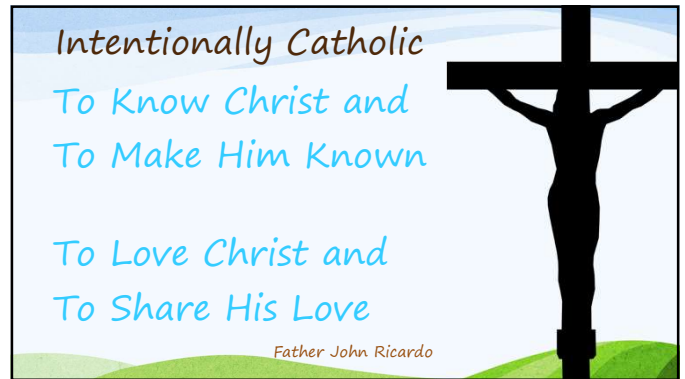


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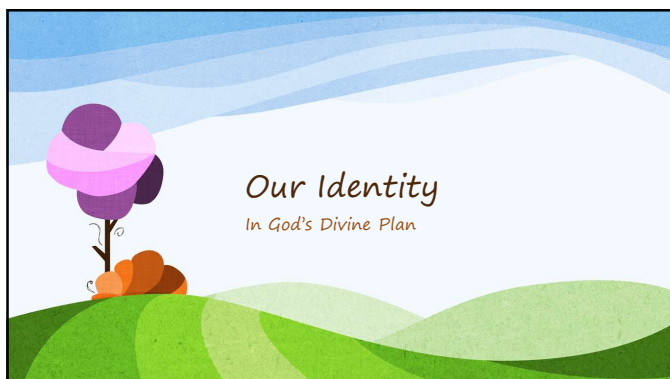
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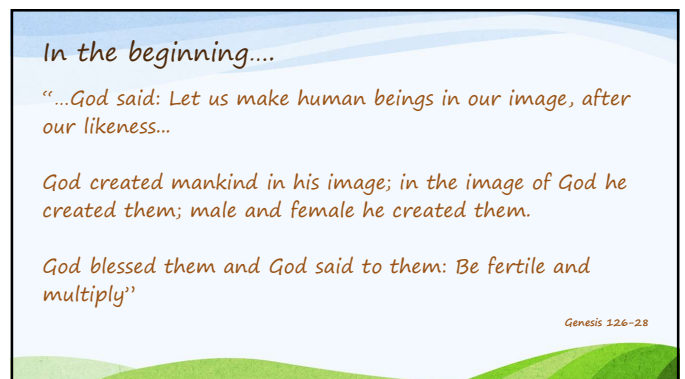
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6

## Why God Gave Us Bodies

7

## Key Concepts in TOB

1. God created the world and us with a purpose and out of love.
2. We are made in God's image and likeness.
3. We are a unity of body and soul.
4. What we do with our bodies matters.
5. God is love – We were created for love, by love.
6. Jesus came to restore our brokenness.

8

## Personal Dignity

**2335** Each of the two sexes is an image of the power and tenderness of God, with equal dignity though in a different way. The union of man and woman in marriage is a way of imitating in the flesh the Creator's generosity and fecundity: "Therefore a man leaves his father and his mother and cleaves to his wife, and they become one flesh." All human generations proceed from this union.

- **2333** Everyone, man and woman, should acknowledge and accept his sexual identity. Physical, moral, and spiritual *difference* and *complementarity* are oriented toward the goods of marriage and the flourishing of family life. The harmony of the couple and of society depends in part on the way in which the complementarity, needs, and mutual support between the sexes are lived out.

9

## Catholic Identity

- We are defined by our Creation:
  - Beloved Child of God.
  - The Image of the Triune God.
  - Created by Love for Love.
  - Male and Female He created them...
- EVERYONE is deserving of dignity and respect.
- EVERYONE is created for relationship with God.
- EVERYONE is called to love and be loved.

