



# God, Sex and the Meaning of Life

SEPT 2019

VOLUME 69

**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)

**We have held over**

**We are now booking into Fall of 2019.**

Toronto's Cardinal, Thomas Collins stated: *"One crucial area is the Catechesis of Human Love, or Theology of the Body, developed by Blessed Pope John Paul II which, when widely offered, can greatly strengthen Christian family life, and the life of discipleship."* – Archdiocese of Toronto: Pastoral Plan, 2013

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

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## GSML News

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**If you would like to have your Theology of the Body event published in this Newsletter, please remember the publishing dates of January, March, May, July, September and November. Please send us the information prior to these months.**

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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 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.

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

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**Theology of the Body Study Group**

At the present time we are studying the ***Catechism of the Catholic Church***, with an eye towards the **Theology of the Body**. 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.

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**

St. Bernadette Church Hall, 21 Bayly St. E., Ajax

***Prophets: Messengers of God's Mercy***  
by Thomas Smith & Sarah Christmyer

The Prophets urge us to repentance, warn us of the dangers of sin, and announce the blessings of faithfulness. Their prophetic words speak to us even today, as they draw us closer to our heavenly Bridegroom. At St. Bernadette's Parish in 21 Bayly St. E, Ajax, ON beginning Friday Sept 13, from 7pm to 9 pm or Wednesday Sept 18, 2019 from 9:30 am to 11:30 am and continuing for 10 weeks. (Study Guide \$40: optional)

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

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

**Important Note: If you would like help starting the Bible Timeline in your Parish, please feel free to contact us.**

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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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*"God has Eve protectively in His arm just before He entrusts her to Adam..."*

## **Love Divine All Loves Excelling**

*by Dr. Tom Neal*

Here is my journal entry with advice I received in Confession yesterday from an elderly priest, who is the textbook definition of an "old salt" with the gravitas that attends. There was a sense of awe in that confessional.

He said:

You know that after God himself, your wife is the only person God commands you to love in an absolute way. Not your parents or children are owed that, no one but your wife. We are by divine command to love all, but only the spouse is loved with all your heart, soul, mind, strength—and body. Your children and parents, co-workers, and friends should be made highly aware of that every day.

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

*A Catholic Introduction to the Bible: The Old Testament*

by Brant Pitre and John Bergsma

I highly recommend this book for serious Bible Study

## Dr. John Bergsma: "Marriage in the Beginning, Middle, and the End of the Bible"

To listen to Dr. Bergsma's talk, [click here](#)

Dr. John Bergsma, Associate Professor of Theology at Franciscan University of Steubenville, talks about "Marriage in the Beginning, Middle, and the End of the Bible" at the 2012 Applied Biblical Studies Conference here on campus in Steubenville, Ohio.

To listen to more talks by Dr. Bergsma [click here](#)

Maybe something like this could be started in the Archdiocese of Toronto

## GENESIS Retreat

On the GENESIS retreat (Pre-Cana) you will deepen your relationship with Jesus Christ and one another. You will explore how God has led you to this moment and will remain with you throughout your married lives. You will grow in knowledge of the truth of God, yourself and your fiancé. God desires to heal our wounds so that we can enter into marriage freely and wholeheartedly.

This day is simply a day to step away from the busyness and stresses of life and wedding planning, to be with your fiancé and other engaged couples. We pray that this one-day retreat will be the beginning of your journey with the Genesis Marriage Community.

To find out more [click here](#)

*If you feel that this teaching prohibits you from being truly happy, Fr. Mike offers encouragement. It may not seem fair to us at first, but the deep abiding peace we acquire from living by God's plan is better than anything we could acquire by doing things our way.*

## Catholic Teaching on IVF and Contraception Explained

For many people, the Catholic Church's teaching on in vitro fertilization and contraception is a hard one, but it is in concordance with the nature of things. The nature of a thing, as Fr. MIke puts it, is its "what-it's-for-ness". Sex is for procreation and the unity of the couple. Equally important is the fact that sex, not in vitro fertilization, is the natural way to bring forth a new life. Contraception and in vitro fertilization violate the nature of not only sex, but also the nature of the person and life itself.

