



# God, Sex and the Meaning of Life

MARCH 2018

VOLUME 61

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



**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)

**We have held over**

**We are now booking into of 2018.**

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**

### **Recent Events:**

#### **Theology of the Body and Young Adults**

We presented a short Theology of The Body with a young adult group in St. Bernadette's on February 4th. As time was short, we showed a DVD called "The Gift - Your Call to Greatness." "In this one-hour talk, Christopher West addresses and answers some of the most fundamental questions of human existence, including:

- What is our "call to greatness" and what is the key to unlocking it?
- What will bring the happiness we all long for?
- What is the "gift" that God desires to give us?
- What is the Theology of the Body?
- Why were we created male and female?
- What is the "spousal meaning" of the body?
- What are our origin, history, and destiny?
- What is the "language of the body"?
- What is the meaning of life? How do we experience it?"

The presentation was well received - "I thought it was great, and I would like to look into it further" and "It was very interesting" were two of the comments received. The group chaplain later indicated that the youth enjoyed it, and that he felt it was a worthwhile effort.

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### **Our Programs**

**Teachers!!! Pastors!!! Youth Group Leaders!!!**

**Now is the time to arrange a Theology of the Body course for your**

## **23 Theology of the Body for Teens Workshops and Classroom Sessions**

**students or youth or young adults.**

Let us facilitate the program, while you study the various aspects to increase your proficiency to present all or parts in the future.

Invite us in for 10 weeks and you will be surprised by the results.

**Identity. Gender. Love. Chastity.** *The world is a difficult place for teens, and it has become increasingly hard for parents and educators to help teens discover the truth about their bodies, their sexuality, and their unique call to love.*

**We can do this together.**

**Contact Rose Heron** 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**

Our group has started 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 addition, we will also, look at the ***Catechism of the Catholic Church***. Take this opportunity to learn about your faith. Bring your questions and we will find the answers together.

Please join us on Monday mornings, 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 are using **A Study Guide to Humanae Vitae** by the Priests for Life.  
<http://www.priestsforlife.org/contraception/humanae-vitae-study-guide.htm>

Monday mornings from 9:30 to 11:30

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

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

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## **Bible Study**

***Psalms: The School of Prayer*** – Starting September 2018

St. Bernadette's will be hosting *Psalms: The School of Prayer* Bible study beginning Wednesday, September 12<sup>th</sup> at 9:30 am to 11:30 am or Friday, September 14<sup>th</sup> at 7:00 pm to 9:00 pm or and continuing every Friday or Wednesday until Friday, November 21 or Wednesday, November 21, 2018. This is an 11 week course. Please join us.

Start Dates: Wednesday, September 12. **OR** Friday, September. 14 2018.

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.

**March 24**      *Cancelled*

**April 28**      *“The Holy Spirit and The Life of Grace”*

(DVD Dr. Edward Sri) and “Questions To Ask Non Catholics Who Challenge Your Beliefs”

In “The Holy Spirit and The Life of Grace,” Dr Sri tells us, “One of the most profound aspects of the Catholic faith is that Christ sent his Spirit to dwell in the hearts of the baptized. Christ’s Spirit within us conforms us ever more to Christ, so that we can say with St. Paul, “It is no longer I who live, but Christ who lives in me.””

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## **Join the New Evangelization**

We offer various workshops for **Every Body** including:

- *God, Sex and the Meaning of Life*—for adults
- *Theology of the Body for Young Adults*
- *Theology of the Body for Teens*—in school program or in the Parish
- *Theology of the Body for Grade School*—Gr 6-8
- *Guiding Your Child Through the Sexual Minefield*
- *Theology of the Body and Confirmation*
- *Girl Talk*
- *Marriage Preparation and Theology of the Body*
- *Theology of the Body in the Classroom*
- *Training on the Theology of the Body*
- *Retreats on the Theology of the Body*

***We can custom tailor any Workshop for your Group.***

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## Speakers

- **Mark Mallett** | Watch & Pray
- **Lisa Canning** | Discovering Your Authentic Self
- **Dr. Anne Jamieson** | Our Recipe For Faith: Choosing And Using The Best Ingredients
- **Sr. Helena Burns, Fsp** | R U A Digital Catholic?
- **Geoff & Jennifer Cauchi** | "I Thirst" – The New Age And Occult Attraction – Jesus Is The Answer