10

## Our Purpose

In God's Divine Plan

11

## "What-it-is-ness"



- We know about the nature of something by knowing what it is for.
- Its "What-is-it-for-ness"

12

## The nature of sexuality...

**2332** Sexuality affects all aspects of the human person in the unity of his body and soul. It especially concerns affectivity, the capacity to love and to procreate, and in a more general way the aptitude for forming bonds of communion with others.

## Babies and Bonding

13

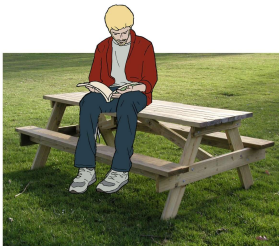
## Making Visible the Invisible

- **2331** "God is love and in himself he lives a mystery of personal loving communion. Creating the human race in his own image...God inscribed in the humanity of man and woman the vocation, and thus the capacity and responsibility, of love and communion."
- Through the sacrament of marriage man and woman become a visible sign of the Trinity in the world.



14

## What-is-it-ness is Stable



- Changing the use of something does not change its nature / what it is.
- A table is still a table, even if we use it like a chair.

15

## Mis-use Violates Nature / Integrity



- We can mis-use something to a degree that violates its nature.

16

## Out of Order

"By its very nature, the sexual act finds its proper fulfillment in the marital bond. Any sexual act that takes place outside the bond of marriage does not fulfill the proper ends of human sexuality. Such an act is not directed toward the expression of marital love with an openness to new life. It is disordered in that it is not in accord with this twofold end and is thus morally wrong."

— USCCB Guidelines for Pastoral Care...

"Sexual pleasure is morally disordered when sought for itself, isolated from its procreative and unitive purposes."

— Pontifical Council for the Family

17

## What Violates the Nature of Sex /Sexuality: Violates Our Identity

- Every human sexual act has a nature – regardless of anyone's experience, orientation, or attraction.
- Contraception
- Abuse and Exploitation
- Sexual Assault
- Pre-Marital Sex
- Adultery
- Pornography /Masurbation
- Homosexual Acts
- Sex / Gender Reassignment



18

### The Promise

- No matter where we find ourselves, God enters into our life so we can enter into His.
- "God became man so that man can become God."

19

### Discussion

- Based on what you just heard, how would you summarize God's plan for sex and love?

20

### Our Sexualized World And its Impact

21

### Hard-wired for connection...

- Created to love and be loved we are hard-wired for connection and driven to seek relationship with others.
- Attempts to meet this need for connection can lead people to explore sexuality in different ways.
  - Some individuals feel dis-connected or isolated in their efforts to meet this need for intimacy and connection.
  - Others seek love by "over-connecting," seeking connection with others without commitment
  - Some find connection in committed long-term relationships.

22

### Discussion

- Our world offers many voices and perspectives which can create confusion regarding the truth of our sexuality.
- What are some of the messages you hear in our culture regarding sexuality?

23

### Mainstream Messages

- Sex is merely an activity between any "consenting adults."
- We are defined by our sexual interests, attractions, and experiences.
- Love = Sex = Intimacy

24





25

## Generational Growth

An increasing number of adults self-identify on the LGBT spectrum.

- |        |                 |           |
|--------|-----------------|-----------|
| 1. 4%  | Traditionalists | 1913-1945 |
| 2. 4%  | Baby Boomers    | 1946-1964 |
| 3. 2%  | Generation X    | 1965-1979 |
| 7. 3%  | Millennials     | 1980-1998 |
| 12-14% | Generation Z    | 1999-2015 |

26

## Experiencing Same Sex Attraction

Many young people may not identify on the LGBT spectrum, but their attraction - to varying degrees - isn't exclusively to the opposite sex.

- |        |                  |
|--------|------------------|
| 24. 1% | Millennial Women |
| 11. 9% | Millennial Men   |
| 52%    | Generation Z     |

27

## Silent Youth

- 81% of religiously-identifying youth have not shared with someone at their church.
- 69% of those in isolation feel they have no one to talk to.
- 46% have still experienced bullying, harassment, or sexuality-based name calling from their peers, despite not being "out."
- 45% of gender non-conforming adults age 18-24 have attempted suicide.
- 57% of gender non-confirming youth feel they cannot talk to their family about emotional difficulties.

