

About GSML Ministry

God, Sex and the Meaning of Life Ministry, (GSML Ministry) was formed in 2006. Our ministry has presented over thirty Workshops on the *Theology of the Body* in many Parishes in the Toronto and Hamilton Archdioceses. As well, in the fall of 2009, we organized a Conference 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 eight *Theology of the Body for Teens* workshops and have been invited into many high schools to provide a session on the *Theology of the Body in the Classroom*. We have also held workshops for Parents.

God, Sex and the Meaning of Life Ministry is approved by The Archdiocese of Toronto.



Toronto's Cardinal Thomas Collins stated "... people [need] to study the teachings of John Paul II in the *Theology of the Body*... it's very important to popularize that, where the intense writings of the Holy Father are made more accessible to everybody." ~ from *The Interim*

God, Sex and the Meaning of Life
Ministry

www.godsexandthemeaningoflife.com

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Theology of the Body and Confirmation



*"The world offers you comfort, but
you were not made for comfort;
you were made for greatness."*

~ Pope Benedict XVI

GOD, SEX AND THE MEANING OF LIFE MINISTRY

Theology of the Body



Confirmation Workshop

This Workshop combines the teachings of Pope John Paul II on the “language of the body” in his Theology of The Body, with the Catholic Church’s teachings on confirmation. The goal of the workshop for those approaching confirmation is to reinforce the teaching on the Gifts of The Holy Spirit and the good that comes from them, and how we act them out in the language of our bodies to live a life of chastity. We hope the youth will take this workshop to heart, as the benefits are enormous. Modesty, dignity, reduced chance of pregnancy, less chance of abortion – in other words, all of the good things parents would want for their children.

Objectives:

“Educating children for chastity strives to achieve three objectives;

- a) to maintain in the family a positive atmosphere of love, virtue and respect for the gifts of God, in particular the gift of life;
- b) to help children to understand the value of sexuality and chastity in stages, sustaining their growth through enlightening word, example and prayer;
- c) to help them understand and discover their own vocation to marriage or to consecrated virginity for the sake of the Kingdom of Heaven in harmony with and respecting their attitudes and inclinations and the gifts of the Spirit.”

~ *The Truth and Meaning of Human Sexuality: Guidelines for Education within the family.*

Chastity

Chastity is learning how to love one another properly, and doing away with being selfish.

It is a virtue that helps us to use our bodies to express love in purity and truthfulness. Chastity helps us remember who we are.

Workshop consists of:

- Begin with a Bible reading followed by a prayer
- PowerPoint presentation that links Confirmation to the Theology of the Body
- Several key activities that teach by doing
- Discussion and application on “How to be a Gift”.
- Reflection on both good and bad habits and how to practice the good
- Virtue Project - (a Life’s Works Project) to encourage development of Positive Virtues
- Create Virtue Beads (Full Day Retreat only - in shorter workshops the student will receive their own set of Virtue Beads)
- Led by trained Facilitators



We are made in His image in that we too can be a gift of love.