



# God, Sex and the Meaning of Life

JULY 2017

VOLUME 56

**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 am - 11:30 am at St. Bernadette's Parish Hall, 21

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Bayly St. E. Ajax

"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.*

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

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

- [Natural Family Planning](#) - How the Billings Ovulation Method Can Help



**We are now booking into the fall of 2017.**

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](#)

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## GSML News

God, Sex and the Meaning of Life Ministry recently received an invitation to present an introduction to Theology of the Body to a local woman's group. Members of the group ranged in age from older teens to senior citizens. Some members were familiar with Saint Pope John Paul II's teaching, while for many others, the teaching was new. As part of this session, we showed a DVD in which Christopher West presented a brief introduction to Theology of the Body. Everyone found Christopher West to be a dynamic and interesting speaker. We followed the DVD with a discussion period and ended the evening with a time for questions.

Information regarding our visit to St. Mary's Academy will be included in the fall ToB Newsletter.

**Teachers:** you should consider this program in your classroom in the fall. At the very least contact Rose at 905-683-9055 or [roseheron@gmail.com](mailto:roseheron@gmail.com) to find out the details. It is presented at a very minimal cost.

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## Theology of the Body Study Group

We will be studying the Encyclical, **Humanae Vitae** (On Human Life). Pope Paul VI knew that *Humanae Vitae* would be controversial. But, he declared, the Church "does not, because of this, evade the duty imposed on her of proclaiming humbly but firmly the entire moral law, both natural and evangelical." Like Christ, the Church "is destined to be a 'sign of contradiction.'"

As an add addition, we will also, look at the Catechism of the Catholic Church.

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

Take this opportunity to learn about your faith. Please join us on Monday mornings starting on Sept 11, from 9:30 am to 11:30 am. in St Bernadette's church hall 21 Bayly St. E. Ajax. Hope to see you there.

We will be using **A Study Guide to Humanae Vitae** by the Priests for Life.  
<http://www.priestsforlife.org/contraception/humanae-vitae-study-guide.htm>

As well, we will be dedicating part of the time to the study of the **Catechism of the Catholic Church**. Bring your questions and we will find the answers

Monday mornings from 9:30 to 11:30

St. Bernadette's Parish Hall, 21 Bayly St. E. Ajax

Contact: Contact Tom or Susan Kennedy at 905-427-6137  
[gsmlministry@gmail.com](mailto:gsmlministry@gmail.com)

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### **Bible Study**

The adventure continues: In the fall of 2017 we are starting **Revelation: The Kingdom Yet to Come**.

In this intriguing look at one of the most talked-about books in Scripture, Jeff Cavins explores Revelation to demonstrate how the kingdom established by Christ in his Church is intimately connected with the kingdom of heaven, especially through the celebration of the Mass.

You will learn what all the mysterious figures and images of Revelation present, as well as what will happen during the Second Coming of Christ, what has already happened, and what is happening now in salvation history. It is a 11 week course which will start Wednesday, Sept. 13 or Friday, Sept 15. Please join us Wednesday mornings from 9:30 am – 11:30 am (or Friday evenings from 7:00 pm – 9:00 pm)

Purchase of the Study Guide is Optional at a cost of \$35.

St. Bernadette's Parish Hall, 21 Bayly St. E. Ajax

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

For more information about the program [click here](#)

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### **Apologetics**

Apologetics means giving a reasoned explanation for your faith. A Catholic apologist charitably explains and defends Catholic doctrine using Scripture, history and common sense.

Join us the 4<sup>th</sup> Saturday (after the 9:00 a.m. Mass) of every month for an

opportunity to learn to explain your faith clearly, defend it charitably, and share it confidently.

**Sept 23**      *The Resurrection*

Proving the Resurrection using only methods acceptable to any historian to prove the data as historical truth.

**Oct 28**      *Jesus and other myths*

Atheist say the life of Jesus is based on historically older "gods" such as Buddha. Learn how to prove them wrong.

The Sign of Cross: What is it? Where did it start? What does it mean or symbolize? Why are there different ways of making it? You may be amazed at what you might learn.

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## Join the New Evangelization

### *Teachers*

Wondering what the Theology of the Body is all about and how it can help your school and students' lives? NOW is the opportunity to plug in and find out. Embrace the New Evangelization and make a difference in your class and school.

