pm to 9:00 pm

At St. Bernadette's Parish hall 21 Bayly St E., Ajax

Start Wed Sept 16, 2015 **OR** Fri Sept 18

**Contact us regarding Bible Study at [gsmlministry@gmail.com](mailto:gsmlministry@gmail.com)**

*Matthew: The King and His Kingdom* is an exciting study that explores the life and mission of Jesus as recorded in the Gospel. *Matthew* demonstrates how the promises and prophecies of the Old Testament are fulfilled in Christ, who establishes a New Law and inaugurates the Kingdom of Heaven on earth. Participants will see Jesus as the awaited Messiah who relives the life and struggles of Israel to become the faithful and victorious King. Set in the rich context of Jesus' Jewish culture, this study will help participants understand who Jesus is and what his life and teachings mean for us today. *Matthew* is an ideal follow-up study to the basic narrative of Scripture taught in *The Bible Timeline* study.

The entire point of TOB is to teach us how to love as Christ loves.

## Clarifying Some Misconceptions About the Theology of the Body

TOB is not merely a "theoretical system." As St. John Paul II, himself, wrote, "The theology of the body is not merely a theory, but rather a specific, evangelical, Christian [education in the meaning] of the body" (TOB 122:5). And that means the TOB is not only for married people. Theology of the body is for *every*-body. It's an education in what it means to be human. It's an education in what it means that we are made in the image of God as male and female. It's an education in why we are here, what it means to love, and how to reach our ultimate destiny.

To read more [click here](#):

## Birth Control in Drinking Water: A Fertility Catastrophe in the Making?

***Fish struggle to fertilize eggs three generations after exposure to contraceptive hormone, raising questions about the effects on humans.***

by CELESTE MCGOVERN 06/16/2015

WASHINGTON — A recent report from the U.S. Geological Survey (USGS) found that birth-control hormones excreted by women, flushed into waterways and eventually into drinking water can also impact fish fertility up to three generations after exposure — raising questions about their effects on humans, who are consuming the drugs without even knowing it in each glass of water they drink

To read the full article [click here](#)

## What It's Really Like to Be Married to Jesus

Sr. Helena Burns, FSP (1)

"I'm a nun.

Technically, I'm a religious Sister, because "nun" refers to cloistered contemplatives. But no matter. We answer to "nun," too, because it's in common parlance and rhymes with a lot of words... like "fun."

So, what's it like being married to Jesus? Real. Very real. It is not poetry. It is not metaphor. It is not make-believe. Do you think I would give up my life to play pretend princess? Not on your life. Mother Teresa once said: "If you are called, you will know it, and you won't be able to explain it to anyone." But fools rush in, so here goes...."

To read the whole story [click here](#)

*"Most important, I think, is the final extensive discussion of John Paul II's theology of work in Laborem Exercens. In that overlooked document, John Paul II offers an interpretation of Genesis 1 at least as important as his "theology of the body." Francis affirms that "if we reflect on the proper relationship between human beings and the world around us, we see the need for a correct understanding of work; .... Underlying every form of work is a concept of the relationship which we can and must have with what is other than ourselves"" (125)*

- David Cloutier

## The Theological Heart of Laudato Si'

David Cloutier June 18, 2015 - 8:44am

The overwhelming immediate importance of Laudato Si' is to call both church and world to respond to the "urgent challenge to protect our common home" (13). As Tony Annett has already ably pointed out, Francis is not mincing words here, even if he is careful. Above all, the encyclical suggests we are home-wreckers, yet we also have a chance for a deeper conversion from our "internal deserts," (217; one of the many quotes from Benedict XVI) to a more joyful and more challenging way of life: "Human beings, while capable of the worst, are also capable of rising above themselves, choosing again what is good, and making a new start, despite their mental and social conditioning. We are able to take an honest look at ourselves, to acknowledge our deep dissatisfaction, and to embark on new paths to authentic freedom" (205). Such a response, the pope makes clear in chapters 1 & 5, requires international cooperation because of the nature of the problems. That Francis chose to highlight the atmosphere, water, and the diversity of species is telling – these are all problems where global cooperation is absolutely necessary. Your car, lawn, and hardwood flooring may very well be implicated, but "nevertheless, self-improvement on the part of individuals will not by itself remedy the extremely complex situation facing our world today" (219).

