



# God, Sex and the Meaning of Life

JAN 2018

VOLUME 60

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**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

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

**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**

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](#)

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## GSML News

### Recent Events:

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

On December 12th, the feast day of Our Lady of Guadalupe, our Ministry celebrated by hosting a parish event in Our Ladies honour. Short presentations were given on the history of Guadalupe and the apparition, as well as the how Theology of The Body is realized through Our Lady of Guadalupe.

The ministry donated a tapestry of the apparition to the parish which was escorted in to the parish hall by an honour guard from the Knights of Columbus and which was then blessed by Fr. Suresh the Chaplain of St. Bernadette's Knights.

The respect shown by the audience who stood in perfect silence during the procession was a tribute to our love for Our Lady. We thank St. Bernadette's Knights for their kind donation of many copies of their booklet *The Woman Who Changed the Face of a Hemisphere* which contains an overview of the Marian apparitions to Saint Juan Diego in Mexico, 1531.

This booklet is available at [www.kofc.org](http://www.kofc.org) - [click here](#)

Our thanks to all who made this event such a holy and outstanding success.

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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.

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

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**

Our group has started 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.'"

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

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**Bible Study**

**James: Pearls for Wise Living – Starting January 2018**

St. Bernadette's will be hosting *James: Pearls for Wise Living* Bible study beginning Friday January 5th at 7:00 pm to 9:00 pm or Wednesday January 3<sup>rd</sup> at 9:30 am to 11:30 pm and continuing every Friday or Wednesday until Friday March 23 or Wednesday March 21, 2017. This is an 11 week course. Please join us.

Start Dates: Wednesday, Jan 3, 2018. **OR** Friday, Jan 5 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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### **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.

#### **Jan 27            *The Story Behind the Sign of the Cross***

When did we start using the Sign of The Cross? Why do we use it? What does it mean? What does it symbolize? Why are there so many variations? Join us and find the answers.

#### **Feb 24            *Altar Talks***

Learn the names of the vessels and items used at Mass and the history behind them.

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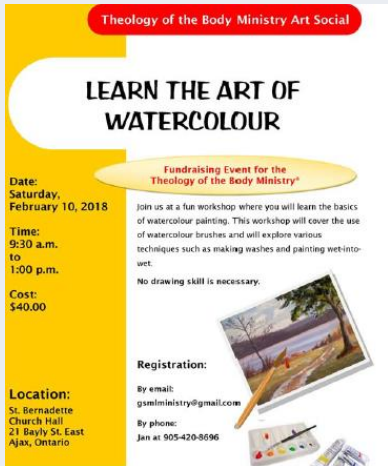
## **Join the New Evangelization**

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.***



## **Theology of the Body Ministry Art Social**

### **Learn The Art Of Watercolour**

Join us at a fun workshop where you will learn the basics of watercolour painting. This workshop will cover the use of watercolour brushes and will explore various techniques such as making washes and painting wet-into-wet.

No drawing skill is necessary.

**Date:** Saturday, February 10, 2018  
**Time:** 9:30 a.m. to 1:00 p.m.  
**Cost:** \$40.00

**Where:** St. Bernadette Church Hall  
 21 Bayly St. East  
 Ajax, Ontario

**By email:** gsmlministry@gmail.com  
**By phone:** Jan at 905-420-8696

### **Contains**

An overview of the Church's teaching on sexuality, the human person, and chastity

- An explanation of why pornography is sinful and harmful
- A survey of the wide-reaching effects of pornography in our culture

## **Create in Me a Clean Heart**

### ***A Pastoral Response to Pornography***

**\* \* \***

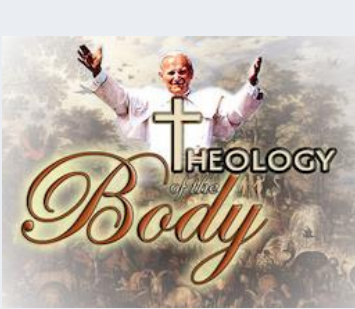
### **United States Conference of Catholic Bishops**

