



# God, Sex and the Meaning of Life

SEPT 2018

VOLUME 63

**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**

- [Film Showcases Wages of Sexual Revolution — and Prophecy of Humanae Vitae](#)
- [Theology Of The Body Glossary](#)
- [Recommended Reading](#) – *Self-Gift: Essays on Humanae Vitae & the Theology of the body of John Paul II* by Janet Smith
- [Donate Catholic Books to Catholic School Libraries](#)
- [Natural Family Planning](#) - *Nun-physician has spent much of her life educating young people about NFP*



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

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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### Special Event:

### **Our Lady of Guadalupe and Theology of the Body Talk by Sr. Helena Burns**

Nine million people entered the Catholic Church in the Americas just as millions were leaving in Europe. Why? In December 1531, St. Juan Diego received the image of Our Lady of Guadalupe on his tilma, a miracle that sparked the massive conversion among the Aztec people.

What is it about Our Lady of Guadalupe and her message that has pierced so many hearts over the centuries? Come and listen to this extraordinary talk on Saturday, October 27 – at 10:00 am in St. Bernadette's parish hall at 21 Bayly St. East Ajax. Contact Susan Kennedy 905-427-6137 for more information.

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## Our Programs

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

**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.

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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**

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

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

At the heart of the Bible are the *Psalms*, prayers from God that help us learn to pray. The Holy Spirit inspired them. Israel sang them. Christ himself prayed them, as did our Blessed Mother. These sacred hymns become our heartfelt response to God's loving and wondrous deeds for us. Their words captivate the imagination and draw us into a deeply personal encounter with God.

Join Jeff Cavins, Sarah Christmyer, and Dr. Tim Gray as they show you how to establish a deeply personal dialogue with God through the Psalms. Start Dates: Wednesday, September 12. **OR** Friday, September 14 2018.

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

**OR**

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

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

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

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

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

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## 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.***

On **Friday Sept 7**, join Sr. Helena Burns, FSP (via video conferencing) and young people from across the Archdiocese of Toronto for a free movie screening and discussion of “The Dating Project.”

The film follows five single people trying to find love and happiness in an age of swiping left or right.

All young adults (ages 18-35) and older are welcome at either

St. Clare of Assisi Parish (150 St. Francis Ave., Woodbridge) or

Nativity of Our Lord (480 Rathburn Rd, Etobicoke).

The event runs from 7 pm to 10 pm

To register [click here](#)

## Movie: - the Dating Project

*A documentary that gives hope and direction to millennials for relationship maturity and meaning.*

Five single people try to figure out dating in the age of social media, texting, hanging out and hooking up.

- "If you think dating is better than hooking up--you need to see this movie."
- "If you don't think dating is better than hooking up--you need to see this movie."
- "If you don't know how to date--you need to see this movie."
- "If you think you know how to date--you need to see this movie."
- "If you think you need to date--you need to see this movie."
- "If you don't think you need to date--you need to see this movie."



EVERYONE IS ALWAYS [COMPLAINING] ABOUT HOW YOUNG PEOPLE DON'T DATE. WELL THEY DON'T KNOW HOW CUZ NOBODY SHOWED 'EM. HERE'S THE FILM THAT SHOWS THEM. WITH FUN & CLASS.

More about the movie [click here](#)

## Marriage Workshop @ CatholicLand

Marriage Workshop - for New, Young, Old and Engaged Couples

Facilitated by: Deacon Pedro Guevara-Mann at Catholicland  
Stella Maris Marina 21550 Bathurst St, Holland Landing, ON L9N 1P6

Date: Saturday September 15th, 2018  
from 9:30am to 4:30pm

Cost: \$25/couple and/or any donations accepted  
Lunch and Snacks will be provided

For details please call:  
Marilyn & Victor 647-834-2046 / 905-836-5928



## Our Lady of Guadalupe and the Theology of the Body

Presenter: Sr. Helena Burns, fsp,  
Renown speaker in both Canada and the USA

What is it about Our Lady of Guadalupe and her message that has pierced so many hearts over the centuries? Come and listen to this extraordinary talk on:

Saturday, October 27, 2018

10:00 am – 11:30 am

St. Bernadette's parish hall at  
21 Bayly St. East Ajax.