28

## Perception of Church

91% of currently non-religious millennials think churches are "anti-homosexual"

31% of millennials identifying as LGBT left the Christian faith of their childhood.

53% are unsure if their church would accept them

29

## Discussion

- Do you find these statistics surprising?
- What do you think makes young people feel uncertain if they are welcome in their Church? ...What prompts them to leave the faith of their childhood?
- Do you think an individual struggling with same sex attraction or gender identity would feel welcome in our parish?

30

### Mainstream Culture

- There is an idea that if we are not in a sexual-relationship we cannot experience love.
- There is a tendency in our culture to separate intimacy from relationship and to equate intimacy with sex.
- There is an idea that the primary purpose of relationships is to feel joy or happiness in the company of another.
- There is a tendency to view relationships as what fulfills our ultimate meaning and purpose.

### Catholic Understanding

- There are many types of loving and intimate relationships.
  - Sexual intimacy is reserved for one type of relationship.
- Loving relationships are not just emotional, but vocational.
  - In the vocation of matrimony, Men and women become one and bring about the fruits of their complementarity.
  - Celibacy in a religious vocation such as holy orders, represents a one-ness with Christ
  - The Universal vocation of love and communion calls us to self-giving relationship for the good of others.
- Relationships point us toward God, do not fulfill the need for the connection / oneness with God that we were created for.

31

### Discussion

- What about our nature and purpose tells us that we are not fulfilled in isolation?
- What about our nature and purpose tells us that we are not fulfilled in non-marital sexual relationships?
- What about our nature and purpose tells us that we are not fulfilled in same-sex sexual relationships? ....what about committed "same-sex marriage"?

32

### Same Sex-Attraction and the Nature of Human Sexuality

Homosexual acts violate the true purpose of sexuality. They are sexual acts that cannot be open to life. Nor do they reflect the complementarity of man and woman that is an integral part of God's design for human sexuality.

33

### Same-Sex Attraction and the Catechism

- "Homosexual acts are intrinsically disordered" and immoral. "They are contrary to the natural law. They close the sexual act to the gift of life. They do not proceed from a genuine affective and sexual complementarity." (CCC, no. 2357)
- Having homosexual inclinations is not immoral. It is homosexual acts that are immoral." United States Catholic Catechism for Adults, p. 407)
- "...men and women with deep-seated homosexual tendencies...must be accepted with respect, compassion, and sensitivity. Every sign of unjust discrimination in their regard should be avoided...." (CCC, no. 2358)

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### Person First Language

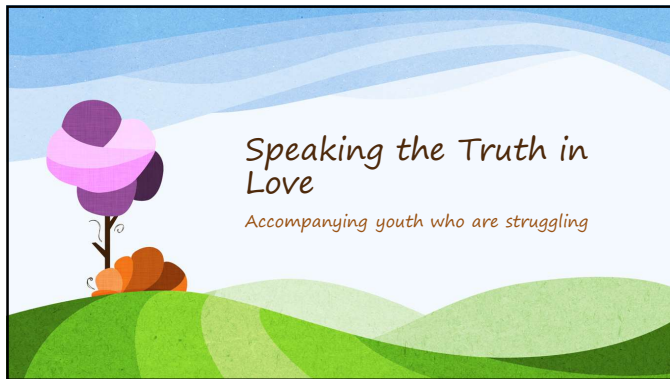
- We are not defined by our wounds, by our weaknesses, or our sins - Saint Pope JP II
- The Church does not say that who we are is wrong.
- Our experiences are not our identity.
- If we try to define ourselves by anything less than who we truly are it will always end up in heartbreak and pain
- The Church calls us to say yes to our true identity...beloved child of God

35

### Respect, Compassion, and Sensitivity

- All people are created in the image and likeness of God and thus possess an innate human dignity that must be acknowledged and respected.
- In keeping with this conviction, the Church teaches that persons with a homosexual inclination "must be accepted with respect, compassion, and sensitivity." CCC 2358

36



37



38

**More Alike than Different**

- Ultimately, we all desire the same things:
  - To belong
  - To be heard,
  - To be loved
  - To be called.
- In accompanying others we must be prepared to offer each.

