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God, Sex and the Meaning of Life

MAY 2011

VOLUME 19

Note: Email gsmlministry@gmail.com to book a Workshop for your Parish or Group.

Parent Advisory Councils request a Mini Workshop for your fellow parents.

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GSML News

Our focus this year has been on introducing our Parent Workshops based on the Theology of the Body.

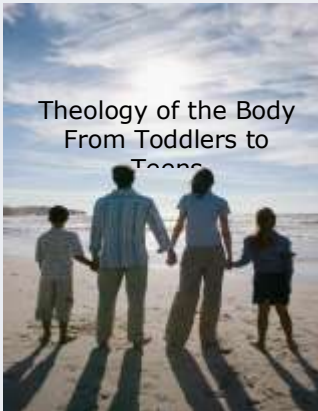
Mini Workshop - Guiding Your Child Through the Sexual Minefield at St. James SS - March

We recently conducted a successful mini Guiding Your Child Through The Sexual Minefield workshop (2 hr) at St. James school in Ajax. As adults we are the primary educators of our children in chastity, not those who would teach them the falsehood of modern culture. This is a presentation for parents, grandparents, teachers and all those who work with children, and is based on John Paul II's writing on how to counteract the false messages about love and sex in our culture. It provides advice and tools for raising children, from the time they are very young in a loving, chaste and pure manner.

We thank the Parent Advisory Council who invited us to speak to the parents on Wednesday, March 30, 2011, Mr. Paul Podesta, Principal, for the use of the facilities, and Sylvia Benedict who worked so hard on behalf of the PAC. This was a one evening (2 hour) mini session that was well received by those who attended, and by Mr. Podesta who offered positive feedback, and expressed interest in being kept up to date on this and other services we offer by signing up for this newsletter. Various comments from other participants indicated that they found the session both enlightening and informative, and that they would endeavour to attend our full day workshop in April.

If any principal, teacher, or parent is interested in hosting this workshop at their school please contact us by phone or email, and we would be happy to discuss the details.

"Either we are preparing our children for marriage or the world is preparing them to be a couple." - Katrina Zeno



"To be a Christian is primarily a gift, which then unfolds in the dynamic of living and acting in and around the gift." - Pope Benedict XVI from Jesus of Nazareth: Holy Week

Contact:
gsmlministry@gmail.com



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

Grow in your Catholic Spirituality while you lose weight.

Full Day Workshop- Guiding Your Child Through the Sexual Minefield at St. Bernadette's Church - April

On April 9, 2011, we held a full day workshop on Guiding Your Child Through The Sexual Minefield at St Bernadette's Church in Ajax. This full day workshop expands on the mini workshop (2 hours) presentation for parents, grandparents, teachers and all those who work with children, and is based on John Paul II's writing on how to counteract the false messages about love and sex in our culture. As adults, it is our responsibility to raise our children correctly, and this workshop provides advice and tools for raising the children, from the time they are very young, in a loving, chaste and pure manner.

Our thanks to Renate Kelley for preparing an excellent lunch, and to Renate and her helpers who kept us supplied with the refreshments and coffee throughout the day.

As you can see from some of the following feedback, this session was successful and well received, as I am sure it would be in your school, church or group. If you are interested in hosting this session, please feel free to contact us for full information.

- I have taken so much from this presentation. Teaching our children sexual morality is the most important stage in our lives and now there's so much I can guide my children with as they grow into young adults.
- The speaker's ability to simplify and give examples to show how we, as parents, can start educating our kids at an early age what God wants
- Very informative, information provided was useful and worked well with the video.
- Great group discussion! Very relevant videos
- Section on dating was excellent!

Marriage Preparation - Theology of the Body Talk

A member of our ministry and her husband delivered a talk on Theology of the Body to the Marriage Preparation course at St. St. Jerome's Parish, Brampton March 2011

Light Weigh

Advance notification: We will be starting again September 13, 2011 at 9:30 am.

We will be hosting an information session on Tuesday morning June 21, 9:30 am at 21 Bayly St. E, Ajax St. Bernadette's Parish hall.

Sacrifice Beads

We are now selling Sacrifice Beads at our Workshops.

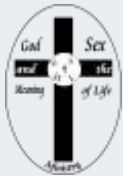
What are Sacrifice Beads / Good Deed Beads?