## Dynamic Women of Faith conference

SATURDAY MARCH 24, 2018  
JOHN PAUL II POLISH CULTURAL CENTRE  
4300 CAWTHRA RD., MISSISSAUGA, ON

REGISTRATION – 8:00 AM  
MASS – 9:15 AM

CONFERENCE – 10:00  
LIGHT BREAKFAST • LUNCH • FREE PARKING  
ALL INCLUDED  
Early Bird Fee \$55 + HST (before February 20th )  
Regular price \$60 + HST (after February 20th)

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

## Speakers

- **Mark Mallett**  
*Becoming Signs Of Contradiction*
- **Helena Burns, Fsp**  
*What Kind Of Digital Catholic R U?*
- **Dr. Jessica Chan Tai, C.Psych.**  
*Worried? Anxious? Stressed? There Is Hope!*

## Calling ALL Girls

### A Special Evening for Mothers & Daughters

FRIDAY MARCH 23, 2018  
7 P.M. TO 10 P.M.  
JOHN PAUL II POLISH CULTURAL CENTRE  
4300 CAWTHRA RD., MISSISSAUGA, ON

Event For High School & University Student Girls & Their Moms.

Regular price \$27 + HST

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

AN EVENING OF SHORT HIGH POWERED TALKS · MEET NEW PEOPLE · LEARN THE TRUTH · TALK ABOUT IT · HAVE FUN · DISCOVER WHO YOU ARE · AVOID MISTAKES · IMPROVE YOUR RELATIONSHIPS

*"What is the Judaeo-Christian, biblical understanding of the human body? The human person? What does it mean to "be," not "have" a body? Is the Catholic Faith and human love something spiritual or physical or both? What does it mean that "only the human body is capable of making visible what is invisible"? Why can we say that the "language of Christianity is the body"? How can we learn to read this language? What is the "Good News" of the body? Today's culture is all about love, sex, the body, beauty and relationships. So is God. Through JPPI's original and dynamic synthesis, we will unpack God's story of love, sex, the body, beauty and relationships."*

## **Theology of the Body Certificate Course**

**Sacred Heart College, Peterborough, ON**

Dates: March 17th, April 7th, 14th, 21st, May 5th & 12th

Time: 9:30 a.m. - 4:00 p.m.

Cost: \$150.00 for students in the Theology of the Body Certificate Program (book included)

\$75.00 for students auditing the Theology of the Body Program

Textbook: Students registered in the Certificate program will receive a text and must complete some written assignments before being awarded the Certificate.

For more information [click here](#)

By the end of this course:

- Foundational Theology of the Body terms, principles and concepts will be mastered by students
- Students will witness the breadth of scope of Theology of the Body and how it relates to other fields or disciplines
- Students will be directed and equipped toward further self-study and deepening their understanding in this area
- Many supplementary resources will be provided or indicated (e.g., handouts, readings, videos)
- Students will be given tools in order to grasp various "controversial" Church teachings, especially regarding personhood and sexuality
- Students will be enabled and empowered to become "Theology of the Body" resource persons in their own social groups, communities and organizations



## Women of the Word

9<sup>th</sup> Annual Forum

Daring to Reflect My True Image

Sunday April 15, 2018

9:30 am to 2:30 pm

Speakers:

Leah Darrow: Former Reality TV Contestant on "America's Next Top Model"  
Dr. Josephine Lombardi: Speaker Extraordinaire

The Royalton Hospitality, Inc

8201 Weston Rd

Woodbridge, ON

Breakfast & Lunch

Cost \$60.

For tickets [click here](#)

### ***Give it a listen***

## Christmas and Theology of the Body

**By Cindy Black**

At number 13:40 on the talk bar. - Cindy Black - Christmas and Theology of the Body

[Click here](#) to listen

*"The family is the fundamental social unit. As "a sign and image of the communion of the Father and the Son in the Holy Spirit" (Catechism of the Catholic Church, No. 2205), the family is a sacred source in which human life is conceived and through which it is fully developed mentally, physically and spiritually."*

## Creation of the Diocesan Centre for Marriage, Life and Family by the Archdiocese of Montreal

MONTREAL, Jan. 10, 2018 /CNW Telbec/ - The Archdiocese of Montreal announced the creation of an organization of evangelization: the Diocesan Centre for Marriage, Life and Family. Two organizations were merged in the creation of this new centre, which carries on the efforts of the Office de la famille and of its recently retired directors, Serge and Sylvie Vallée, as well as of its English counterpart, the Family Life Office.

