

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 45 - 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

SEPT 2015

VOLUME 45

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

Contents

GSML News

- [Cardinal Thomas Collins' statement on the *Theology of the Body*](#)
- [Apologetics](#) Know your Catholic Faith
- [Theology of the Body for Teens - **Teachers**](#)
- [Theology of the Body Training](#)
- [Book a Theology of the Body Workshop](#)
- [The Great Adventure: **Matthew: the King and His Kingdom**](#)
[Mystery of Man's Original Innocence](#) - Audience 15

Other News

- [You Are Teaching My Child WHAT?](#)
- [Opinion: Sex-ed curriculum inadequate and should be withdrawn, doctor says](#)
- [Re-generation](#)
- [Practicing Catholic Singles 25+](#)
- [Angels and Demons](#)
- [Fr. Robert Barron on Sex, Love, and God](#)
- [Marriage explained as never before](#)
- [Sexuality Education Programs for Parents: Helping Children](#)

St. Bernadette's
Parish Hall, 21
Bayly St. Ajax
starting again on
Sept 8, 2015

*"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

Develop a Reverence for Life

- [Theology of the Body I](#): A Head & Heart Immersion
- [In the Person of Christ: Theology of the Body & Priestly Identity](#)
- [Recommended Reading](#) - *Discovering the Human Person: In Conversation with John Paul II*
- [Donate Catholic Books to Catholic School Libraries](#)
- [Natural Family Planning](#) - Achieving Your Pregnancy Naturally



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

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.

Sept 26 "The Rape of Childhood & Why Parents Should Be Incensed"

Join us to learn more about the Government's new sex education program. "We cannot abandon our children to the whims of social engineers hell-bent on sexualizing them at the earliest age possible". This quote is from Campaign Life.

Oct 24 "Building an Altar for Eternity":

Charismatic vs. Charisma of God

Finding order in the midst of chaos - peace in the unrest

Moving from Darkness to the Light - **Jn 5:24**

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.

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.

Theology of the Body Training

In July, we held a training program for Couples For Christ – Foundation for Family and Life on the Theology of the Body for Teens. They participated in hands-on opportunities both in how to run a presentation and in actually using the material to run a section of it.

Approximately 12 young adults attended and are now prepared to implement the program within their own group. It is refreshing to see young adults and teens so keen and interested in spreading the Theology of the Body. Their youth is a great example to the young people they will be leading.

If you are interesting in training on the Theology of the Body for Teens in your Parish or Group, please contact us.

Up-dating Theology of the Body Webpage

We have spent some time this summer updating our webpage, www.godsexandmeaningoflife.com We hope you check it out. One of our updates is on the Book page, which includes links to where you can purchase the recommended book and a short description of the book. Furthermore, we created a separate page for the youth and children's books. We are pleased that the offerings for young children are increasing.

Religion Teachers: what is the best gift you can give to your students?

Book a Theology of the Body for Teens Program for your classes in the Fall

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

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

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

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.

Religion Teachers: Consider booking us for the First Semester of 2015 or the second semester in 2016. We are willing to present to several classes on the days of the program.

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 ToB 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.

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

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
- *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

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

In the fall, we will be offering 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
Start Wed Sept 16, 2015 **OR** Fri Sept 18

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.

To better understand JP II's writings we have decided to include summaries of the ToB.

To read the Audience 15 [click here](#)

"The reality of the gift and the act of giving, outlined in the first chapters of Genesis as the content constituting the mystery of creation, confirms that the radiation of love is an integral part of this same mystery. Only love creates the good. Love alone can, in a word, be perceived in all its dimensions and its aspects in created things and especially in man. Its presence is almost the final result of that interpretation of the gift, which we are carrying out here." - JP11

