

Humanly Possible

scientifically accurate,
scripturally sound,
and doctrinally faithful
to the Catholic Church

Humanly Possible is a personal effort of Dr. Monica Hidalgo Breaux to promote the Catholic vision of sexuality by presenting information on sexual appetite formation, sexual addiction, same-sex behavior, youth, masturbation, and Internet pornography, including techniques to assist those who struggle with an Internet pornography compulsion. She has shared her research with Catholic communities in Italy, Canada and the US. In Phoenix, she has presented to the AZ State Abstinence Education Coordinators, the Catholic Charities counselors, the Bishop's Presbyteral Council, and diocesan seminarians and parishes. She is the mother of 5 adult children, lay associate of the Congregation of Sisters of Saint Agnes (CSA), a minister for Courage and Encourage, a guest of Catholic TV talk shows, and a speaker for the 2007 National Conference of Diocesan Vocation Directors & 2008 Inaugural Conference of Catholic Social Workers National Association. Dr. Breaux has published articles on chastity, pornography and homosexuality in the *Catholic Sun* and the *New Oxford Review*. She asserts that healthy, holy sexuality (marital chastity and celibate chastity) is humanly possible.



***“Healthy and
holy sexuality
invites others to
follow Christ.”***

Facilitators:

Dr. Monica Breaux
Sr. Colleen Braun, CSA
Fr. John Bonavitacola



Monica Breaux PhD, MSW speaks and writes on sexuality, drawing upon an understanding that Catholic doctrine is validated by research on sexual addiction.



Sr. Colleen Braun has given spiritual direction more than 20 years, with a master's in Pastoral Studies & in Education.



Fr. John Bonavitacola is the pastor of Our Lady of Mount Carmel parish and he has co-facilitated presentations with Dr. Breaux on pornography.

HUMANLY POSSIBLE
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SEXUALITY: THE CATHOLIC VISION

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



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

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 respectful of the dignity of human life. For some Catholics, this is difficult to understand and/or practice. Our culture promotes recreational sex, which poses immense challenges to both married and single people. Many people are slaves to their sexual appetites, but yearn to be set free.

Workshops and/or 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 and also for teaching others how to do the same.

NOTE: Dr. Monica Breaux is available for travel to offer workshops or retreats tailored to the needs of the area.

Any schedule suitable to the attendees is possible. These are suggestions only:

Workshop Schedule :

8 - 5 with Mass & Meal from 11-1pm

Retreats (individual or group)

Friday 6 pm to Sunday 2 pm

Friday

6:00 pm Check-in begins
7:00 pm Welcome & Introduction
7:30 pm **Presentation I**
9:00 pm Night Prayer
9:15 pm Reflection (quiet time)

Saturday

6 - 9 am Breakfast available
8:00 am Mass
9:00 am Morning Prayer
9:30 am **Presentation II**
10:30 am Reflection (quiet time)
11:30 am **Discussion**
12:30 pm Lunch
1:00 pm personal time
2:30 pm **Presentation III**
3:30 pm Reflection (quiet time)
4:30 pm **Discussion**
5:30 pm Dinner
6:00 pm personal time
7:00 pm Evening Prayer
7:30 pm **Presentation IV with discussion**
9:00 pm Night Prayer
9:15 pm Reflection (quiet time)

Sunday

8:30 am Breakfast
9:00 am Morning Prayer
9:15 am **Presentation V with discussion**
10:30 am Break
11:00 am Mass
12:30 pm Lunch
1:00 pm Closing Session
2:00 pm Departure

WHAT IS CHASTITY? sexual purity
CHASTITY refers to sexual behavior acceptable to the ethical guidelines of a culture or religion. (the opposite of lust)

Catechism of the Catholic Church excerpts below are from # 2339-2342:

Chastity includes an *apprenticeship in self-mastery* which is a training in human freedom. The alternative is clear: either man governs his passions and finds peace, or he lets himself be dominated by them & becomes unhappy.

The virtue of chastity comes under the cardinal virtue of *temperance*, which seeks to permeate the passions and appetites of the senses with reason.

Self-mastery is a *long and exacting work*. One can never consider it acquired once and for all. It presupposes renewed effort at all stages of life.

PRESENTATIONS BY DR. BREAUX:

- ⊕ Liberty to the Captives of Pornography by Returning to the Catholic Vision for Sex
- ⊕ Teaching Our Children Sexual Expression Faithful to God's Design