To read more [click here](#)

## Woman Made New Ministries

Crystalina Evert is the founder of Women Made New Ministries and the co-founder of Chastity Project. She is a best-selling author of the books Pure Womanhood, How to Find Your Soulmate without Losing Your Soul, and Theology of the Body for Teens. Crystalina has spoken internationally to hundreds of thousands of people about the virtue of chastity, healing, and God's plan for human sexuality. She is a frequent guest on radio programs throughout the country, and her television appearances include MSNBC, the BBC, Donahue, WGN-TV news, and EWTN. She and her husband Jason have spoken at World Youth Day in

Face it.  
Own it.  
Heal it.

**Women Made New**

*encourages and supports women in need of personal healing, empowering them to become the women God created them to be.*

Sydney and Madrid, and have hosted a pair of TV series for teens on EWTN: "The Pure Life" and "Theology of the Body for Teens."

To find out more [click here](#)

Women Made New encourages women in need of personal healing, empowering them to become the women God created them to be.

**Fr. John Riccardo's Podcasts**

## Theology of the Body & Women

"Sr. Helena Burns, fsp, first spoke at Our Lady of Good Counsel Church in July of 2013 for a Human Sexuality Symposium. She recently gave a series of talks in Toronto, Canada on the *Theology of the Body & Women*.

Sr. Helena has requested that we publish her talks on Fr. Riccardo's podcast page. This is the first of five talks to be published.

Known as "Media Nun," Sr. Helena Burns, fsp, is a member of the Daughters of St. Paul, an international congregation founded to communicate God's Word through the media. Her communication tools extend to speaking engagements, teaching, social media, film, radio, and written publications.

Besides giving media and Theology of the Body workshops to youth and adults all over the U.S. and Canada since the 1990s, Sr. Helena is a movie reviewer for Life Teen. She is writing and producing a documentary on the life of [Blessed James Alberione](#) and is a co-producer on [The 40 Film](#). She has written a book for young women titled [He Speaks to You](#)."

To hear her 5 talks [click here](#)

**Salt + Light Blog – from Sept 28, 2014**

## Deacon-structing: Natural Law- Part 1

I was struck this past June when I read the [Instrumentum Laboris](#), or working document for the 3rd Extraordinary General Assembly of the [Synod of Bishops](#), which will take place from Oct 5-19, 2014. The Synod, or meeting of Bishops, will focus on "pastoral challenges to the family in the context of evangelisation" which is why everyone refers to it as the "Synod on the Family". About 100 participants, including the presidents of



all Episcopal Conferences, will attend the extraordinary synod.

There actually will be two Synods: After the “extraordinary” or “preparatory” one this year, there will be an “Ordinary” General Assembly October 4-25, 2015. The goal of this year’s Synod is to set the agenda for the big synod of 2015. The theme for next year’s synod is “Jesus Christ reveals the mystery and vocation of the family”. This second synod, will also include experts and above all else, families.

To read more [click here](#)

*From  
Archbishop Charles  
Chaput:*

*“I believe that this event has the power to transform, in deeply positive ways, not just the Catholic Church, but our entire community. This meeting is a valuable opportunity for the City and the Commonwealth to welcome all those with a generous heart to be part of this community event.”*

## **World Meeting of Families – 2015**

***Archbishop Charles Chaput has confirmed that the Holy Father has accepted his invitation to the World Meeting of Families, taking place in Philadelphia in September of 2015!***

SEPTEMBER 22-27th • 2015

On September 22-27, 2015!, Philadelphia will welcome the 8th World Meeting of Families, which is expected to draw a global audience. In June 2012, the 7th World Meeting, held in Milan, Italy, drew hundreds of thousands to the city with more than one million attending the Holy Father’s Mass.

Since its inception by Blessed John Paul II in 1994, the World Meeting of Families has sought to strengthen the sacred bonds of family across the globe.

