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God, Sex and the Meaning of Life

JAN 2016

VOLUME 47

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

Contents

GSML News

- [Cardinal Thomas Collins' statement on the *Theology of the Body*](#)
- [Art Social & Fundraiser](#)
- [Apologetics](#) Know your Catholic Faith
- [The Fight For Your Child's Soul](#)
- [Book a Theology of the Body Workshop](#)
- [Completed Workshops](#)

Other News

- [Theology of the Body is the Answer](#)
- ["Discovering the Master Plan for your Life"](#)
- [Naked Without Shame](#) – online talks
- [No Room for Gender in the Theology of the Body](#)
- [Best Theology Of The Body Resources!](#)
- [Theology of the Body I: Head & Heart Immersion Course](#)
- [Together as One: Theology of the Body & Married Life](#)
- ["The Mirror"](#) - Theology of the Body talk for 5th and 6th grade
- [Theology of the Body: 'The Good News That the Church Has for the Modern World'](#)
- [Recommended Reading](#) – Pure Intimacy
- [Donate Catholic Books to Catholic School Libraries](#)

- [Natural Family Planning](#) - What The Catholic Church Teaches About Contraception and Why!



Bayly St. Ajax

We are now booking into 2016.

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](#)

"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.

GSML News

Art Social & Fundraiser:



Join us for a fundraising event for the Theology of the Body Ministry. At our Art Social, learn the basics of watercolour painting, including the use of watercolour brushes and various techniques such as making washes and painting wet-into-wet. No drawing skill is necessary.

This event will take place in St. Bernadette's Church Hall on Saturday, February 6, 2016, starting at 9:30 a.m. and running until 12:00 noon. The cost is \$40.00. Proceeds provide material for children in our parish schools.

Please register, either by email: gsmlministry@gmail.com, or by phone: Jan at 905-420-8696.

Apologetics - Know and Explain Your Catholic Faith

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

Contact: Rose and Pat Heron at roseheron@gmail.com

Book a Theology of the Body Workshop for your Parish or Group

Our Ministry was founded in 2006 with the aim of spreading Saint John Paul II's Theology of The Body. Our programs will be a great benefit in the lives of those who attend. Our Ministry is approved by The Archdiocese of Toronto.

While we believe the best plan is to offer ToB Workshops to Adults and Parents, followed by ToB for Teens and ToB for Grade School, we are willing to provide them in any order based on the needs of your parish or group.

Our main workshops for Adults are:

- *God, Sex and Meaning of Life (Intro to the Theology of the Body)* [click here](#) for more info
- *Guiding Your Child Through the Sexual Minefield* - [Click here](#) for more information
- *Theology of the Body and Marriage Preparation* - Contact

We are facilitating the Apologetics at St. Bernadette's Parish in Ajax, 21 Bayly St E. Sessions are held the fourth Saturday of the month after the 9 a.m. Mass - start 10:00 a.m.

Jan 23 **Who Will be Saved - Will That be Smoking or Non-Smoking?**

Join us for an in-depth look at the Church teachings on who will be saved (or not) and why. Learn what many other religions believe about this topic, and why Catholic beliefs make more sense. This will also give you an opportunity to reflect on which elevator button you want to press - Up or Down.

Feb 27 **Spiritual Anatomy of an Individual**

It is the longest fifteen or so inches many know. It is how far faith has to travel to be fulfilled. Some say it comes naturally, others that it takes a little effort, many know it in their heart but not in their head and vice versa and many find it vague, and difficult to understand. Join us as we try to make this short but long distance easier to travel.

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.

The Fight For Your Child's Soul

Parents - here are some workshops that help you equip your child against the world's message of morbidity:

For Parents:

- ***Guiding Your Child Through the Sexual Minefield***

This workshop covers all ages from Toddlers to Teens with the final talk on dating.

- ***Girl Talk***

Mother and daughter workshop. Provides information on the fundamentals of young girls' cycles in the presence of their mothers; to facilitate mother-daughter communication in this delicate area; to support parents in their task of educating their daughters in Christian sexuality.