The Diocesan Centre for Marriage, Life and Family addresses the needs that communities of Montreal's cultural fabric have been expressing for two years. The centre is under the direction of Katerine Perrault and Ellen Roderick, PhD, who both graduates of the Pontifical John Paul II Institute for Studies on Marriage and the Family.

The centre's mission is to revitalize diocesan evangelization efforts dedicated to marriage, life and family through formation, accompaniment and cultural engagement. This institution is based on the pastoral approach of Saint John Paul II and on his teaching on the "theology of the body." It also seeks to put

into concrete action the Apostolic Exhortation of Pope Francis on the family, The Joy of Love. The Diocesan Centre for Marriage, Life and Family thus fulfills the desire of the Catholic Church of Montreal to share with people of good will the wealth and promises of happiness that God's plan includes for human love.

[Click here](#) to read more.

*From EWTN*

## **Sr. Helena' S "Digital Catholics" Dvd (As Seen On Ewtn)**

1. Catholic Church & Media
2. Parenting /Teaching Media
3. Theology of Body & Media (Porn & Sexting)
4. R U a Digital Catholic? (Using Media Well)
5. The Future of Media: Where Are We Going?

There are discussion questions for each talk. [Click here](#)

The THEOLOGY OF THE BODY & MEDIA LITERACY blog of Sr. Helena Burns, fsp, media nun.

## **Why God Gave Us Bodies**

Ascension Presents

Fr. Mike Schmitz

Ascension Presents

January 24, 2018

God made the world—and you—on purpose. What is that purpose? Well, that's what St. John Paul II went to great lengths to explain in his Theology of the Body talks, which Fr. Mike sums up beautifully in this video. With profound simplicity, Fr. Mike—inspired by St. John Paul II—shares the fundamental truths of this ingenious vision of humanity and sexuality. Made in God's image and likeness, you are your body, and you are made for love. What you do with your body matters. You'll have to watch the video to get the last and most powerful point. It's amazing.

[Click here](#) to listen to the talk.

*“Man and woman are called to express that mysterious language of their bodies in all the truth which is proper to it” (Aug. 22, 1984)- John Paul II, Theology of the Body*

## **The Church Needs Honesty About Sexuality**

COMMENTARY: Are we willing to stand for the truth, or will we accommodate the lies surrounding sexuality that dominate our culture?

R. Jared Staudt

The Church exists to lead us to happiness. Yet the world sees the Church as one of the primary obstacles to self-fulfillment. This conflict comes from two opposing views of what makes us happy. The Church points to self-giving love as the path (other-focused), while the world holds to the fulfillment of our desires (self-focused). The flashpoint of these opposing views centers on sexuality — either as a gift or an itch. And the battle has entered the Church. When Jesus founded the Church, he gave us a blueprint of our mission: “Go, therefore, and make disciples of all nations, baptizing them in the name of the Father, and of the Son, and of the Holy Spirit, teaching them to observe all that I have commanded you” (Matthew 28:19-20).

The Church’s message is good news because it liberates our minds and desires from our selfish inclinations. The truth given to the Church by Christ fulfills and completes the order of the created world, inscribed within it by its Creator. The Gospel and the natural law bear common testimony to the will of God, which leads us to happiness.

To read more [click here](#)

## Valentine's Day, Ash Wednesday, and the mystery of God's love

Fr. Philip Bochanski

I've been intentionally celibate since entering the seminary more than a quarter century ago, so it has been quite a while since I've given much thought to Valentine's Day. But even priests are paying attention to it this year, given the very rare coincidence – it hasn't happened for sixty years, and only occurs three or four times a century – that Valentine's Day falls on the same date as Ash Wednesday.

