

THEOLOGY OF THE BODY RESOURCE SHEET

Into the Deep
www.idretreats.org
Jen Messing 2015
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{ This is not an exhaustive list but rather an open door to explore Theology of the Body-informed resources }

READING LIST

ORIGINAL TEXT:

Man & Woman He Created Them: A Theology of the Body, St. John Paul II's 129+ audiences, translated by Michael Waldstein.

COMPANION TEXTS:

- *Theology of the Body Explained* (parallels the audiences) or *Theology of the Body for Beginners* (summary), by Christopher West
- *Men & Women Are From Eden*, by Mary Healy
- *Theology of the Body Simplified*, Rev. Anthony Percy
- *Fill These Hearts*, TOB made accessible to the secular world by Christopher West

ORIGINAL TEXT:

Love & Responsibility, by Karol Wojtyla (St. John Paul II), translated by Grzegorz Ignatik.

COMPANION TEXTS:

- *Men, Women, & the Mystery of Love*, by Edward Sri
- *Theology of the Body in Context*, by William May

GOOD BOOKS on TOUGH ISSUES

- *Good News About Sex & Marriage*, big questions & TOB answers by Christopher West
- *Women, Sex, & the Church*, multiple contributors
- *Christian Courtship in an Oversexed World*, by Fr. Tom Morrow
- *Holy Sex!*, by Greg Popcak
- *Beyond the Birds & the Bees*, by Greg & Lisa Popcak

SPEAKERS & EDUCATORS

TOB-focused MATERIALS can be found at: AscensionPress.com | TheologyoftheBody.net | Pauline.org | OneMoreSoul.com

- TOBinstitute.org (PA)
- CORproject.com (Christopher West, PA)
- JanetESmith.com (MI)
- ChastityProject.com (Jason Evert, etc.)
- TaborLife.org (Fr. Thomas Loya, IL)
- IDretreats.org (Jen Messing, MN)
- DumbOxMinistries.com/initiatives (Brian Butler, LA)
- TOBET.org (Monica Ashour, TX)
- KatrinaZeno.com (AZ)
- FamilyHonor.org (SC)
- Vicky Thorn, *The Biology of the Theology of the Body* (WI)
- RuahWoods.org (OH)

Spanish Presenters

- **Evan Lemoine:** AmaralMaximo.com (Mexico)
- **Jake Samour:** CatholicDioceseofWichita.org (KS)
- **Patrick Reidy:** TheologyoftheBody.net (CA)
- **Dr. Carlos Gomez**, bilingual psychologist:
HumanFormation.com (FL)

Note: States listed indicate the "home base" of the person or organization.

RETREATS

- TOBinstitute.org (PA): Head & Heart Immersion courses are fully classroom/fully retreat experiences.
- IDretreats.org (MN): Jen Messing leads TOB camping retreats for several age groups in state & national parks.
- DumbOxMinistries.com/initiatives (LA): Brian Butler & crew lead ECHO camps that teach young adults about TOB so they can pass it on to the high school participants.
- TOBET.org (TX): Monica Ashour certifies speakers and trains high school students to teach TOB to their peers.
- FamilyHonor.org (SC): SPICE (whole person) parent-child programs help teach parents how to talk to their children about real love, body changes and fertility appreciation.
- RoseSweet.com/retreats (CA): retreats for the separated and divorced.
- RachelsVineyard.org (International): retreats to heal from abortion.

PacemInTerris.org : retreat center with private hermitages in MN where one can simply *BE* with the Lord.

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PROGRAMS + CURRICULUUMS

- *Image of God* K-12 Textbook Series, 2nd Edition: **Ignatius.com**
- **PurelyYou.org** : teaches parents how to talk to children about body changes + sexuality with TOB language.
- **FamilyHonor.org** : SPICE program + comprehensive online course on how to teach youth about sexuality (human development, history of sex education, Theology of the Body, etc.)
- **SexRespect.com** : Catholic concepts within a public school abstinence program (also **Respect4u.com** : parent-child program)
- **TOB4Teens.com** : Middle School + High School editions (8 -12 part video & workbook sets)
- **GetFullyEngaged.com** : Marriage prep inventory that also catechizes, by Jim & Maureen Otremba
- *Living a Joy Filled Marriage*: excellent 6 part series to think through the real meaning of love and Marriage + Life Skills MAP/workbook option (**AscensionPress.com** - one version is by Christopher West & one is by Damon Owens)
- *The Gift Series*: gain the whole picture by working through the 8 & 16 part series by Christopher West (**AscensionPress.com**)
- **EndowGroups.org** : study groups for women on true femininity /the “feminine genius”
- **TOBinstitute.org** : Theology of the Body certification program (each 5-day course is also fully a retreat)

SERVICES

COUNSELING/THERAPY

- **CatholicTherapists.com**
- **CatholicCounselors.com** (Dr. Greg Popcak, etc.)
- **JPiiHealingCenter.org/our-services** (Dr. Bob Schuchts, FL)
- **DocPeter.com** (Dr. Peter Damgaard-Hansen, Denmark/MN)
- **SaintMichael.net** (Dr. Phil Mango, mental health, NY)
- **ConradBaars.com** (Suzanne Baars, TX)
- **CatholicPsych.com** (Dr. Gregory Bottaro, NY/CT)
- **ImagoDeiCounseling.com** (Dan Spadaro, CO)
- **Intuitus-Group.com** (Christopher Sperling, Christopher Lafitte, TX)

DIVORCE / ANNULMENT

CatholicsDivorce.com (Rose Sweet, CA)

SAME-SEX ATTRACTION

CourageRC.net (and EnCourage for their families)

PORN & Related Habits

- **TheAlexanderHouse.org** (porn within marriage)
- **ReclaimSexualHealth.com** } incorporate brain science &
- **FortifyProgram.org** } faith into breaking habits

NATIONAL CATHOLIC BIOETHICS CENTER

NCBCenter.org - defends human dignity in health care & life sciences

FERTILITY CARE / NFP (Natural Family Planning)

- **OneMoreSoul.com** - ‘NFP-only’ Doctor directory
- **PopePaulvi.com** (NE) - they treat infertility issues & study medical alternatives to using contraceptives as medicine (*there are NO conditions that need turn to chemical contraceptives for treatment*).
- **FertilityCare.org** - Creighton Model, NaPro Technology (mucus/ovulation method)
- **Billings.life** - Billings Ovulation Method (mucus)
- **FamilyPlanning.net** - Family of the Americas (mucus)
- **CCLI.org** - Couple to Couple League (sympto-thermal)
- **SymptoPro.org** - NW Family Services (sympto-thermal)
- **NFP.Marquette.edu/NFP** - the Marquette Model (sympto-thermal + hormonal fertility monitoring)

PRO-WOMAN / PREGNANCY CARE

- **theGuidingStarProject.org** : the vision of collecting natural, TOB-based women’s services under one roof!
- **AALFAclinic.org** : model pro-life/NFP-only health care clinic in White Bear Lake, MN
- **TLCoptions.org** : pregnancy resource center network (32 locations in MN & WI) that incorporates TOB into their staff/volunteer training & will not advocate for contraceptive use.
- **CradleOfHope.org** : financial assistance for pregnant women & mothers with infants less than 3 months old.