…The Magisterium of the Church has expressed itself clearly, in relation to the whole educative process of children: “The role of parents in education is of such importance that it is almost impossible to find an adequate substitute. It is therefore the duty of parents to create a family atmosphere inspired by love and devotion to God and their fellow-men which will promote an integrated, personal and social education of their children. The family is therefore the principal school of the social virtues which are necessary to every society.” — Truth and Meaning of Human Sexuality, 22

Rule #1: Your Children are #1
- Children are the parents’ most important priority, more important than work, entertainment, and social position.

Rule #2: Mom and Dad, it’s your job to teach your children about Sexuality!
- Parents have the right and duty to be the first and principal educators of their children.
- Church teaching is in agreement with psychology, educational science, and human experience that the family is the best place for sexual education.
- Parents share their individual mission of education with other individuals or institutions, e.g. the Church and the State. Others’ assistance must always be subsidiary and subordinate to the parents.
- The assistance of others must be given first and foremost to parents rather than to their children.

Rule #3: When others teach your children, you are still in charge!
- Sex education, wherever it takes place, must always be carried out under the attentive guidance and control of parents. Those who do not give adequate formation in chastity or tolerate immoral or inadequate formation given by someone else are failing in their educational duty.
- Parents have the right that their children not be obliged to attend courses on the subject of sexuality education not in harmony with their religious and moral convictions and should remove them if necessary. The removal of a child from a particular sexual education program must not become grounds for discrimination against their children, their parents, or anyone in their family.
- Parents who remove their children from such instruction have the duty to give them an adequate formation, appropriate to each child or young person’s state of development.
When and how should Sexuality Education begin?

- Parents should provide information with great delicacy, but clearly and at the appropriate time, personalized for each child.
- Human sexuality must be presented to children and young people according to their particular stage of development:
  
  - **Years of Innocence** – Age 5 to Puberty
  - **Puberty** – Initial phase of adolescence
  - **Adolescence** – Period of self-projection and discovery of one’s vocation.

- Education in sexuality must value the child’s sense of modesty and privacy and protect the child’s innocence by utilizing single sex classes and same sex educators.

- Before adolescence, the immoral nature of abortion, surgical or chemical, can be gradually explained in terms of Catholic morality and reverence for human life. Sterilization and contraception should not be discussed before adolescence and then always in conformity with the teaching of the Catholic Church.

- Timing is also vital in relation to discussing specific sexual problems.
- Homosexuality should not be discussed before adolescence unless a specific serious problem has arisen and then only in terms of chastity, health and the truth about human sexuality in its relationship to the family as taught by the Church.

- Chastity instruction must always be positive and prudent, clear and delicate. Erotic, graphic, or excessively detailed sexual information should not be given in sexual education. Explicit and premature sex education can never be justified in the name of a prevailing secularized culture. Even if not erotic, graphic and realistic representations of childbirth, e.g., in a film, should be made known gradually, to avoid fear and negative attitudes towards procreation in girls and young women.

- The natural bond, demonstrated by experience, between fathers and sons and mothers and daughters in chastity education should be respected.

What should parents teach?

- **All people are called to chastity.** Education in chastity is education in love, relationships, feeling, and sensitivity.

- Forming young people for chastity should become a preparation for responsible fatherhood and motherhood.

- Parents should educate both girls and boys on virtue and the value of virginity.

- Parents should correct habits of genital activity in children that could become sinful and teach modesty as the child grows.

- Instruction about the role, exercise, and dignity of **married love** must be given in the home.

- The family must be understood as an inseparable part of the vocation to marriage.

- The problem of AIDS must be countered by chastity, marriage, and family. Safe sex campaigns involving condoms must be avoided and rejected.
Christian parents will devote special attention and care if they see in any of their children the signs of God’s call to the higher vocation of virginity or celibacy for the love of the Kingdom of Heaven, preparing these children for the seminary or house of formation.

No educator, not even parents, can interfere with a child’s right to chastity.

Love and Life are inseparable! God vs. Bad

- The moral, spiritual and health values of methods for the natural regulation of fertility must be emphasized, at the same time indicating the dangers and ethical failure of the artificial methods.
- Femininity and masculinity are complementary gifts which are shared in an act of love as self-donation and acceptance. Willed by God, this sexual giving – the love of the marriage covenant – belongs exclusively in marriage.
- The two dimensions of conjugal union, the unitive (love-giving) and the procreative (life-giving), cannot be artificially separated without damaging the deepest truth of the act itself.
- Youth must learn the serious consequences (moral gravity) of sexuality activity outside of marriage (fornication), contraception, artificial procreation, and sterilization which separate the love and self-giving nature of the sexual act and are thus contrary to the TRUTH of married love.

What If parents need help?

- Parents are recommended to associate with other parents to support their educational role and to fight against damaging forms of sex education.

Watch out for dangers!

- Parents must ensure the moderate, critical, watchful and prudent use of the media.
- Parents must be on guard against pornography both by educating their children and demanding from the authorities laws that prevent and eliminate the exploitation of the sensitivity of children and adolescents.
- Parents must reject organizations that provide sex education which puts God at the margin of life and regards the birth of a child as a threat. These organizations and international associations promote abortion, sterilization and contraception.
- Parents should be wary of sex-educators, sex-counselors, sex-therapists, no matter their official recognition, when they oppose the truth of the human person and the teachings of the Church.

Ten Great Reasons To Have Another Child

1. Have another child to join with God in the creation of an immortal soul.

Parents are given the incredible opportunity to assist God in the creation of an immortal soul. As the late Cardinal Mindszenty said, even the angels have not been given such a grace.