To watch the talk [click here](#)

From Ascension Press <http://ascensionpress.com>

TOBET has a series of books for children called The Body Matters which can be viewed [here](#).

## St. John Paul II Was Right: The Relevance of the Theology of the Body

Monica Ashour, co-founder and executive director of the Theology of the Body Evangelization Team, on the key to a sound Christian anthropology of love and sexuality.

By Solène Tadié

ROME — The anthropological vision of John Paul II on love, life and human sexuality, developed in his “[theology of the body](#)” (TOB) catechesis, has become a polestar for a whole generation. Gathering a series of 129 catechetical addresses pronounced during his Wednesday audiences in St. Peter Square from Sept. 5, 1979, to Nov. 28, 1984, the theology of the body remains a key element of John Paul’s thought and a major papal contribution to the Church’s teaching on human sexuality..

Although the Pope’s addresses remained relatively unknown until the 1990s, this crucial work is now widespread — and continues to spread — thanks to the commitment of individuals around the world who have dedicated their lives to teaching John Paul’s vision, notably through the organization of large conferences and the creation of institutes and associations.

To read the rest of the article [click here](#)

*This podcast spotlights movie and television reviews, commentary on what’s in the news regarding media and culture, and interviews with people who are making or talking intelligently about the role of culture in society and in our spiritual growth.*

## Church of the Masses Podcast:

[11 Jul 2019 - Theology of the Body Onscreen](#) – starting at about 00:17 with Sr. Helena

[18 Jul 2019 - Theology of the Body Onscreen, Guest: Sister Helena - Pt. II](#) - starting at about 00:17 with Sr. Helena

*Excellent advice from Sr. Helena Burns about Art and Media*

*To hear more of Sr. Helena’s Podcast [click here](#)*

## Theology Of The Body In Art & Media

### THREE THEOLOGY OF THE BODY PRINCIPLES FOR ARTISTS:

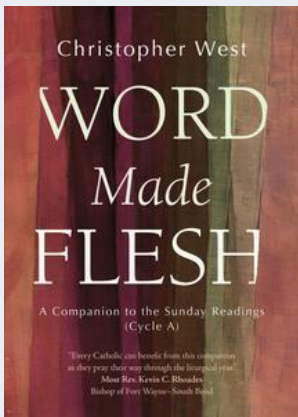
1. The personalistic norm: "A human being may never be used. The only appropriate response to a person is love."
2. For artists, ethics ARE aesthetics.
3. The purpose of art is the same as the purpose of the body: to make visible the invisible; to reveal the deepest, unseen meaning of things.

### THREE MAIN POINTS BY WHICH SR. HELENA REVIEWS A FILM:

1. Excellence in filmmaking
2. Overall experience of the film (and where is film coming from/why was it made?)
3. How does the film jive with a Judaeo-Christian, biblical, sacramental, Theology of the Body worldview?

**SHOULD I WATCH THIS FILM (AS AN ADULT)?**

1. Pray. Pray before, during, after the film.
2. Know thyself.
3. Hit pause. It's OK to look away / fast forward / turn off / walk away / walk out / take a stand.
4. Ask yourself: Why am I watching this film in the first place? We are always disciples of Jesus Christ and must always glorify Him in all that we do, including our media/digital lives. Will watching this film glorify Him? (Even if it might be objectionable in parts, am I watching it to study it and help myself and others? Never use "I'm studying it" as an excuse!)
5. Be brutally honest about how this film is affecting you, body and soul. How it's affecting your relationship with God, self, family, others, enemies, all Creation.