For Children and Teens

Parents you can encourage the school to invite us to your child's school

us for more information

- *Parish or group retreats* – Contact us for more information
- *Various Talks on the Theology of the Body* – Contact us for more information

Our main workshops for youth are:

- *Theology of The Body for Teens* – [click here](#) for more information
- *Theology of The Body for Grade 7 & 8* - [click here](#) for more information
- *Theology of the Body and Confirmation* – [click here](#) for more information
- *Girl Talk* – [click here for](#) more information

or ask your pastor to plan one of these workshops in your parish

- ***Theology of the Body for Grade School—Gr 6-8***

This program uses a dynamic mix of stories, real-life examples, activities, prayers, and relevant references to the culture, all packed into eight life-changing lessons.

- ***Theology of the Body and Confirmation***

The goal of the workshop for those approaching confirmation is to reinforce the teaching on the Gifts of The Holy Spirit and the good that comes from them, and how we act them out in the language of our bodies to live a life of chastity.

- ***Theology of the Body for Teens***

Using a great mix of stories, real-life examples, activities, prayers, and references to the culture that teens understand, this program takes the two hottest topics on the planet—God and sex—and "marries" them through Pope John Paul II's compelling vision for love and life

For Young Adults

- ***Theology of the Body for Young Adults***

In this powerful five-part study for young adults, popular author and presenter Christopher West lays out a convincing and refreshing road map to living a life of freedom. The concepts presented in this study will change everything, including your worldview.

Theology of the Body for Grade School Workshop – completed Dec. 2015

This fall, members from the *God, Sex and Meaning of Life Ministry* presented a nine week Theology of the Body course for Grades 6, 7 and 8 at St. John the Evangelist Church in Whitby. A small group of young people attended the weekly sessions. After an introduction to the Saint John Paul II's Theology of the Body, we reflected on our experiences of brokenness and sin contrasted with humanity's origins and God's original plan for us. We examined why God created us male and female and our call to chastity. We learned to differentiate between love and lust. We started preparations for vocation discernment including the possibilities of future marriage, celibacy and

consecrated life. We looked at ways of applying Theology of the Body to our daily lives, and ended with discussions on dressing with dignity and plans for dating.

Guiding Your Child through the Sexual Minefield workshop for CFC – completed Nov 2015

In November, we ran an all-day workshop on chastity formation, from toddlers to teens. This workshop, Guiding Your Child through the Sexual Minefield, assists parents in explaining to their children God's design for sexual union. Rather than a one-shot attempt, this workshop presented chastity formation as a life-long process of educating children to image God through their sexuality by being a gift. It demonstrated how to naturally weave the language of chastity and self-gift into their home and family life. After an introduction, we looked at chastity formation for toddlers and pre-teens. Following a presentation on the teenage years, we examined a recipe for successful dating.

P.S. we also have a short 2.5 hour Guiding Your Child Through the Sexual Minefield workshop that we would be happy to present for any school Parent Council event or any other group.

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

Teachers - You can still book us for 2016.

Sr. Helena Burns is an engaging, knowledgeable speaker and it would be well worth attending this informative workshop.

Please prayerfully consider attending.

Perhaps we will see you there.

Theology of the Body is the Answer

ToB Training for Teens, Young Adults & Parents

Why is John Paul II, life-changing teaching, "The Theology of the Body" the answer to today's hot issues?

Theology of the Body is the New Evangelization ... and the New

Catechesis!

When the Church doesn't evangelize the culture, the culture evangelizes the Church. Know your stuff.

You know WHAT Jesus and the Church teach. Do you know WHY?

When: 6 Saturdays in 2016

January, 9, 16, 23, 30 & February 6, 13

Time: 10:00am – 4:00pm

Where: Pauline Books & Media
3022 Dufferin St. (3 blocks W of Lawrence West subway)
Toronto, ON

Presenter: Sr. Helena Burns, fsp

Cost: \$40.00 for course. Pre-registration required.