Take the time to invite our group, GSML Ministry (Archdiocese of Toronto approved) into your classroom for 12 weekly sessions using the Theology of the Body for Teens program. You, will experience it along with your students and therefore be prepared to teach and use the material next semester.

Just think 12 classes, once a week where you sit, observe and participate as you like and learn new material. See the [article](#) from the Diocese of Pembroke to see how one group put this into effect in their school.

We have been in several schools in the Toronto Archdiocese and have effectively brought the Theology of the Body to their students. Because their teachers took on the responsibility of this message, one school went from Pro-choice to **Pro-life**. The whole fabric of the student body changed.

**You can make the difference in your school.**

For more information contact Rose at 905-683-9055 or [gsmlministry@gmail.com](mailto:gsmlministry@gmail.com)

### *Parents*

We can no longer sit back and leave sex-ed up to the schools; the

government program is focused on society's views of sex. Chastity, abstinence, and other Catholic teachings are not taught.

You must join the fight for YOUR child's soul. Encourage your schools to have the Theology of the Body programs taught in them, both Secondary and Elementary School. Encourage your parish to run these programs.

We have the tools that you need to equip yourself and your child to resist the pull of the world.

Contact Rose at 905-683-9055 regarding programs and workshops we can run in your schools or parishes. Or email [gsmlministry@gamil.com](mailto:gsmlministry@gamil.com)

**You can make a difference.**

## *Pastors*

The hardest thing is to talk about sex and while we don't in our Theology of the Body programs and workshops, we do talk about the Church's teaching on morality. We give parents tools that can help safeguard their children and themselves against the influences of society.

Make a difference in your parish life.

One program you might consider is:

- ***Girl Talk***

This workshop is for mothers and daughters and provides information on the fundamentals of young girls' cycles in the presence of their mothers. It facilitates mother-daughter communication in this delicate area and supports parents in their task of educating their daughters in Christian sexuality.

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## **TORONTO: FREE EVENT!**

Introduction to Theology of the Body

Thu Jul 6th 7:30pm - 9:00pm

St. Clare on St. Clair.

Be there or be square.

Your friends don't know what TOB is? Now's their big chance.

(And your big chance to tell 'em about this opportunity!)

Did you know that God, the Bible, the Church, Creation & Science are all saying the same thing about what's good for our bodies and souls, our

physical, spiritual and relationship health? Sr. Helena Burns, fsp, will be doing a brief overview of John Paul II's comprehensive "Theology of the Body," what it means for our lives and how it's the answer to all today's hot button issues.

St. Clare Church, 1118 St. Clair Ave. W., Toronto

(sponsored by Knights of Columbus)

Full details at: <https://tockify.com/paulineteronto/detail/17/1499383800000>

## **‘We are gift, so how should we act?’ What I learned at a Theology of the Body course**

***I and other participants were fascinated by the profundity of John Paul's teaching***

Until last week, I thought I had a good basic understanding of Theology of the Body, St John Paul II's teaching on human sexuality. But ten minutes into last week's London symposium, I realized I knew practically nothing. Studying the subject, you realize how deep it is – but you can also feel as though your head is about to explode.

Yet one of John Paul's central insights is a simple one: that the deepest desire of the human heart is to be loved. One speaker, Sr John Mary of the Sisters of Life, poignantly illustrated this with the story of a Catholic soldier killed in Afghanistan. The soldier was shot through the neck, just above his bulletproof vest; as he lay dying in the arms of his commanding officer, he uttered his last words: "Tell me I'm loved."

To read more [click here](#)

*Genesis 2:25 certainly speaks about something extraordinary that lies outside the limits of shame known by human experience, and that is decisive for the particular fullness of interpersonal communication ... In such a relationship, the words "they*

## **John Paul II's "Triptych" of the Human Person**

JANUARY 8, 2013 BY CHARLES DERN

This article focuses on the first part of Pope John Paul II's Theology of the Body which broadens the vision of humanity from not just this life (historical man), but to what God intended for man before the Fall (original man), as well as what God has in store for those who love Him (eschatological man).

