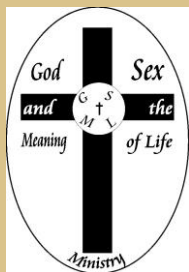


If you received this twice, please accept our apologies. If the Newsletter does not appear as it should please go to our Website at <http://www.godsexandthemeaningoflife.com/Newsletters.html> - click on Volume 37 - to view the document. If you would prefer to receive this email as a PDF attachment please let us know.



God, Sex and the Meaning of Life

MAY 2014

VOLUME 37

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Note: Email 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



We are now booking into the fall of 2014.

GSML News

Apologetics

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

May 24 ***Great Catholic Faith Quiz***

Win Prizes!!! Do you know your Catholic faith? Test your knowledge.

Sept. 27 ***How to Win an Argument Without Losing a Soul.***

The next Apologetics after the summer, will be held in Sept. and the topic will be *How to Win an Argument Without Losing a Soul*. This will be a DVD presentation with Matt Fradd. Discussion will follow. This is a perfect topic for Apologetics as it helps guide Catholics in how to defend the Faith.

For more information [Click Here](#)

Book a Theology of the Body for Teens Workshop in 2014

Theology of the Body and Confirmation

We just completed a program at St. Bernadette's. Each child received a set of Virtue Beads to help with their Virtue Project*. The Virtue Project focuses on practicing virtues, one at a time to master them. For example:

- patience
- generosity
- joy
- cleanliness
- responsibility
- peacefulness
- kindness
- courage
- love
- chastity
- forgiveness
- modesty

*Virtue Project is from *Theology of the Body for Teens: Middle School Edition*

Consider inviting us into your parish or school to facilitate the Theology of the Body and Confirmation program.

Theology of the Body & Virtue Beads

Recently, we have been in all three schools in our Parish to give a gift of Virtue Beads to the students making their First Communion and

We have held over 20 Theology of the Body for Teens Workshops

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

Contact:

gsmlministry@gmail.com

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

Contact: Rose and Pat Heron at roseheron@gmail.com or 905-683-9055

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.

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

Confirmation. We taught the students in the classes to make virtue beads themselves by providing the material along with the instructions. This gave them more ownership in the beads, and hopefully more interest. We also talk a little about St. Theresa, how we inherited the beads through her. We showed them how to use the beads when they carry out a "little" act of virtue. These acts can include such actions as controlling their anger, sharing their toys, and respecting every person including those of the opposite gender. Practicing these virtues teaches them chastity and helps them live it through the reminder of the beads.

Chastity is learning how to love one another properly, and doing away with being selfish. It is a virtue that helps us to use our bodies to express love in purity and truthfulness. Chastity helps us remember who and what we are. Such a great virtue, such a great way to live, and God willing, the students will benefit forever from this "little" gift. If you are interested in having us visit your classroom, the material for these beads is \$1:00 per set of beads and a small amount of our God given time.

Theology of the Body Retreat

In late March, we presented a half day retreat, based on *Theology of the Body for Teens*, to a group of students from St. Don Bosco Secondary School in Toronto. The presentation took place in Transfiguration Church hall. After the students arrived at the church, we began the session with a short Bible reading and a prayer. We followed this with an activity taken from the ToB for Teens Middle School edition. The purpose of this activity was to demonstrate how our lives are so busy and noisy that it is difficult or impossible to hear God's voice when he speaks to us. We made point that we have to quiet the noise and find stillness every day in order to hear God's voice. Following a presentation of what Theology of the Body is, we watched a short introduction on the topic. The second part of the day was based on dating with purity. The activity that started this section demonstrated that the opinions we derive from our culture aren't necessarily the truth and that there is only one truth. Truth is not based upon our own preferences and ideas, but upon the Word of God. Following a discussion on dating, we watched a short video presentation on the topic. The morning wrapped up with a prayer and a pizza lunch.

Theology of the Body Study Group

The Theology of the Body is based on a series of talks given by Pope John

Theology of the Body touches all aspects of our Catholic faith and is deeply rooted in the Bible. It is part of the New Evangelization. Drop in and see what it is all about.

