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# God, Sex and the Meaning of Life

MAY 2012

VOLUME 25

**Note:** Email [gsmlministry@gmail.com](mailto:gsmlministry@gmail.com) to book a *Theology of the Body* Workshop for your Parish or Group.

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## GSML News

### *Light Weigh*

The Light Weigh is a 12 week Bible Study and instructional DVD Series, where you will learn a new approach to eating that leads to peace with God, peace with yourself and peace with food. Light Weigh members learn to eat real food in moderation.

Light Weigh is designed for small groups and is a **Weight Loss program written from the Catholic perspective.**

Light Weigh is Catholic and draws upon the Faith Jesus Christ founded personally and designed.

By following Light Weigh, you will learn to attain peace with food by imitating the example of Jesus and the spirituality of two of His devoted followers; St. Ignatius of Loyola and St. Therese, The Little Flower.

**There will be an information session on June 12, 2012 at 9:30 a.m. at 21 Bayly St. E, Ajax St. Bernadette's Parish hall.** If you are interested in joining us, please contact [gsmlministry@gmail.com](mailto:gsmlministry@gmail.com)

### *Summaries of recent Theology of the Body Events and Activities*

#### *Theology of the Body and Confirmation*

This program was held at St. Bernadette's church hall for the confirmation classes. There were about 20 young people in attendance. It was a pleasure to meet them and their teachers. Following a short PowerPoint presentation linking Theology of the Body to Confirmation with emphasis on Chastity, the young people participated in a fun activity designed to show how they have to be quiet in order to hear God speak to them. For homework, we assigned The Virtue Project and gave each participant a gift of some Virtue Beads to help them remember and to work on their virtues. We concluded with a discussion on how to be a gift to God, themselves and others.

This program was well received by both the students and their teachers. It can be lengthened if needed.

#### *God, Sex and the Meaning of Life Workshop*

This workshop was recently held at St. Philip Neri and all the attendees felt it was very interesting. Here are some of the comments:

If your parish or group is interested in holding this workshop on the Theology of the Body, please contact us



**Starting Again  
Why don't you join  
us.**

*Grow in your Catholic  
Spirituality while you lose  
weight.*

*Information Session on  
June 12, 2012*

**Email us to book  
a Theology of  
the Body  
Workshop**

*gsmlministry@gmail  
.com*

Contact:

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

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

We recently held this 4 part workshop at Precious Blood parish. More than 50 attended. It was very well received. As well as a DVD talk, followed by discussion, some topics from the *Theology of the Body for Teens* were also presented. Some of the parents wanted to make sure we were also searching this with the teens. As it is part of the program, we did. Here are some of the participants comments:

- Very helpful, especially if you have teenage kids
- Good way to teach children and teens about dating and marriage
- It is very good for parents to steer children in a correct path
- The talks were excellent and the sharing in groups was good

### ***Theology of the Body for Teens***

In conjunction with the Parent workshop (Guiding Your Child above) we also held the Theology of the Body for Teens, delivered about 25 teens in an adjoining room. Fortunately we had several facilitators in training to help deliver this program. We are always looking for young people to help us when this program is offered so if you are interested please send an email to [gsmlministryvolunteers@gmail.com](mailto:gsmlministryvolunteers@gmail.com)

### ***Guiding Your Child Through the Sexual Minefield (Mini)***

At St. James Catholic School. While there was only a small turnout, the participants were very interested and enjoyed the workshop. They felt that other parents missed out on a good opportunity.

### ***Catholic Youth Conference***

We hosted a table with material for teens and preteens at the recent Catholic Youth Conference at Bishop Marroco High School, Mar. 11. There were about 150 teens in attendance. One of our facilitators, Rose, also presented a talk on the Theology of the Body to about 40 teens with a Q & A session.

