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SEXUALITY: THE CATHOLIC VISION

Are you looking for opportunities to reflect on our Catholic teaching about sexuality?
Are you seeking ways to heal sexual wounds in yourself or in others?

Retreats and workshops for all Catholic adults (priests, religious, & laity) who value healthy, holy sexuality and want to promote it to others.

Our Judeo-Christian tradition has long considered the natural function of sexuality to be a shared experience of committed marital love that is always respectful of the dignity of human life. For some Catholics, this is difficult to understand and practice. Our culture promotes recreational sex, which poses immense challenges to married and single people. Many people have become slaves to their sexual appetites, but yearn to be set free.

Workshops and retreats provide an opportunity for individuals and groups to study and discuss Catholic teaching on sexuality, while learning practical tools and resources that are helpful for dealing with lustful temptations personally and also for teaching others how to do the same.

Give me again the joy of your help; with a spirit of fervor sustain me, that I may teach transgressors your ways and sinners may return to you. Psalm 51:14-15

Humanly Possible (Sexual expression faithful to God's design is *humanly possible*.)
scientifically accurate, scripturally sound, doctrinally faithful to the Catholic Church
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“Healthy and holy sexuality invites others to follow Christ.”

Presented at the:

- 2007 US National Conference of Diocesan Vocation Directors
- 2008 Conference of Catholic Social Workers National Association

Includes information on sexual appetite formation & pornography, including techniques to assist those who struggle with compulsion