



Fertile Heart





Fertile Heart

Catholic anthropology for the classroom **Edmund Adamus Education Consultant**

Our Catholic schools exist to evangelize.
Theology of the Body offers both **FAITH** and **REASON**
to lead us onto the path of true happiness.

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What is the Theology of the Body?

- A series of 129 Catechises given by Pope John Paul II looking at the human person, love, the holiness of the body and the true meaning of human sexuality.
- He sketches a **“Total Vision of Man”** and asks
- How are we to live especially in the light of marriage and celibacy
- How are we to understand the Encyclical *Humanae Vitae*

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What was Fr. Karol Wojtila's fundamental vision?

"As a priest I realized this very early. I felt almost an inner call in this direction. It is necessary to prepare young people for marriage, it is necessary to teach them love. Love is not something that is learned, and yet there is nothing else as important to learn! As a young priest I learned to love human love. This has been one of the fundamental themes of my priesthood my ministry in the pulpit, in the confessional, and also in my writing. If one loves human love, there naturally arises the need to commit oneself completely to the service of "fair love", because love is fair, it is beautiful. After all, young people are always searching for the beauty in love. They want their love to be beautiful."

St John Paul II "Crossing the Threshold of Hope"

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**“We are no longer able to hear God,
There are too many frequencies
filling our ears.”**

Pope Emeritus Benedict XVI

**“children today are natives of the digital
continent and we must help them navigate
the space”**

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Why is Theology of the Body so urgently needed?

“Never before in the history of telecommunications media has so much indecent and obscene material been so easily accessible by so many persons in so many homes and places with so few restrictions”

E.Adamus

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What do experts say?

- “The addictiveness of Internet pornography is not a metaphor but long term, sometimes life long neuroplastic change in the brain.”

*Dr. Norman Doidge Columbia University
Psychiatrist and neuroplasticity expert.*

- “...brains are being digitally rewired in a new way for change, novelty, excitement and constant arousal.”

Emeritus Professor Phillip Zimbardo UCLA Berkley

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“...the whole problem of pornography is not the effect of a puritanical mentality or of a narrow moralism.

It is a question of an extremely important, fundamental sphere of values.

Before it, man cannot remain indifferent because of the dignity of humanity, the personal character and the eloquence of the human body.”

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A Fertile Heart – Receiving and Giving Creative Love amplifies this “eloquence of the human body.”

- **The body is given to us as a task; it is given to us to be formed.**
- **We are called to integrate its affections with true love for the other**
- **To guide its energies toward work and communion.**
- **Jesus has done this in his body and wishes to communicate it to us.**
- **The body is neither a prison from which to escape, nor a barrier to overcome.**
- **In the body, life is opened to greatness because in it we receive a singular gift.**



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“The world is full of easy and inviting ways, downhill roads that plunge into the shadow of the valley where the horizon becomes more and more limited and stifling. Jesus offers an uphill road, which is heavy going but lets the eye of the heart sweep over the broader horizons. The choice is yours: slide down the hill into conformism, or climb the peak and breathe the clear air of truth”

St John Paul II

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The Catechesis on Human Love in the Divine Plan

Who Are We?

- Who were we before sin - Original Man
- What did sin do to us - Historical Man
- Redeemed in Christ - Eschatological Man
- How then are we to understand ourselves and what difference has Jesus Christ made for those who truly believe in Him?

