

If you received this twice, please accept our apologies. If the Newsletter does not appear as it should please go to our Website at <http://www.godsexandthemeaningoflife.com/Newsletters.html> - click on Volume 46 - to view the document. If you would prefer to receive this email as a PDF attachment please let us know.



God, Sex and the Meaning of Life

NOV 2015

VOLUME 46

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

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St. Bernadette's
Parish Hall, 21
Bayly St. 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.*

Contact:

gsmlministry@gmail.com

or 905-683-9055
Rose Heron

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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](#)

GSML News

Fund Raiser

Theology of the Body Ministry

Art Social – [Click here](#) for poster

Learn the Art of Watercolour

Date: Saturday Feb 6, 2016

Time: 9:30 am to 12:00 pm

Cost: \$40.00

Where: St. Bernadette's Parish hall 21 Bayly St E., Ajax

Join us at a fun workshop where you will learn the basics of watercolour painting.

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 us for more information
- *Parish or group retreats* - Contact us for more information

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.

Registration:

By email: stbreg@gmail.com

By phone: Jan at 905-420-8696

All proceeds to programs in our Elementary Schools

Apologetics – Know and Explain Your Catholic Faith

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.

Nov 28 *Can Your Ashes be Turned into a Piece of Jewelry?*

Find out the truths of Catholic death and funerals. Listen and talk to a funeral director and a counsellor from a Catholic Cemetery.

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.

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

Several workshops that equip both the parent and the child with the knowledge to counter balance the New Sex/ED

Guiding Your Child Through the Sexual Minefield

In September, we held a *Guiding Your Child Through the Sexual Minefield* presentation. It was well received and the participants were very interested

- *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

Let's give our teens an opportunity to discover the truths. Book a Theology of the Body for Teens Workshop or Classroom teaching.

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

in the counter-balance to the government's new Sex/Ed program.

If you are worried about the new Sex/Ed, our workshop will show you ways to teach your child how to live a chaste life. It will also equip you with the knowledge of how the secular world is seducing your child.

Theology of the Body for Grade School

"Our children are a generation whose ability to reach into the world has far exceeded their ability to reflect and mature. Thus, they experience much confusion about love, identity, sexuality, and other fundamental aspects of human nature. While confusion about these issues is not new, a world of moral ambiguity is presented to them with unprecedented saturation."

This course is 8 weeks long and is more than an abstinence education program; it also surpasses a traditional chastity program. It can be held either in a parish group setting or as guest presenters in the classroom.

"The key to a healthy sexuality is a relationship with Jesus Christ, because He is the key to knowing oneself"

Girl Talk - to learn more about being a girl in today's society!

Our goal is to provide 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.

The presentation includes some video clips and activities, along with handouts for further information. One of the books recommended is "*How to Find Your Soul Mate Without Losing Your Soul*" by Jason & Crystalina Evert.

It was recommended that moms read first and share with their daughters when appropriate.

When some of the participants were asked if the workshop was helpful, the answer was a resounding yes.

Theology of the Body for Teens

All is not lost when your child becomes a teen. This program can have a great effect on him or her as it has on many teens who have attended these workshops.

FYI - One of the High Schools in which we facilitated the Theology of the Body for Teens, over time, went from a Pro Choice school to a Pro Life school. It changed the whole dynamics of the school life. This is thanks to the teachers who continued with the seeds we sowed to reap a great harvest.

Also - at another high school, one of the sisters who has since retired, was so struck by the Theology of the Body, she is now volunteering at her former high school facilitating the Theology of the Body.

The Theology of the Body changes people's hearts.

Our group, GSML Ministry, which has Archdiocesan approval, is willing to come into your classroom and help facilitate the Theology of the Body for Teens program. This program normally runs 12 weeks, but we can adapt it to a shorter schedule. Also, there are plenty of opportunities for essays, projects or other necessary student involvement.

Not only do the teens have a lot of fun, especially with the activities, they learn how to make a gift of themselves to others.

The program will also provide you with a valuable experience with the Theology of the Body material and show how easily it can be incorporated into the curriculum without a lot of study on your part.

We are very knowledgeable on the *Theology of the Body for Teens* as we have held over 20 Workshops and have been invited into four High Schools.

There has been terrific feedback from the Students.

This program can also be held in the parish.

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

Theology of the Body and Marriage Preparation

Our Facilitators are ready to speak about Theology of the Body at Marriage Preparation programs.

As Pope Benedict XVI said, "The Theology of the Body is a way to find true love."

Let's make use of this wonderful tool to help strengthen marriages.

