

Your faith

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| FAMILY LIFE |

'Because I love you...'

"The Word became flesh and made his dwelling among us"
(Jn 1:14)

As we prepare for the Christmas season, we have heard these words many times, but if we really contemplate them, we must realise we believe in a God who became mortal, just like us.

Jesus was, and is, flesh and blood. He perspired; He bathed; He was breastfed by his mother etc., like we do.

In Pope St John Paul II's biblical reflections called the *Theology of the Body (TOB)*, we come to understand "The body, in fact, and only the body, is capable of making visible what is invisible: the spiritual and the divine. It has been created to transfer into the visible reality of the world, the mystery hidden from eternity in God, and thus to be a sign of it" (TOB 19:4).

This means that our bodies have a great dignity as the body was created to speak of divine and holy things. Therefore, what we do with our bodies has great significance and even eternal effects.

We were created to receive love and give love, because we come from God – who is LOVE! When Jesus died for us, we were not and still are not perfect, but He loves us even in our imperfection. What a God we believe in!

Our God of love is also a God of mystery – "For this reason a man shall leave his father



and mother and be joined to his wife, and the two shall become one flesh. This is a great mystery, and I mean in reference to Christ and the Church" (Eph 5:31-32).

As US author, speaker, and theologian on TOB, Christopher West has famously coined that the Bible can be summarised

in five words "God wants to marry us"! Our Lord wants an intimate relationship with us, not just whilst we are on Earth, but for eternity.

The Ten Commandments have gotten a bad rap. The negative tone of "Thou shalt not" has been off-putting to some. Yet, these "do not go there" commands have great positive effects.

If we were to put 'Because I love you' before these words, we could likely be more open to listening and obeying, but as the saying goes, 'actions speak louder than words'.

Our Lord not only spoke of how to love as He loves, He showed us what love is all about. Dying on a cross is no easy feat, even for God who became man. What put Him there, was our not listening to Him and His call to love as He loves (unconditionally and sacrificially). Yet, He is merciful and does not force us to love His way but shows us the beauty of His way and invites us to choose this way.

The Billings Ovulation Method® is a Method of Love available to couples, women, and men. To help us truly love one another, the Church (to which Jesus is wed) sought out 'men of science' to find a beautiful gift that:

- Empowers women to know and understand their bodies and their feminine genius;
- Empowers couples to plan their families with no medicines, injections, or devices involved;
- Can enhance couple relationships by improving intimate communication.

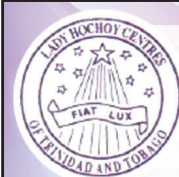
In 1953, Dr John Billings was one of the 'men of science' who found such a gift and offered it to the

Church and the world. Other men and women of science have since added to the research done by Dr John Billings and later by his wife Dr Evelyn Billings.

Now we have a well-studied method available that couples can use to express the love that we are called to live. A love that is not selfish, but generous, forgiving, unconditional and sacrificial.

This is a tall order and on our own we cannot live this call fully. We need to ask God to help us to live and love rightly. As St Paul said in Philippians 4:13 "I can do all this through him who gives me strength."

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Lady Hochoy Centres of Trinidad & Tobago

Lady Hochoy Home, Cocorite; Lady Hochoy Vocational Centre, Cocorite; Lady Hochoy Centre, Gasparillo; Lady Hochoy School, Penal; The Memisa Centre, Arima.

November 25, 2022

We hereby notify the public of the following:
In accordance with Act No. 17 of 2022; the name of the "Trinidad & Tobago Association for Retarded Children" has been amended to "Lady Hochoy Centres of Trinidad & Tobago".

The Act was passed in the House of Representatives on July 5, 2022.

Sr Bertill Dean

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General Secretary



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