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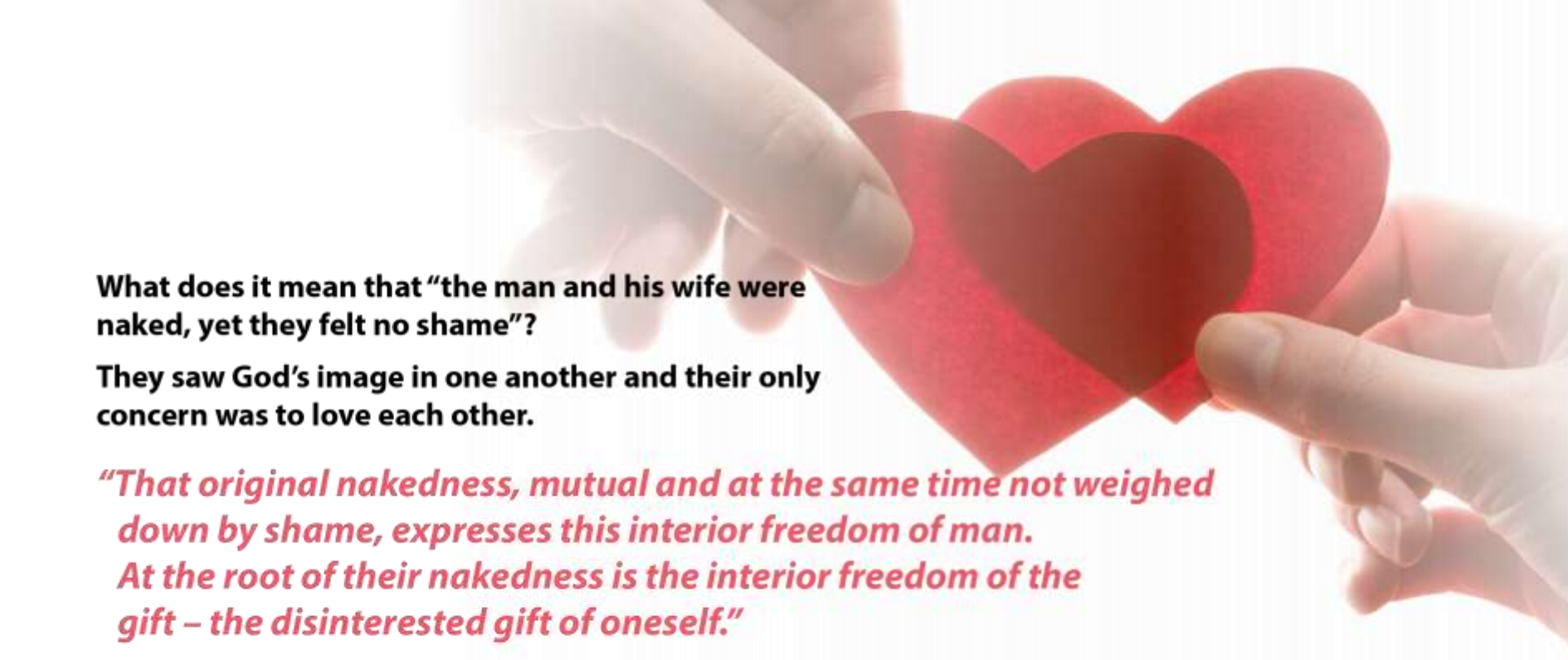
Called to serve the 'communion of persons'

Created in God's image, we must discover how God is in communion so that we can know how we too reflect it in our relating.

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Self Gift & Communion

- Being a person means striving towards self-realisation. This can only be achieved **“through a sincere gift of self.”**
- The model for this interpretation is God himself as Trinity; as a **“Communion of Persons”**.
- To say that man is created in the image and likeness of God means that **man is called to “exist” for others, to become a gift” (John Paul II)**
- The call to “self gift” is for everyone whatever our vocation since the primary human vocation is to Love.



What does it mean that “the man and his wife were naked, yet they felt no shame”?

They saw God’s image in one another and their only concern was to love each other.

“That original nakedness, mutual and at the same time not weighed down by shame, expresses this interior freedom of man. At the root of their nakedness is the interior freedom of the gift – the disinterested gift of oneself.”

John Paul II

Intimacy really means “in to me see”

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TRUTH

LIES

The Truth and The Lies

- Human sexuality points to the deepest truth about who we are.
- God's plan for sexuality is "symbolic". Satan's plan is "diabolic" he is the "father of lies". Our bodies speak a language and we can speak either the truth or lies.
- We experience ourselves now in a disordered way. We can look at another and focus only upon their sexual values, failing to see the other "person" in their entirety.

