

THEOLOGY OF THE BODY

The 'Theology of the Body' is Pope John Paul II's integrated vision of the human person - body, soul, and spirit. We have chosen to use Christopher West's DVD presentations of the Pope's teachings as our teaching method on this topic.

- **In An Introduction to the Theology of the Body:** Discovering the Master Plan for Your Life. In this adult faith formation program, Christopher West unfolds God's extraordinary plan for all of humanity. If you desire to live out the fullest meaning and purpose of your life, then join us for this amazing discovery!

The Theology of the Body is renewing marriages, awakening vocations, healing deep personal wounds, and setting people free to live the life of greatness to which we are all called.

This DVD and workbook study has been offered before and it is back again for those who missed it the first around. The course will be offered on the following dates: October 4 and 18; November 1 and 15. Debbie Larmour will be leading the discussions. The cost is \$20 which will cover the workbook and refreshments. Contact Bernadette at 2492432 or popowych@shaw.ca to register.

- **Into the Heart: A Journey through the Theology of the Body:**

Building upon An Introduction to the Theology of the Body, Into the Heart will move you deeper into this life-changing message, enabling you to apply and integrate it into every aspect of your life. Here you will be given the tools needed to develop the sacramental worldview that is so crucial to living an authentic human sexuality.

Into the Heart contains sixteen, half-hour sessions. Titles include:

- A Vision of Hope for the Heart
- Nuptial Union: A Call to Deep Intimacy with God
- The Heart: A Battlefield between Love and Lust
- The Ultimate Fulfillment of the Body
- Celibacy and Sexuality
- The Great Mystery of Marriage
- Singing the Song of the Body

This DVD and Workbook study was offered last year and we hope to bring it back next year. Pre requisite for this course is the Introduction to the Theology of the Body.