Although it seems like the quintessential "Hallmark Holiday", the association of (St) Valentine's Day with romantic love (what the Greek philosophers called eros) dates to the 14th century and the English poet Geoffrey Chaucer. Heart-shaped boxes filled with chocolates came much later, in the mid-nineteenth century; they won't be able to stand up this year to the rules for fasting and abstinence that mark the first day of Lent. But the spirit and traditions of Ash Wednesday can actually enrich our understanding of eros, and of its proper place in the life of the disciple.

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

## 072: Rediscovering the Power of St. John Paul II's Theology of the Body

[The Art of Catholic with Matthew Leonard](#)

In this episode, we'll explore: Why the Garden of Eden is the key to our sexuality and identity as human persons How "male and female" is a reflection of God Himself; How our situation is now different than Adam and Eve...in a positive sense! Why human bodies matter...really matter; and Why human beings can never be treated as a means to an end There's a lot in this episode to chew on, especially in light of recent events. And my scriptural guru buddy Curtis Mitch, will sink his razor sharp theological teeth into it all and unpack the biblical foundations for Theology of the Body from the writings of St. Paul. God bless!

To listen to the talk [click here](#)

## New movement challenges men: It's time to RISE

**RISE urges men to fulfill their vocation, rise to a higher standard**

As male secular icons are falling almost daily, a group of Catholic men are

*“we seem to have reached a crisis point in modern culture. People are starting to realize that something is wrong. Terribly wrong. And they want answers to questions they don't even know how to formulate. St. John Paul II saw it coming a mile away”*

*“There's never been a more important time than now for men to step up, lead their families and communities, and live an authentic masculinity rooted in understanding their identity as sons of God,” said*

Stefanick, co-author and video presenter.

issuing a 30-day challenge to all men to rise up and embrace an authentic masculinity. RISE: A 30-Day Challenge is co-authored by Chris Stefanick, host of EWTN's "Real Life Catholic," and Bill Donaghy, a curriculum specialist at the Theology of the Body Institute.

"RISE is a unique 30-day series of videos and challenges that walks men through a battle plan for life. It's simple, but the results are extraordinary. Whether they're faithful or just seeking, RISE will profoundly impact their lives for the better," said Stefanick.

To find out more [click here](#)

## Radical Feminism To Feminine Genius

### Full Talk--Sr. Helena Burns, FSP

My testimony + a talk on Theology of the Body and women

[Click here](#) to listen to this interesting talk.

## Movies

**Did you know that the US Conference of Catholic Bishops has a website devoted to (really excellent) movie reviews and commentary on moral content? It's a great resource for movie watching... [Here.](#)**

## Top 4 Theology Of The Body Films!

1. The Hobbit: An Unexpected Journey - (THE BIG PICTURE)
2. The Tree of Life - (THE FAMILY)
3. Warm Bodies - (MAN & WOMAN)
4. Call the Midwife - (BABIES)

If you want to find out why [click here](#)

## Memory, Sex, and the Making of "The New Man"

The full text of the speech given by Archbishop Charles J. Chaput, O.F.M. Cap. at the "Into the Breach" men's conference held in Phoenix, Arizona, on Saturday, February 3rd.

"Some ideas are so stupid that only an intellectual could believe them." Those words are usually attributed to George Orwell. I'm not sure he ever actually said them. But in an age when gender is supposed to be fluid and the meaning of "male" and "female" has become ambiguous, they do ring true. So let's be clear about our purpose today.

“Into the Breach” is a men’s conference in the most thoroughly binary sense. We’re here to recover what it means to be men, and especially how to live as Christian men of substance and virtue. So we’ll try to do that together. The theme for my remarks is “memory, sex, and the making of ‘the new man’.” I’ll deal with each of those topics in turn because they connect to each other in some important ways. But I want to start with memory for a reason.

Romans have been living with the Catholic Church and her leaders for 2,000 years. So the city is a mix of deep piety, deep skepticism and a very unique sense of humor. The evidence is everywhere, because Rome has a lot of religious goods stores. And in one of the finest of those stores, right next to a beautiful collection of rosaries, is a stand of greeting cards with the face of a befuddled, 90-year-old cardinal. The caption reads: “Yes, I have Alzheimer’s . . . but at least I don’t have Alzheimer’s.”