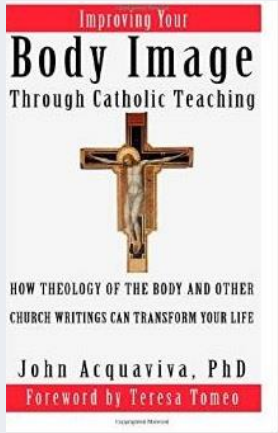
Please check back often for information on registering for the meeting and booking your stay in Philadelphia - [Click here](#)

## **Recommended Reading**

***Improving Your Body Image Through Catholic Teaching: How Theology of the Body and Other Church Writings Can Transform Your Life Paperback***

*by Dr John Acquaviva*

For the first time, here’s a book that will get you to accept and love your body using the best tool of all: God. Considering that so many people

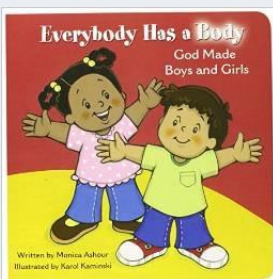


suffer from a poor body image, many will benefit to hear about the writings of the Catholic Church and how they can inform your view of the human body and in particular, your own. The amazing material shared in this book will help you:

1. Understand of the real purpose of the human body.
2. Reconcile what you "should" look like with the way Jesus views you.
3. Become more accepting of the body God gave you.

*Improving Your Body Image* addresses the common triggers of negative body image for both men and women, and uses the Catholic faith and John Paul II's Theology of the Body to show practical ways that the Christian faith can help us understand the human body and correct our own body issues. You will enjoy this book since it is written in an easy-to-read, conversational style. It will be attractive to readers, men and women alike, from older teens to older adults, due to its style, brevity, and interesting examples and stories. Catholic author and EWTN radio/TV personality Teresa Tomeo has written the foreword while Christopher West, Greg Popcak, Lisa Hendey (CatholicMom.com) and Dr. Bill Theirfelder (president of Belmont Abbey) have endorsed it.

**What a good idea!**



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

### ***Everybody Has a Body: God Made Boys and Girls***

by Monica Ashour

Boys and girls' bodies are the same in some ways and different in others. *Everybody Has a Body: God Made Boys and Girls* discusses the similarities and differences between male and female bodies. It does this in a language that young children can understand. The book introduces children to the way gender contributes to the dignity of the human person. *Everybody Has a Body* is a simple, fun introduction to the differences between boys and girls.

**St. Joseph's Health Centre** 30 The Queensway (Education Centre A, #1B 105A), Toronto - Initial presentation: 1st Tuesday, each month at 8 p.m.

**St. Patrick Church** 921 Flagship Dr., Mississauga - Initial presentation: 2nd Thursday, each month at 8 p.m.

**Mary of the People Church** 570 Marion Ave., Oshawa - Initial presentation: 2nd Tuesday, each month at 8 p.m.

*Natural Family Planning is not only a valuable tool for married couples, but all women can use it to monitor their health.*

## Learn the Billings Ovulation Method™

### Overview

The Natural Family Planning Association provides instruction in the Billings Ovulation Method™. The Billings Ovulation Method™ is easy to learn and is highly successful when used by a couple to achieve or avoid a pregnancy.

### Introductory Sessions

An introductory session is the first step in the process of learning the Billings Ovulation Method™. These sessions are held at our clinics throughout the Greater Toronto Area. The introductory session provides the basic concepts of the method and will give the woman or couple the information needed to start charting and to become familiar with the signs and symptoms of fertility in the woman's body. Follow up sessions are then required to actually use the Billings Ovulation Method™. What you may learn on the internet or in the introductory session is not enough to be able to use the method successfully. There is no cost to attend the Introductory Session, however there is a small materials charge (approximately \$5) for the charts and stamps.



[toronto.naturalfamilyplanning.ca](http://toronto.naturalfamilyplanning.ca)

The teachers of the Natural Family Planning Association provide this valuable education at no charge, as described in our mission statement:

The mission of the Natural Family Planning Association is to teach the Billings Ovulation Method of family planning while promoting an understanding and appreciation of fertility that reflects Catholic teachings as outlined in *Humanae Vitae*. We serve the entire community regardless of religious background: single women, married and engaged couples, adolescents as well as those who provide teaching and counseling to them.

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 thirty Workshops on Saint Pope John Paul II's Theology of the Body in Parishes in the Toronto Archdiocese. 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 over twenty Theology of the Body for Teens workshops and have been invited into four 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

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.