

THEOLOGY OF THE BODY RESOURCE SHEET

Into the Deep
www.idretreats.org
Jen Messing 2019
copy & distribute

{ 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 addresses (plus 6 undelivered), translated by Michael Waldstein.
Full text online at EWTN.com (previous translation)

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*, Fr. 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:

- *Understanding Love & Responsibility*, by Richard A. Spinello
- *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 moral questions with TOB answers by Christopher West
- *Women, Sex, & the Church*, multiple contributors
- *Christian Dating in a Godless World*, by Fr. Tom Morrow (Sophia Press or www.cfalive.com)
- *Holy Sex!*, by Greg Popcak
- *Catholic Parents' Guide to Raising Almost Perfect Kids – and— Beyond the Birds & the Bees*, by Greg & Lisa Popcak

SPEAKERS & EDUCATORS

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

- ChastityProject.com (Jason Evert (AZ), Matt Fradd (GA), Chris Stefanic (CO), Sarah Swafford (KS), etc.)
- CORproject.com (Christopher West, PA)
- DumbOxMinistries.com (Brian Butler, LA)
- FamilyHonor.org (SC)
- IDretreats.org (Jen Messing, MN)
- ContraceptionWhyNot.com (Janet Smith, MI)
- JoyToB.org (Damon Owens, PA)
- KatrinaZeno.com (AZ)
- [Facebook.com/LoveandLifeProject/](https://www.facebook.com/LoveandLifeProject/) (Mary Foster, MN)
- RuahWoods.org (OH)
- TaborLife.org (Fr. Thomas Loya, IL)
- TOBET.org (Monica Ashour, TX)
- TOBinstitute.org (Bill Donaghy & Jen Settle, PA)
- Vicki Thorn, *The Biology of the Theology of the Body* (WI)

Spanish Language Presenters

- **Evan Lemoine:** AmaralMaximo.com (Mexico)
- **Jake Samour:** CatholicDioceseofWichita.org (KS)
- **Patrick Reidy:** TheologyoftheBody.net (CA)

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

RETREATS

- DumbOxMinistries.com/RetreatandMission/ (LA): Brian Butler & crew lead ECHO camps that teach young adults about TOB so they can pass it on to the high school participants.
- FamilyHonor.org/programs/ (SC): Parent-child programs aid parents in talking to their children about real love, body changes and fertility appreciation.
- IDretreats.org (MN): Jen Messing leads TOB camping retreats for several age groups in state & national parks.
- JPiiHealingCenter.org/services/ (FL): In weekend or week-long retreats, Dr. Bob Schuchts blends his knowledge of psychology, TOB, and the healing offered by God to each of us.
- RachelsVineyard.org (International): Retreats to heal from the effects of abortion.
- RoseSweet.com/speaking-topics/ (CA): Retreats for those affected by divorce (among other topics).
- TOBinstitute.org (PA): Head & Heart Immersion courses are fully classroom/fully retreat experiences.

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PROGRAMS + CURRICULUUMS

- **AscensionPress.com** - *Gift series, Joy Filled Marriage, Surviving Divorce, Belonging (Baptism), TOB for Teens (middle school), YOU (high school), Chosen (Confirmation), Freedom to Love (college), Altaration (on the Mass), Bible Timeline, etc.*
- **EndowGroups.org** - Study groups for women on true femininity /the “feminine genius”
- **FamilyHonor.org/online-course-2/** - Know core issues when teaching about sexuality (history of sex ed, influences on teen sex, etc.)
- **GetFullyEngaged.com** - Marriage prep inventory that also catechizes, by Jim & Maureen Otremba
- **Ignatius.com** - *Image of God* K-12 Textbook Series, 2nd Edition: laced with the language of TOB.
- **PurelyYou.org** - System for parents to talk to children about body changes & sexuality with TOB language.
- **RuahWoodsPress.com** - *Rooted* K-12 TOB Curriculum (meant to supplement Religious Education programs)
- **SexRespect.com** - Colleen Kelly Mast integrates Catholic concepts into a public school abstinence program; also *Love & Life* (Christian chastity program) and **Respect4u.com** (“LoveEd” parent-child program).
- **TOBET.org/the-Body-Matters/-** PreK-8 TOB Curriculum (meant to supplement Religious Education programs)
- **TOBinstitute.org** - Theology of the Body certification program (each 5-day course is also fully a retreat)

SERVICES

COUNSELING & HEALING

- **BaarsInstitute.com** (Suzanne Baars, TX)
- **CatholicCounselors.com** (Dr. Greg Popcak, etc.)
- **CatholicPsych.com** (Dr. Gregory Bottaro NY/CT)
- **CatholicTherapists.com**
- **DocPeter.com** (Dr. Peter Damgaard-Hansen, Denmark/MN)
- **ImagoDeiCounseling.com** (Dan Spadaro, CO)
- **Intuitus-Group.com** (Christopher Sperling, TX)
- **VSCounseling.org** (Veritatis Splendor Counseling, WY)

DIVORCE & ANNULMENT

CatholicsDivorce.com (Rose Sweet, CA)

SAME-SEX ATTRACTION & GENDER IDENTITY

- **CourageRC.net** (and EnCourage for their families)
- **EdenInvitation.com** (Anna Carter & Shannon Ochoa, WI)
- **TruthandLove.com** - Resources for those working with SSA

PORN & Related Habits

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

BIOETHICS & HEALTH CARE

- **CuratioApostolate.com** - supporting Catholic health care professionals
- **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 difficult infertility cases & study medical alternatives to using contraceptives as medicine (*NOTE: chemical contraceptives are not necessary for treatment of medical conditions*).
- **FertilityCare.org** - Creighton Model, NaPro Technology (mucus observation method)
- **FEMMhealth.org** - Fertility Education & Medical Management (mucus observation 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** - the Marquette Model (sympto-thermal observations + hormonal fertility monitoring)

PRO-WOMAN / PREGNANCY CARE

- **AALFAfamily.com** - Pro-life and NFP-only health care clinic in White Bear Lake, MN
- **ElevateLifeUSA.org** - Formerly *TLC Options for Women*; a pregnancy resource network in MN & WI. Incorporates TOB into staff/volunteer training & will not advocate for contraceptive use.
- **theGuidingStarProject.org** - centers of natural, TOB-based women’s services.