

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 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 3rd Grader to 7 TOB themes this year:

1. **Original Solitude** – Your child be able to give examples of man's unique relationship with God as set apart from the rest of creation: naming the animals, cultivating the earth, and choosing between good and evil (TOB 5:4, 6; CCC 343, 356, 373, 3778).
2. **Communion of Persons** – Your child will learn that God created families as a loving gift, give examples of ways that family members give and receive love and state that members of a family help each other get to heaven (TOB 9:3; CCC 221).
3. **Gift-of-Self** – Your child will contrast how God can enable people to view the world and others as gifts with how some people view the world and others as a threat, eliciting a response of selfishness and manipulation. The student will recognize Christ's gift-of-self on the cross and will state ways he or she can make a gift of himself/herself out of love for others daily (cf. TOB 15:1, 46:6; CCC 2514, 2517-2519, 2524, 2531).
4. **Body Reveals the Person** – Your child will relate how the body reveals the person through acts of kindness or selfishness and that the body makes the soul visible (TOB 14:4; CCC 364-366, 371).
5. **Historical Man/Fall and Redemption** – Your child will relate man's relationship with God in original solitude to the restoration of man's relationship with God through baptism. Your child will state that death separates the body and soul, but the body and soul will be reunited in heaven (cf. TOB 91:5, 92:2, 96:2-5; CCC 374, 1265, 1272-1273).
6. **Purity of Heart/Virtue** – Your child will relate being connected to Jesus the True Vine to manifesting the fruits of the Spirit and will learn how to grow in virtue. Your child will recognize that sin is a failure to love and distorts our ability to recognize God's gifts, but will learn ways to reconcile relationships between people and God (cf. TOB 51; CCC 736, 1831-1832, 2074).
7. **Eschatological Man/Resurrection** – Your child will recognize that in heaven there will be a profound unity and harmony between the soul and the body (TOB 66:5-6; CCC 996-997).