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

[Click here](#) for poster

## Celebrating Humanae Vitae at 50

Reflections on life and Love for a New Generation

Presenter: Dr. Patricia Murphy

Saturday, December 1, 2018

9:30 AM - 3:00 PM (Includes Mass in the Seminary Chapel)

St. Augustine's Seminary  
2661 Kingston Road - Scarborough

Cost: \$50 (lunch Included)  
9:30 am - 3:00 pm (includes Mass in the seminary chapel)

Register online [Click here](#)

## Same-Sex Attraction And Gender Identity:

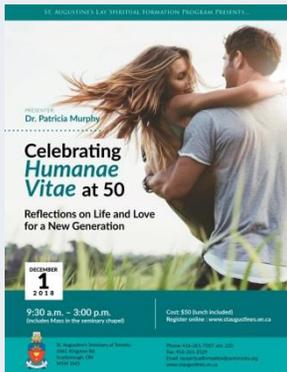
Welcoming and Accompanying with the Heart of Christ

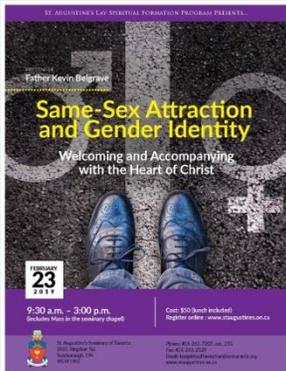
Presenter: Father Kevin Belgrave

Saturday February 23, 2019

9:30 a.m. to 3:00 p.m. (including Mass).

St. Augustine's Seminary of Toronto  
2661 Kingston Rd, Scarborough





Cost is \$50 including lunch.

Registration: [Click here](#)

*“There exists a view that only married people may speak about marriage, and that only persons who experience love between a man and a woman may speak about such love. This view demands personal and direct experience as the basis for speaking in a given field. Thus, priests, religious and celibate persons cannot have anything to say on matters of love and marriage.” – Love and Responsibility by John Paul II*

## Priests and Marriage Preparation

COMMENTARY: Rather than being an insurmountable handicap, my priesthood is actually an asset.

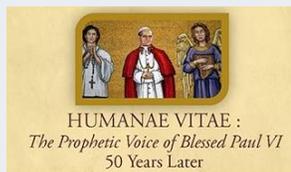
By: Father Roger Landry

One of the duties of parish priests is to prepare couples for the sacrament of matrimony. Many priests love this work. Others admit they find parts of it taxing. But almost all parish priests do it, dedicate quite a lot of time to doing it, and, like other aspects of priestly work, try to do it well.

That’s why it came as quite a shock earlier this month when Cardinal Kevin Farrell, the prefect for the Vatican’s Dicastery of Laity, Family and Life, which is in charge of the Church’s universal care for the family, declared that priests are basically incompetent to do this work.

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

## Philadelphia, PA



## Humanae Vitae: The Prophetic Voice of Blessed Paul VI 50 Years Later

Saturday, Oct. 13 from 8:30 a.m. to 4:30 p.m. at the Philadelphia Logan Hotel, located at One Logan Square in Philadelphia.

Speakers:

- Dr. Janet Smith, professor of moral theology at the Sacred Heart Major Seminary in Detroit, Michigan;
- Mary Rice Hasson, a fellow at the Ethics and Public Policy Center in Washington, D.C.;
- Father Robert McTeigue, S.J., professor of philosophy and theology,

and a member of the National Ethics Committee of the Catholic Medical Association;

- Angela Lanfranchi, M.D., a breast cancer surgeon as well as the co-founder and current president of the Breast Cancer Prevention Institute;
- Vicki Thorn, the founder of Project Rachel, who has presented extensively on abortion's aftermath in women and men, the biochemistry of sex, and the biology of the theology of the body.