**Word Made Flesh - Cycle A: A Companion To The Sunday Readings**

By Christopher West

One of the most influential movements in the Church today is centered on St. John Paul II's Theology of the Body (TOB), of whose teachings Christopher West is the preeminent translator for a popular audience. In *Word Made Flesh: A Companion to the Sunday Readings (Cycle C)*, West offers reflections on an entire cycle of Sunday Mass readings through the lens of TOB, providing a fresh way to process and act on the Good News by orienting our desires for union with God with our understanding of ourselves and our relationships with others.

[Click here](#) to order

*Episode 31:  
Christopher West And  
David Clayton On  
Popular Culture And  
The New  
Evangelization – Our  
Lady Of Guadalupe*

**Way of Beauty**

This week we are delighted to have Christopher West on the Way of Beauty podcast. You very likely know of him as the passionate advocate of the Theology of the Body and the writings of John Paul II. But I wanted to ask him about another of his great interests - the place of popular culture in the New Evangelization. Should Christian culture be highbrow, low brow or no brow? What lessons can we learn

from the popular culture of today and of the past. We talk about Bruce Springsteen, U2, Genesis (okay, we're both children of the 1970 and 80s), and Our Lady of Guadalupe whose image brought millions of Aztecs into the Church.

To listen or watch the talk [click here](#)

From the Catholic Talk Show

<https://catholictalkshow.com/>

## Great movies that every Catholic should watch.

1. *The Passion of The Christ*
2. *Nacho Libre*
3. *Molokai: The Story of Father Damien*
4. *For Greater Glory*
5. *Unplanned*
6. *Silence*
7. *Romero*
8. *Doubt*
9. *The Song of Bernadette*
10. *The Rite*
11. *The Scarlet and the Black*
12. *A Man For All Seasons*

<https://catholictalkshow.com/12-movies-every-catholic-should-watch/>

**Enjoy a weekly reflection from Katrina J. Zeno on St. John Paul II's monumental work, *Man and Woman He Created Them*, otherwise known as the "Theology of the Body."**

## Theology of the Body Tuesdays

1: Why Do We Have a Body Anyway?

Welcome to TOB Tuesday! Every week we'll spend a few minutes together reflecting on an aspect of St. John Paul II's monumental work, *Man and Woman He Created Them*, otherwise known as the "Theology of the Body." Our goal will be to unearth St. John Paul II's original and sometimes earth-shattering insights on the human person, marriage, gender, the meaning of life and, oh yes, why the heck we even have a body.

To read the rest of the article [click here](#) There are over 30 reflections and more to come

The Catholic Church recently released a document on gender and, surprise, it's green, organic and countercultural.

## "Male And Female He Created Them" Towards A Path Of Dialogue On The Question Of Gender Theory In Education

INTRODUCTION



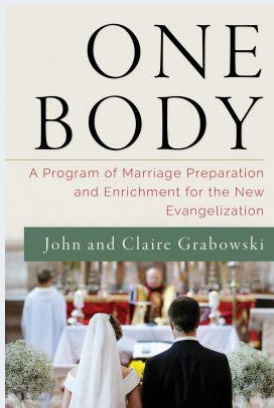
The document, "Male and Female He Created Them: Towards a Path of Dialogue on the Question of Gender," issued by the Vatican's Congregation on Education, is the first, systemic statement on transgenderism and some modern sexual questions.

- By Father Jack Lombardi [click here](#) to read more

1. It is becoming increasingly clear that we are now facing with what might accurately be called an educational crisis, especially in the field of affectivity and sexuality. In many places, curricula are being planned and implemented which "allegedly convey a neutral conception of the person and of life, yet in fact reflect an anthropology opposed to faith and to right reason".<sup>1</sup> The disorientation regarding anthropology which is a widespread feature of our cultural landscape has undoubtedly helped to destabilise the family as an institution, bringing with it a tendency to cancel out the differences between men and women, presenting them instead as merely the product of historical and cultural conditioning.

