

# PARENT COMMUNICATION



Dear Parents,

Your child will be learning Theology of the Body (TOB) this year. These supplemental lessons will be taught alongside our religion curriculum. TOB is an understanding of what it means to be human. Together, we will discover the very foundations of our authentic identity as human persons created in the image and likeness of God, male and female.

*Why are we here? What does it mean to love? How do we find real happiness?*

Through prayer, stories, thought-provoking questions, and activities we will begin to explore the wonderful answers to life's questions through the lens of God's design, plan and purpose.

## WHAT TOB IS...


TOB is an integral understanding of the human person developed by Pope St. John Paul II, published under the title ***Man and Woman He Created Them: A Theology of the Body***. These Scripture-based reflections about God's original design for the human person provide a needed Christian anthropology for our times. TOB conveys the inestimable worth and dignity of the human person and the road to happiness, which involves the gift-of-self, communion with others and with the Blessed Trinity.

## WHAT TOB IS NOT...

- A chastity program
- Sex education
- Only focused on human sexuality
- A bunch of rules
- Just for married people
- Just for young people



*The body, in fact, and only the body, is capable of making visible what is invisible: the spiritual and the divine.* TOB 19:4

Stay up to date with the TOB lessons your child is learning in the classroom. Look for the  (leaf) at the bottom of your child's worksheets to see a summary of their current TOB lesson labeled "THEOLOGY OF THE BODY TIDBITS."

Want to learn more? Visit [RuahWoodsInstitute.org/Parents](http://RuahWoodsInstitute.org/Parents) to view a TOB parent presentation.



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## WHAT THEOLOGY OF THE BODY (TOB) THEMES WILL MY CHILD LEARN THIS YEAR?

Your child is about to begin a beautiful journey to discover who they are as a human person created in the image and likeness of God as male or female with a plan and a purpose. The *Ruah Woods Institute's K-5 Curriculum* uses classic children's storybooks to bring to life 12 age-appropriate Theology of the Body themes as outlined in our Christian Anthropology Standards.

### Why classic children's stories?

Classic children's stories provide a unique and memorable experience. Dr. Andrew Sodergren, Director of the Ruah Woods Institute's psychological services affirms that utilizing story as an educational tool is an exceptional method to teach TOB to children. Teaching through story engages both sides of the brain. Additionally, this method is modeled after Pope St. John Paul II's approach. Pope St. John Paul II, the second longest sitting Pope, and now a great saint, often stated "Faith must become culture." When elaborating further he said, "Faith that does not become culture is not wholly embraced, fully thought, or faithfully lived."

The Greatest Teacher to ever live, Jesus Christ, used parables and Jewish stories, to teach deep, universal truths regarding the greatest of all God's creations, the human person. Jesus did not use the words of learned scholars, but spoke in everyday language about everyday things so that his audience could relate and draw conclusions more readily. Jesus taught through use of easily recognized mental images such as birds, seeds, farmers, lamps, kings and queens.

We will use this proven method of teaching to introduce your 1st Grader to 6 TOB themes this year:

1. **Creation is a Gift** - Your child will express a sense of wonder for all of God's creations and recognize the goodness of creation as a gift not only to provide for us but also a duty for us to care for (TOB 13:2-3; CCC 280, 299, 339). Your child will also express that every person is the most precious gift from God (TOB 13:2-4, 14:4, 15, 16:3-4, 17, 18:3-19:1, 19:3, CCC 356-358, 371-372).
2. **Body-Soul Unity** - Your child will recognize that human beings manifest their inner life through their body language. The body makes the soul visible (TOB 19:4-5; CCC 2521-2524).
3. **Purity of Heart/Virtue** - Your student will recognize that true freedom comes by choosing the good (TOB 13:3; CCC 1696, 1730, 1733).
4. **Vocation** - Your child will recognize that each person is unique and unrepeatable and that God gives us freedom to make loving choices. The student will be able to identify loving choices. The student will know that we can love others through our work, no matter whether we like our work or not (TOB 20:5, 46:6, 78:3, CCC 357, 366, 1867, 2196, Gaudium et Spes 24:3).
5. **Communion of Persons** - Your child will recognize that God created your family, that each family is special and that families pray together and help each other become saints (TOB 9:3; CCC 221).
6. **Vocation/Sacramentality of Marriage** - Your child will recognize that we can enrich each other when we offer the gift of ourselves and share our differences. She/he can state that marriage is a gift from God and recognize that the differences between a husband and wife allow them to become a father and mother together to form a family (TOB 10:4, TOB 95b:1; CCC 1603-1605, 1652).

