



# God, Sex and the Meaning of Life

SEPT 2017

VOLUME 57

**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)

Marriage

- [Donate Catholic Books to Catholic School Libraries](#)
- [Natural Family Planning - Achieving Your Pregnancy](#)



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

Toronto's Cardinal, Thomas Collins stated: [John Paul II] "His teachings, and especially his Theology of the Body, are a permanent gift of immense benefit to us all. I earnestly invite everyone to study prayerfully the teachings of Pope John Paul, especially the Theology of the Body. -We need very much in these days to deepen our awareness of the dignity of the human person, and Pope John Paul helps us to do that." - Address of Archbishop Thomas Collins - 32nd Annual Archbishop's Dinner, Oct 27, 2011

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

## GSML News

### New10 week program for Teens

#### ***YOU: Life, Love, and the Theology of the Body***

A New Language for A New Generation

Saint John Paul II's Theology of the Body presents a beautiful vision of human sexuality and personhood. It has revolutionized the way parents and educators teach morality to teens, providing the "whys" behind the "whats," and paving the way to true freedom and happiness. Years after he wrote it, his vision is all the more relevant in today's world, where teens are receiving so many differing viewpoints about sex, love, and their bodies.

**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.

In an age of "selfies" and egocentrism, *You* cuts through the noise to present an authentic view of the human person. It presents young people with the extraordinary story of their creation as unrepeatable individuals. But the program doesn't stop there.

**We are ready, willing and able to come to your school and deliver this 10 week program.**

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

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

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**Theology of the Body Study Group**

Starting Sept 18, 2017, our group will be studying the Encyclical, **Humanae Vitae** (*On Human Life*). Pope Paul VI knew that *Humanae Vitae* would be controversial. But, he declared, the Church "does not, because of this, evade the duty imposed on her of proclaiming humbly but firmly the entire moral law, both natural and evangelical." Like Christ, the Church "is destined to be a 'sign of contradiction.'"

**Special Note:** A guest speaker, Rose Heron, will be linking the *Theology of the Body* to *Humanae Vitae* on Sept. 18, please join us.

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 starting on Sept 11, from 9:30 am to 11:30 am. in St Bernadette's church hall 21 Bayly St. E. Ajax. Hope to see you there.

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

Monday mornings from 9:30 to 11:30

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

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

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**Bible Study**

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

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

You will learn what all the mysterious figures and images of Revelation present, as well as what will happen during the Second Coming of Christ,

what has already happened, and what is happening now in salvation history. It is a 11 week course which will start Wednesday, Sept. 13 or Friday, Sept 15. Please join us:

Wednesday mornings from 9:30 am – 11:30 am

**OR**

Friday evenings from 7:00 pm – 9:00 pm

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

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

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

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

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### **Apologetics**

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

Join us the 4<sup>th</sup> Saturday (after the 9:00 a.m. Mass) of every month for an opportunity to learn to explain your faith clearly, defend it charitably, and share it confidently.

#### **Sept 23            *Jesus and other myths***

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

#### **Oct 28            *Proving The Resurrection***

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

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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.***

## ***Teachers***

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

**New** 10 Week Theology of the Body program for Teens - *YOU: Life, Love, and the Theology of the Body.*

A New Language for A New Generation

See the [article](#) from the Diocese of Pembroke to see how one group put this into effect in their school.

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

## ***Parents***

**You can make a difference.**

You must join the fight for YOUR child's soul.

- Encourage your schools to have the Theology of the Body programs taught in them, both Secondary and Elementary School.
- Encourage your parish to run these programs.

Equip yourself and your child to resist the pull of the world.

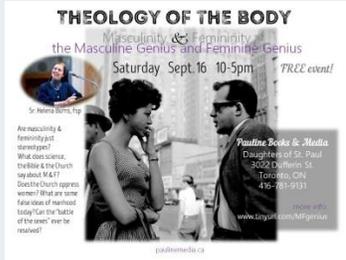
Contact Rose at 905-683-9055 regarding programs and workshops we can run in your schools or parishes. Or email [gsmlministry@gamil.com](mailto:gsmlministry@gamil.com)

## ***Pastors***

**Make a difference in your parish life.**

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

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# The Masculine Genius and the Feminine Genius

Saturday Sept 16  
Pauline books & Media  
Daughters of St. Paul  
3022 Dufferin St.  
Toronto, ON

**FREE EVENT** @ Pauline Books & Media--Toronto!

10am--5pm (doors open at 9:30am) / coffee, tea & cookies provided

BYOL -- bring your own lunch or dine out

BYOB -- bring your own Bible

What is gender? How many genders are there?

