

APPENDIX 2

PARENT / GUARDIAN CONNECTION LEVEL I - JR. HIGH: TOB UNIT 3

THEME: THE BODY REVEALS MAN

SOW THE SEED



Dear Parents,

In the coming unit, your child will dive deeply into the Theology of the Body (TOB) theme **The Body Reveals Man**. The human person has a visible and material body, and an invisible immaterial soul. The visible body and the invisible soul are always deeply unified and work simultaneously all the time. The body is full of meaning, and is a witness to our being as gift, a sign of Divine love and communion in the world (TOB 19:4). We are meant to relate to God and others with our whole selves, as integrated embodied souls.

In the next few lessons, your child will read the second creation account found in Genesis 2:15-23. Pope St. John Paul II notes that by walking and living among the other creatures of this world, Adam realizes he is different and needs a helper that is fit for him. Adam and Eve first realize their special place in creation through their bodies, and by seeing the special meaning of the body, they are able to understand themselves and the rest of creation more clearly.

As the lessons unfold, the class will participate in activities that will give them the opportunity to reflect upon the body as God's way of revealing the mystery of the person. A person's facial expressions and their bodily actions reveal what is going on in their mind and heart.

GERMINATE THE SEED



FAMILY DISCUSSION QUESTION:

In what ways does the body reveal a person's soul? **(Note to parents: How do our actions reflect our innermost thoughts and feelings? "For out of the abundance of the heart, the mouth speaks" Luke 6:45).*

APPENDIX 2

GROW THE SEED



FAMILY ACTIVITY:

Have each family member (one at a time) choose and act out one of these emotions: Sad, defeated, happy, excited, worried, surprised, scared, etc. Have the family members guess. Discuss how you can tell someone is feeling that emotion based on their expressions.

FAMILY PRAYER:

Lectio Divina — Have a family member read the following scripture passage slowly three times. After each round share any words, thoughts or ideas that stood out or came to your mind and heart:

1 Corinthians 6:19-20: “Do you not know that your body is a temple of the holy Spirit within you, whom you have from God, and that you are not your own? For you have been purchased at a price. Therefore, glorify God in your body.”

St. André Bessette, pray for us!

Want to learn more? Visit RuahWoodsInstitute.org/parents to view a TOB parent presentation.