### ***Conference on ToB and the Family with Katrina Zeno***

Couples for Christ held a ToB Conference in April 21at Canada Christian College with over 600 people in attendance. We met old friends and talked to new people. It was a joy to hear Katrina Zeno in person. She spoke on The Theology of the Body and Mary, as well as the Splendour of Man.



Below are some of the many workshops we offer:

### ***Confirmation and the Theology of the Body***

This is a Confirmation Workshop/Retreat based on the Theology of the Body. It emphasizes chastity and the development of virtues and uses activities, discussion and a PowerPoint presentation to lead the young people toward their relationship with God.

Please contact us to book a workshop.

## ***New \* Theology of the Body for Grade 7 & 8 \* New***

*Theology of the Body for Grade 7 & 8* answers the questions your students or young teens may have about sexual morality, relationships, and how they were uniquely created for greatness. 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.

### **It will answer questions such as:**

- Who am I?
- Are there consequences to my actions?
- What is the difference between love and lust?
- How do I balance family, friends, school, God, music, TV, Internet, texting, etc., in my daily life?
- How can I discern my vocation to marriage, priesthood, or religious life?
- How do I deal with bullying, gossip, peer pressure, pornography, divorce, etc?

Can I live my Catholic faith no matter how I messed up in the past?

### ***Theology of the Body in the Classroom***

- Short introduction to the Theology of the Body of one class length.
- Perfect for Respect for Life Week in Toronto

*Michael Voris, S.T.B., president and founder of St. Michael's Media, is among the generations of Catholics who simply didn't receive thorough and accurate catechesis. Through his Catholic television show, The One True Faith, and his collaboration with [www.realcatholic.tv](http://www.realcatholic.tv), Mr. Voris intends to change that.*

## **The New Evangelization!**

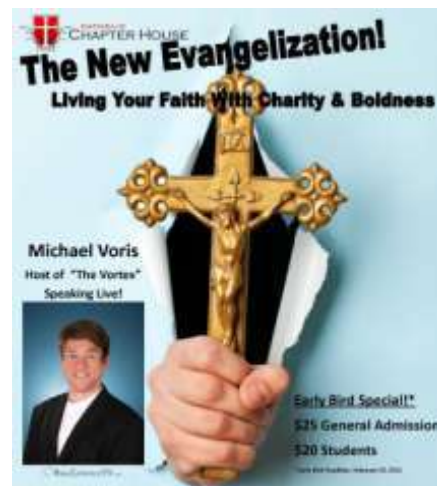
**With Michael Voris**

Saturday May 26, 2012 - All Day Event

Canada Christian College - 50 Gervais Dr. Toronto (Don Mills & Eglinton)

Tickets available online at <http://www.catholicchapterhouse.com/>

Email: [david@catholicchapterhouse.com](mailto:david@catholicchapterhouse.com)



The topics being discussed will touch upon the challenges that the Church faces today, how we can respond to these challenges with charity and boldness, and

how to deepen our faith and share it with others.

Catholic artists will perform throughout the day: Critical Mass, Mags and Kathleen Dunn.

See Michael Voris on Youtube -

<http://www.youtube.com/watch?v=Oh2Wn2WZ2qM> - *Do you think that being Catholic is bad, boring, for losers? Well, think again.. Catholic is the New Cool!*

## Theology of the Body Institute Summer Courses



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

with Bill Donaghy

June 10-15, 2012

Quarryville, Pennsylvania

Registration Deadline: May 31, 2012

[Register Online](#)

### ***The Philosophy of Blessed John Paul II***

with Dr. Peter Kreeft

June 24-29, 2012

Quarryville, Pennsylvania

Registration Deadline: June 7, 2012

[Register Online](#)

### ***Theology of the Body II: Into the Deep***

Taught by Christopher West

August 19-24, 2012

Black Rock Retreat Center, Quarryville, PA

For more information on the courses [click here](#)

To read the document  
[click here](#)

## Elements of a National Pastoral Initiative For Life and the Family: A Fundamental Option For Life and The Family

A document recently published (Oct. 2011) by the Canadian Conference of Catholic Bishops gives direction to matters on Life and the Family.