Mystery of Man's Original Innocence Pope John Paul II

The Pope circles back to Genesis when Christ appealed to the "beginning" while discussing marriage. This dialogue about marriage, together with the "spousal" meaning of the body, shows the entire truth about being man and woman in and through our bodies and our sex, but also shows we are completely free from any restraints of our bodies and sex (genders). Adam and Eve were "naked without shame" - they were created by Love. As male and female, they were "naked" as they were "free with the very freedom of the gift, a freedom which is based on the "spousal" meaning of the body. The body, with its genders, when seen in Creation, is not only fruitful and procreative, but contains "from the beginning the spousal attribute, that is the power to express love: precisely that love in which the human person becomes a gift" and through this gift fulfills the meaning of his being and existence. *Gaudium et Spes* 24:3 states, we are the only creatures God willed "for its own sake" and that man cannot "fully find himself except through a sincere gift of self." For man to be free with this "freedom of the gift", he must give himself to others through a "sincere gift of self." Freedom, in this case, means self-mastery, and man must have this to be able to "find himself fully" and to make a free gift of self. It is this freedom and being "naked without shame" that makes possible and defines the "spousal" meaning of the body.

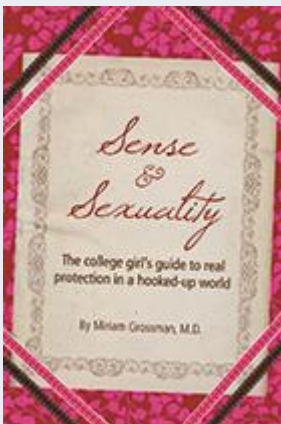
Genesis 2:25 allows us to understand the "spousal" meaning of the body as it is meant to be. This means, we are meant to be free from the constraints of our bodies, free to receive the gift and free to be a gift as God revealed to us in creation. It affirms that we are the only creatures in creation willed "for its own sake, and that we can only find ourselves by making a free gift of ourselves. This allows man and woman to truly find each other in the way God willed us. This is where we find the "spousal" meaning of the body. We know the true meaning of our bodies in their masculinity and femininity, that we were "willed " for our own sake, and that each of us is "unique and unrepeatable" chosen by eternal Love. This is a true communion of persons.

In the mystery of their heavenly blessed beginning, we see man's original innocence and original happiness. Not only is this theological, it is anthropological in that it reveals man's origins and "theme" of his history to which he is eternally linked. Our history, (in this case the time between the Fall and the Last Day) however, will not be the same as our origins due to original sin. Our history, while this world exists, will be forever changing, but through it all, due to our origins, we will always be aware of the "spousal" meaning of our bodies, which is revealed in being made in "the image of God."

Christ revealed another vocation to us besides marriage. He asked us to forego marriage for the sake of the Kingdom of Heaven. We will touch on celibacy later, but by giving himself or herself for the sake of The Kingdom, the person shows that the freedom of the gift exists in the human body, and therefore the body possesses the full "spousal" meaning.

**Sense & Sexuality:
The college girl's
guide to real
protection in a
hooked-up world**

*By Miriam Grossman,
MD
with support by the
Clare Boothe Luce Policy
Institute*



To download a copy of

You Are Teaching My Child WHAT?

A physician reveals the dangers of Ontario's New Sex-Ed Curriculum
Miriam Grossman MD



We attended the recent speech by Miriam Grossman in Mississauga. It was a very informative talk given to over 700 people from different cultures and religious beliefs. Her main points on the New Sex-Ed were:

- Endorses high risk behaviour
- Omits life-saving facts
- Is about social change not health
- Undermines parents

For example, the subjects of cigarette smoking or drinking alcohol are talked about in the curriculum in a straight forward, clear manner, scientifically discussing various medical problems a child, or adult could suffer. Whereas, in the topic of sex-ed, it is for the most part left up to the child's emotions. There is no discussion on the fact that a woman could get pregnant with or without a condom. Or the fact that either partner could

this book [click here](#)

get a STD, even the first time they have sexual intercourse.

To read a more in-depth report [click here](#)

[Or watch the video talk here](#)

Dr. Grossman is a practicing physician with training in pediatrics and in the specialty of child, adolescent, and adult psychiatry. She's known all over the world for having the courage to speak out against the current push by many governments, including Ontario's Liberal government, for comprehensive education in schools. It's a strategy to sexualize children. Grossman refers to it as the sexual "education" industry. She has given speeches at the United Nations and the British House of Lords. Her writings have been translated into numerous languages. She argues strongly for protecting children's innocence against activists, governments and powerful lobby groups that are pushing for a misguided sexual "freedom" instead of safety, health and well-being.