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Unity v Disunity

- In God everything is designed to be **“whole”** or **“united”**: heaven and earth, body and soul, spirituality and sexuality, sacredness and sensuality, masculinity and femininity.
- Individually we are still one unity body and soul; we were wounded by original sin but not corrupted.
- However, through sin our experience of ourselves is often disordered; thus we find it difficult to perceive of ourselves as a whole “person” in our combined bodily and spiritual reality.
- We experience the same difficulty when we “look” at others. We judge and lust instead of looking always with love.

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Dualism

- This experience of ourselves expresses itself in dualism. Dualism is at the root of many heresies.
- A dualistic approach in the sexual sphere constantly expresses itself in two extremes.
- We can deny our sensuality and our “bodiliness”. We repress our sexuality. We become “prudish”.
- Or we ignore our “spiritual reality” and indulge our sexuality in an uninhibited and permissive way.
- History reveals the pendulum swing between these two positions.

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Who Is God For Us?

- The image of God in us is now distorted. Original sin doubted that God is a God of love.
- This means we can also perceive God in a distorted way.
- His commandments instead of being seen as a blueprint for “who” we really are perceived as duties and obligations designed to restrict our freedom and happiness.
- This is especially true of this current era with its confusion between freedom and licence.

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How Do We Live?

- When we do not perceive God or thereby ourselves in truth we lack inner peace and happiness. We can then substitute pleasure for true happiness.
- This leads us to a relentless striving and grasping at life; a continual searching for pleasure often at the expense of others. This often includes living our sexuality in a disordered way. The root of all sin is “doubting” God and his love for us.
- Even if we acknowledge God, our attitude can be “How far can I go?” instead of “How deeply can I love?”

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An Echo

- The truth about who we really are subsists in us like the negative of a photograph.
- “The human body in its masculinity and femininity has almost lost the capacity of expressing this love in which the person becomes a gift....”almost” because the nuptial meaning of the body has not been completely suffocated by concupiscence, only habitually threatened” (John Paul II)
- There exists within man a new chaos as in the beginning of Creation. Christ came to bring a new order, redeem us, re-create us and to heal us.

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Our Hearts and the Heart of God

- In effect Christ says “you have heard the commandment not to commit adultery but the problem is that you desire to commit adultery”
- What Christ is saying is that to be fully “human” as you were created to be, you need to be re-created internally, to be born of the Spirit.
- Through our redemption we can experience a conversion of heart, our subjective or personal desires gradually come into conformity with the commandments.

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Purity of Heart

- “I will remove the heart of stone from your bodies and give you a heart of flesh instead”(Ezekiel)
- Our “look” once more can be with the “interior gaze” of love for the person and give life.
- “Christ’s words demand so to speak, that man enter his full image... Man “must perceive anew the lost fullness of humanity and want to regain it (John Paul II)

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Tempted to be “Masters of Suspicion”

- “Man cannot stop at putting the heart in a state of continual and irreversible suspicion due to the manifestations of the lust of the flesh...Redemption is in truth a reality, in the name of which man must feel called and called with efficacy” (John Paul II)
- When the human heart is bound in permanent suspicion man is unable to tap into his deepest and yet most real possibilities. He is unable to give voice to “the inner most layers of his potentiality...the ethos of redemption, on the other hand, is based on a close alliance with those layers” (John Paul II)