As a child, St. Therese, the Little Flower used a string of beads to count her sacrifices and acts of love done for God. In that way she was able to advance in perfection daily. You too, can grow in holiness by following the example of the Little Flower. Sacrifice Beads or Good Deed Beads are a string of ten beads, which can be pulled and remain in place. They are used to count the acts of love or sacrifices a person makes in a day for God.

The string of sacrifice beads helps a person to grow in perfection by increasing their acts of love they do each day. The sacrifice beads we make also have a fixed Our Father bead on the end of them. Thus they double up as a rosary.

New members
always welcome



Theology of the Body Study Group

We meet every Monday morning from 9:30-11:30 at St. Bernadette's Parish at 21 Bayly St East Ajax.

We will be studying ***The Body Reveals God: A Guided Study of Pope John Paul II's "Theology of the Body"*** by Katrina J. Zeno. For information about this book see Recommended Reading below.

Katrina Zeno is a well-published freelance writer, and her articles can be found in Our Sunday Visitor, CRISIS magazine, Catholic Faith and Family, Pentecost Today, and Franciscan Way, as well as on-line at Christianity.com. She has spoken in the US, Canada, England, and Trinidad at parishes, retreat centers, and national conferences, is co-foundress of "Women of the Third Millennium", and she specializes in the Theology of the Body.

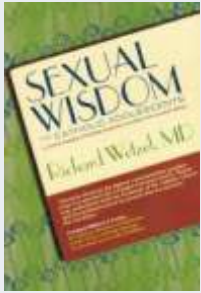
For more information contact: gsmlministry@gmail.com

Come and learn more about the Theology of the Body and how it applies to your daily life.

Blessed John Paul II
Pray for us

October 22: feast of John Paul II

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.



Sexual Wisdom for Catholic Adolescents

The full book may be downloaded for free - go the bottom of the online page and click the Free Download button. See more at sexualwisdom.com/16-17book.html

Sexual Wisdom for Catholic Adolescents:

- Authentically Catholic (highlights Theology of the Body by John Paul II)
- Written by an internationally recognized sexuality expert who has been featured on EWTN, Catholic Family Radio, St. Joseph's Radio, Fox Television and many others.
- The first course of its kind: truly comprehensive, for older teens and young adults
- Best if taught by a parent, but may be self-taught
- Includes four appendices with material for younger students

"Dr. Wetzel's medical expertise emerges very clearly from the pages of Sexual Wisdom for Catholic Adolescents and the many references to Sacred Scripture and to the teaching of the Church make it a valid instrument for those among parents, priests and teachers who are charged with forming our Catholic youth. In an age such as ours which the Holy Father has identified an "educational emergency", this book will be of great assistance."

- Archbishop Rino Fisichella

President of the Pontifical Academy for Life, Vatican City

Ad Rationem

www.adrationem.com/category/theology-of-the-body/page/6/

You can listen online to over 57 talks on the Theology of the Body by Reverend John Arthur Orr, MA, MDiv, PhB. There are other talks on *Caritas in Verities* and the *Catechism of the Catholic Church*.

This website makes available so many of the radio programs first broadcast on Knoxville's [WITA AM 1490](http://www.wita.com) on Thursdays and Sundays at 4:00pm, underwritten by Holy Ghost Catholic Church. They are intended to allow those who listen to be able to give reason for the hope that is within them, to respond in Faith.



From Hamlet to JP II: TOB or Not to Be

Welcome to *TOB or not to be* at *Catholic Dads* online! Wondering what the heck is up with the name. If you want to be challenged and are not afraid of wrestling with the greatest questions in the universe...well, take the plunge and join our discussion.

Hamlet, in Act 3, scene 1 considers the nature of action: *To be, or not to be, that is the question...*" His soliloquy allows the reader to peer into Shakespeare's mind and begin to consider his understanding of the meaning of life and death. This

noble question is at the center of what it means to be human. Little has changed since the seventeenth century except maybe mastery of technology, which seems to have caused a rift in our understanding of what it means *to be* a person.