"This vision of the family is also a call to action..For this new generation of apostles to come forward, we need to focus on three main elements: (1) our baptismal call, (2) the laity's role, and (3) the "theology of the body"." p. 5

"Theology of the body is the Holy Spirit's solution to many of the problems which confront us. If effectively communicated through the witness of lived example, it can become the corner stone, the informing principle, of all our efforts to provide formation for individuals and families. And this, clearly, is our single greatest need – what Blessed John Paul II referred to as "solid and deep formation".<sup>9</sup> On that condition, the family can become "an effective agent of evangelization" in Canada.

According to the teaching of the Second Vatican Council, it is only in making a sincere gift of self that the individual can fully find himself (*Gaudium et Spes*, 24)." p. 7

A few of the many proposed strategies include:

- Mandatory Marriage preparation consistently based on Blessed John Paul II's Theology of the Body
- Confirmation preparation highlighting chastity as self-possession for self-donation (editor's note - Our new confirmation workshop is in line with this.)
- Workshops & sessions addressing the concerns of parents (concrete challenges in education, education in the virtues)
- Collaboration with Catholic schools - in provinces where they exist: providing Theology of the Body-based sex education programs, introductory parenting courses, et.

*The Meerts have developed an approach based on John Paul II's teachings on the Theology of the Body (TOB) that lays a theological foundation step by step, so couples can receive the tougher questions concerning abstinence and family planning. By the time the questions of contraception and abstinence come up, most are willing to consider natural family planning and refraining from sex until after marriage, the Meerts said.*

## Theology of the Body gets top billing at life and family seminar

COLF's 3rd seminar focuses on Blessed John Paul II's teachings

By Deborah Gyapong  
Canadian Catholic News

Pavel Reid, Catholic Family Services director, speaks on Theology of the Body at the COLF Seminar. Photo Deborah Gyapong/CCNOTTAWA

The Catholic Organization for Life and Family (COLF) gave Pope John Paul II's teachings on the Theology of the Body (TOB) top billing at its 3rd Seminar on the Family March 22-23 in efforts to overcome challenges even Catholics face in the area of marriage and human sexuality.

To read more... [Click here](#) – from the B.C Catholic Paper

## Michelangelo's Theology of the Body

Posted by [Alejandro Teran-Somohano](#) on Mar 23, 2012 in [Apologetics](#) |

After walking through the innumerable rooms filled with sculptures and paintings, with tapestries and murals, with tourists and tour guides, of the Vatican Museums, you find yourself in a small corridor that leads to a small and seemingly insignificant door. Jaws drop as people walk through that



threshold, because beyond it lies one of the most visited and admired places in the world: the Sistine Chapel. The Sistine Chapel contains some of the finest pieces of art you can imagine. On the walls you find paintings by Botticelli and Pinturicchio and tapestries designed by Rafael. However, the chapel is best known for Michelangelo's breathtaking frescoes that adorn its ceiling and the altar wall. [Click here](#) to read more.

## Men, Women and the Mystery of Love by Dr. Edward Sri



Practical Insights from John Paul II's Love and Responsibility, by Edward Sri. In 1960, Fr. Karol Wojtyla (Pope John Paul II) wrote Love and Responsibility, the fruit of his pastoral work, particularly for young people. His analysis of the true meaning of human love is life-transforming and practical, shedding light on real issues between men and women. Edward Sri unpacks the contents of this great work, making it accessible to every reader.