The Sisters of Life will also be in attendance, as part of their commitment to transform the current culture of death into one of life and love.

Registration: \$125 per individual and \$200 per couple.

For more information, contact Steve Bozza, director of the archdiocesan Office for Life and Family, at 215-587-5661 or [sbozza@archphila.org](mailto:sbozza@archphila.org), or [Click Here](#).

***"This devaluing of the body, she says, has led to the current phenomenon in our culture of "gender expression," the idea that there are many different genders, not just male and female."***

## **"If you have a body, Theology of the Body applies to you"**

By Catherine Sheehan

As Christians we should begin with the end in mind, says Theology of the Body expert, Katrina Zeno. And what is the end-game for Christians? The resurrection of the body. Not just any body, not just Christ's body, but your body and my body.

"In business there's a saying, 'begin with the end in mind.' That's good business sense. I'd like to see us live Christianity the same way," Ms Zeno told *The Catholic Weekly*.

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

***"Every Catholic has a mission to live and share the good news of God's plan for human sexuality," he declared. "This requires courage to stand against the prevailing cultural winds, but Jesus calls us to nothing less. Only living in the truth will give***

## **Archbishop urges priests to preach against contraception: 'do not be afraid to proclaim the truth'**

DENVER, Colorado, February 5, 2018 ([LifeSiteNews](#)) – As the 50th anniversary of *Humanae Vitae* approaches, the "liberating truth" of Church teaching on human sexuality must be proclaimed to the "increasingly confused" world, Archbishop Samuel Aquila of Denver wrote in a new pastoral letter.

In his pastoral letter, titled *The Splendor of Love*, Aquila wrote that although contraception has wrecked much of the culture and family life, not all is lost and there are great opportunities for people in every state of life to live and

***us true freedom, true love, and true happiness."***

share Catholic teaching.

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

***"In order to evangelize the culture, we have to be talking about things like pornography, and hyper-sexualisation," said Kilcawley, an expert in treating pornography addiction."***

## **Ground-breaking Theology of the Body from St. John Paul II still resonates in 2018**

By Chris Berthelot, Grandin Media

St. John Paul II's *Theology of the Body* is as relevant to today's issues of same-sex unions, gender identity and pornography as it was when it was first written nearly four decades ago.

And the best antidote to healing today's ills is the teaching of the Church, says Father Sean Kilcawley, a Catholic priest and an internationally recognized speaker on the Pope's vision of the human person.

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

- *The bishops declare that pornography is a sin against chastity...*
- *Regular porn use can destroy a person's ability to have healthy relationships and successful marriages.*
- *"Pornography use within marriage severely damages the spouses' trust and intimacy both..."*
- *Porn users can find themselves "trapped in a cycle of fantasy,*

## **4 Experts Offer Advice on How to Conquer Porn Addiction**

*"The addicted need to let go of their shame and reach out for help."*

By: Jim Graves

In 2015, the U.S. Catholic bishops approved *Create in Me a Clean Heart: a Pastoral Response to Pornography*, a statement discussing Church teaching on human sexuality and chastity, why production and use of pornography is always sinful, porn's disastrous effects on individuals and society as a whole and suggests a pathway for those addicted to pornography who wish to break the addiction. The bishops wanted to address the issue, they said, because "In our duty as pastors and shepherds to proclaim Christ, we must state clearly that all pornography is immoral and harmful and using pornography may lead to other sins, and possibly, even crimes."

- Matt Fradd works with Integrity Restored (<http://integrityrestored.com/>) and speaks to tens of thousands of teens annually about the harmful effects of porn.
- Fr. Sean Kilcawley is Director of the Office of Family Life for the Diocese of Lincoln, Nebraska, who works with Integrity Restored.
- Peter Kleponis (<http://peterkleponis.com/About>) is a Catholic therapist

*ritual, acting out and despair."*

from Pennsylvania who regularly speaks against pornography, is author of Integrity Restored: Helping Catholic Families Win the Battle Against Pornography (see the companion website, [www.integrityrestored.com](http://www.integrityrestored.com)) and served as proofreader for Create in Me a Clean Heart.