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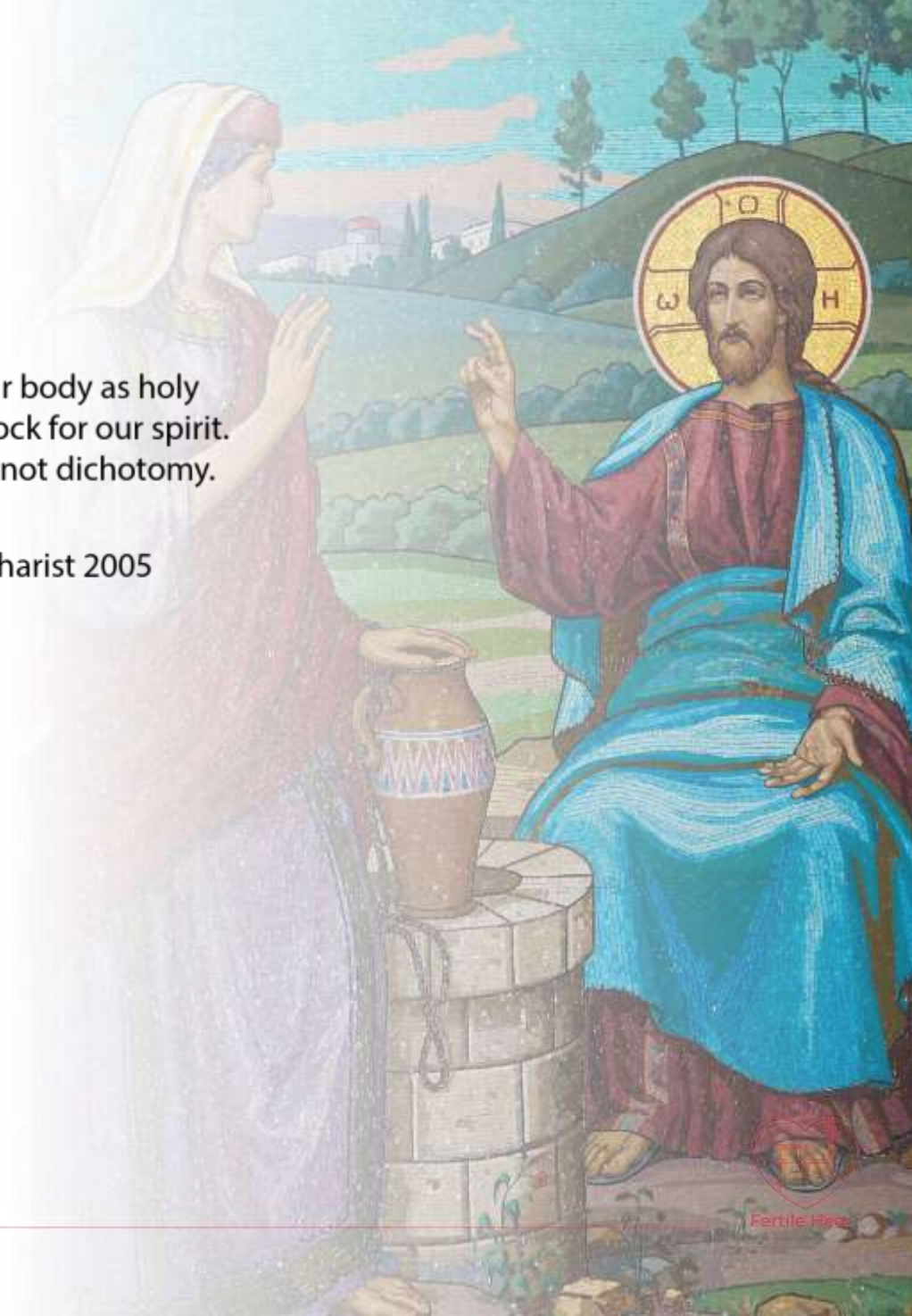


Eucharist as Body

“The Eucharist as the Body of Jesus points to our body as holy and Eucharistic, not a burden and stumbling block for our spirit. There is communion of the body and the spirit, not dichotomy. We need to take spiritual care of our bodies.”

Bishop Gomes of Bangladesh Synod on the Eucharist 2005

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The Last Word...For Now..

- The one who is redeemed in Christ truly re-discovers the “interior gaze” and looks upon the other as a “person” made in the image and likeness of God. (John Paul II)
- “Christ has redeemed us! ...He has set our freedom free from the domination of concupiscence.”
(John Paul II Veritatis Splendor 13)
- To believe otherwise is to empty the cross of its power.