Contact us to arrange this talk at your parish Marriage Preparation Talk.

Contact Rose Heron at: roseheron@gmail.com or 905-683-9055

The Great Adventure: Matthew: The King & His Kingdom

This fall, we started the next step in the Great Adventure, *The Gospel of Matthew: the King and His Kingdom*.

The course is a combination of small group discussion followed by a DVD talk by Jeff Cavins. This is a 24 week course.

Cost \$40.00

Time: Wednesday mornings from 9:30 am to 11:30 pm.

OR

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

At St. Bernadette's Parish hall 21 Bayly St E., Ajax

Contact us regarding Bible Study at gsmlministry@gmail.com

Matthew: The King and His Kingdom is an exciting study that explores the life and mission of Jesus as recorded in the Gospel. *Matthew* demonstrates how the promises and prophecies of the Old Testament are fulfilled in Christ, who establishes a New Law and inaugurates the Kingdom of Heaven on earth. Participants will see Jesus as the awaited Messiah who relives the life and struggles of Israel to become the faithful and victorious King. Set in the rich context of Jesus' Jewish culture, this study will help participants understand who Jesus is and what his life and teachings mean for us today. *Matthew* is an ideal follow-up study to the basic narrative of Scripture taught in *The Bible Timeline* study.

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

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

"Discovering the Master Plan for your Life"

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

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

For information and pre-registration, contact:

Anthony Mendes 416-302-4253

Melvin Maraques marquesm2020@gmail.com

Tod Markelj TOB@bell.net

St. John Paul II, The Life of a Holy Pope (Animated Video)

By Garrett Johnson

What made John Paul II a saint? Was it because of his apostolic success, his impressive figure or his untiring travels? No doubt, all this is important, but it isn't enough. John Paul II has been recognized a saint for a different reason...

He answers these questions with this entertaining animation: [click here](#)

Theology of the Body in a Nutshell

This is a fantastic synopsis of the Theology of the Body that you see written on throughout history and culminating in Saint John Paul II's Man and Woman He Created Them. Being married, it's always good to remind yourself of the ultimate goal.

[Click here](#) Enjoy!

Theology of the Body & Deliverance Ministry - Part 4 of 4

We know, through Sacred Scripture and Sacred Tradition, that all priests are called by Jesus Christ to heal the sick and cast out demons. We also know that does not mean every priest will be involved in or is called to administer the Church's Rite of Major Exorcism. However, it does mean that all priests are meant to use the power of their Baptism, Confirmation and Holy Orders through the grace and Name of Jesus Christ, to bind up, renounce and cast out evil spirits with Minor Exorcisms. We also know that one good confession is worth more than a hundred exorcisms. So, there must be some supernatural power in this Holy Sacrament.

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

Theology of the Body for Little Kids?

In a culture increasingly marked by confusion regarding sexuality, one author and speaker has set about making the basic tenets of Theology of the Body accessible to even the youngest members of the Church. Monica Ashour is the director of the Theology of the Body Evangelization Team (TOBET), and has recent...

[Click here](#) to read the rest of the article

Love is to will the good of another.

5 Bishop Barron Videos on Marriage and the Family

As the long anticipated Synod on the Family kicked off in Rome, Word on Fire shared five of Bishop Barron's top videos on topics the Synod addressed, including marriage, sexuality, and the role of the family. Enjoy!

To watch the videos [click here](#)

Theology of My Teenage Body

As a teen girl growing up in a body-obsessed culture, I can say in all honesty that I have really felt the effects of it. Airbrushed models, celebrities with "perfect bodies," and weight loss commercials are constantly blared at me from TV, store ads, and billboards. As a young girl viewing this twisted idea of beauty, I now realize, as I reflect, that it has had a great impression on me, and consequently the life of everyone around me.

To read the rest [click here](#)

"It's a theology of the body not a theology of sex," - Emily Stimpson

Catholic author and speaker offers tips for living Theology of the Body in everyday life

A Catholic author and speaker offered concrete examples of and tips for applying Theology of the Body to daily life when she addressed a crowd of Franciscan University students and faculty Oct. 6 in the Gentile Gallery.

"It's a theology of the body not a theology of sex," said Emily Stimpson, during her talk titled "How to Live Theology of the Body Everyday – Five Practical Tips That Will Change Your Life."

Everyone has a deeply rooted desire for lasting love, said Stimpson, but reality is not always working out the way one wants. The principle reason for this is that love is hard, she said.

