

Fertility Care for young women

A newsletter of the Pope Paul VI Institute
dedicated to helping women appreciate their fertility

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MOTHER TERESA AND THE FEMININE GENIUS

by Teresa Kenney, APRN

Women, girls and all those proclaiming to be female need to wake up! You are built with a *feminine genius*. Pope Francis reminds us in the *Joy of the Gospel* that, “the *feminine genius* is needed in all expressions in the life of society”. John Paul II introduced the phrase *feminine genius* as meaning an **essential nature of spirit**, he

stated that ‘The moral and spiritual strength of a woman is joined to her awareness that God entrusts the human being to her in a special way...A woman is strong because of her awareness of this entrusting, strong because of the fact that God entrusts the human being to her, always and in every way. This awareness and this fundamental vocation speak to women of the dignity which they receive from God himself, and this makes them strong and strengthens their vocation (Mulieris Dignitatem 30).

This is a call to all women to look into their feminine heart and see the beauty in our God given characteristic as female.

When you think of the qualities that make up a strong woman what would they be? Often the culture defines her as self-sufficient, a leader, and activist, corporate leader, independent, effective, honest, passionate and intuitive. These are certainly positive characteristics, but I challenge you to think deeper at what is at the heart of women created by a loving Creator.

To help answer that question let’s think of a woman who



might exemplify a woman who has grasped her vocation as woman to the fullest. Mother Teresa used her femininity in a very powerful, yet humble and incredibly world recognized way. How did this tiny, not very physically beautiful woman, who cared nothing for fame, but only for Jesus, exemplify the feminine genius?

Chiara Lubich, the founder of the Focolare Movement and a friend of the newly beatified nun, said “She was invested with love, with charity, the greatest gift, the greatest charism heaven created.” “After her death I learned even more about her and I eagerly read books about her,” Lubich recalls. “I admired Mother Teresa especially for her determination. She had an ideal: the poorest of the poor. And she remained faithful to it. Her whole life was aimed in that direction. In this aspect too she is a source of inspiration to me to remain faithful to the ideal that God has entrusted to me.” (zenith.org 2003)

I personally was deeply inspired by Mother Teresa, I wrote a college paper on her years ago, and that paper was chosen to be read in front of our large humanities class. I was embarrassed at the time to have my thoughts read aloud, but when I think about it now and why it was chosen it was not because I was some great writer, but because of whom I was writing about.

Continued on page 4.

IN THIS ISSUE:

Vaccinating Against Internet Pornography 2

Pathway to Understanding the Theology of the Body 3

VACCINATING AGAINST INTERNET PORNOGRAPHY

By Daniel Kenney

LET'S SAY THERE EXISTED A REALLY POWERFUL AND ADDICTIVE DRUG. It came in small, very easy to take pills, and the pills were absolutely everywhere.

Would you consider it a gigantic moral failing if someone in your family tried one? And would you consider it a gigantic moral failing if the person in your family then became addicted? Maybe. But you might also recognize that eventually, enough curious people might develop a problem, that the issue wasn't so much with the people.

It was with the drug itself. We have such a drug in our society today. It's called pornography. Specifically, internet pornography. And for far too long, we've addressed it like a moral failing. And here's the thing. We weren't wrong to do so. Jesus tells us pretty clearly that to lust after a woman in our heart is to commit adultery. Doesn't get much more black and white than that.

But here's the other thing. Pornography isn't only a moral failing. With the ease of use afforded by "internet everywhere" with nearly ubiquitous 3G and Wifi and with internet capable devices in almost every person's hand, I would argue that pornography is closer to a drug epidemic or even a disease epidemic.

And when a disease become such an epidemic that it threatens to overwhelm a society, one of the steps society takes is to vaccinate the population.

And that's why I argue we must start now and vaccinate our population against pornography.