What is masculinity and femininity: culture conditioning and stereotypes? Or is it something real, undeniable and scientific? What does the Bible say about what it means to be a man or a woman? What does "wives be submissive to your husbands" mean?

What is "the feminine genius"? The "masculine genius"?

How can we put our gifts, strengths and weaknesses together in society and in the Church? Does the Church oppress women? What are some false ideas about what it means to be a man in today's world?

How can men help women be better women of God?

How can women help men be better men of God?

## THE FEMININE GENIUS

Retreat for Young Ladies, Ages 10-15

Sun., Sept., 24 from 11:00 a.m. (Mass) to 3:00 p.m.

Immaculate Conception Parish

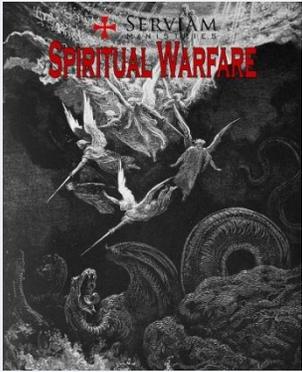
710 Scugog Street, Port Perry, Ontario

Registration Fee of \$5

To register please call the Parish Office

905-985-7071 or email: [icchurch10@gmail.com](mailto:icchurch10@gmail.com)

This will be led by The Sisters of Our Lady Immaculate based out of Cambridge, Ontario.



## Spiritual Warfare

We were born into a war that has been raging on since the beginning of creation. A war where the casualties are lost in the fires of Hell. A war that conscripts every person into combat, on one side or the other, whether they like it or not. A war that God will ultimately win, but many people will lose if they die fighting for the wrong side.

On October 28<sup>th</sup> join [Fr. Gary Thomas](#) and [Zachary King](#) for an exciting day of prayer, fellowship and inspiring talks that will equip and embolden you to fight the spiritual battle we are in while protecting yourself and loved ones. A reality check with messages of hope and mercy.

**Featuring:** Guest Speakers [Fr. Gary Thomas](#) and [Zachary King](#)

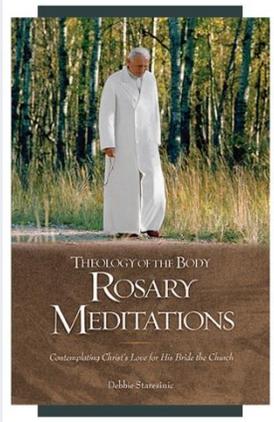
**Location:** Canada Christian College, 50 Gervais Drive, Toronto (Don Mills & Eglinton)

**Date:** Saturday October 28, 2017

**Schedule:** 9:00AM – 4:00PM (For a detailed schedule [click here](#))

Parking is FREE on site (first come first served). Lunch is available at venue for \$6.

All info and to purchase tickets: [www.serviamministries.com/events/spiritual-warfare/](http://www.serviamministries.com/events/spiritual-warfare/), [info@ServiamMinistries.com](mailto:info@ServiamMinistries.com) or 1-888-522-2070.



## TOB & the Rosary

Theology of the Body Rosary Meditations

Contemplating Christ's Love for His Bride the Church

Embracing God's plan for man and Woman through the Rosary and Theology of the Body

Who am I? What is my purpose in life? Christ took on a body to answer these questions. St. John Paul II developed the vision in the Theology of the Body. Praying the rosary through this lens illuminates what it means to be created

male and female in the image and likeness of God.

All proceeds go to Ruah Woods Press in support of the new ROOTED: Theology of the Body K-12 Curriculum project

Learn to pray the "favorite prayer" of St. John Paul II in a whole new way. The rosary radiates new personal insights every time you pray it through the lens of Theology of the Body. This will become a meditative treasure and a beautiful gift for special family and friends when you invite them into this circle of love.