The message of Theology of the Body proclaims that the most perfect image

of the Trinity on earth is the family and the love between husband and wife, but Stimpson reminded the crowd that this imaging of the Trinity, this self-giving love of God, must take place in everyday life and not just in the bedroom.

Stimpson's first practical tip on living out Theology of the Body was to turn off one's cellphone. Simply, people must recognize the dignity and beauty of those around them, and being inattentive to what is happening in the present moment directly inhibits the relationships that God wants them to have.

Next, she emphasized the importance of manners, noting that it is not the same thing as etiquette. She said manners develop little habits of sacrifice, of attentiveness, and they provide a way of welcoming and honoring the gifts of others. After all, Stimpson asked, if one cannot be kind to the clerk at the grocery store, how can she be kind when her husband forgets their anniversary?

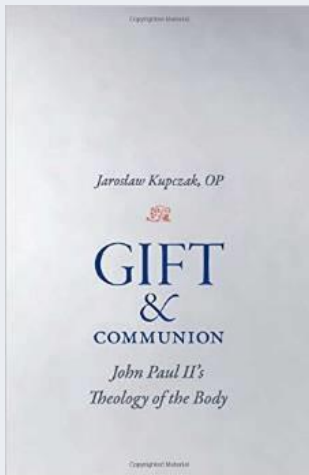
To read the rest of the article [click here](#)

Recommended Reading

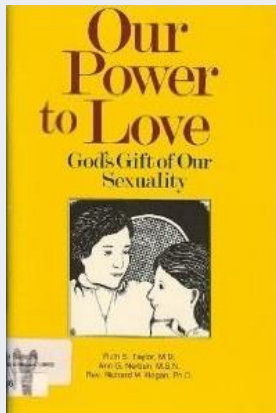
Gift and Communion: John Paul II's Theology of the Body

by Jaroslaw Kupczak OP

"Gift and Communion offers a critical presentation of John Paul II's theology of the body, understood in the light of Christian theological tradition. The main thesis of the book is that John Paul II's theology of the body forms a new, inspiring approach to Christian ethics and the theology of marriage and family, as well as to theological anthropology. A central thrust of Gift and Communion is to treat theology of the body—as it deserves—in all its philosophical and theological seriousness and to present it as an important stage in the historical development of Catholic theology. This new approach combines a hermeneutical, post-modern reading of the holy scriptures with an attempt to interpret the biblical text in the light of important currents of Western philosophy as well as Catholic theological tradition. Gift and Communion critically evaluates the method, fundamental notions, and significance of John Paul II's thought, places his thought in the context of contemporary challenges to Christian belief and presents it as an important stage in the historical development of Catholic tradition."



What a good idea!



Donate Catholic Books to Catholic School Libraries

Our Power to Love: God's Gift of Our Sexuality

by Ann Nerbun (Author), Ruth Taylor (Author), Richard Hogan (Author)

This book is a new approach to sexuality education for adolescents and parents, incorporating the physiology of sexual maturing with Pope John Paul II's theology of the body. The authors promote the beginning of fertility appreciation within the larger context of the virtue of chastity. Appropriate Scriptural quotes begin each chapter. Reproductive systems are explained in scientifically correct language.

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.

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.

Learn the Billings Ovulation Method™

The Natural Family Planning Association provides instruction in the Billings Ovulation Method™. The Billings Ovulation Method™ is easy to learn and is highly successful when used by a couple to achieve or avoid a pregnancy.

An introductory session is the first step in the process of learning the Billings Ovulation Method™. These sessions are held at our clinics throughout the Greater Toronto Area. The introductory session provides the basic concepts of the method and will give the woman or couple the information needed to start charting and to become familiar with the signs and symptoms of fertility in the woman's body. Follow up sessions are then required to actually use the Billings Ovulation Method™. What you may learn on the internet or in the introductory session is not enough to be able to use the method successfully. There is no cost to attend the Introductory Session; however there is a small materials charge (approximately \$5) for the charts and stamps.

Follow Up Sessions are a requirement to learning the Billings Ovulation Method™ successfully. The woman or couple meets with the Billings teacher on a regular basis, approximately every 2 weeks, until they are comfortable and confident with the use of the method. These follow up sessions are private between the teacher and each woman (or couple). During these follow up sessions the teacher ensures that they are learning and understand the Billings Ovulation Method™. The Billings teacher also needs these follow up sessions to assess how well the method is understood by the client. Follow up sessions are also encouraged during significant changes in the woman's situation (e.g. breastfeeding).

Follow up sessions are scheduled with the teacher after the initial session and are provided at no cost.



*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.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 gsmministry@gmail.com with unsubscribe in the body of your email.