[http://www.youtube.com/watch?v=u2npOhhRr\\_4&feature=relmfu](http://www.youtube.com/watch?v=u2npOhhRr_4&feature=relmfu)

*Ellen Gable Hrkach is a freelance writer and award-winning author of three novels. Her new book is entitled "Come My Beloved: Inspiring Stories of Catholic Courtship" and it's available on Amazon.com and at the book's website <http://www.comemybeloved.com>. She and her husband are*

## Common Misconceptions About the Church and Sex

by [Ellen Gable Hrkach](#) on Apr 05, 2012

In today's secular culture, there are some common misconceptions (pun intended) regarding the Church's teachings on sex and marriage. I believe the following attitudes (in bold) illustrate that many modern Catholics, young and old alike, are poorly catechized, especially in this important area. [Read more](#)

Here is a list of the misconceptions:

- The Church is preoccupied with sex.

certified NFP teachers for the Couple to Couple League and they create a Catholic cartoon called "Family Life" for Family Foundations Magazine.

- The Church has no business in our bedrooms.
- The Pope is a celibate man who has no clue what it's like to be married and shouldn't be advising on that subject.
- Natural Family Planning (NFP) is the same as the old rhythm method.
- The Pope/Church wants couples to have as many babies as they can.
- My priest told me to use my conscience in this area and I believe it's okay to use contraception
- The Church's teachings on sex are impossible ideals.

To see the actual teachings [click here](#).



"I do not understand what I do. For what I want to do I do not do, but what I hate I do."  
-St. Paul. Romans 7:15.

## Helping Kids Do the Right Thing: Neurotheology and Moral Decision Making

By DR. GREG POPCAK

How do we raise kids who will choose the right thing to do, even when we're not breathing down their necks? How do we help our kids avoid—as much as possible—the problem of *knowing* the right thing to do but still being unable to do it in the moment?

This is one of the greatest challenges facing the faithful parent. And while there are, of course, no guarantees, the good news is that with new information from both science and the [Theology of the Body](#), it is easier than ever for parents to know what they need to do to help their kids make good moral choices even when mom and dad aren't looking and the pressure is on.

To read more [click here](#)



## Dr. Waldstein Comments on Theology of the Body

This four minute video at Ave Maria University, gives a sketch of where we have been and where we are going. Waldstein states, "the purpose of the whole book can be understood in the crisis that became evident when Paul VI published *Humane Vitae*

To watch the video: [Click here](#)



## Evening of Reflection for Women

### Heaven: My True Home

Speaker: Fr. Kenneth Leblanc, LC  
Wednesday, May 23, 2012 at 7:00 p.m.  
St Andrew's Parish  
47 Reynolds Street  
Oakville ON L6J 3J9

Suggested Donation of \$10.00

Gently used books will be available for purchase.  
Contact: Tima Borges  
Phone: 647-227-0682

e-mail: [borgest@acn.net](mailto:borgest@acn.net)

## Recommended Reading

### "Motherhood Matters" by Dorothy Pilarski

Hailed as thought-provoking, inspirational passionate and honest, *Motherhood Matters* by Dorothy Pilarski is a straight-talking guide for Catholic mothers trying to cope in today's hectic world.

Pilarski, a mother of two teenagers, has lovingly compiled a personal collection of touching stories, letters, prayers and quotes that she has been sharing with her Mother's Group for many years. TV talk show host Colleen Hammond calls the finished product "*thought provoking*" and "*jam-packed with inspiration.*"

Pilarski tackles a breath-taking range of topics: working moms, child-rearing, faith, marriage, attending Mass, public morality, holiday celebrations, education, friendship and such important Catholic themes as faith, hope and charity. The finished product is a book full of courage, wit and grace that author Lisa Hendey calls a "*terrific compilation of writings about the triumphs and tragedies of being a mother in today's world.*" - from the Catholic Register

To read more or to order a book [click here](#)

#### More on Dorothy Pilarski:

<http://gutsycatholicmom.blogspot.com/>

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

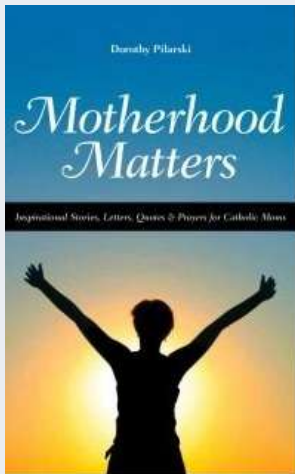
<http://catholictalksbydorothypilarski.blogspot.com/>

Hear her being interviewed on the Radio Maria by clicking here..