- Sam and Beth Meier have assisted with the anti-pornography efforts of Archbishop Joseph Naumann and his Archdiocese of Kansas City, Kansas, specifically with the My House Initiative.

To read the article [click here](#)

## **Tap into the Spirit Introduction to Theology of the Body**

St. John's Tap into the Spirit Series - Introduction to Theology of the Body

Even though this event has passed, it was recorded can be heard by clicking [here](#)

## **The singular witness of Dr. Herbert Ratner**

Who knew the Catholic Church had such sex appeal?

Dr. Herbert Ratner knew, because he had come to discover the Catholic faith as something novel, strange and wonderful.

An influential philosopher and medical doctor, he converted to Catholicism in 1938, drawn by the Church's teaching on sexuality.

The radical activist Peter Maurin, founder with Dorothy Day of the Catholic Worker movement, wrote a free-verse poem to commemorate Ratner's baptism.

Foolproof: the word expresses a conviction Ratner would keep through a long career in medicine, academia and public life. He maintained it even through the storm of controversy surrounding the 1968 papal encyclical "Humanae Vitae" ("Of Human Life"). It was as if he had been uniquely, providentially prepared for that moment.

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

*The study of sex brought Dr. Herbert Ratner into the Catholic Church.*

*As a scientist and as a philosopher he maintains that the Catholic Church is foolproof in the matter of sex.*

The context in which Humanae Vitae was released and rejected

The level of authority with which the Encyclical is presented by the Church

A simple way to understand the why behind the what of the teaching

How soon-to-be-Saint Paul VI was vindicated as a prophet

How contraception paves the way for abortion

The moral difference between natural family planning (NFP) and contraception

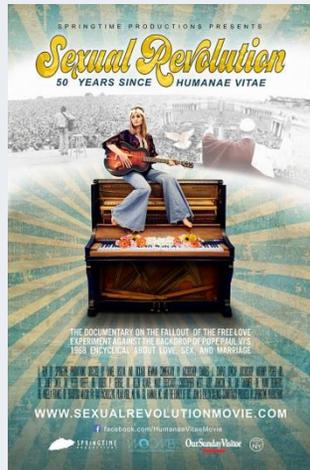
Why NFP is good for marital longevity, happiness, and stability

## How To Defend Humanae Vitae

By Dr. Janet Smith

What is Humanae Vitae, you ask? It's the 1968 papal Encyclical by Blessed Pope Paul VI (who will be canonized this fall). I can still remember walking into the Daughters of St, Paul Catholic bookstore in Toronto when I was teaching high school there. My glance fell to a book titled, Humanae Vitae: A Generation Later by someone called Janet E. Smith. It had a huge effect on me. I was already on board with the norms of the Encyclical, but this Janet Smith person broadened and deepened my appreciation of the teaching, from multiple angles of consideration.

To hear the audio [click here](#)



## Film Showcases Wages of Sexual Revolution — and Prophecy of Humanae Vitae

Catholic and secular voices highlight why the Church was right about love and procreation.

Seven years in the making, **SEXUAL REVOLUTION** seeks to examine the effects of the free-love experiment of the hippie generation and the prophetic encyclical, Humanae Vitae.

This beautiful documentary closely examines the history of the parallel developments of the Pill and modern Natural Family Planning (NFP) by telling the little known story of the founding doctors – Dr. Gregory Goodwin Pincus and Drs. John & Evelyn Billings - all of whom were once colleagues.

The centerpiece of the film is the dramatic life story of Alana Newman, a talented secular musician who gives up her entire musical career for life, family, and love.

Alana shares how through desperation to know her father, she finally discovers the treasures of Theology of the Body, Humanae Vitae, and the riches of true freedom through a dramatic conversion.

[Click here](#) to watch the trailer.

What do you mean that **"everyone is called to marriage?"** Find out what she means.