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SACRFICE IS WRITTEN IN TO THE CORE OF OUR PHYSIOLOGY!

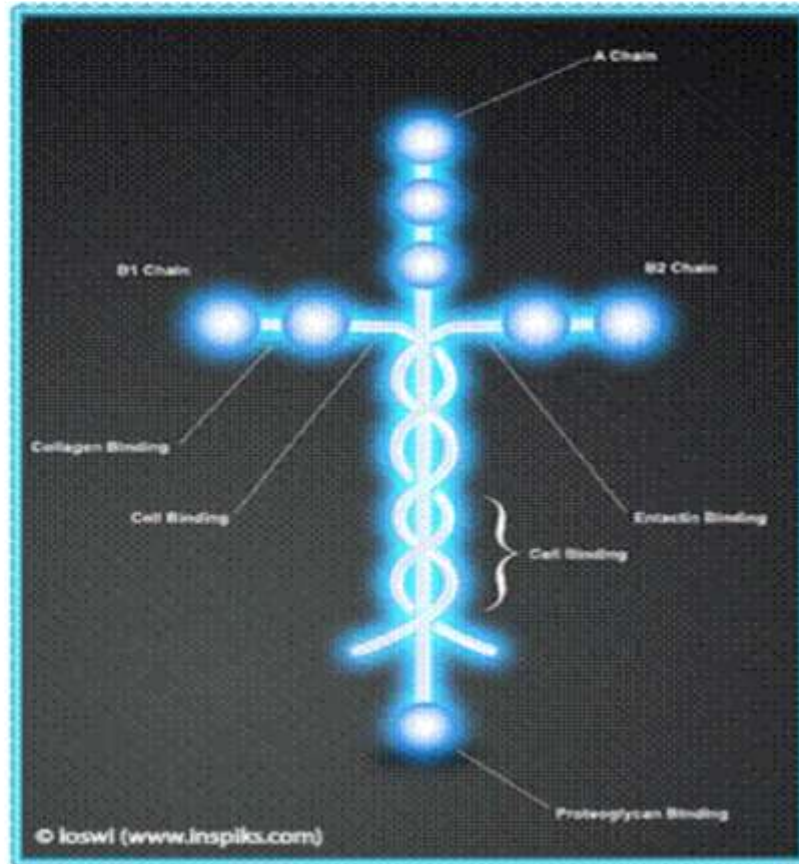
We are completely designed by the God of Calvary

- Laminins are a family of proteins that are an integral part of the structural scaffolding of basement membranes
- Laminins are what hold us together.. LITERALLY.
- They are cell adhesion molecules.
- They are what holds one cell of our bodies to the next cell.
- Without them, we would literally fall apart.
- Look up laminin in any scientific/medical piece of literature, this is what you will see...

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A Fertile Heart is a faith inspired programme of study that offers schools, especially those with a strong Christian identity, a new way of approaching Relationships Education, Relationships and Sex Education and Health Education [RHSE] that invites teachers and pupils to explore together the big questions of life; what it means to be human and what lies at the heart of authentic personal dignity



Some example lessons

Year 4

Happiness, conscience and emotions

Year 5

Life is relational, freedom, tolerance, discernment & trust

Year 6

Intellect, order and beauty.
Patience and understanding. Science and Religion

Year 7

What does it mean to be human? Nature or nurture?
Parents and authority

Year 8

Spiritual and biological fertility. Fascination and beauty
Control and fear.

Year 9

Adolescence, personhood and sexuality. Marriage and family. Credit creation and debt

Year 10

Beauty is within. Objective & subjective love.
Complementarity. Authentic sexual intimacy. Sexuality and God. Cherishing fertility.

Year 11

Critical thinking and virtues. Justice, courage, temperance
prudence and forgiveness. Stewardship and the future.