What do I mean? Well, I don't mean outlaw it. We have such a robust culture of freedom of speech, especially noxious speech, that pornography isn't going anywhere. But would it be helpful to outlaw certain kinds of pornography? Certainly. The women involved in pornography are used and abused and that kind of thing should absolutely be curtailed wherever possible. But as long as there's some level of money to make in the internet pornography industry, plenty of it will continue to seep through.

Nope, what we need is a cascade of families who stand

together and say, "enough is enough". We need to stand together and try and slow this thing down.

And just convincing people that viewing pornography is wrong isn't going to cut it. Oh, sure, having a well formed conscious is necessary when given an opportunity to do the wrong thing. Being well formed will help somebody exert their will over a particular temptation. But what we really need to do as a society, is make this temptation much, much more rare.

How do we do that? Through vaccination. It starts with men and women all across our nation standing together and admitting that pornography is terrible and we need to slow it down. Then it means those same men and women doing everything they can to protect all of their internet capable devices with the latest in internet filters. Then it means men and women leaning on each other to continue to update their devices to keep them

protected so that as little pornography can get through their filters as possible. Getting every device protected with robust filtering technology is like vaccinating every single person against a disease.

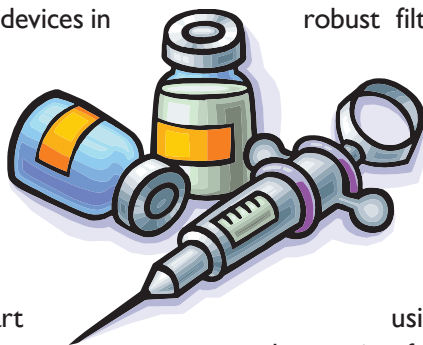
Does that solve the problems associated with pornography? Nope. But it is a necessary and important first step.

Men and women everywhere, even those not convinced that this is a big deal for themselves, should at least agree that using pornography is a very big deal and very destructive for millions of other people out there. We should stand together in brotherhood and sisterhood to try and protect our devices from allowing pornography through.

After that, we need to work the moral side of the problem. Absolutely. But as a first step? Massive adoption of internet filtering on all devices is an essential step. So let's do it together. No matter how old you are, protect your device. This isn't about whether you have a problem. This is about vaccinating a population, and protecting your devices is an essential part of the equation. So don't delay. Protect your devices today. Get an accountability partner to help you. Stand together. Stand strong.

Pornography: a Major Epidemic

Statistics on pornography vary, but they all point to its widespread use. Covenant Eyes, for example, which produces filtering software, noted in its 2015 annual report that 55 percent of married men admit to watching porn at least once a month, and 70 percent of unmarried men (along with 25 percent of married women and 16 percent of unmarried women).



FERTILITY EDUCATION: A PATHWAY TO UNDERSTANDING THE THEOLOGY OF THE BODY

by Teresa Kenney, APRN

Gaudium et spes, teaches that Christ “reveals man to himself.” In taking a human body, Christ gave the body a dignity it did not possess before. Human sexuality is complex yet profoundly simple. Humans are made in the image and likeness of their Creator and the Nature of God is LOVE. *The Theology of the Body*, a collection of writings by St. Pope John Paul II, explains the deepest truths of the Human body in a profound way. In TOB, the Holy Father states: “The body, and only the body, is capable of making visible the invisible realities: the spiritual and divine.” Put another way, our bodies have a “language” that can teach us about ourselves and about the mystery of God’s inner life.

TOB teaches us that how we use our bodies, our behaviors and actions, is deeply connected to our inner spiritual reality; the reality that we are meant for union. We are relational beings that are meant to be in communion with others. This communion is a mirror image to the Trinity. Our full human potential is reached in so far that we are living out a Trinitarian form of LOVE.