**MORE ALIKE THAN DIFFERENT**  
WE ALL NEED TO:  
**BELONG**  
**BE HEARD**  
**BE LOVED**  
**BE CALLED**  
SEE WHAT THE FATHER HAS GIVEN US THAT WE SHOULD BE CALLED  
**CHILDREN OF GOD**  
AND SO WE ARE. -1 JOHN 3:1

39

**Belonging**

- Hard-wired for connection, and created to love and be loved, we all experience a deep desire to belong.
- The core of who we are as children of God is that we belong.
- Youth need to know:
  - God created you. You belong to Him.
  - You have a home in the Church
  - No matter what you do, God's got your back
  - God chose you. He loves you. He is waiting for you to choose him.

A deep sense of love and belonging is an irreducible need of all people. We are biologically, cognitively, physically, and spiritually wired to love, to be loved, and to belong. When those needs are not met, we don't function as we were meant to. We break. We fall apart. We numb. We ache. We hurt others. We get sick.

— Brene Brown

Double Quotes  
doublequotes.net

40

**Not Us vs Them, but WE**

- We are all on the journey to God together.
- We all have struggles.
- We all have temptations.
- We all have disordered desires that can lead us astray, that can bring us sorrow.
- We are all children of God.
- Jesus offered Himself for all of us.

41

**Be Heard...**

"We need to practice the art of listening, which is more than simply hearing. Listening...is an openness of heart which makes possible that closeness without which genuine spiritual encounter cannot occur. Listening helps us to find the right gesture and word which shows that we are more than simply bystanders."

—Pope Francis, §171 The Joy of the Gospel

42

### Listen without Distraction

"Take time, quality time. This means being ready to listen patiently and attentively to everything the other person wants to say. It requires the self-discipline of not speaking until the time is right. Instead of offering an opinion or advice, we need to be sure that we have heard everything the other person has to say. This means cultivating an interior silence that makes it possible to listen to the other person without mental or emotional distractions."

—Pope Francis, *The Joy of Love*

43

### Be Loved



44

### Be Called

We all share a common calling:

- To the universal vocation of love and communion
- To chastity
- To love, not use
- To carry our cross
- To holiness / sainthood



45

### Called to Love and Communion

- There are many forms of love and communion.
  - Communion with God
  - Human Friendship
  - Family Relationships
  - Service to Others / Works of Mercy
  - Vocation
    - Marriage
    - Religious Life
    - (Single life – "not a vocation, but a condition")



46

### Called to Chastity

**2359** Homosexual persons are called to chastity. By the virtues of self-mastery that teach them inner freedom, at times by the support of disinterested friendship, by prayer and sacramental grace, they can and should gradually and resolutely approach Christian perfection.

**2348** All the baptized are called to chastity. The Christian has "put on Christ" the model for all chastity. All Christ's faithful are called to lead a chaste life in keeping with their particular states of life. At the moment of his Baptism, the Christian is pledged to lead his affective life in chastity.

47

### Chastity ≠ Loneliness



- We all experience loneliness.
- There is no antidote to loneliness.
- Chastity and celibacy do not lead to loneliness, but rather, lead to authentic love.
- Every vocation calls us to deny things in our life – to take up our cross.