To find out more about Dr. Miriam Grossman [click here](#)

Opinion: Sex-ed curriculum inadequate and should be withdrawn, doctor says

Waterloo Region Record

By [Nadine Nyhus](#)

As a medical doctor and psychiatrist, I am struck by the lack of accurate information in the province of Ontario's new sexual education curriculum.

Ethical practice of medicine requires that risks and benefits be communicated. I believe the same should be true for talking to our teens about sex.

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

Regeneration

Re:Generation Is A Missionary Program Offered By The Office Of Catholic Youth In The Archdiocese Of Toronto.

RE:GENERATION is a group of young people seeking to:

- REspond to the past
- REstore the present;
- REgenerate the future.

The primary focus of this group is to promote authentic love and life while teaching Theology of the Body.

RE:GENERATION is an initiative committed to build a culture of life by sharing with young people the beauty of the Catholic faith, particularly in the area of sexuality.

The young missionaries that are part of our team use St. John Paul II's Theology of the Body as they seek to educate their peers using an integrated, holistic approach to viewing the human person.

To find out more [click here](#)

Practicing Catholic Singles 25+

Join for FREE = For Practicing Catholic SINGLES - Meet at our Monthly Meetups or On-Line :

Currently we have 156 Members in Toronto and growing strong !!

<http://www.meetup.com/Saturday-Night-GTA-Practicing-Catholic-Singles-Speed-Dating/>

Next 3 Monthly Meetups at a nice/reasonably-priced Restaurant: (only disclosed to Members)

Meet & Greet all Members, Saturday, September 26, 2015@ 8pm-9:30pm

Meet & Greet all Members, Saturday, October 24, 2015@ 8pm-9:30pm

Meet & Greet all Members, Saturday, December 5, 2015@ 8pm-9:30pm

This is a genuine on-line/in-person community of Practicing Catholic Singles who are looking for a mate with the same values.

Angels and Demons

On October 31st, join Exorcist Fr. Gary Thomas (the priest who the movie "The Rite" was based on), and a specialist in Demonology and the Occult, Wilson Orihuela from [Vericast](#).

You are invited to join us in what is going to be another amazing day filled with prayer, faith and fellowship. On a day that is traditionally known for demons and the occult we will take back All Hallows Eve for Christ.

Featuring: Guest Speaker **Fr. Gary Thomas** and **Wilson Orihuela** (click on names for their bios).

Location: Canada Christian College, 50 Gervais Drive, Toronto (Don Mills & Eglinton)

Date: Saturday October 31, 2015

Schedule: 9:30AM – 4:00PM (Detailed schedule [click here](#))

Parking is FREE on site (first come first served). Lunch is available at venue for \$6.

For more information [click here](#)

Love is to will the good of another.

Fr. Robert Barron on Sex, Love, and God

"Love is not a feeling or a sentiment. Love is an act of will. To love is to will the good of another." – Bishop-Elect Robert Barron

To watch the video [click here](#)

Online video

Marriage explained as never before

<http://catholicmemes.com/video/video-marriage-explained-as-never-before/>

Sexuality Education Programs for Parents: Helping Children Develop a Reverence for Life

by Mary Lee O'Connell, C.R.N.P.

PARENTS KEY MESSAGE: THE GOODNESS OF THE BODY

The Bible teaches the dignity and destiny of the human person who is created by God, wounded by sin, redeemed by Christ, and called to eternal communion with God. In the story of creation the phrase "God saw how good it was" (Genesis 1: 4, 10, 12, 18, 21) is repeated after each day of creation until the creation of man and woman (in God's own image). Then there is an important addition. Instead of referring to the creation of man and woman as good, the Bible says, "he found it very good" (Gen 1:31). God only gives good gifts, and this goodness applies to our bodies.