This section of *Catholic Dads* online is dedicated to considering Hamlet's question and the implications of the answers through the lens of Pope John Paul II's (JPII) catechetical teachings collectively known as *Theology of the Body* (TOB). [More....](#)

As posted on Catholic Dads at www.catholicdadsonline.org

Formal Mission Statement

The purpose of Catholic Dads is to help Catholic dads live out and witness to their universal vocation as Catholics and their individual vocations as fathers by:

- Providing a forum for Catholic Dads to share relevant experiences and insights
- Fostering discussion on issues related to Catholicism and/or fatherhood
- Identifying information resources about being a Catholic father
- Providing a visible presence for Catholic Dads and Catholic Dads members in the larger online community

www.thefaithexplained.com/

The Theology of the Body in Genesis

[Cale Clarke](#) » 13 March 2011

Today's First Reading at Mass was taken from Genesis. It features what Pope John Paul II would call the key to understanding what came to be known as the "Theology of the Body", John Paul's legendary catechesis on human sexuality and embodiment. [Read more...](#)

Cale is now the director of *The Faith Explained Seminars*, equipping Catholics with the tools they need to explain and defend their faith. He is a frequent speaker at retreats and conferences, including such noted events as the *Humanae Vitae* conferences in Toronto, Ottawa, and Kingston, and addressing the Toronto chapter of *Legatus*. His latest venture is the creation of *The New Mass* app, the iPhone app for understanding the new English translation of the Mass.

Cale has been interviewed on *EWTN's The Journey Home* program (to be aired in Spring 2011), and is a frequent guest on *Salt & Light TV*. He is a popular columnist for *Catholic Insight* magazine, and his writing has also appeared on *Headline Bistro*.

The leading cause of death in Canada is induced abortion ... over 275 abortions occur each day. The number of repeat

Opinion: Abortion statistics show reality of a land without restrictions

Special to the National Post - March 7, 2011 - 5:01 am

abortions, that is, a second, third or fourth abortion for the same person, continues to rise in Canada. Repeat abortions, increased from 20% in 1985 to 37.4% in 1998. - Life Canada.

www.lifecanada.org

By Anastasia Bowles

Abortion is a topic few Canadians want to discuss, and abortion statistics rarely come up around the water cooler. So when an Ontario group, Project for an Ontario Women's Health Evidence-Based Report (POWER), released a study last week on Ontario abortion rates for 2007, nobody seemed to notice. But they should have.

No matter what your position on abortion, the study reveals unsettling facts about abortions in Ontario, and by extension, in Canada. For example, we learn that for every 100 babies born in Ontario, 37 are aborted.

The ratio for teens aged 15-19 is even more shocking. For every 100 babies born to Ontario teens, 152 are aborted.

The study noted that teens "were by far the most likely of any age group to have an abortion rather than a live birth." And since it excluded abortions for girls under 15, the teen abortion rate is even higher. [Read more...](#)

- Anastasia Bowles is the acting executive director of LifeCanada

Recommended Reading

Set Free to Love: Lives Changed by the Theology of the Body - by Marcel LeJeune

Discover the theology of the body—your life will never be the same.

Each of the stories in *Set Free to Love* will help you hear the same call to live out the gift of love in your own life, in your own way. These are stories from Catholics in all walks of life, including college students, married persons, professionals, and clergy. The conversions include struggles with pornography, abortion, sexuality, same sex attraction, and issues in married life and the priesthood, revealing how the theology of the body brought about extraordinary change in each person's life

Marcel has been published in Envoy Magazine, The Catholic Faith magazine, CatholicExchange.com, by the Catholic News Agency, is a columnist for The Catholic Spirit (Diocese of Austin), has been a guest editor for The Eagle newspaper, is a contributor in the book 101 Inspirational Stories of the Sacrament of Reconciliation.

He is a regular guest on several national Catholic radio programs and has appeared on EWTN TV.



National Catholic Register Symposium on the Theology of the Body - www.ncregister.com

A Register symposium examines Pope John Paul II's rich catechesis.

BY CARDINAL JUSTIN RIGALI, ARCHBISHOP OF PHILADELPHIA 03/06/2011



Shortcuts can appear very enticing.

Society, particularly in the West, took a troubling shortcut in the middle of the 20th century.

The combination of secularism, materialism and hedonism led to a disturbing societal shift. At the time of the sexual revolution, society sidestepped the authentic meaning of both human life and married love. Dulled by sin and its effects, a lifestyle emerged that cast practical doubt on the meaning of the human body. Human meaning was equated with the mere satisfaction of appetites and cravings. [Read More...](#)

How Does Theology of the Body Fit Into Church Tradition? BY COLIN DONOVAN, STL 03/07/2011



One of the hallmarks of the Catholic faith is an authentic theological development. From the starting point of divine revelation (Scripture and Tradition), new insights into the meaning and implications of the faith are found, under the guidance of the magisterium. [Read more...](#)

Theology of the Body and 'Mature Purity'

