



# Resources for Chaste Living & Family Life

**The Theology of the Body: Human Love in the Divine Plan** (Book) John Paul II, Pope Pauline Books & Media, 1997. John Paul II developed this remarkable series of Scriptural reflections in order to reclaim the Christian understanding of sexuality and the human person as a gift. These teachings offer a much-needed understanding of sexuality and the human person.

**Men & Women Are from Eden: A Study Guide to Pope John Paul II's Theology of the Body** (Book) Healy, Mary Servant Books, 2005. This guide is designed to help you appropriate the Pope's astonishing message: true, lasting love that which humanity enjoyed in the beginning, before the Fall is possible here and now. In nine straightforward lessons, Men and Women Are from Eden introduces the reader to the Pope's warm, deeply biblical understanding of God's original plan for men and women, a plan that brings with it healing of mind in regard to sexuality and the body.

**Called to Love: Approaching John Paul II's Theology of the Body** (Book) Anderson, Carl A., Doubleday, 2009. Carl Anderson and Fr. Jose Granados discuss the philosophical and religious significance of "the theology of the body" in language at once poetic and profound. As they explain, the body speaks of God, it reveals His goodness, and it also speaks of men and women and their vocation to love. Called to Love brings to life the tremendous gift John Paul II bestowed on humanity and gives readers a new understanding of the Christian way of love and how to embrace it fully in their lives. The authors expound on the lectures given by Pope John Paul II between 1979 and 1984, in which he discussed the human body, the soul, and human sexuality.

**The Human Person: According to John Paul II** (Book) Bransfield, J. Brian, Pauline Books & Media, 2010. In the 20th Century three social revolutions--the industrial, sexual and technological revolutions--challenged the religious convictions of many. John Paul II's teaching on the theology of the body was his response to the resulting societal shifts. In this volume, Fr. Bransfield explores John Paul's response to the challenges raised by these revolutions. In this context Bransfield then explores how TOB leads us to live the fullness of the Christian life.

**Beyond the Birds and the Bees: Raising Sexually Whole and Holy Kids** (Book) Popcak, Gregory, Ascension Press, 2012. In this revised re-release, marriage and family counselor Gregory Popcak empowers you with the tools needed to move well beyond "The Talk" by offering a comprehensive guide to raising sexually whole and holy children. Using the riches of Blessed John Paul II's Theology of the Body, Dr. Popcak helps you safely navigate your children from infancy through the teenage years and beyond. Part One cultivates your personal understanding of the Catholic vision of sexuality, allowing it to color your relationships, conversations, and interactions with your children. Part Two provides practical step-by-step guides, including goals and concerns, for each stage of childhood - from infant to teenager.

**Family Ethics: Practices for Christians** (Book) Rubio, Julie Hanlon Georgetown University Press, 2010. Julie Hanlon Rubio brings together a rich Catholic theology of marriage and a strong commitment to social justice to focus on the place where the ethics of ordinary life are played out: the family. Sex, money, eating, spirituality, and service. According to Rubio, all are areas for practical application of an ethics of the family. In each area, intentional practices can function as acts of resistance to a cultural and middle-class conformity that promotes materialism over relationships. These practices forge deep connections within the family and help families live out their calling to be in solidarity with others and participate in social change from below.

**A Catholic Handbook on Sex: Essentials for the 21st Century: Explanations, Definitions, Prompts, Prayers, and Examples** (Book) Graham, William C., Paulist Press, 2011. A survey of church teaching about sex, written in a breezy but staunchly orthodox style, that will both appeal to and challenge young adults.

**Adam and Eve After the Pill: Paradoxes of the Sexual Revolution** (Book) Eberstadt, Mary, Ignatius Press, 2012.

Though the birth control pill is taken for granted as a fact of life, no single event since Eve took the apple has been as consequential for relations between the sexes as the arrival of modern contraception. Indeed, there would have been no sexual revolution without it. Eberstadt digs below the surface and gathers a great deal of evidence that challenges the sanguine assessment of modern contraception.

**Holy Sex!: A Catholic Guide to Toe-Curling, Mind-Blowing, Infallible Loving** (Book) Popcak, Gregory K., Crossroad Pub. Co., 2008. This witty, frank, and refreshingly orthodox book draws from the beautiful truths of Catholic teaching to show people of all faiths about rich and satisfying sexuality. Hailed by Christians across the spectrum from Christopher West and Janet E. Smith to John L. Allen, Jr., Holy Sex! includes dozens of questionnaires, quizzes, and valuable lessons from real-life stories.

**Don't Settle for Less: Living the Great Adventure of Chastity as a Young Adult** (CD) Curran, Tom Trinity Formation Resources, 2008. Dr. Tom Curran speaks directly to the challenges single people face trying to live a chaste life in our society dominated by sexual images, references and invitations to unencumbered sexual relationships outside of marriage. With clarity and humor, Dr. Curran gives insight into the Church's profound teaching on human sexuality, and shares practical applications on how to live a grace-filled life in today's world.

**Unmasking Sexual Con Games: A Teen's Guide to Avoiding Emotional Grooming and Dating Violence** (Book) McGee, Kathleen M. Boys Town Press, 2003. Contains good advice on setting healthy boundaries, learning good friendship and dating skills, and recognizing when you are the target of a sexual con artist who attempts to talk you into a sexual relationship by using flattery, jealousy, bribes or threats. Workbook also available.

**Don't Take Love Lying Down** (Book) Henning, Brad, Winepress Pub., 2003. If you are a teenager and have ever had a relationship fall apart; if you've been burned and don't understand why; if you wonder what real love is; or maybe this relationship stuff just doesn't make sense anymore, then this book is for you. It covers why sex is such a big deal and how to deal with it, how to evaluate relationships, how to find the right person and know when it's true love.

**Adolescence Isn't Terminal** (Book) Leman, Kevin, Tyndale House, 2002. Hands you the keys to understanding and relating to your sometimes less-than-lovable teen. Includes: What's Happening on Planet Peer Pressure; How to pass on important values to your teen; the pressures of dating and sex.

**Taking a Stand: Helping Our Kids Win the Battle for Sexual Purity** (DVD) Trinity Formation Resources, 2003. The Church's teaching on sexuality from creation through the call to chastity to the need for each person to discern God's plan for him/herself. Some of the issues discussed in this series: A parents role in raising kids who are sexually pure; Love as the foundation of raising chaste kids; Promoting modesty in dress and speech; How to deal with dating; How to teach kids to recognize God's will in daily decisions; Dealing with the damage caused by sexual sin; Guidance on forgiveness, restoration and a new beginning for those who have suffered the consequences of sexual sin; How to help children discern God's plan for their lives.

## Curriculum Materials

**Family Life** RCL Benziger, 2011. Provides children with a wholesome understanding of human sexuality based upon Catholic Church moral principles. Working with their parents, children develop better communication skills, healthy family relationships and a formation in chaste living.

**The Catholic Connections Handbook for Middle Schoolers** Saint Mary's Press, 2009. Discusses core aspects of the Catholic faith, including Jesus, God, faith, liturgy and sacraments, the Holy Spirit, the church, prayer, and Christian morality and justice, with fun facts, color illustrations, a collection of prayers, a glossary of key words, and a summary of Catholic beliefs and practices.

**Theology of the Body for Teens: Discovering God's Plan for Love and Life (Middle School Edition)** Ascension Press, 2011. Theology of the Body for Teens: Middle School Edition, designed for 6th through 8th grades, uses a great mix of stories, real-life examples, activities, prayers, and references to the culture that are relevant to the lives of middle school students.