To read the document please [click here](#)

CONGREGATION FOR CATHOLIC EDUCATION (for Educational Institutions)  
VATICAN CITY 2019



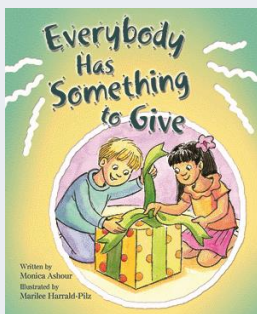
## Recommended Reading

### ***One Body: A Program of Marriage Preparation and Enrichment for the New Evangelization***

By John and Claire Grabowski

In recent years the Church has called for a more intensive formation for couples preparing for the vocation of marriage, both before the wedding and in the months and years to follow. John and Claire Grabowski's *One Body: A Program of Marriage Preparation and Enrichment for the New Evangelization* is an answer to that call. Through the teaching of Scripture and the Tradition of the Church, *One Body* guides couples preparing for marriage and living out their vocation in such important topics as forming a new family, marriage as a covenant and a sacrament, sexuality and the gift of children, mutual submission in marriage, fostering intimacy in all of its forms, constructive conflict resolution, and "investing" in a marriage. Written with a seamless blend of real-world experience and faithful theology, including resources to strengthen and sustain vibrant Christian marriages, this easy-to-follow program answers the Church's call to dive deeper into this vital sacrament.

**What a good idea!**



## Donate Catholic Books to Catholic School Libraries

### ***EVERYBODY HAS SOMETHING TO GIVE***

By Monica Ashour

"Who leaves a gift unopened? We all tear the paper and peel off the tape. We can't wait to see what's inside!"

Introduce children to the beauty of giving and receiving. *Everybody Has Something to Give* affirms the dignity of every person in a fun and creative

way, and teaches children how our bodies help us to give of ourselves, receive others, and open our hearts to Jesus.

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

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

## Teen girls on the pill may have long-term risk to bones

*Dr. Brian Goldman ·*

A growing number of teenage girls in Canada use oral and other forms of hormonal contraceptives. Doctors prescribe them for birth control and other reasons. A review published in January in the journal *Clinical Endocrinology* has identified a serious long-term risk: a strong link between the use of combined estrogen and progesterone and loss of bone mineral density.

Researchers at the Centre for Menstrual Cycle and Ovulation Research at the University of British Columbia looked at published studies that compared women age 12 to 19 who used combined hormone contraceptives and compared them to adolescents who did not take hormone treatment. They compared how much accrual of bone mineral density took place during a 12 to 24 month period. A total of 1,535 adolescents were compared over a 12-month period and 885 adolescents over a 24-month period.

Throughout both time intervals, teenage girls on hormone treatment had statistically and clinically significantly lower bone mineral density than those not on treatment.

To read the article [click here](#)



*Natural Family  
Planning Association*

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

The teachers of the Natural Family Planning Association provide this

valuable education at no charge, as described in our mission statement:

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

Visit our website for news, and resources for:

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

## God, Sex and the Meaning of Life Ministry

Our Ministry is approved by The Archdiocese of Toronto and has presented over thirty Workshops on Saint Pope John Paul II's Theology of the Body in Parishes in the Toronto Archdiocese. As well, in the fall of 2009, we organized and held a Theology of the Body Conference in Toronto. This conference was attended by over 1000 people. At the same time, we facilitated a Luncheon meeting on this same topic for Priests and Seminarians with over 120 in attendance. We have held over twenty Theology of the Body for Teens workshops and have been invited into four high schools to provide a session on the Theology of the Body in the Classroom. We have also held workshops for Parents.

Please keep GSML Ministry in your prayers

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

[www.godsexandthemeaningoflife.com/](http://www.godsexandthemeaningoflife.com/)

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

To unsubscribe to this newsletter, reply back with this email to [gsmlministry@gmail.com](mailto:gsmlministry@gmail.com) with unsubscribe in the subject line of your email.