How does TOB's teaching on chastity affect pastoral practice, and how do we teach and live chastity as a result? What does "the redemption of the body" really mean? BY JANET SMITH 03/09/2011



It is important to remember that the theology of the body was not written to provide a program for teaching chastity. John Paul II wrote it to establish a biblically based anthropology adequate to defend the teaching of *Humanae Vitae*. That is, he tried to show how Scripture could provide us with an understanding of the human person that would help us understand why the Church condemns contraception. This led him to meditate deeply on the meaning of the human body as a means of revealing the truth about God and man. [Read more...](#)



The Product of a Concerned Pastor

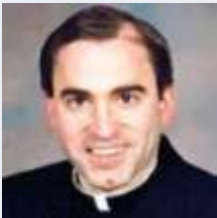
‘How Can the Church Use TOB More for Effective Pastoral Practice?’

BY FATHER J. BRIAN BRANSFIELD, STD 03/08/2011

Karol Wojtyla regularly escaped.

He escaped from not one, but two of history’s most terrifying totalitarian regimes: German Nazism and Soviet Communism. His method of escape was not to rally across the border with military might. Nor was it simply to negotiate footholds through diplomatic skill. Rather, Wojtyla escaped into the mountains of Poland with young married couples to discuss with them the nature and meaning of the human person and marriage as a communion of persons through the authentic gift of self.

. [Read more...](#)



Is TOB Really All About Sex?

What is the relationship between theology of the body and evangelization? **BY FATHER WALTER SCHU, LC 03/10/2011**

As he gazes down from the window of the Father’s house at the exuberant fans of his theology of the body, John Paul II must be smiling. How could the Pope who once exhorted the Church to “put out into the deep” in quest of the New Evangelization not be pleased?

After all, nothing could be nearer the heart of the New Evangelization than the true meaning of sex, right? Or is that right? Or, just as crucially, is sex really what theology of the body is all about? [Read more...](#)



A Matter of Communion

What are the past, present and future of theology of the body? **BY SISTER PRUDENCE ALLEN, RSM 03/11/2011**

Courtesy of the Religious Sisters of Mercy

In the early autumn of 1979, Pope John Paul II introduced to the universal Church his teaching on the theology of the body during a series of general audiences. As Karol Wojtyla, he had already published in Poland *Love and Responsibility* and *The Acting Person* and given lectures on the family and parenthood as a community of persons. These lectures are now available in English in *Person and Community*.

[Read more....](#)



John Paul II's Antidote to the Culture of Death



Christopher West discusses the past, present and future of the Pope's theology of the body. BY CHRISTOPHER WEST 03/14/2011

As John Paul II insisted, "It is an illusion to think we can build a true culture of human life if we do not ... accept and experience sexuality and love and the whole of life according to their true meaning and their close interconnection" (Evangelium Vitae, 97). For as our understanding of sexuality goes, so go marriage and the family. As marriage and the family go, so goes civilization." [Read more...](#)



Is Love Solid Enough?



Three keys to understanding Pope John Paul's vision of theology of the body. BY FATHER JOSE GRANADOS 03/15/2011

Is it possible to believe in love?

To our culture, love seems funny, interesting, desirable, maybe necessary ... but certainly not trustworthy. It does not seem to be solid and lasting enough so that one can build one's entire life on it.

Pope John Paul II's theology of the body is precisely an attempt to show that we can believe in love (1 John 4:16), that love is strong enough to provide an explanation for the whole of our life: our origin, our identity and our destiny.

Three points are crucial to understand John Paul II's vision. [Read more...](#)



A Synthesis of Eternal Truths



Theology of the Body and the New Evangelization BY SISTER HELENA BURNS, FSP 03/16/2011

"The New Evangelization" is a term coined by Pope John Paul II the Great to describe the current need for the evangelization and re-evangelization of countries and areas of the world that are historically Christian, but for various reasons are no longer so, or are Christian in name only. Pope Benedict XVI has taken up this

clarion call with regard to Europe in particular, as he witnesses Europe's attempts to deny even the factuality of its Christian roots. Pope Benedict even instituted the Pontifical Council for New Evangelization last year. [Read more....](#)



Theology of the Body and the Transformation of Culture BY **STRATFORD CALDECOTT AND DAVID L. SCHINDLER** 03/17/2011



Pope John Paul's reflections on what he sometimes called "the gospel of the body" unfolded through his Wednesday audiences in St. Peter's Square, but his teaching was developed in numerous other speeches and addresses, encyclical letters and exhortations on marriage, women and the Blessed Virgin Mary. [Read more...](#)