We have good news! The rich teaching of John Paul II's Theology of the Body (TOB) is beginning to filter into seminaries, undergraduate theology courses,

*did not feel shame” can only signify ... an original depth in affirming what is inherent in the person ... To this fullness of “exterior” perception, expressed by physical nakedness, corresponds the “interior” fullness of the vision of man in God, according to the image of the Creator” - John Paul II, 176*

and into specialized seminars. But despite this good news, many of today’s priests, deacons, and religious likely were educated before the insights from the TOB were integrated into various seminary and monastic programs. Adding to this problem is that the TOB was originally delivered as a series of talks, with its style complicating and confounding what the late Pontiff was trying to communicate. This problem is unfortunate (but not insurmountable) because his Theology of the Body is essentially a series of reflections on scripture passages, many of which appear in the regular Sunday reading cycles. Given that most lay adults receive what precious little instruction they do through Sunday homilies, they may be missing out on some very profound insights that counteract utilitarian views of the person, and misunderstandings of marriage, that so pervade contemporary society.

To read more [click here](#)

*In the middle of the Bible we find the Song of Songs, the longest love poem in the Bible. Through images and metaphors, this book describes the relationship between the Messiah and the people of God as a courtship and marriage based on love which is “stronger than death” ([Song 8:6](#)).*

## **The Beauty of Marriage from a Biblical Perspective**

June 24, 2016  
By Dr. John Bergsma

We live in a society where the understanding of marriage has become all but lost amid various personal interpretations. There is therefore a need to have a deeper discussion in the family, so to speak—the Christian family. In the midst of widespread confusion regarding the definition of marriage, it’s easy to lose sight of what we believe. We have been blessed with the truths revealed to us in God’s Word. The Scriptures generally, and Jesus in particular, teach us truths about marriage that go beyond what we could ever figure out by human reason alone.

### **Marriage: A Dominant Scriptural Theme**

The first thing we need to understand is that marriage is not a “side teaching” of the Bible; marriage is a *central theme* of God’s Word, arguably *the* central theme. Marriage marks the beginning, middle, and end of the Bible. In the beginning, the account of creation climaxes with the creation of Eve, the Bride, in Genesis 2:18-22, followed by Adam’s “wedding vows” in Gen 2:23, forming the first marriage ever and establishing the pattern of marriage for

the rest of human history (Gen 2:24).

To read more [click here](#)

**Cardinal Thomas Collins called sexuality a "gift of God" that like a fire "should bring light and warmth," but sometimes it can "burn the house down."**

## **The New Evangelization Summit Cardinal: Sexually addicted? The Church can help**

*Pete Baklinski*

TORONTO, May 9, 2017 ([LifeSiteNews](#))

Addiction to pornography, masturbation, lust, and other sexual sins can be so deeply rooted that they seem impossible to overcome. But one cardinal says that the Catholic Church offers a "vision of hope and freedom" to anyone struggling with sexual addiction.

"This is a struggle of our fallen human nature, and it is right from the very beginning of time – people have struggled with the issue of sexuality," said Cardinal Thomas Collins, Archbishop of Toronto, in an interview published May 2 on the Archdiocese's Youtube channel.

To read more [click here](#)

*There, thus, can only be two biological sexes for human beings. In syllogistic form, what I am arguing is this:*

- *Biological sex is defined in relation to the roles played in sexual reproduction.*
- *Sexual reproduction involves only two, namely, male and female.*
- *Thus, biological sex is only two, namely, male or female.*

## **Why There Are Only Two Sexes**

by [John Skalko](#)

Are there only two sexes?

A generation ago, this might have seemed like a silly question. But given the rise of gender theory, transgenderism, intersexuality, and all of their related phenomena, the question now appears to be both complex and pressing. . .

What differentiates human males from human females? Is it the number of sex chromosomes? Is it the possession of the appropriate sex organs? Is it the amount of testosterone or estrogen? The difficulty is that none of these standards always works: some individuals are born with extra chromosomes, such as XXYY or XYY. Some individuals are born with both pairs of sex organs. Some females have higher testosterone levels than many men.



To read more [click here](#)

## **Theology of the Body - Sr. Helena Burns, fsp**

[Theology of the Body -Sr. Helena Burns, fsp](#)

Gender & LGBTQ Part 2 – Sr. Helena

Give Sr. Helena a listen!!!