As pastors of the Catholic Church, we offer this statement to give a word of hope and healing to those who have been harmed by pornography and to raise awareness of its pervasiveness and harms. In the confessional and in our daily ministry and work with families, we have seen the corrosive damage caused by pornography—children whose innocence is stolen; men and women

- A closer look at the effects of pornography on men, women, young people, and children
- A word of hope and healing to those harmed by pornography
- An appendix with a link to targeted resources for particular audiences

who feel great guilt and shame for viewing pornography occasionally or habitually; spouses who feel betrayed and traumatized; and men, women and children exploited by the pornography industry. While the production and use of pornography has always been a problem, in recent years its impact has grown exponentially, in large part due to the Internet and mobile technology. Some have even described it as a public health crisis. Everyone, in some way, is affected by increased pornography use in society. We all suffer negative consequences from its distorted view of the human person and sexuality. As bishops, we are called to proclaim anew the abundant mercy and healing of God found in Jesus Christ, our Lord and Savior, and through his Church.

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



## Theology of the Body Certificate Course

**Sacred Heart College, Peterborough, ON**

The Certificate Program will be 5 Saturdays (not consecutive, exact dates TBA), beginning on April 14.

Presenter: Sr. Helena Burns, fsp

More details to follow when they are available.

*Saint John Paul II's Theology of the Body is far more than a teaching on marriage and sexuality. It's a way of setting the world on fire in a new evangelization. It demonstrates that Theology of the Body not only teaches the meaning of sexual love, but also provides a compelling way to present the Gospel message to the modern world*

## Decoding Love Theology of the Body Conference

Thursday 18 January 2018 6:00 PM - Saturday 20 January 2018 9:00 PM

In his teachings on the Theology of the Body, Saint Pope John Paul II spoke to the heart of our desire to be happy and free. This message invites us to discover how to decode love, and how our bodies relate to our call to love and the gift of self in the modern world.

Jason Evert and Christopher West, two of the world's foremost Theology of the Body experts and enthusiasts, will give 7 sessions in Montreal.

Come join us to discover and embrace God's call to greatness in our lives.

For more details: [bit.ly/decoding-love](http://bit.ly/decoding-love)

Loyola High School, Montreal

7272 Sherbrooke St. West, Montreal, Quebec H4B 1R2

[Click here](#) for registration and cost and other details.



## Women of the Word

9<sup>th</sup> Annual Forum

Daring to Reflect My True Image

Sunday April 15, 2018

9:30 am to 2:30 pm

Speakers:

Leah Darrow: Former Reality TV Contestant on "America's Next Top Model"

Dr. Josephine Lombardi: Speaker Extraordinaire

The Royalton Hospitality, Inc

8201 Weston Rd

Woodbridge, ON

Breakfast & Lunch

Cost \$60.

For tickets [click here](#)

*Babies are always a blessing,  
sex is for making babies, and  
marriage is the only arena in  
which sex (and having babies)  
should be taking place.*

## The Giddy Appeal of Humanae Vitae

We live in a world beset by sexual confusion, and all Christians need to be knowledgeable regarding the Church's tradition of biblical teaching in this area.

By Rick Becker

Megan, one of my former students in our nursing program, was in my office for a chat. We covered a bunch of things – how her classes are going, what clinical rotation she's in – and somehow we landed on contraception.

"You never did explain to us what you believe about birth control," she said.

"Why not now?"

She was referring to an oblique reference I'd made the year before to Catholic teaching on marital openness to life – probably in the course of telling her and the other students in our clinical group about my wife and I having "only" seven kids and how we'd hoped for more.

"Well, do you have some time?" I asked her. "Do you want me to spell it out for you now?"

The read more [click here](#)

## Daily TV Mass

YOU'RE INVITED!