The Beauty of Love: Key for Education in Sexual Purity

How does theology of the body's teaching on chastity affect pastoral practice, and how do we teach and live chastity as a result? BY
MICHAEL WALDSTEIN 03/18/2011

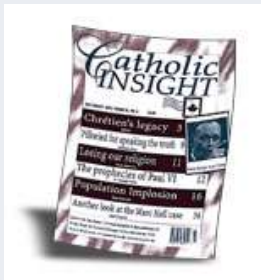


As John Paul II wrote in his "Letter to Families," "The contemporary family, like families in every age, is searching for fairest love." The phrase "fairest love" is a traditional translation of Sirach 24:24: "Ego mater pulchrae dilectionis — I am the mother of fairest love," or, more simply, "I am the mother of beautiful love." In Sirach, these are words spoken by Sophia, by Lady Wisdom, in praise of herself. In the Catholic tradition, they are applied to Mary. . [Read more....](#)

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





Catholic Sexual Ethics

The **Catholic Sexual Ethics** course has been added to the Theology of the Body Summer Course Schedule. Dr. John Haas, President of the National Catholic Bioethics Center and former professor of Catholic Sexual Ethics at St. Charles Borromeo Seminary, both in Philadelphia, will be the instructor for this course. The course will be held **June 26 - July 1, 2011** at Black Rock Retreat Center in Quarryville, Pennsylvania. To register go to Theology of the Body Institute - [click here](#)

What a good idea!

This list is from Katrina Zeno's Recommended Reading List

Donate Catholic Books to Catholic School Libraries

Some suggestions:

- *Real Love* by Mary Beth Bonacci (for teens on sexuality)
- *On a Mission From God* by Mary Beth Bonacci (for teens; uses theology of the body to teach the faith)
- *Boundaries in Dating* by Dr. Henry Cloud and Dr. John Townsend (dating – my favourite)
- *The 10 Commandments of Dating* by Ben Young and Dr. Samuel Adams (courtship/dating)
- *If You Really Loved Me* and *Pure Love* by Jason Evert (dating/human sexuality for teens)
- *Pure Womanhood* by Crystalina Evert (dating/purity for teen girls)
- *Wait for Me* by Rebecca St. James (purity and abstinence)
- *A Case for Chastity* by Heather Gallagher and Peter Vlahutin (for teens/young adults)
- *A Return to Modesty* by Wendy Shalit (for young adults)
- *Sexual Wisdom* by Richard Wetzel, MD (for parents/young adults on healthy relationships)
- *Sexual Wisdom for Catholic Adolescents* by Richard Wetzel, MD (chastity curriculum)
- *Why True Love Waits* by Josh McDowell (I have not read this.)
- *Five Conversations You Must Have With Your Daughter* by Vicki Courtney (about sexuality)
- *And the Bride Wore White* by Dana Gresh (purity for young women)
- *Who Moved the Goalpost* by Bob Gresh (purity for young men)
- *Raising a Modern Day Princess* by Pam Farrel and Doreen Hanna (rite of passage for girls)
- *Raising a Modern-Day Knight* by Robert Lewis (nature of men)
- *Tender Warrior* by Stu Weber (nature of men)
- *The Five Love Languages of Teenagers* by Dr. Gary Chapman (parenting teens – excellent!)

Peter's Points to Ponder

The Gospel reading (John 9:1-41) for April 3, 2011 (4th Sunday of Lent) focused on a beggar who was blind, and was given the gift of sight from Jesus. In this reading, we hear that Jesus "spat on the ground and made mud with the saliva".

So does this Gospel reading have relevance in our lives if we're not blind? The answer is "Yes" because while we may have the gift of sight through our eyes, sin has caused us to be blinded spiritually. Through the sacrament of reconciliation,

"Create in me a pure heart oh Lord, and renew a steadfast spirit within me" Psalm 15:10

this blindness can be reduced; however, we are never truly able to see as we are called to.

John Paul II's "Theology of the Body" like the mud in the Gospel reading can restore our sight by realizing the sexual sins we are guilty of in our own lives. By opening our hearts to John Paul's message of human sexuality, we can restore our sight, and reverse the deadly consequences of our society.

Pray for us Blessed John Paul II

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

Visit our website for news, and resources for:

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

God, Sex and the Meaning of Life Ministry

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 two 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

www.godsexandthemeaningoflife.com/

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

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