[Click Here to Order](#) – Cost is \$12.00USD

*"Theology of the Body Rosary Meditations is an excellent tool for bringing this important teaching of St. John Paul II into the prayer life of the faithful. The reflections are theologically rich and biblically sound, offering fresh insights to each mystery of the Rosary in the light of Theology of the Body. Related quotes from saints and popes offer additional understandings in the important context of "Voices of the Church." It is my prayer that this booklet will be widely distributed and well received by the faithful in the Archdiocese of Cincinnati and beyond."* - Most Reverend Dennis M. Schnurr, Archbishop of Cincinnati

<http://www.tobrosary.com/>

## **Made on the sixth; made for the seventh**

by [ELIZABETH YEH](#) • July 17, 2017

In his Acton University lecture titled "Creation and the Image of God," Scott Hahn began with the assertion that we often ask the wrong questions about the creation story in Genesis. Instead of focusing on scientific questions of exactly *when* God created and *how*, we should be asking *what* God created and *why*. These are questions of theological anthropology, i.e. the understanding of God that is necessary for the understanding of man. Hahn uses biblical theology in order to answer *what* God created and *why*, specifically in regards to the creation of man.

<http://blog.acton.org/archives/96698-made-on-the-sixth-made-for-the-seventh.html>

## **The Biology of the Theology of the Body**

*Hahn explains that creation can be thought of as a two-part process of first forming and then filling, of first making the realms and then establishing their rulers.*

with Vicki Thorn

Using scientific studies, Vicki Thorn shows how men and women are inherently different, yet are built to complement each other. She explains the biochemistry of sex, the problems of the sexual revolution and the fascinating science of attraction. Mrs. Thorn uses biological data to show that the Roman Catholic Church's teaching on sexual morality is not outdated and has significant benefits for the physical, mental

To hear the talk [click here](#)

## **RADICAL FEMINISM TO FEMININE GENIUS**

My testimony: "From Radical Feminist to Feminine Genius" Sr. Helena Burns, FSP

Click [here](#) to listen

## **Theology of the Body I: Head & Heart Immersion**

**October 22-27, 2017** | Taught by Christopher West  
Black Rock Retreat Center | **Quarryville, PA**

The Theology of the Body I Head and Heart Immersion Course examines the main themes of Pope Saint John Paul II's Theology of the Body. Focused themes include: creation in the image of God, fall and redemption, Christian ethics and ethos, freedom and person, gender and vocation.

This "Head and Heart" Immersion Course offers rigorous academic study and seeks to facilitate personal integration of the material, helping students journey from "head to heart." The truths it proclaims are life-changing, especially for those wounded by the lies of our sexually-charged culture.

For more info [click here](#)

*A free course offered  
by John Paul the Great  
Catholic University*

## **Pillars of Catholicism a crash course in the fundamentals of the Catholic Faith.**

Marking the 50th anniversary of the Second Vatican Council, Pope Benedict XVI has declared 2012-2013 "The Year of Faith." In particular, the Holy

Father is calling upon all Catholics to confront what he identifies as one of the most difficult challenges the Church faces today: "religious illiteracy." That is, a lack of understanding about what Christians really believe. To address this problem, Pope Benedict has called upon Catholics to spend the year studying the Catechism of the Catholic Church, the official compendium of all Catholic teaching. Pillars of Catholicism is our response to the Holy Father's challenge.

<http://pillarsofcatholicism.com/>

## **The Body Matters**

A Pre-K through 8th grade TOB Curriculum

For Families, Faith Formation, or Catholic Schools

The Body Matters, based on St. John Paul's life-affirming Theology of the Body, is a teaching tool intended to assist primary educators (parents) in forming their children, and to be inserted into already-existing curricula at Catholic schools and parish faith formation programs.

While not addressing controversial issues directly, The Body Matters Curriculum, infused with St. John Paul's theology, will restore the dignity of the human person and form families and their children in the truths of the Catholic faith, precisely through a deeper understanding of the human BODY.

In November 2015, TOBET's Episcopal Advisory Board, led by Archbishop Samuel Aquila, confirmed this decision to create an original, inspiring, age-appropriate TOB curriculum, to form children in the faith and combat the destructive messages they absorb from the culture.