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Fertile Heart & Guidance on RSE from the CES

How A Fertile Heart meets the Catholic Education Services guidelines for implementing the Department of Education's statutory requirement to teach Relationships and Sex Education.

The following are the recommended learning objectives for RSHE from the CES, most of which correspond with the particular modules of the Fertile Heart programme.

The list suggests where provision needs to take place within other areas of the school curriculum on certain topics.

Theme 1

1a: Education in virtue

In a Catholic school, pupils are growing to be:

3.1.1.1. Respectful of their own bodies, character and giftedness

Module 9c: Adolescence, Personhood and Sexuality

3.1.1.2. Appreciative for blessings

Module 7b: Freedom, Truth and Love

Module 9d: Experiencing Disorder

3.1.1.3. Grateful to others and to God

Module 7e: I didn't make me - so who did!

Module 8a: The Fertile Person

Module 7h: Vulnerability and God

3.1.1.4. Self-disciplined and able to delay or forego gratification for the sake of greater goods

Module 7c: Tolerance

Module 9b: Spiritual Desires

Module 8b: Spiritual and Biological Fertility

3.1.1.5. Discerning in their decision making

Module 7f: Nature or Nurture?

Module 8c: Nourished on the Truth

Module 7g: Appropriate Vulnerability

Module 9c: Getting in Touch with my Desires

3.1.1.6. Determined and resilient in the face of difficulty

Module 7f: Nature or Nurture?

Module 9d: Experiencing Disorder

3.1.1.7. Courageous in the face of new situations and in facing their fears

Module 7j: My relationship with me!

1b: Religious understanding of the human person: loving myself

Pupils should be taught:

3.1.2.1. To appreciate sensual pleasure as a gift from God

Module 8b: Spiritual and Biological Fertility

Module 9e: Adolescence, Personhood and Sexuality

3.1.2.2. To recognise that sexuality is a God-given gift and that sexual intercourse is the most intimate expression of human love and should be delayed until marriage

Module 8g: Fascination and Beauty

Module 9f: Marriage and Family

Module 9e: Adolescence, Personhood and Sexuality

Module 9g: Growing in Beauty

3.1.2.3. The Church's teaching on the morality of natural and artificial methods of managing fertility

Module 9f: Marriage and Family

Also covered in RE

3.1.2.4. To understand the need for reflection to facilitate personal growth and the role prayer can play in this

Module 8a: The Fertile Person

Module 8c: Nourished on the Truth

3.1.2.5. To understand that their uniqueness, value & dignity derive from God & hence, recognise the respect they should have for themselves

Module 7a: What does it mean to be human?

Module 8e: Love and Ego-life

Module 8a: The Fertile Person

Module 9a: Growing Into Full Happiness

3.1.2.6. To recognise that they are responsible for their own behaviour and how to inform their conscience

Module 7d: Person and Nature

Module 8e: Love and Ego-life

Theme 2: Created to love others

2a: Education in virtue

In a Catholic school, pupils are growing to be:

3.2.1.1. Loyal, able to develop and sustain friendships

Module 7c: Tolerance

Module 9a: Growing into Full Happiness

Module 7d: Person and Nature

3.2.1.2. Compassionate, able to empathise with the suffering of others and the generosity to help others in trouble

Module 7c: Tolerance

Module 9b: Spiritual Desires

3.2.1.3. Respectful, able to identify other people's personal space and respect the ways in which they are different

Module 7c: Tolerance

Module 9c: Getting in Touch with my Desires

3.2.1.4. Forgiving, developing the skills to allow reconciliation in relationships

Module 7f: Nature or Nurture?

Module 8d: Ordering and Insight

3.2.1.5. Courteous in dealings with friends & strangers

Module 7g: Appropriate Vulnerability

Module 8a: Love and Ego-life

Module 7i: Parents and Authority

3.2.1.6. Honest, committed to living truthfully and with Integrity

Module 7j: My relationship with me!