48



## Carrying Our Cross

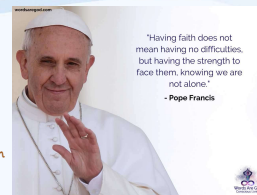
- God did not create us to suffer.
- Suffering is the result of the fall / original sin.
- "If not this, it would be something else." – Father Mike Schmitz, *Made for Love*
- Christ will bring good from our suffering if we join our suffering to his.
- NO ONE is the exception to God's law or God's mercy.
- NO ONE is the exception to God's love or His call to love others.
- NO ONE is the exception to the cross or the resurrection.
- God says, "My grace is sufficient for you."
- You may still have to carry your cross, but you have God.
- You are not alone.



49

## Call to Holiness

- There is no saint (other than the Blessed Mother) who was not touched by original sin.
- They struggled as we do.
- There is no sin, no desire that is bigger than God's mercy.
- "Proclaiming Christ means showing that to believe in and to follow him is not only something right and true, but also something beautiful, capable of filling life with new splendour and profound joy, even in the midst of difficulties." §167 Joy of the Gospel



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## Ministries and Apostolates:

- The Courage Apostolate <https://courage.org/>
- EnCourage <https://courage.org/for-families/>
- Eden Invitation – Anna Carter and Shannon Ochoa <https://www.edeninvitation.com/>
- Overcome Ministries – Kim Zember <https://overcomeministries.org/>

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## Helpful Books / Documents

- *Made for Love* – Father Mike Schmitz <https://www.ignatius.com/Made-for-Love-P1693.aspx>
- *Always Our Children: A Pastoral Message to Parents of Homosexual Children and Suggestions for Pastoral Ministers* – United States Conference of Catholic Bishops <https://www.usccb.org/topics/marriage-and-family-life-ministries/always-our-children-pastoral-message-parents-homosexual>
- *Ministry to Persons with a Homosexual Inclination: Guidelines for Pastoral Care* – United States Conference of Catholic Bishops <https://www.usccb.org/about/doctrine/publications/upload/ministry-to-persons-of-homosexual-inclination.pdf>

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## Additional Media Resources

- Father David Pivonka – Video: *Love and Same Sex Attraction* <https://www.youtube.com/watch?v=FFDctfexO4>
- Mary Bielski – Video: *Love and Same Sex Attraction* <https://www.youtube.com/watch?v=g-hO2vpbz9k>
- Video: *Desire of the Everlasting Hills– The Courage Apostolate* <https://everlastinghills.org/>
- Video: *The Third Way* –Blackstone Films <https://www.blackstonefilms.co/thethirdway/>
- Video: *Love and Same Sex Attraction* – Father Mike Schmitz <https://www.youtube.com/watch?v=fWZ173VOWEQ>
- Video: *Anna's Story* – Eden Invitation <https://www.youtube.com/watch?v=m31wfuljkmm>
- Video: *Shannon's Story* – Eden Invitation <https://www.youtube.com/watch?v=O3TeVmpvOwI>
- Video: *Unashamed as Church* – Eden Invitation <https://www.youtube.com/watch?v=XejupPnd3jQ>
- Video: *Why God Gave Us Bodies* – Father Mike Schmitz <https://www.youtube.com/watch?v=B9rmXFG1oIc>
- Video: *Bruce Jenner and the Transgender Question* – Father Mike Schmitz <https://www.youtube.com/watch?v=4-qrxXFu9I>

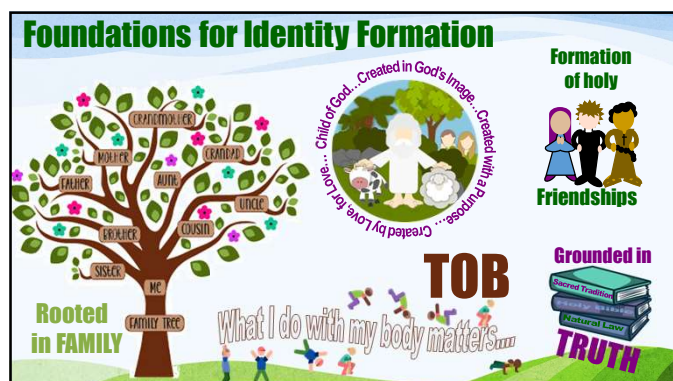
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## Creating a Solid Foundation