<https://soundcloud.com/user-759576098/gender-lgbtq-part-2-sr-helena>

## **Philosophy of John Paul II**

**at Black Rock Retreat Center**

**July 16 - 21, 2017**

**Taught by Dr. Peter Colosi**

Black Rock Retreat Center  
1345 Kirkwood Pike  
Kirkwood, PA 17536  
USA

- Five days of learning and interactive lecture (30 hours of classroom time).
- Daily Mass, adoration, and confession will be available.
- Time for relaxation and networking with other TOB enthusiasts.
- Round trip shuttle from the Philadelphia Airport is available.

Contact Samantha Kelley at 215-302-8200 ext. 104 or [skelley@tobinstitute.org](mailto:skelley@tobinstitute.org) today

## **Theology of the Body II: Into the Deep @ Black Rock Retreat Center**

Aug 20 – Aug 25 all-day

With Christopher West

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

Black Rock Retreat Center  
1345 Kirkwood Pike

Kirkwood, PA 17536  
USA

**Learning Objectives:**

- to re-examine and understand more deeply the themes of the 129 addresses that constitute John Paul II's "theology of the body"
- to explore themes left unaddressed by *Theology of the Body I*
- to investigate the implications of John Paul II's theology of the body for the major theses in theology: the Trinity, the Incarnation, Christ, Mary, the Church, the Sacraments, etc.
- to evaluate secular humanism in light of Christian humanism
- to assess the integration of the theology of the body in one's own vocation to holiness

Contact Samantha Kelley at 215-302-8200 ext. 104 or skelley@tobinstitute.org today

## **Theology Of Body- Sr. Helena Burns, Fsp / Part 2- Finding True Love In The Media**

Published on Mar 26, 2017

PART 2 - FINDING TRUE LOVE IN THE MEDIA

With 8th grade Confirmation students & their parents, Columbus, OH, 2016.

[Click here](#) to watch the presentation.

*"Most European Catholics, including the parents of teenagers, don't want to hear what the theology of the body has to say," he said. "And they're so invested in their own beliefs that they don't want to come close to anything that challenges them."*

## **Theology of the Body: Spreading teachings of love, life and human sexuality across Europe**

By Emily Stimpson Chapman

"When it comes to most cultural problems, Europe is a generation ahead of America — and not in the positive sense."

That, said Peter Colosi, assistant professor of moral theology at St. Charles Borromeo Seminary, is one of the primary reasons why, in 2007, he coordinated the first International Theology of the Body Symposium in Europe.

"The theology of the body came from Europe, but Europeans don't know it," Colosi said. "In America, many people have learned about it and seen their lives changed for the better. They've kicked pornography addictions, stopped

contracepting and discovered great happiness in living according to the Church's teachings on human sexuality. But that's not the case in Europe."

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

## Zombie Apocalypse: Spirituality, Sex, and the Lay Vocation

At the upcoming [USCCB Convocation of Catholic Leaders in Orlando](#), my wife and co-author, Lisa Popcak, will be leading a panel titled, *The Family and Sexuality: Challenges and Opportunities*. One of the first questions the panel will address is, "What is often overlooked when attempting to evangelize people about the Catholic vision of sex and love especially in marriage and family life?"

Our response? The single most overlooked point in communicating the importance of the Church's view on sex in marriage is that sex stands at the center of the lay vocation. Attempting to practice a lay spirituality while ignoring sex is like living a zombie spirituality that divorces the body from the soul. If the Church is serious about the universal call to holiness, she has to get serious about proclaiming and helping people live the Catholic vision of sex and love. What am I talking about? I'm glad you asked.

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

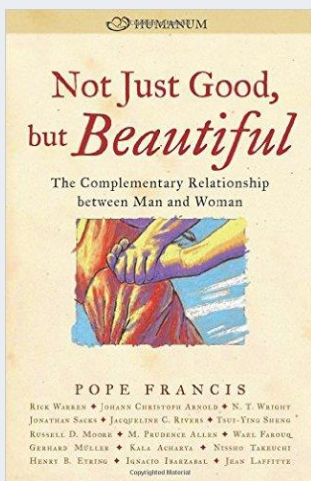
"Christianity is an incarnational faith. It begins with conception; with God emptying himself and becoming embodied." - Dr. Gregory Popcak

## Recommended Reading

***Not Just Good, But Beautiful: The Complementary Relationship Between Man and Woman*** by Karee Santos and Dr. Manuel P. Santos

In an unprecedented interreligious conference in November 2014, Pope Francis and four hundred religious leaders and scholars from around the world met in Rome to explore what their diverse faiths teach about marriage and "the complementarity of man and woman."