The National Catholic Broadcasting Council would like to invite you to join the congregation of the Daily TV Mass at Loretto Abbey Chapel

The DAILY TV MASS is taped each week on Tuesday, Wednesday and Thursday at 4:00 pm at the Loretto Abbey Chapel, 1010 Mason Blvd., Toronto, ON, M5M 3E2

For more information and to call to confirm the daily time (which is subject to change) contact 1-888-383-6277 or [nfo@ncbc.ca](mailto:nfo@ncbc.ca)

*“The media device is a PERSON. A trusted FRIEND/BUDDY who serves me night and day and is always there for me, doing so many good things for me, never failing me--unlike the adults (and even my peers) in my life. It's the last person I see before going to bed, the first person I see in the morning. Parents should not allow this to be the case. All family members' media devices should be charging in parents' bedroom at night.”*

## Bishop Barron: Why Young People No Longer Believe In God, Religion Or Spirituality

**This is one of the most important things you may ever watch.**

### IT'S NOT THEIR FAULT

Young people aren't just rejecting belief in God, they aren't religious OR spiritual.

NOT THEIR FAULT. It's the culture they've grown up in that they did not create.

Even if we say: "I'm spiritual, not religious," that's simply not true.

"spiritual"=of the soul

"religious"=of the body

Human beings=soul and body. We CAN'T just be "spiritual."

If we believe something ("spiritual"), we act accordingly ("religious").

We can always tell what someone believes or doesn't believe by what they do or don't do.

David Foster Wallace said: "We all worship. We worship whatever we love the most, value the most, think about the most, give the most time to."

In a nutshell, the media devices young people have had in their hands since the crib are not just an ever-present appendage. The device IS God. It is a world of seemingly unlimited personal choices and wish fulfillment. What more could anyone want?



[Click here](#) to read more.

CHRISTOPHER WEST

Creator, Cry of the Heart

*"This is where the battle in the modern world is today. The modern world is telling us the body is meaningless. The Church holds out to the world, and John Paul II so brilliantly unfolds that the body reveals ultimate meaning. Theology of the Body is like a pair of glasses that we put on to view and see with new eyes the whole body of theology."*

## New short film answers: 'Am I loved with my brokenness, wounds and sin?'

Each person longs for love, a love that satisfies and accepts the other with no restrictions. Christopher West, famous for his explanations on Theology of the Body, has just released a short film called "Cry of the Heart" that delves into the topic of love and answers the following questions

*'Am I loved when those masks are off? Am I loved when I'm stripped and standing there naked with all my warts and brokenness and wounds and sinfulness?' It's so liberating to know that we're really, really loved as we are. We don't have to win God's approval. We don't have to be perfect."*

To watch the short film "Cry of the Heart" [click here](#)

**Live in Canada? All these books (& media) are available from:**

**Pauline Book & Media Centre**

**3022 Dufferin St.**

**Toronto, ON M6B 3T5**

**416-781-8131 1-800-668-2078**

[toronto@paulinemediacentre.com](mailto:toronto@paulinemediacentre.com)

## Sr. Helena's Top Theology of The Body Book Picks

By Sr. Helena Burns

Over 55 books are listed and divided into various categories, such as, for men, women, marriage, children, porn, sexual abuse and more.

To see the list [click here](#)

*"It doesn't make sense to have a bride and a bride. Bridegroom and bridegroom? The symbolism is off. The imagery is off. We are sacramental people, and for us, symbols are everything."*

## Theology of the Body offers answers to 'hot-button issues'

Posted in Archdiocesan News By Alan

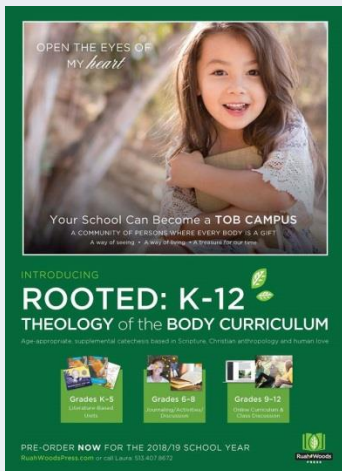
Feminist. Pop culture critic. Movie reviewer. Catholic sister.

Sister Helena Burns is all of these, but it is her focus on Theology of the Body as a response to the often controversial issues of gender roles, sexual identity, and feminine identity that seems especially powerful today.