To read the article [click here](#)

It is an illusion to think that we can build a true culture of human life if we do not help the young to accept and experience sexuality and love and the whole of life according to their true meaning and in their close interconnection.... Only a true love is able to protect life. There can be no avoiding the duty to offer, especially to adolescents and young adults, an authentic education in sexuality and in love, an education which involves training in chastity as a virtue which fosters personal maturity and makes

one capable of respecting the "spousal" meaning of the body.
Pope John Paul II, *Evangelium Vitae*

Theology of the Body I: A Head & Heart Immersion

OCTOBER 4 - 9, 2015 | QUARRYVILLE, PA

It's your **final opportunity** in 2015 to experience a Head and Heart Immersion course! Pope Saint John Paul II's Theology of the Body is so much more than a teaching on sex and marriage. What divine mysteries have been revealed to us through the human body? How can the Theology of the Body help us illuminate **God's plan for human life**, from origin to eternity?

Come immerse yourself in a week of **study, prayer & retreat**, October 4 - 9, 2015 in Quarryville, PA.

For more information [click here](#)

In the Person of Christ: Theology of the Body & Priestly Identity

NOVEMBER 16 - 20, 2015, ELVERSON, PA

Theology of the Body & Priestly Identity consists of the following themes: Fatherhood of God, Fallen Fatherhood, and Fatherhood & Gift. These themes follow a similar structure of the triptych of Theology of the Body: Original Man, Historical Man and Eschatological Man.

For more information [click here](#)

Recommended Reading

Discovering the Human Person: In Conversation with John Paul II

by Stanislaw Grygiel (Author)

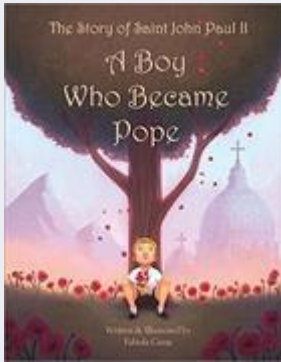
A longtime friend and student of the late Pope John Paul II, Stanislaw Grygiel, in this book, reflects on the life and thought of this extraordinary pope, giving new insight into his character and his vision of beauty as the path that leads us to God.

More than simply biographical information about John Paul II — who was Bishop Karol Wojtyla before he became pope — or a dry academic analysis



of his teaching, Discovering the Human Person derives from Grygiel's extensive firsthand interaction with Wojtyla. Grygiel reflects on the importance of Christian personalism, or communion, as the ground of John Paul II's life, particularly in response to the communist environment that surrounded him in Poland. Grygiel also addresses the pope's call for a new evangelization, his understanding of marriage and family, and the relationship of those to a genuine, healthy understanding of nation and state.

What a good idea!



Donate Catholic Books to Catholic School Libraries

The Story of Saint John Paul II: A Boy Who Became Pope

By Fabiola Garza

Framed around the question "Who do you love most?", this ravishingly illustrated biography for children ages 6-9 tells the captivating story of Saint John Paul II. The story, bursting with brightly colored illustrations, reveals how John Paul II's answer to that very important question blossomed into heroic virtue, holiness, and service to the Church and the world.

From an ordinary little boy growing up in Poland to the world leader of the Catholic Church, John Paul II serves as an inspiration for today's aspiring youth. Share your affection for this beloved pope and celebrate his canonization with the children in your life! – Pauline Book Store

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

Achieving Your Pregnancy Naturally

Capacity to conceive

Fertility reaches its peak at about the age of 24 in both men and women. In women, the ability to conceive declines between 30 and 40, then rapidly as the menopause approaches. In men, fertility gradually diminishes from about the age of 50, although a man has the potential for fatherhood into old age.

Of those couples trying to conceive, fewer than a third will succeed within the first month, only 50% by 6 months and 80-90% by 18 months.

Infertility is usually defined as the inability to conceive after 12-18 months of sexual intercourse without contraception. Approximately 15% of couples trying to have a child are unable to do so.

Read more [here](#)

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.



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