

THEOLOGY OF THE BODY

“The human body includes right from the beginning... the capacity of expressing love, that love in which the person becomes a gift – and by means of this gift – fulfills the meaning of his being and existence.”

-St. John Paul II

The “Theology of the Body” is St. John Paul II's integrated vision of the human person. The human body has a specific meaning, making visible an invisible reality, and is capable of revealing answers regarding fundamental questions about us and our lives:

- **Is there a real purpose to life and if so, what is it?**
- **What does it mean that we were created in the image of God?**
- **What is the purpose of the married and celibate vocations?**
- **What exactly is "Love"?**

We are looking to explore these questions and more in small group settings. Our TOB groups are focused on educating the whole family. This means that we will have separate classes for parents to take concurrently as their teens learning. We will be utilizing resources approved by the Diocese of Austin. Our facilitators are certified to teach TOB in the diocese of Austin. This is a great opportunity to educate the entire family.

For more information on how to join a TOB group contact Cris Lopez.



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