Contact: rhelenaburns@gmail.com or 416-781-9131 x226

BYOB: Bring Your Own Bible

For more information: www.tinyurl.com/TOB2016

Coffee, tea and snacks provided. Bring your own lunch or dine out.

Singles, engaged couples, married couples, and youth 18+ are encouraged to attend.

"Discovering the Master Plan for your Life"

ST. IGNATIUS LOYOLA RC PARISH

2300 Burnhamthorpe Rd W., Mississauga, ON, L5L 3T6

A 2 Day DVD presentation & discussion series beginning in 2016

Saturday January 23rd and 30th, 2016 from 9:30 am to 1 pm

Cost \$20 per person (includes workbook) or \$25 per couple

For information and pre-registration, contact:

Anthony Mendes 416-302-4253

Tod Markelj TOB@bell.net

<p>Singles, engaged couples, married couples, and youth 18+ are encouraged to attend.</p>	<h2 style="text-align: center;">"Discovering the Master Plan for your Life"</h2> <p style="text-align: center;">MERCIFUL REDEEMER PARISH 2775 Erin Centre Blvd., Mississauga, ON L5M 5W2 A 4 week DVD presentation & discussion series beginning after Easter Tuesdays 7:30pm to 9:30pm April 5th to April 26th 2016</p> <p>Cost \$20 per person (includes workbook) or \$25 per couple</p> <p>For information and pre-registration, contact: Anthony Mendes 416-302-4253 Melvin Maraques marquesm2020@gmail.com Tod Markelj TOB@bell.net</p>
<p>Excellent talks.</p>	<h3 style="text-align: center;">Naked Without Shame</h3> <p>A Crash Course in the Theology of the Body with Christopher West 8 talks totaling almost 12 hours, plus a 9th Bonus Talk</p> <p>To hear these wonderful talks on the Theology of the Body click here.</p>
<p><i>"The Human Body Expresses and Reveals the 'I'".</i></p>	<h3 style="text-align: center;">No Room for Gender in the Theology of the Body</h3> <p>"What's the difference between "sex" and "gender"? What does "gender identity" really mean? Secular culture confusedly exalts and affirms a gazillion different form of self-designated "gender-identities," claiming that men might just be women after all, and vice versa. But they're not...."</p> <p>To read the rest of the article click here.</p>
	<h3 style="text-align: center;">Best Theology Of The Body Resources!</h3> <p>From the THEOLOGY OF THE BODY & MEDIA LITERACY blog of Sr. Helena Burns, fsp, media nun</p> <p>To view the resources click here.</p>
	<h3 style="text-align: center;">Theology of the Body I: Head & Heart Immersion Course</h3> <p>When: February 21, 2016 – February 26, 2016</p>

Where: Black Rock Retreat Center
1345 Kirkwood Pike
Kirkwood, PA 17536
USA

Contact: Tess Akre
215.302.8200 x102 or takre@tobinstitute.org

For more information [click here](#)

Together as One: Theology of the Body & Married Life

When: February 11, 2016 – February 14, 2016

Where: St. Mary of Providence Retreat Center
227 Isabella Rd
Elverson, PA 19520
USA

Contact: Tess Akre
215.302.8200 x102 or takre@tobinstitute.org

For more information [click here](#).

"The Mirror" - Theology of the Body talk for 5th and 6th grade by Katrina J. Zeno

How do you speak about theology of the body to grade school and middle school? It's easy - you talk about how the body is a mirror of God. Besides being fun for 4-6th graders, this talk is also a great inspiration for parents, Catholic school teachers, and religious educators about the basic "building blocks"

To watch the video [click here](#)

Theology of the Body: 'The Good News That the Church Has for the Modern World'

St. John Paul II's Teaching Applies to Everyone

by SUSAN KLEMOND

Father Michael Gaitley addresses the 2014 Theology of the Body Congress.