"It's the answer to all of our hot-button issues today which involve the body," said Burns, guest speaker at the Nov. 3-4 Women of Dignity conference in Spruce Grove. She is a member of the Daughters of St. Paul, a congregation founded on spreading God's word through the media.

"It's about women reclaiming who we are, and being a powerful strong force, but for the good: for the good of women, the good of children, for the good of men, the good of society, the good of family.

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



## ROOTED: Theology of the Body

K-12 Curriculum

Rooted: K-12 Theology of the Body Curriculum as seen in [Today's Catholic Teacher](#)~~are you ready to bring Pope St. John Paul II's gospel teachings on authentic Catholic love and life to your school? [ruahwoodspress.com](http://ruahwoodspress.com)

### K - 2nd grade

This is an invitation to the joy of being created in God's image and likeness. The truths of Theology of the Body will foster the child's lifelong dialogue with God; beginning with beautifully illustrated children's literature to pique discovery, the child will experience their unique role in God's plan for humanity.

### 3rd - 5th grades

This is an invitation to live the truth. Fundamental truths of Theology of the Body are not only expressed in greater detail but are encouraged to take seed

in the heart and begin a growth in a life of holiness through action. Using engaging literature to foster discovery, the child will deepen their relationship with the living God, to embrace and exercise their unique gift as a child of God and temple of the Holy Spirit.

### **6th - 8th grades**

This three-year cycle builds on the foundation of earlier grades, and prepares the student for concepts and themes presented in the high school curricula. Students are invited to come to a deeper understanding of how Christ fully reveals man to himself, and makes his calling clear (*Gaudium et Spes*, 22). Included in this cycle is a discovery of several Theology of the Body themes: the fundamental identity and dignity of the human person as a unique creation; the "original experiences"; the "language of the body"; an authentic view of human freedom; vocation/mission; suffering and gift; and what it means to be redeemed and called to greatness. In keeping with John Paul II's understanding of the body, the material will be presented in creative, embodied, and interactive ways, to assist the student in receiving this beautiful message of their identity as sons and daughters of God.

### **High School**

More than just a name. The Theology of the Body is more than a treatise on chastity. Because God became man, Christ showed us both our divine purpose and capacity to love through His own life and words. Called to be More brings this authentic teaching alive for high school teens.

To learn more or to purchase, [click here](#)

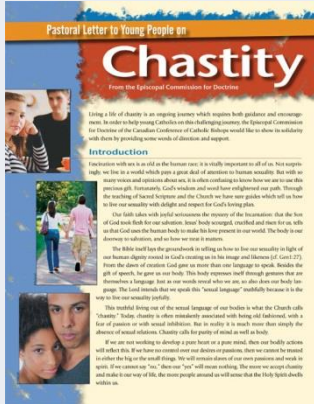
## **The Theology Of The Body & Media Literacy Blog of Sr. Helena Burns, fsp, media nun.**

Very interesting blog regarding Theology of the Body Topics. One of Sister's specialties is movie reviews in light of Catholicism.

[Click here](#) for her blog.

She also has a presence on Facebook. [Click here](#) for her FaceBook page.

Or you might catch her on YouTube by [clicking here](#).



## Pastoral Letter to Young People on Chastity

"Chastity is a very real challenge, particularly for young people in our country today. We want to encourage those young people who are struggling to live a life of chastity that their bishops stand prayerfully with them and are there to support and encourage them," said Commission Chairman Archbishop J. Michael Miller, C.S.B., of Vancouver. "I am certain that young people striving to be faithful to the Gospel are not afraid of a challenging and authentic love. It is the only kind that ultimately gives true joy!" he added.

In its pastoral letter, the Commission for Doctrine of the Canadian Conference of Catholic Bishops (CCCC) recommended that young people surround themselves with friends who also want to live in a chaste manner. It is also pointed to the importance of prayer, the practice of confession, and receiving spiritual guidance.

According to the letter, chastity is an offering of oneself in response to God's gift in Jesus Christ. This echoes the words of Pope Benedict XVI at his papal inauguration: "If we let Christ into our lives, we lose nothing, nothing, absolutely nothing of what makes life free, beautiful and great. . . . I say to you, dear young people: Do not be afraid of Christ! He takes nothing away, and he gives you everything. When we give ourselves to him, we receive a hundredfold in return."