TOBET is well-equipped to respond to this call. With over 20 years teaching and catechetical experience, Monica Ashour, M.T.S., M Hum. has built a team of experts in childhood development, children's literature, graphic design, and curriculum expertise, working toward the accomplishment of this major endeavor.

Several local schools and parishes have agreed to pilot this groundbreaking curriculum, helping us to expand its effectiveness and reach. One principal saw right away that students can be taught things like putting away cell phones at the dinner table, why bullying is wrong, and how to behave at

Mass, all from a "TOB" angle. It's life-affirming.

<https://tobet.org/programs/>

## Recommended Reading

### ***Forever: A Catholic Devotional for Your Marriage***

How can spouses grow in faith together?

Prayers, tips & stories, actions.

It's so hard to find books that help couples pray together, right? This book is simple, realistic,

and best of all, weaves in some of John Paul II's "Theology of the Body."

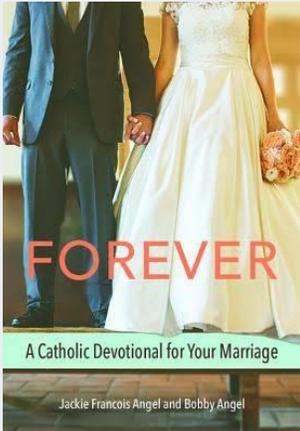
Also great for anniversaries or just because.

Get your marriage off to a great start-or renew the marriage you've shared for years-with this six-week devotional for couples, which takes inspiration from Pope John Paul II's Theology of the Body in all its significance. Experts Jackie François Angel and Bobby Angel will teach you how to pray together as a couple, opening you up to the wonders that God bestows on you.

Go from "I do" to "we do" as the book leads you in prayer and meditation on the great glory of God's love for you and his call for you to love freely, totally, faithfully, and fruitfully. It begins with the most fundamental questions of human existence-does life have a purpose?-then opens up to other questions: what is love? What is marriage? How do we accept the gift? How do we create family?

Your marriage has been called to be a physical sign here on earth and is both a great call and a great responsibility. You were created to live forever in communion with the God who loves us, and this fact is written right into your body! Here's an opportunity to answer God's call to you to live this truth in your marriage.

Can be purchased from [Pauline Press](#)



**What a good idea!**

## Donate Catholic Books to Catholic School Libraries

### ***The Great Maritini Story And Activity Book*** by Jedlie

The Great Maritini is a fun and touching story about Sam, a lovable but far from perfect magician. He is known throughout the land as The Great Maritini. Despite his many on stage mishaps Sam never gives up on himself, and as a



result of that grit and resolve is able to dazzle audiences with his amazing transformations. Sam also has a kind heart who can not walk away from anyone in need, and soon learns that the greatest transformation is transforming feelings of caring into action to help another human being.

**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.*

## Achieving Your Pregnancy

### **Capacity to conceive**

Fertility reaches its peak at about the age of 24 in both men and women. In women, the ability to conceive declines between 30 and 40, then rapidly as the menopause approaches. In men, fertility gradually diminishes from about the age of 50, although a man has the potential for fatherhood into old age.

Of those couples trying to conceive, fewer than a third will succeed within the first month, only 50% by 6 months and 80-90% by 18 months.

Infertility is usually defined as the inability to conceive after 12-18 months of sexual intercourse without contraception. Approximately 15% of couples trying to have a child are unable to do so.

### **Recognizing fertility**

The joint fertility of the couple is dependent on sperm, ovulation and the presence of mucus. Mucus which produces a wet/slippery sensation at the vulva is an indicator of impending ovulation.

Most women can easily learn to recognise an obvious mucus discharge at the time of fertility. For some women this discharge may be slight in amount and not easily seen. However there will be a subtle change in sensation produced by the mucus at the time of fertility. No internal investigations are necessary.

The Billings Ovulation Method helps women to recognize this time of fertility and maximize the chance of conception.

### **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 Billings Ovulation Method Centres

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



*Natural Family  
Planning Association*

[toronto.naturalfamilyplanning.ca](http://toronto.naturalfamilyplanning.ca)

The teachers of the Natural Family Planning Association provide this valuable education at no charge, as described in our mission statement:

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

Visit our website for news, and resources for:

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

## God, Sex and the Meaning of Life Ministry

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

Please keep GSML Ministry in your prayers

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

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

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

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