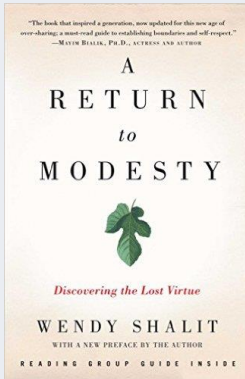
This book contains the most representative presentations at that closely followed event, Humanum: An International Interreligious Colloquium, which included Catholic, Evangelical, Anglican, Pentecostal, Eastern Orthodox, Anabaptist, Mormon, Jewish, Muslim, Jain, Buddhist, and Hindu delegates. Contributors bring the wisdom of their various faiths and cultures to bear on this timely issue, examining, celebrating, and illustrating the natural union of man and woman in marriage as a universal cornerstone of healthy families,



communities and societies.

With broad global representation, *Not Just Good, but Beautiful* uses fresh language and images to highlight the beauty and benefits of marriage. Contributors do not represent political parties, but speak from their religious, intellectual, and cultural knowledge and experiences.

### What a good idea!



## Donate Catholic Books to Catholic School Libraries

*A Return to Modesty* by Wendy Shalit (for young adults)

Revised and updated, this fifteenth anniversary edition of *A Return to Modesty* reignites Wendy Shalit's controversial claim that we have lost our respect for an essential virtue: modesty.

When *A Return to Modesty* was first published in 1999, its argument launched a worldwide discussion about the possibility of innocence and romantic idealism. Wendy Shalit was the first to systematically critique the "hook-up" scene and outline the harms of making sexuality so public.

Today, with social media increasingly blurring the line between public and private life, and with child exploitation on the rise, the concept of modesty is more relevant than ever. Updated with a new preface that addresses the unique problems facing society now, *A Return to Modesty* shows why "the lost virtue" of modesty is not a hang-up that we should set out to cure, but rather a wonderful instinct to be celebrated.

*A Return to Modesty* is a deeply personal account as well as a fascinating intellectual exploration into everything from seventeenth-century manners to the 1948 tune "Baby, It's Cold Outside." Beholden neither to social conservatives nor to feminists, Shalit reminds us that modesty is not prudery, but a natural instinct—and one that may be able to save us from ourselves.

**St. Clare Church**, 1118 St. Clair Av. West, Toronto. (one block E. of Dufferin). Initial Presentation 2nd Tuesday of each Month starting at 8pm in Padre Pio's Room, basement room in the Church.

**St. Patrick Church** 921 Flagship Dr., Mississauga

## How the Billings Ovulation Method® Can Help

Knowing how to identify the fertile and infertile times in your cycles can help you to optimise your chances of achieving pregnancy. With the Billings Ovulation Method® you'll learn to understand the signs of fertility and to recognise your Peak day, which is the most fertile day in your cycle and very close to the time of ovulation. That way you'll know when you have the best chance of conceiving. At its simplest, it means having sex when you're aware of the slippery sensation that signals you are at your most fertile.

There are a number of conditions that are essential to conception, and then after that, it's all a matter of timing! There must be a healthy egg, and healthy

- Initial presentation: 2nd Thursday, each month at 8 p.m.

**St. 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.*

sperm to fertilise the egg. There must be mucus to keep the sperm alive until they reach the egg. You need healthy fallopian tubes for sperm to travel along to the egg, and for the fertilised egg to travel down to the uterus. And the endometrium (lining of the uterus) needs to be at the right stage of development for the egg to implant. You can see that timing sex to coincide with your most fertile time will be very helpful in this complex process!

Your Billings Ovulation Method® chart will give you the information you need to identify your fertile time and Peak of fertility. The Guidelines to Achieve Pregnancy will ensure you have the best possible chance of conceiving.

For more information contact Natural Family Planning Association at [toronto.naturalfamilyplanning.ca](http://toronto.naturalfamilyplanning.ca)



*Natural Family Planning Association*

[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.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 subject line of your email.