

TOB Monthly ISSUE 4

Dear primary educator of your child
(that's YOU ... the parent!),

ABOUT TOB MONTHLY

Welcome to **TOB Monthly**: an 8-issue mini-magazine that is interactive between parent + child, and between child + material. We are thrilled you are here to embrace your God-given right + responsibility as primary educator of your child!

TOB Monthly is based on 12 Christian anthropology standards derived from Saint John Paul II's 'Theology of the Body' (100+ talks on human personhood). The structure of the magazine introduces key Catholic concepts of personhood, but leaves you in control of guiding the conversations to fruition based on your individual child's maturity and readiness. Please preview each issue first.

IN THIS ISSUE

Standard: **OUR BODY + OUR SOUL ARE UNIFIED: THE BODY REVEALS THE PERSON**

Focus: Our body can, and often does, reveal the state of our soul

Think about when you are angry, depressed, joyful, excited ... what is your soul like? What is your body like?

Many movements in our culture try to claim that the body can be separated from the soul. We are constantly told we can do whatever we want with our bodies, and it will have no effect on our souls. But quite the opposite proves true through experience. Our bodies show signs when our soul is troubled. Our bodies also show signs when our soul is healthy. And the flip-side is true as well; when we abuse our bodies or honor our bodies, our soul is not far behind in receiving the message too.

Helping our children understand the interconnectedness of body and soul will help them master their physical, mental, and spiritual well-being.

We're rooting for you!

For Love of God, Body + Soul,
Your TOB Monthly Team