Equipping children and youth to enter the world



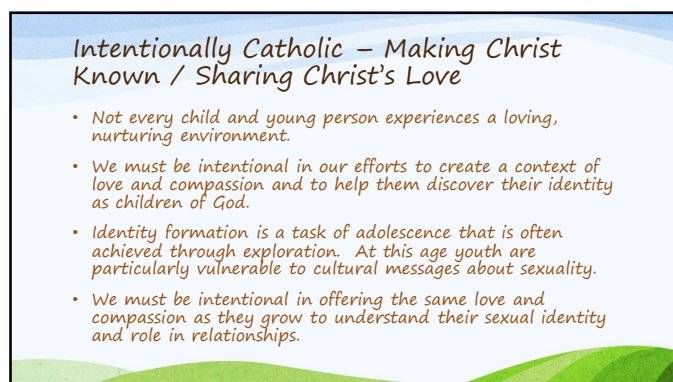
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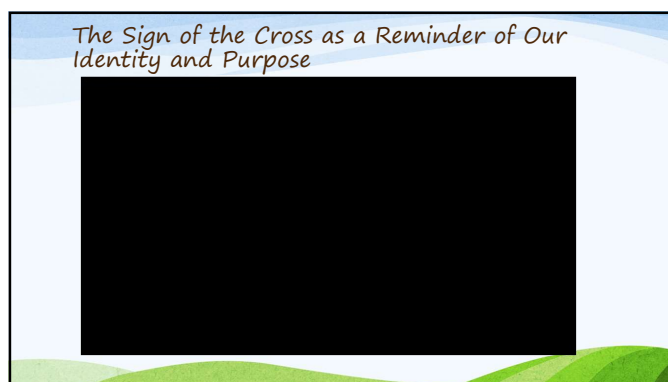
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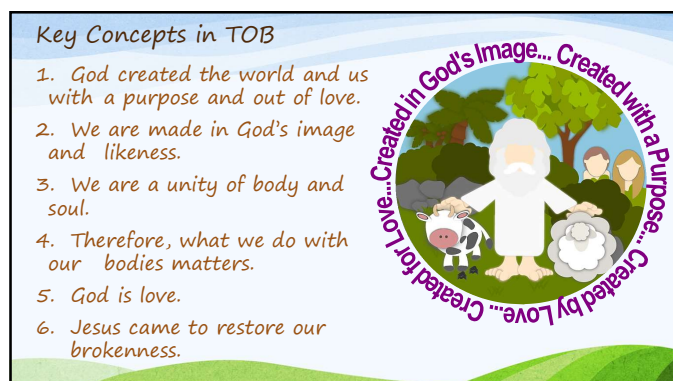
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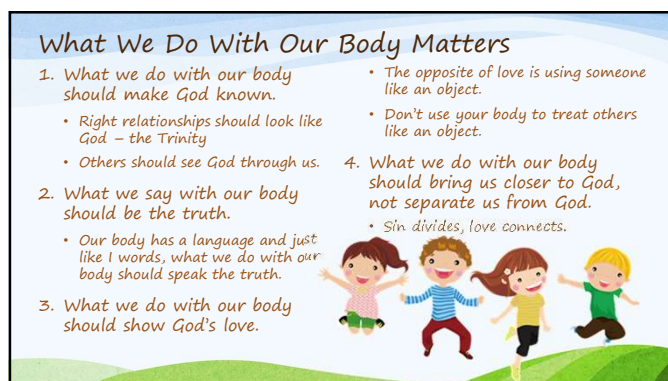
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60

## Topics for Teens

### Mainstream Culture

- Sex is merely an activity between any "consenting adults."
- We are defined by our sexual interests, attractions, and experiences.
- Love = Sex= Intimacy

### Catholic Teaching

- Sex is a unifying action between spouses central to marriage and the creation of family.
- Our identity is bestowed on us by our Creator.
- Romantic love (Eros) is only one type of love. We are called to self-giving, fruitful love in imitation of Christ.