Paul II. Have you ever taken time to learn about who you are according to God's creation? This teaching looks at the creation account in Genesis 1-2, as well as other Scripture passages that address the relationship between man and woman. It reflects on how sin has affected us, and how our hearts are wounded because of sin. Finally, in light of the redemption of Christ, we will learn how those wounds can be healed. It helps you to grow in your understanding of the creation of man/woman, the effects of sin, and gifts that flow from redemption.

Why study Theology of the Body? It will challenge you to be the best you can be, the people God created us to be.....fully mature in Christ. Adults of all ages will find the material engaging and healing.

Every Monday morning at St. Bernadette's Parish Hall, 21 Bayly St. E, Ajax from 9:30 am to 11:30 am.

The group is enjoying the book, *Theology of the Body for Every Body*, by Leah Perrault.

Contact us at gsmlministry@gmail.com

Everyone welcome. Also bring your Catholic Faith questions as we delve into many topics.

Theology of the Body for Grades 6,7 & 8

Dating and Dressing with Dignity

After completing the program, Theology of the Body for Teens, Middle School Edition, for the youth group at St. Bernadette Church, the GSML Ministry prepared a presentation that combined information on dating and on modesty in dressing. For the age group, (grades 6 to 8) we presented dating as an activity that is more proper much to older teens and young adults. Middle school students and high school students would be better getting together in groups and developing their friendships. We made the suggestion that they should pray for their future spouse. When dating does occur, the purpose is to find someone who would make a good mate. We told them that when dating someone, if you can't see yourself marrying that person, then there is no point in continuing that relationship.

In our presentation on dressing with dignity, we emphasized that the way we dress projects ourselves to the world. When others look at us, their eyes can focus on only one place at a time. We should dress so that we draw attention to our faces and not to other body parts. That way, we are seen as persons, not as body parts. We offered tips for taking today's available fashions and accompanying them with layers, scarfs and t-shirts in order to allow ourselves to dress modestly. We ended with a comment by Colleen Hammond, author of Dressing with Dignity, "If we don't treat ourselves with respect by dressing modestly, how can we expect others to

do so?"

We presented this wonderful program at St. Bernadette's Parish, 21 Bayly St. E., Ajax, once a month, after the 5:00 pm Mass on Saturday (6 Pm). The kids had pizza first.

We will be starting the program again in October, so if your grade 6th, 7th or 8th missed out, this will be a perfect opportunity to be part of it.

If you are interested in this program, please contact us at gsmlministry@gmail.com

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 Course.

Contact Rose Heron at: roseheron@gmail.com or 905-683-9055



To better understand JPPII's writings we have decided to include summaries of the ToB.

To read the Audience [click here](#)

"Man becomes the image of God not so much in the moment of solitude as in the

Man Becomes The Image Of God By Communion Of Persons

Pope John Paul II

Summary of Audience Nine - by Tom Kennedy

Genesis tells us that the fully completed creation of man is made up of the creation of two beings. Their unity shows the sameness of human nature while their duality as male and female, shows their physical bodily differences. This state of unity and duality also has an aspect of meaning or worth. God, for his own desires, created man as being worth much more than the rest of creation, but he also created man with a particular worth for mankind itself. "But man was also created as a particular value for himself—first, because he is man; second, because the woman is for the man, and vice versa, the man is for the woman."

Genesis 1 shows us man's worth based on his relationship to God, (and indirectly to all things spiritual), while Genesis 2 shows us how he lived and experienced that worth as a human being. Genesis also seems to tell

moment of communion. Right "from the beginning," he is not only an image in which the solitude of a person who rules the world is reflected, but also, and essentially, an image of an inscrutable divine communion of persons." – JP II

us that man's first words after the creation of women - "This one at last is bone of my bones and flesh of my flesh! She is to be called Woman, because she was taken from Man." – seem to tell us that the male's emotions at seeing the humanity of the woman as well as the femininity, is something unique and unrepeatable.

In this way, man's original unity, through masculinity and femininity overcomes solitude, and through the attraction of masculinity and femininity we arrive at what the Pope calls the "communion of persons". Solitude leads to unity.