## THEOLOGY OF THE BODY GLOSSARY

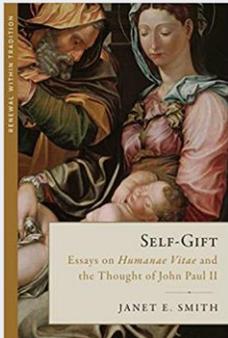
What do all those terms mean? The Theology of the Body text is filled with new terms. Sr. Helena has kindly gathered together many terms with their definition, for example, what are the *5 f's of True Sex?* Or Original Man or Historical Man?

These terms and many more are found in this list – [click here](#)

## Recommended Reading

### Self-Gift: Essays on Humanae Vitae & the Theology of the body of John Paul II

by Janet E Smith



Janet E. Smith has been among the world's preeminent voices in the study of the issues raised by Pope Paul VI's 1968 encyclical letter *Humanae vitae*. *Self-Gift: Humanae Vitae and the Thought of John Paul II* presents Smith's critical collection of essays on the vocation of marriage, human sexuality, contraception, and more. Her groundbreaking scholarship touches on all the areas implicated in *Humanae vitae*: from natural family planning to parenthood and natural law to personalism. This collection not only includes Smith's English translation of the encyclical from the original Latin text, but also helpful background on the development and release of this authoritative magisterial document. With a particular emphasis on the personalist and Thomistic philosophy of Pope St. John Paul II and how it illuminates the two-millennia tradition of Catholic teaching on human sexuality, *Self-Gift* delivers crucial insight into the Creator's plan for human sexuality and our full flourishing in Christ.

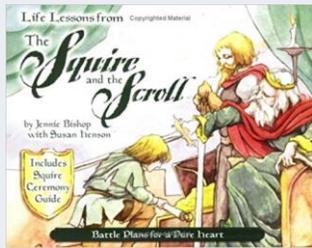
**What a good idea!**

## Donate Catholic Books to Catholic School Libraries

### The Squire and the Scroll

By Jennie Bishop

This captivating adventure follows a young squire who travels a long, dangerous road beside his brave knight, on a quest for their king. The action builds until the final face-off with the monstrous, evil dragon. Only then does



the squire learn of the secret beyond the cave that ends in a joyous celebration for the entire kingdom. Children will gain valuable insight as they learn, along with the young squire, what it means to face the dangers of temptation, and what it takes to guard one's heart from all that is impure.

## Life Lessons from the Squire and the Scroll (Revive Our Hearts)

**By Jennie Bishop**

Picking up where the storybook, "The Squire and the Scroll," left off, this easy-to-use devotional covers biblical teachings on purity, integrity, and God's plan for relationships with your child in a nonthreatening and age-appropriate way. These life lessons are packed with wisdom from God's Word, truths that young men need to know as they navigate the paths that lead to an adult life of integrity and honor. You and your son can build a godly heritage with these short, practical, life-changing studies and activities that can be personalized for any age. An optional "Squires of the Lantern Ceremony" is also included as an exciting and memorable way to formally celebrate your son's growth

**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 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.*

## Nun-physician has spent much of her life educating young people about NFP

By Lou Baldwin [Catholic News Service](#)

PHILADELPHIA (CNS) -- Sister Hanna Klaus is an OB-GYN, a member of the Medical Mission Sisters and best known as founder of the TeenSTAR adolescent sex education program, which is used around the world. She has long been a promoter of the Billings method of natural family planning and in 1980 developed TeenSTAR -- Sexuality Teaching in the context of Adult Responsibility.

It wasn't always that way. Back in 1968, when Blessed Paul VI issued his encyclical "Humanae Vitae," reaffirming the church's ban on artificial contraception, her first reaction was: "It is very nice Holy Father, you are telling us what we can't do, but you aren't telling us what we can do." What was allowed was natural family planning -- regulating family size by making use of the fertile period of the couple. For most of her life since she has been educating people, especially the young, on how to determine just when that is.

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

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



*Natural Family  
Planning Association*

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

The teachers of the Natural Family Planning Association provide this valuable 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.