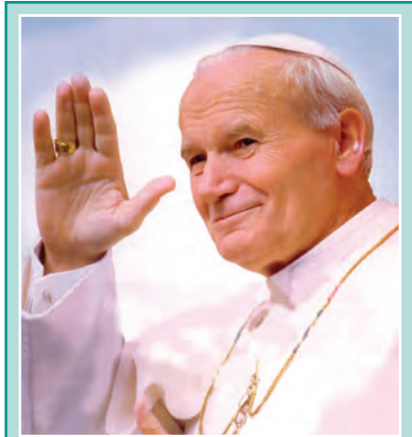
Our fertility is a perfect connection between bodily union and Trinitarian love.

Therefore a man leaves his father and his mother and cleaves to his wife, and they become one flesh. (Gen. 2:24) Marriage creates “one body,” a new reality, which is so powerful that in 9 months you may have to give that reality a name!

Understanding the gift of our fertility through the Theology of the Body is a profound deepening of the truth of our existence as created human beings by a Loving Creator. It deeply connects our self to the Divine and it deeply connects our vocation, not self-gift to the other. “Man, who is the only creature on earth which God willed for itself, can fully find himself only through a sincere gift of himself.” Pope John Paul II.

To learn more about Fertility Education at the Pope Paul VI Institute and the Theology of the Body please look into these great resources;

- <http://creightonmodel.com/>
- <http://www.fertilitycare.org/>
- <http://tobinstitute.org/>
- <http://chastityproject.com/qa/theology-of-his-body/>



“There is no dignity when the human dimension is eliminated from the person. In short, the problem with pornography is not that it shows too much of the person, but that it shows far too little.”

— POPE JOHN PAUL II

EDUCATE AGAINST THE DANGERS OF PORNOGRAPHY

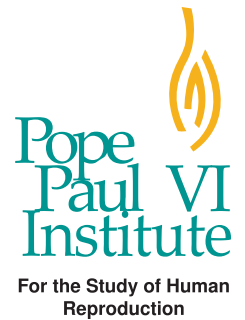
- <http://mattfradd.com/the-porn-effect/>
- <http://integrityrestored.com/>
- <http://www.fightthenewdrug.org/>
- <http://archomaha.org/ministries/safe-environment/anti-porn/>

FILTERS FOR YOUR DEVICE:

- <http://www.covenanteyes.com/>
- <http://lifelifehacker.com/240213/block-porn-and-more-with-scrubit>
- <http://x3watch.com/>
- <http://www.l.k9webprotection.com/>

RESOURCES

www.DrHilgers.com
www.fertilitycare.org
www.chastity.com
vocation-network.org
www.onemoresoul.com
www.ewtn.com



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*Pope Francis will declare
Mother Teresa a saint at
the Vatican on Sept. 4, 2016.*



Continued from page 1.

No one drew people in like Mother Teresa; she was strong, yet humble. People like presidents and world leaders were awe-struck in her presence. Think of her addressing the leaders of the United Nations barely reaching the microphone but boldly proclaiming what was good and true.

'I was surprised in the West to see so many young boys and girls given into drugs, and I tried to find out why — why is it like that and the answer was: Because there is no one in the family to receive them. Father and mother are so busy they have no time. Young parents are in some institution and the child takes back to the street and gets involved in something. We are talking of peace. These are things that break peace, but I feel the greatest destroyer of peace today is abortion, because it is a direct war, a direct killing — direct murder by the mother herself. And we read in the Scripture,

for God says very clearly: Even if a mother could forget her child — I will not forget you — I have carved you in the palm of my hand.' (Nobel Peace acceptance 1979)

To me the qualities of Mother Teresa and true Feminine genius are receptive, strong, intuitive, determined, creative, affectionate, ministerial, compassionate, beautiful, self-giving and empathetic.

The *feminine genius* may be different to you than it is to me, but I challenge you to really think about what makes up woman, what is her true vocation, what gifts has she been given by God that should be valued, lived out and celebrated. How can she be a beacon of light in this world of darkness? How can we all like Mother Teresa find that one ideal we are called to live by, and live it to the fullest? I challenge you find it and live it now!