[Click here](#) to find out more

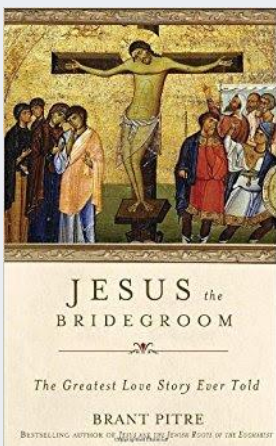
## Recommended Reading

### Jesus the Bridegroom: The Greatest Love Story Ever Told

by Brant Pitre

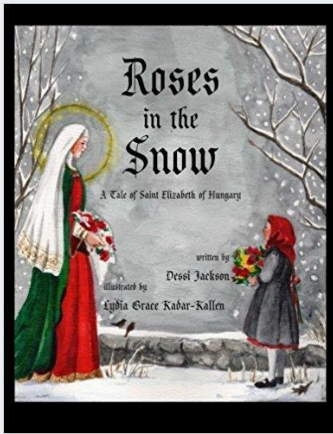
In *Jesus the Bridegroom*, Brant Pitre once again taps into the wells of Jewish Scripture and tradition, and unlocks the secrets of what is arguably the most well-known symbol of the Christian faith: the cross of Christ. In this thrilling exploration, Pitre shows how the suffering and death of Jesus was far more than a tragic Roman execution. Instead, the Passion of Christ was the fulfillment of ancient Jewish prophecies of a wedding, when the God of the universe would wed himself to humankind in an everlasting nuptial covenant.

To be sure, most Christians are familiar with the apostle Paul's teaching that



Christ is the 'Bridegroom' and the Church is the 'Bride'. But what does this really mean? And what would ever possess Paul to compare the death of Christ to the love of a husband for his wife? If you would have been at the Crucifixion, with Jesus hanging there dying, is that how you would have described it? How could a first-century Jew like Paul, who knew how brutal Roman crucifixions were, have ever compared the execution of Jesus to a wedding? And why does he refer to this as the "great mystery" (Ephesians 5:32)?

**What a good idea!**



## Donate Catholic Books to Catholic School Libraries

### Roses in the Snow: A Tale of Saint Elizabeth of Hungary

by Dessi Jackson (Author), Lydia Grace Kadar-Kallen (Illustrator)

Elizabeth loves to hear her grandmother's stories, and none is more dear to her than the story of her namesake: St. Elizabeth of Hungary. Together the two recall the holiness and charity of this great saint while preparing to celebrate her feast day. Dessi Jackson's lively storytelling voice draws listeners into another time and place, while Lydia Grace's beautiful watercolor illustrations provide a richly detailed delight for the eyes. This charming tale is wonderful to read aloud for the young and young at heart.

**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*

## The Marriage Preparation Program

### Overview

Our goal is to educate engaged couples about the scientific aspects of natural family planning; to provide information on a wide range of family planning issues, including the health and fertility risks of contraceptive technology; to examine the positive dynamics for relationship with the use of natural family planning.

### Options for Marriage Preparation Course

- Parishes close to an Billings Ovulation Method™ Clinic are invited to send their engaged couples to the regular clinic night as one of the evenings in their marriage preparation course. Even when the clinic night falls on a different weekday evening from the parish course night, couples do not seem to have any difficulty in making the adjustment provided they are alerted to this at the beginning of the course.

The advantage of this system is that those couples who are interested can receive instruction in charting so that they can begin to learn the method without any further delays. Other couples who may wish to consider this option at a later date will know where to go for further instructions. Feedback from the parish courses indicate that the couples enjoy the change of venue and some feel that natural family planning acquires

*married couples, but all women can use it to monitor their health.*

greater credibility in a clinic environment.

- In some circumstances, the Natural Family Planning Association is able to supply couples to give a presentation on the Ovulation Method and speak of their reasons for choosing natural family planning for their marriage.

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.