Module 8g: Fascination and Beauty

2b: Religious understanding of human relationships: loving others

Pupils should be taught:

3.2.2.1. The nature of sacramental marriage and the importance of marriage as the foundation of society and its role in the domestic Church

Module 8b: Spiritual and Biological Fertility

Module 9h: Family, Work and Fertility

Module 9f: Marriage and Family

Also covered in RE

3.2.2.2. The role of marriage as the basis of family life and its importance to the bringing up of children

Module 9f: Marriage and Family

Also covered in RE

Module 9h: Family, Work and Fertility

3.2.2.3. To recognise the spiritual context of the family as a community where members can grow in faith, hope and love

Module 9e: Adolescence, Personhood and Sexuality

Module 9h: Family, Work and Fertility

Module 9f: Marriage and Family

Also covered in RE

3.2.2.4. How to express love and care for others through acts of charity

Module 8e: Love and Ego-life

Module 9g: Growing in Beauty

Module 8i: Control and Fear

3.2.2.5. How to discuss religious faith and personal beliefs with others

Module 8g: Fascination and Beauty

Also covered in RE

3.2.2.6. To recognise the importance of forgiveness in relationships and know something about Jesus' teaching on forgiveness

Module 8g: Fascination and Beauty

Also covered in RE



Department
for Education

P5 statutory guidance;

“many schools will choose to teach the compulsory content within a wider programme of Personal, Social, Health and Economic Education or similar. Schools are encouraged to continue to do so, if this is right for them, and build on established, high quality programmes.

...development of personal attributes including kindness, integrity, generosity, and honesty.”



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Positive Impact on Teaching and Learning

Challenges pupils to see the 'Big Picture' on who we are as humans and our anthropology.

Proposes ideas for reflection based on logic/natural law-not imposing rigid ideas

Does not tell pupils what to think but encourages them to think

Explores the relationship between religion and science, demonstrating the knowable intelligibility of the Universe why this is in tune with Christian beliefs.

Interweaves virtues as a key component for our human flourishing.

Can be **used flexibly** in a number of teaching deliveries with the School themselves knowing who best to deliver, how and when.

Does not require RE/RSE/PSHE specialists but "an open mind and an ability to deliver with reason and logic walking alongside the pupils, learning with them".

Supporting Powerpoints



80 Powerpoints
for all modules

1500 Slides with teacher notes
all approved by experts

Books



KS2

£35 per copy
(Teacher books)

KS3

£15 per copy
(Class sets)

KS4

£15 per copy
(Class sets)

Total cost of books for KS3/4 can
be spread across 3 years

Subscription to web resources



KS2

(£100 pa after year 1)

KS3

(£500 pa after year 3)

KS4

(£500 pa after year 3)



Fertile Heart

Recommended resources for KS1



Each book is available as a large format Show-and-Tell hardback book

(210mm x 297mm)

A full teacher guide is available for download from www.adc-resources.co.uk (see website for conditions) which gives a clear breakdown of the values being taught, outline plans for every lesson and a range of pupil activities.



Alive to the World

Book 1 Getting to Know Myself	978 0 85244 956 1	£25.00
Book 2 Happy and Healthy	978 0 85244 957 8	£25.00
Book 3 Growing Together (available June 2020)	978 0 85244 958 5	£25.00

Books 4 to 8 in the Alive to the World series are available to order at www.gracewing.co.uk



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"We are made to relate to each other, body, mind and spirit. The physical, emotional and spiritual reality of our being are part and parcel of the 'holy trinity' of each one of us. Thus 'education for relationship' is a crucial part of human formation."

Most Rev. George Stack. Archbishop of Cardiff





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This is my hope, this is my prayer: that you will be totally open to Christ, that he will give you an ever greater love for your students and an ever stronger commitment to your vocation as Catholic educators. If you continue to be faithful to this ministry today, as you have been in the past, you will be doing much in shaping a peaceful, just and hope filled world for the future. Yours is a great gift to the Church, a great gift to your nation.

Pope St. John Paul II