In original solitude man learned personal knowledge of who he was in relationship to the rest of creation. At the same time, still in solitude, he learned that he opened himself up to a being like himself - "a helper fit for him". He leans that he is above the rest of creation, and that he can also have a relationship with another person. Community and communion in this case are not the same. Communion here is used in the true sense of "help". It shows that the person exists for himself as well as for the other person. This communion can only happen in "double solitude". The solitude of humans distinct from the rest of creation, and the solitude of each of them in their male and femaleness,

Genesis 1 tells us that man was created in the image of God as male and female. Chapter 2 does not, but it reveals to us that the overall creation of "man" is expressed in giving life to the "communion of persons". In this way, both texts are in agreement. God himself is a communion of persons in the Trinity, and in this way "man" is in the image of God. Because of this unity or "communion of persons", and through male and femaleness, fertility and human procreation was with us right from the beginning. "Go forth and multiply".

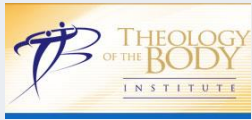
This brings us closer to the physical reality of the body. Through the body, the male was able to identify and name what made them visible to each other, and what identifies their humanity, and he called it "body". Through the words "flesh of my flesh" Adam gave it the exact meaning – that the body reveals man. Since that makes the body truly human, man therefore, even in his physical body, is similar to God.

Right from the beginning the study of the body in the context of God, ties the body into the creation of man in God's image.

Unity, when looked at through the body, has several dimensions. One is moral, as Christ showed us when he talked of divorce to the Pharisees. The other is sacramental, and theological aspect where, through the physical body and through the spirituality of male and femaleness, fertility and human procreation (communion of persons) existed from the beginning.

Masculinity and femininity show the physicality of man as well as a new understanding of that physicality which is a sense of mutual enrichment. This understanding goes much deeper than the mere physical aspect of the body, it is a deeper understanding of both the physicality and the

sexuality, which is necessary if we are to understand man from a theological perspective.



www.tobinstitute.org

Theology of the Body Institute

June 22-27, 2014

Theology of the Body I: Head & Heart Immersion Course
with Bill Donaghy
Quarryville, Pennsylvania

[Click Here](#) to register online

We went to the last Congress and found it very informative. We're going again this year and are really looking forward to it.

Nominate - The Congress will seek to recognize outstanding accomplishments in promoting, living and understanding the Theology of the Body. Excellence demonstrated in Theology of the Body through the various fields of arts, academia, social justice, diocesan outreach, parish outreach, publishing, catechesis, activism,

2014 International Theology of the Body Congress

The 2014 International Theology of the Body Congress will once again be the most expansive gathering of experts and popularists in the history of this extraordinary teaching. Held in Philadelphia July 9 – 11, 2014 and hosted by the Theology of the Body Institute, the world's leading experts and members of the Church hierarchy will gather to teach and network with educators, activists and devotees to apply this teaching to many facets of the Catholic Faith and everyday life.

To find out more or to register [click here](#)

Some of the presentations:

Catechesis and Evangelization:

Bill Donaghy - TOB and Art
Mother Olga - TOB and Our Lady
Emily Stimpson - TOB in Everyday Life

Marriage and Family:

Dr. John Grabowski - TOB and Marriage
Dr. Greg and Lisa Popcak - Educating Kids in TOB
Dr. Peter Damgaard-Hansen - TOB and Forgiveness, Mercy and Healing

Pastoral Ministry:

Rose Sweet - TOB and Divorce and Healing
Andrew Comisky - TOB and Same Sex Attraction
Brian Butler - TOB and Youth

Philosophy and Theology:

Dr. Deborah Savage - TOB and The New Feminism
Fr. Brett Brannon - TOB and Celibacy
Dr. Edward Sri - TOB and the Eucharist

Panel and Roundtable Discussion Topics:

<p>evangelization will be considered.</p>	<p>TOB and Natural Family Planning, Sponsored by the Couple to Couple League TOB and Pornography, Sponsored by Covenant Eyes TOB and Youth and Young Adults, Sponsored by DumbOx Ministries How to Start a TOB Apostolate TOB and Same Sex Attraction TOB and Singles - See more at: tobcongress.com</p>
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<p><i>A free e-book downloadable in all formats.</i></p> <p><i>This book is from Catholic Culture and requires you to log-in. It is a great site for Catholic Information.</i></p>	<h2 style="text-align: center;">Witness of Suffering</h2> <p style="text-align: center;">Reliving the final days of Blessed John Paul II</p> <p style="text-align: center;">by Philip F. Lawler</p> <p>Faced with a debilitating disease, Blessed John Paul II chose not to suffer in privacy, but to let the entire world watch his struggle. Inevitably he would lose the fight against his illness. But in the process he would offer a personal testimony to the value of suffering. The last weeks of his life became a powerful drama, reaching its emotional climax as the world stood vigil—somber, prayerful, expectant—during his last hours. This collection of headline stories, from the weeks leading up to his death, recaptures the drama and offers readers another opportunity to reflect on the beloved Pontiff’s final gift to the Church: his suffering.</p> <p>To download the book click here. You will have to sign-in or create an account. It is a fine Catholic site.</p>
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<p><i>New Website by Jason and Crystalina Evert</i></p>	<h2 style="text-align: center;">John Paul II Renewal Center: Discovering God</h2> <p>“The Mission of the John Paul II Renewal Center is to share the sacred meaning of human love and life contained in the teachings of Blessed John Paul II, especially as presented in Theology of the Body.”</p> <p>It is dedicated to spreading the teachings of Blessed Pope John Paul II, especially his works on Theology of the Body. The John Paul II Renewal Center offers various speaking engagements, classes, seminars, study groups and resource materials for various age groups including teens, young adults, engaged and married couples.</p> <p>To view this amazing website click here</p>
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"Marriage is beautiful and we must always safeguard it." – Pope Francis

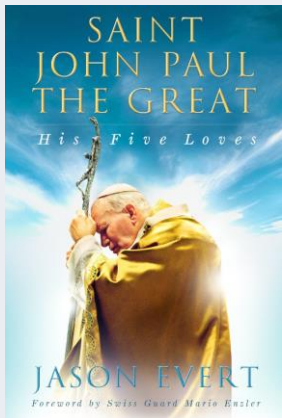
The Sacrament Of Marriage, Icon Of God's Love For Humanity

By Cindy Wooden
[Catholic News Service](#)

VATICAN CITY (CNS) -- Through the sacrament of matrimony, married couples are called to be living icons of God's love in the world, Pope Francis said; and when they fight -- and all couples do -- they don't have "to call the United Nations," but find simple words and gestures to say they are sorry.

Concluding a series of talks about the sacraments, Pope Francis used his general audience April 2 to focus on marriage, and he asked the estimated 45,000 people gathered in St. Peter's Square to pray for the world's families, especially for couples experiencing difficulty.

To read the rest [click here](#)



Recommended Reading

Saint John Paul The Great: His Five Loves

by Jason Evert

A French novelist once wrote, "Tell me what you love, and I will tell you who you are." Although there are countless ways to study Saint John Paul the Great, the most direct route is by entering the man's heart.

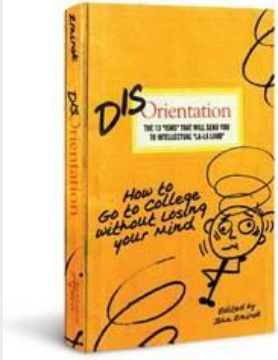
Discover the five greatest loves of Saint John Paul II, through remarkable unpublished stories about him from bishops, priests who organized his papal pilgrimages, his students in Poland, Swiss Guards, and others. Mining through a mountain of papal resources, Jason Evert has uncovered the gems and now presents the Church a treasure chest brimming with the jewels of the saint's life. Rekindle your own faith by learning what (and who) captivated the heart of this great saint.

What a good idea!

Donate Catholic Books to Catholic School Libraries

Disorientation: How to Go to College Without Losing Your Mind

BY JOHN ZMIRAK



They're leaving home - will they leave the faith?

