

LIFE NOTES

June 2013

Pro Life Topics

Human Sexuality



Man is called to love and to self-giving in the unity of body and spirit. Femininity and masculinity are complementary gifts, through which human sexuality is an integrating part of the concrete capacity for love which God has inscribed in man and woman. *Human sexuality is thus a good*, part of that created gift which God saw as being "very good", when he created the human person in his image and likeness, and "male and female he created them" (Genesis 1:27).

We should not expect the Church's teachings to coincide with "the wisdom of this world" (1Cor 1:20) in any age or culture, for her teachings do not come from this world but from Heaven, not from man but from God.

(onemoresoul.com)

Decency and Modesty

The practice of decency and modesty in speech, action and dress is very important for creating an atmosphere suitable to the growth of chastity, but this must be well motivated by respect for one's own body and the dignity of others. Parents should be watchful so that certain immoral fashions and attitudes do not violate the integrity of the home, especially through misuse of the mass media. In this regard, the Holy Father stressed the need "to promote closer collaboration between parents, who have primary responsibility for education, those in charge of the mass media at various levels and the public authorities, so that families are not left without guidance in such an important sector of their educational mission... In fact the presentations, content and programs of healthy entertainment, information and education to complement that of the family and the school must be recognized. Unfortunately this does not change the fact that in some countries especially there are many shows and publications abounding in all sorts of violence with a kind of bombardment of messages that undermine moral principles and make it impossible to achieve a serious climate in which values worthy of the human person may be transmitted". (vatican.va THE PONTIFICAL COUNCIL FOR THE FAMILY THE TRUTH AND MEANING OF HUMAN SEXUALITY Guidelines for Education within the Family)

Monthly Prayer

Prayer for Purity

Obtain for me a deep sense of modesty, which will be reflected in my external conduct. Protect my eyes, the windows of my soul, from anything that might dim the luster of a heart that must mirror only Christ-like purity. And when the "Bread of Angels" becomes my food in Holy Communion, seal my heart forever against the suggestions of sinful pleasures. May I be among the number of those whom Jesus spoke, "Blessed are the pure of heart for they shall see God".

Amen

**Saint Maria Goretti, Saint Agnes,
Saint John, Saint Joseph – pray for us.**

Suggested Monthly Penance

Remove from your wardrobe clothing items that misrepresent modesty.

**Our Lady, Queen of the Most Holy Rosary,
pray for us.**

Authentic Femininity — Think about how you advertise yourself (i.e. the things you do and say, your friends, the way you dress, etc.), all tell the world something about you. Dress in a way that accents your beauty rather than just your body. Modesty is about respecting yourself and helping your brothers and sisters in Christ to live chastity as well. (onemoresoul.com)

Authentic Masculinity — Control your thoughts and imagination. Guard your senses from temptation and always be ready to choose God's way. Once you go to a place mentally, it is easier to go there in reality. Some of what we hear and watch in the media sabotages our longings for real love by training us to use people. If you have novels, pornography, explicit songs, or anything else that tempts you, trash them. Satan will no longer have these tools to use against you. (onemoresoul.com)