– *Theology of the Body Institute*

Focused on Pope St. John Paul II's far-reaching catechesis best known for its teaching on sexuality and marriage, the Theology of the Body Congress, held last week in Philadelphia, brought to the forefront issues likely to be discussed at two upcoming Church meetings on the family: the Synod of Bishops in October and the Eighth World Meeting of Families in 2015.

While teaching on the male-female relationship within marriage continues to hold importance, the congress attendees and presenters also shared how they are applying the theology of the body (TOB) teaching of St. John Paul II in many other areas of life and how the catechesis provides an accessible gateway to the Gospel and Church teaching.

Read more [click here](#)

Recommended Reading

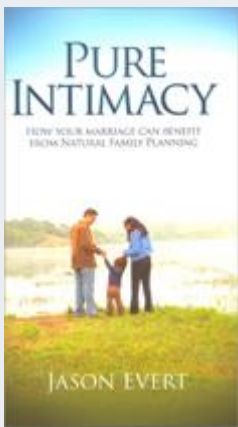
Pure Intimacy

by Jason Evert

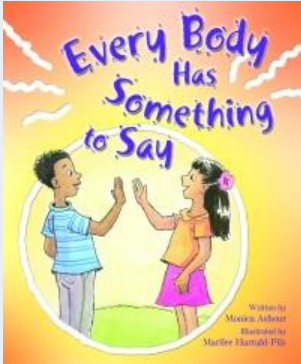
Marriage is the first step in starting a family, but many couples feel the need to space the births of their children. What options are there for couples who follow the teachings of the Catholic Church when it comes to birth control?

Natural family planning (NFP) is 99 percent effective in accurately spacing births, and has numerous other benefits.

In an accessible question-and-answer format, Catholic Answers staff apologist Jason Evert explains the biological, spiritual and relational benefits of NFP. *Pure Intimacy* will help readers understand God's plan for the gift of their sexuality and the many graces of natural family planning, helping them build stronger marriages and thus stronger families.



What a good idea!



Donate Catholic Books to Catholic School Libraries

Every Body Has Something to Say

by Monica Ashour

Teach children a new way of listening. Through everyday examples and colorful illustrations, Every Body Has Something to Say helps children become aware of how we communicate with our bodies and shows them how to respond appropriately and lovingly.

About this Series:

"Who am I?" is a question everyone asks, even the very young.

Saint John Paul II spoke at length about this question in writings and teachings we now call the theology of the body. In a culture of confused and misdirected values, it is difficult to raise children to understand that they are created in the image of God. These books give parents and teachers a place to begin.

Building Blocks of TOB for Kids seeks to affirm the dignity of the human person — body and soul — according to God's plan. Simple stories cover topics including gender identity, body language, and self-giving love.

Ideal for ages 4–7.

Features & Benefits:

- Includes a note for parents at the beginning of each book
- Introduces children to the dignity of the whole human person

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.

What The Catholic Church Teaches About Contraception and Why!

The Natural Family Planning Association provides instruction in the Billings Method.

This is a tough topic for many people to understand and to follow, but once the situation is examined in depth, I think it is easy for us to understand what the Catholic Church teaches about contraception and the surrounding issues related to it. I believe that history, culture, good relationships, theology, and more are on the side of the Catholic Church.

Yet, before we start we have to answer this question – What is love?

Many people think it is a feeling or something that comes and goes.

How about these two definitions:

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.

- Love is a gift of the whole person given to another.
- Love is choosing what is best for another regardless of the cost to myself.

Christ gave us one new commandment -“Love one another as I have loved you” (Jn 13:35). How did He love us? He gave everything He had to each of us on the Cross. It is the perfect gift of His whole person. He also wanted what was best for us and offers it to us even though it cost Him His life. So, Christ is our model of love. Keep this in mind.

To read more [click here](#).



Natural Family Planning Association

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

www.godsexandthmeaningoflife.com/

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

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