[http://www.hmwn.net/audioarchive/search\\_results\\_id.php?title=20071335](http://www.hmwn.net/audioarchive/search_results_id.php?title=20071335)

See her on television in Mothering, Full of Grace by clicking here...

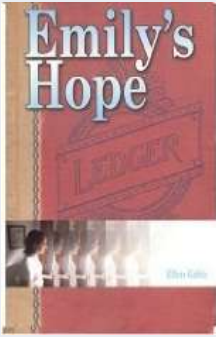
<http://saltandlighttv.org/mothering/>



**What a good idea!**

## Donate Catholic Books to Catholic School Libraries

Emily's Hope is the gripping story of one young woman's physical, emotional, spiritual journey from high school to adulthood. Interspersed



throughout the story are flashbacks to Emily's great-grandmother's troubled life, with a climax culminating in the surprising revelation that Emily and her great-grandmother are connected more deeply than by ancestral ties alone. Emily's Hope won an Honorable Mention Award for Religious Fiction in the 2006 Independent Publisher Book Awards and in 2009, received the Catholic Writers' Guild Seal of Approval.

See also:

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

blog: <http://ellengable.wordpress.com>

columnist: [www.amazingcatechists.com](http://www.amazingcatechists.com)

*"Early on the first day of the week, while it was still dark, Mary Magdalene went to the tomb and saw that the stone had been removed from the entrance. <sup>2</sup> So she came running to Simon Peter and the other disciple, the one Jesus loved, and said, "They have taken the Lord out of the tomb, and we don't know where they have put him!" - John 20:1-2*

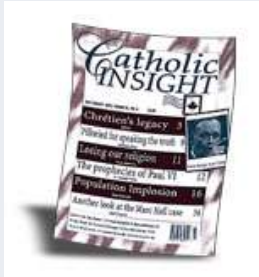
## Peter's Points to Ponder

In Saint John's Gospel (Chapter 20), we read the story of Mary finding the empty tomb, and Jesus visiting the disciples in the locked room.

Mary Magdalene was at first unable to recognize the Risen Lord on Easter Morning. It wasn't until he spoke and called her "Mary!" that she recognized Him. It had only been a few days since she had seen Jesus, so surely she wouldn't have forgotten what he looked like. Why didn't Mary Magdalene recognize Jesus?

Jesus' body was now somehow very different, yet also very much the same. His Body still bore the marks of his Crucifixion, but he could now appear to the disciples even through locked doors. The difference was Christ appeared to Mary and the disciples walking on the road to Emmaus with his heavenly fully resurrected body.

As humans, we are embodied spirits, we are made in the Image and Likeness of God. We are both body and spirit. We are promised that in the second coming of Christ, both body and soul will be reunited. As humans, there is a rapture, a great divide when body and soul are not united as one. Christ who is perfect, who has been raised from the dead, has already experienced this reunification of body and spirit. It would be inconceivable that Christ would appear in any other form than the perfection of the full resurrection.



## Catholic Insight

Consider subscribing to Catholic Insight the magazine for Canadians who would like to deepen their knowledge of the Faith and to discover the authentic teachings of the Catholic Church.

To view articles or subscribe go to [www.catholicinsight.com](http://www.catholicinsight.com)

## GSML Ministry is on FaceBook

If you have a question or would like to start a discussion - look us up at [www.facebook.com/pages/GSML-Ministry/142788839095476](https://www.facebook.com/pages/GSML-Ministry/142788839095476)

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 twenty Workshops on Pope John Paul II's Theology of the Body in Parishes in the Toronto and Hamilton Archdioceses. 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 four Theology of the Body for Teens workshops and have been invited into three 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 body of your email.