

The Splendor of Love



RESOURCES



Resources

NFP Methods

www.usccb.org/nfp

Blessed Paul VI Institute for the Study of Human Reproduction

The Blessed Paul VI Institute, founded in 1985 by Thomas W. Hilgers, MD, is internationally recognized for its outstanding achievements in the field of natural fertility regulation and reproductive medicine — **32 years** of scientific research and educational program development; allied health professional education programs for couples and professionals; professional, caring, and morally acceptable patient services.

The Blessed Paul VI Institute for the Study of Human Reproduction is building a culture of life in women's health care through its

major developments — Creighton Model FertilityCare System and NaProTechnology. www.popepaulvi.com

Theology of the Body Institute

The Theology of the Body Institute's mission is to educate and train men and women to understand, live and promote the Theology of the Body. The Institute envisions a world filled with men and women who freely embrace God's glorious plan for their sexuality. They offer courses, a certification program, a clergy enrichment program, and speakers for events.

www.tobinstitute.org

Theology of the Body - Website

www.theologyofthebody.net



Recommended Reading

"Humanae Vitae"

by Blessed Paul VI

www.ewtn.com/library

"General Audiences: John Paul II's Theology of the Body"

www.ewtn.com/library

"The Theology of the Body *made simple*"

by Anthony Percy

"Good News about Sex & Marriage"

by Christopher West

"Men, Women and the Mystery of Love"

by Edward Sri

"Sex Au Naturel: What It Is and Why It's Good for Your Marriage"

by Patrick Coffin

"Called to Love: Approaching John Paul II's Theology of the Body"

by Carl Anderson and Jose Granados

"Procreation and the Spousal Meaning of the Body"

by Fr. Angel Perez-Lopez

"Adam & Eve After the Pill: Paradoxes of the Sexual Revolution"

by Mary Eberstadt

"Why Humanae Vitae Was Right: A Reader"

edited by Janet Smith

"Humanae Vitae: A Generation Later"

by Janet Smith

"Beyond the Birds and the Bees (Raising Sexually Whole and Holy Kids)"

by Dr. Greg & Lisa Popcak

"Man and Woman He Created Them: A Theology of the Body"

by St. John Paul II and Michael Waldstein

"Glory of the Logos in the Flesh: Saint John Paul's Theology of the Body"

by Michael Waldstein



Study Programs

“You, Life, Love, and the Theology of the Body”

for High School Teens by Ascension Press by Brian Butler, Jason & Crystalina Evert

“Theology of the Body for Teens: Middle School Edition”

by Ascension Press. This series has a leader’s guide, parent’s guide and student guide available.

TOBET – Theology of the Body Evangelization Team

Between 1978 and 1984, Pope St. John Paul II delivered a series of Wednesday audiences that eventually became known as the *Theology of the Body* – an examination of what it means to be human, made in God’s image and likeness, and how *that reality is made visible in our human bodies*. TOBET seeks to share this life-affirming message with others through educational resources: books, programs, talks, and seminars will offer hope and healing to a culture in need.
www.tobet.org

TOBET – Marriage Preparation Program – TOBET4Engaged

TOBET4ENGAGED examines practical topics through the lens of St. John Paul’s *Theology of the Body*. Couples develop familiarity with TOB themes and deepen their understanding of the “whys behind the whats” of the Catholic Church’s teaching on marriage and sexuality. Some common TOB themes include:

- The “Spousal” Meaning of the Human Body
- Masculinity & Femininity
- The Sacramental Vision of Marriage
- Marital Love as a Person-to-Person Encounter

TOBET - A Pre-K to 8th grade TOB Curriculum – The Body Matters

For Families, Faith Formation, or Catholic Schools

The Body Matters, is a teaching tool intended to assist primary educators (parents) in forming their children, and to be inserted into already-existing curricula at Catholic schools and parish faith formation programs.

While not addressing controversial issues directly, *The Body Matters Curriculum*, infused with St. John Paul’s theology, will restore the dignity of the human person and form families and their children in the truths of the Catholic faith, *precisely through a deeper understanding of the human BODY*.

TOBET - Children’s Books

ToB for Tots - 3 board books (ages 2-5)

“Everybody has a Body”

“Everybody is a Gift”

“Everybody is Smart”

ToB for Children – 3 books (ages 4-7)

“God has a Plan for Everybody”

“Everybody has Something to Say”

“Everybody has Something to Give”

Based on the integration of spiritual, emotional, psychological and physical development of children, TOBET has developed books which form and reinforce a child’s identity at each particular stage of his or her growth.

Ruah Woods

Ruah Woods is a Theology of the Body education center located in Cincinnati, Ohio started in 2009. They accomplish this mission by teaching onsite and offsite classes, conducting retreats and discipleship programs, hosting renowned speakers, providing psychological services for people who are hurting and authoring curriculum for our schools.
www.ruahwoods.org

Ruah Woods – ToB In the Classroom

Ruah Woods is creating courses and lessons to bring Saint John Paul II’s beautiful and powerful teaching on the theology of the Body alive in schools through an integrated curriculum for Grades K through 12. The curriculum will help Catholic dioceses, parishes, and schools help teachers, catechists, and parents carry out their mission to evangelize and catechize youth. It will do this by supplementing and elevating the religion curricula currently used with the insights and truths of Theology of the Body. www.ruahwoodspress.com