61

## Foundation of Truth

Grounded in



- Natural Law
- Commandments
- Beatitudes
- Scripture / Gospel Message
- Sacred Tradition
- Catechism of the Catholic Church

62

## Family as Foundation

- God created us within a family
- Marriage and families make visible the invisible Trinity
- Mothers and Fathers are both important



63

## Friendship Promotes Chastity

*2347 The virtue of chastity blossoms in friendship. It shows the disciple how to follow and imitate him who has chosen us as his friends, who has given himself totally to us and allows us to participate in his divine estate. Chastity is a promise of immortality.*

Chastity is expressed notably in friendship with one's neighbor. Whether it develops between persons of the same or opposite sex, friendship represents a great good for all. It leads to spiritual communion.



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### Friendship in Popular Culture

- Friendship of Utility (Aristotle)
  - Based on usefulness / need
  - Lacking in depth, meaning, and connection
- Friendship of Pleasure (Aristotle)
  - Based on pleasure / good feelings
  - Common interests
  - Time spent together
- Over-emphasis on Eros / Romantic Love

### Friendship in Communion with Christ

- Friendship of Virtue (Aristotle)
  - Sharing common values
  - Motivated by friend's virtues
- Philia-based friendship
  - Motivated by friend's goodness
  - Brotherly love
  - Concern for the other
- Agape-based friendship
  - Not motivated by friend's value, but in creating value in one's friend
  - Gift of self

65

## Fostering Holy Friendships

- Pray
  - Take our desires for friendship to the Lord
  - Pray for our friends
- Be the Holy Friend You Desire
  - Strive to live a life of holiness
  - Give freely without expecting something in return
  - Live the virtues
- Put People First
  - Order people first
  - See others as Christ sees them
  - Trust in Christ... abandon ourselves to His plans for us



66

### Friendship Building within Catechesis

- **Prayer**
  - Include prayers for friendship and petitions for the intentions of friends.
- **Life of Holiness**
  - Discuss how the grace of each Sacrament benefits friendship.
  - Ask how students might use the Fruits or gifts of the Spirit to be a better friend
  - Search for examples of friendships and advice in scripture
  - Find examples of friendship among the Saints, friendship quotes from the Saints
  - Discuss the importance of friendship in the context of Vocations



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### Friendship Building within Catechesis continued

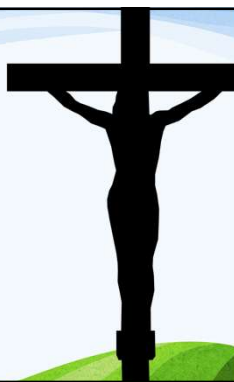
- **Give Freely** – Assign “service projects” that serve friends
- **Teach the Virtues**
  - Emphasize the importance of virtue in friendship
  - Share stories of virtue and friendship
  - Identify friends who exemplify the virtues
- **Put People First**
  - Emphasize the dignity of every human person
  - Encourage people-focused sharing
    - “Who did you share with...” or “Who did you spend time with...” vs “what did you do this week?”
  - Compare spending time with friends and spending time with Christ (in prayer, in mass, letter-writing / journaling, learning about each other)



68

### Called to Heal and Protect...

- Jesus came into the world to heal us from the wounds of original sin.
- As His followers we are called to accompany those who are struggling.
- We are called to lead others to the truth and life in Christ.
- We can't do this alone, but through the grace of God.



69

Dear Jesus,  
 Bless our social and cultural climate.  
 Grant that our society may be purified  
 of everything contrary to chastity,  
 and that we may have the strength to resist  
 the pressures of prevailing distortions  
 of human sexuality.  
 “In the world you have tribulation; but be of good  
 cheer, I have overcome the world” (Jn 16:33).  
 “In all these things we are more than conquerors  
 through Him who loved us” (Rom 8:37).  
 Hail Mary...

70