"Every year, thousands of young Catholics leave their homes for higher education at our nation's colleges and universities. Very few realize, however, that from orientation day onward, they will be indoctrinated with a vision of reality that is very different from the values their families hold dear. Sadly, many of our young people will fall prey to one or more of the dominant ideologies engrained in their college education, ideologies that can lead them away from the Church and, ultimately, their faith in God. Students who are not taught how to think critically or who lack the tools needed to sift through the logic of these positions are easily swayed by the smooth sophistry of the intellectual elite.

For this reason, twelve of the top Catholic writers in America - professors, priests, journalists, philosophers, and theologians - have come together to dissect the trendy ideas that can lead young Catholics away from the Church. Disorientation is intellectual ammunition for every college student and parent, as it breaks down the history, analyzes the appeal, and debunks the empty promises of such wildly popular errors as:

- Hedonism
- Relativism
- Progressivism
- Modernism
- Scientism
- Fundamentalism
- Radical Feminism
- Multiculturalism
- ...and more."

- from [Ascension Press](#)

To read Father Baron's interesting article on both Pope John XXIII and Pope John Paul II - titled - Two Sainly Popes: How John Paul II and John XXIII Modeled Virtue - [click here](#)

Peter's Points to Ponder

"All the best!"

Do you have any phrases that resonate with you, or something that you'll never forget? Words can be very powerful, the act of a Police Officer saying "You're under arrest" changes your state in life in an instant. Perhaps it was a doctor saying "You have cancer", or on a lighter note the first time your spouse told you "I love you" after the marriage ceremony; and knowing it sounded different than at any other time you may have heard that phrase.

For me "All the best", spoken on Saturday April 12, 2003 is one of the most powerful phrases. The phrase resonates deeply with me, because it was the words of Saint Pope John Paul II, the Great spoken during a private audience. While it's been 14 years since meeting the Holy Father I remember vividly how I felt in that instance. What was most remarkable was the feeling that the Holy Father cared only about me in that instant,

and others that were part of the group commented they felt the same way – like there was no one else in the room, like the Holy Father cared only about the person he was meeting in that instant, and more so that he was prayerfully seeking God’s intercession for everyone he met that day. I was not surprised when I saw all those banners exclaiming “Santo Subito” (Make Him a Saint Now) that were flying on the day of his funeral.

His 26 year Pontificate saw a number of changes, and a large number of accomplishments. This great Saint NEVER tired of telling the truth, even if he knew it would be difficult for some of his listeners. The truth was the only option for John Paul II, and one of the greatest truths he spoke about was the dignity of the human person, and the act of becoming one flesh. A series of General Audience talks that would later be published as “Theology of the Body”. In the words of this great saint, “Be Not Afraid” to seek the truth, and live out the dignity God intends for each of us.

Pope Saint John Paul II, Pray for Us!

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

Billings Ovulation Method

When a woman learns the Billings Ovulation Method, she is taught to recognise and understand her signs of fertility and infertility. She does this by observing the presence or absence of mucus at the vulva. This mucus, produced at the cervix, is essential for fertility. Sperm cells depend on this mucus for their survival and their ability to reach and fertilize the egg.

Mucus that has fertile characteristics indicates the approach of ovulation. Some women experience very little mucus and not in every cycle.

A couple having difficulty in conceiving can be assisted by a Billings Ovulation Method teacher. The teacher can assist the couple to understand the subtle changes in the mucus secretion or sensation, alerting them to the most fertile time in the cycle.

If there are no psychological or medical conditions preventing pregnancy, advice about timing of intercourse to coincide with this mucus provides the greatest success.

The Ovarian Hormone Meter monitors the hormonal ovulatory pattern and has proved useful for those women who have only a slight mucus symptom. Access to the Ovarian Hormone Meter is available through

to monitor their health.

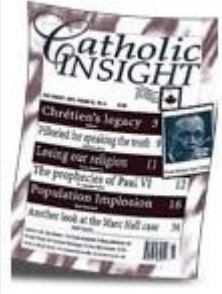
Billings Ovulation Method Centres.



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.



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

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 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

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 with unsubscribe in the body of your email.