The ironies of old age can be a rich vein of comedy, and our culture has dozens of Alzheimer’s jokes. And some of them are very funny. But of course, the reality of Alzheimer’s isn’t funny at all. A number of my friends have children with Down syndrome. One of the things they live with every day is the fact that 75 percent of persons with Down syndrome will sooner or later develop Alzheimer’s disease. So the child they nourish and love today, and tomorrow, and forever, may one day forget who they are.

That’s a fierce kind of suffering. And some of the men in this room know exactly what I mean because you have a parent or spouse or sibling or friend who’s struggling right now with the same disease. Loving a person with Alzheimer’s is like watching that person, and everything you’ve shared together, slowly disappear.

[Click here](#) to read the whole article.

## **Chaput laments “unhinged” sexual culture, calls for “new men**

Philadelphia Archbishop Charles J. Chaput speaks during the July 27 opening

of the seventh annual Napa Institute Conference in California. The conference this year was organized around the themes discussed by Chaput in his 2017 book, "Strangers in a Strange Land: Living the Catholic Faith in a Post-Christian World." (Credit: CNS photo/courtesy Kate Capato, Visual Grace.)

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

## Recommended Reading

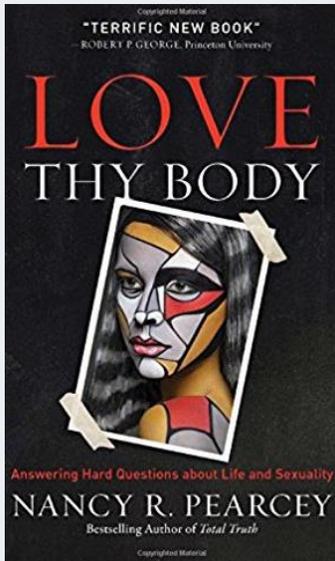
### Love Thy Body: Answering Hard Questions about Life and Sexuality

by Nancy R. Pearcey

Why the Call to Love Thy Body?

To counter the hostility toward the human body and biological facts of life driving many of today's headline stories. Many people absorb pre-packaged media mantras on watershed moral issues without being aware of their hurtful real-world implications. Consider:

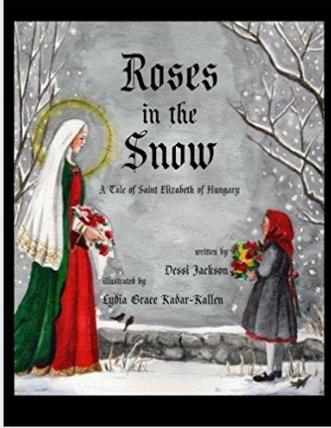
- Transgenderism: Activists detach gender from biology. Kids down to kindergarten are being taught their body is irrelevant to their authentic self. Is this affirming--or does it demean the body?
- Homosexuality: Advocates disconnect sexuality from being biologically male or female. Is this liberating--or does it denigrate who we really are?
- Abortion: Supporters admit that pre-born babies are human, but deny that they are persons worthy of legal protection. Does this lead to equality for women--or does it threaten the intrinsic dignity of all humans?
- Hookup Culture: On campus, in Hollywood, and in the boardroom, the sexual revolution was supposed to liberate us for recreational sex. But has it really led to schizoid sex and bodies without meaning?



**What a good idea!**

## Donate Catholic Books to Catholic School Libraries

**Roses in the Snow: A Tale of Saint Elizabeth of Hungary**



by Dessi Jackson (Author), Lydia Grace Kadar-Kallen (Illustrator)

Elizabeth loves to hear her grandmother's stories, and none is more dear to her than the story of her namesake: St. Elizabeth of Hungary. Together the two recall the holiness and charity of this great saint while preparing to celebrate her feast day. Dessi Jackson's lively storytelling voice draws listeners into another time and place, while Lydia Grace's beautiful watercolor illustrations provide a richly detailed delight for the eyes. This charming tale is wonderful to read aloud for the young and young at heart.

## Managing Menopause Naturally

### ***Knowledge gives assurance***

With the Billings Ovulation Method of natural family planning, free from manipulation by chemicals and devices, the woman learns to interpret her natural signs of fertility through all her changing circumstances from puberty to menopause.

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.

The Billings Ovulation Method is easy to learn and is highly successful when used by a couple to achieve or avoid a pregnancy.

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

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

**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 - 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.*

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.