“The most important person on earth is a mother. She cannot claim the honor of having built Notre Dame Cathedral. She need not. She has built something more magnificent than any cathedral—a dwelling for an immortal soul, the tiny perfection of her baby’s body...Even the angels have not been given such a grace! What is more glorious than this—to be a mother.”—Joseph Cardinal Mindszenty Reason

2. Have another child to bring joy into your life.

There is no joy like the joy of welcoming another child into your life. You will marvel anew at how perfectly formed your little one is, and over how quickly you will fall head over heels in love with him. You will be enchanted with every tiny aspect of her appearance. The color of her hair, the shape of her nose, and the winsomeness of her smile will occasion endless happy debates about from which side of the family (yours, of course) she got that adorable trait.

The birth of a child will bind you to God more tightly than ever before, in awed gratitude. “She was the most miraculous thing that had ever happened in my life,” Whittaker Chambers wrote about his new daughter in Witness. And in the lives of most of us.

I thought that one day
I would be a famous artist
and create great works of art
Instead, God made me a mother,
and my children are His masterpiece.
The design of their lives
will live on after me.
What is painted on their hearts
will last an eternity
- Anonymous

3. Have another child to grow in holiness and virtue.

For those who marry and have families, children are the primary means God uses to help them grow in holiness and virtue. Children teach their parents patience, perseverance, charity, and humility. They give their parents the opportunity to practice the corporal and spiritual works of mercy. They come into the world naked, and we clothe them, hungry and we feed them. Thirsty, and we give them drink. All of the things that we are required to do for the “least of these our brothers,” we do first and foremost for our own children. St. Catherine of Siena once had a vision in which God took her to a roomful of crosses and told her to pick one. St. Catherine went to the largest, heaviest cross in the room and would have chosen it. But God told her that it was not for her: That was reserved for the parents of large families.

“Mary gave birth to her first-born son and wrapped him in swaddling clothes.” Luke 2:7
4. Have another child to help end abortion.

When Mother Teresa of Calcutta was asked by a young mother about the best way to proceed with pro-life work, she responded emphatically, “Have a big family. That is the best way to end abortion!”

How this works is not difficult to understand. As children become more rare due to contraception, sterilization and abortion, whole segments of society become less and less familiar with the sense of joy and hope that only babies and children can give. In this climate, contraception and abortion feed on themselves, as the increasingly selfish few further reduce their number.

By having another child, you demonstrate once again to the world that children are God’s greatest gifts. “Children build up the life of the family and society,” as Pope John Paul II has said. “The child becomes a gift to its brothers and sisters, parents and entire family. Its entire life becomes a gift for the very people who were givers of life and who cannot help but feel its presence, its sharing in their life and its contribution to the common good and to the community of the family.”

The more children there are in society, the more pro-life that society will become, and the easier it will be for the great evil of abortion to be eradicated once and for all.

“Choose life, then, that you and your descendants may live.” Deuteronomy 30:19

5. A) Have another child so your sons will have brothers and your daughters will have sisters.

Children who have siblings learn early to share. They learn to take turns and to put the needs of others before their own. The bond formed between brothers and sisters is lifelong, and stronger than the bond between the closest friends.

“How good it is, how pleasant, where the brothers dwell as one!” Psalm 133:1-2

B) Have another child so your sons will have sisters and your daughters will have brothers.

Boys who have sisters learn the dignity of women. They learn to treat other girls and women with respect, as they consider how they would like their own sisters to be treated. Girls who have brothers learn the complementarity of men and women, both fashioned in the image and likeness of God.

“Love begins by taking care of the closest ones—the ones at home.” Mother Teresa

6. Have another child so you (and your parents) won’t be lonely in old age.

People who have children don’t have to rely upon strangers to care for them in their old age. Children also become the parents of your grandchildren. Grandchildren bring joy, happiness, and laughter, while still allowing you to get a good night’s sleep! “Grandchildren are the crown of old men, and the glory of children is their parentage.”—Proverbs 17:6
7. **Have another child because people are our greatest resource.**

Humans are blessed with the gifts of an intellect and free will. It is human ingenuity that discovers creative solutions to the problems which confront us. People without children should remember that it will be someone else’s child who will become the doctor that performs their life-saving operations. Someone else’s child will become the firefighter that saves their house. Someone else’s child will become the railroad engineer.

“How can there be too many children? That’s like saying there are too many flowers.” — Mother Teresa

8. **Have another child to contribute to the economy.**

Families with children are fuel to the economy, purchasing houses and cars and college educations. Without young people to enter the workforce, social security systems fail. Without children to attend school, teachers are jobless. Many industries, from fast food restaurants to toy stores, obviously rely heavily upon business from and for children to stay in business. But ultimately the whole economy does.

“Like a fruitful vine your wife within your home, Like olive plants your children around your table. Just so will they be blessed who fear the Lord.” Psalm 128:3-4

9. **Have another child to counter global depopulation.**

Anyone who has travelled from coast to coast in the United States and seen the vast empty spaces should know that America is not overpopulated. In fact, the entire population of the world could live in the state of Texas, in single-family dwellings with front and back yards. Fertility rates are falling everywhere. The world’s population will never again double. If current trends continue, world population will peak by the middle of this century and then begin demographic freefall. Our long-term problem is not too many children, but too few children. Having another child will help offset the coming population implosion.

“Be fruitful and multiply; fill the earth.” Genesis 1:28.

10. **Have another child to help populate heaven.**

The child that you and your spouse have been generous in accepting from God was created to return to Him, after a life of love, service, and obedience on earth, to spend eternity with God in heaven. Our Lord Himself said that there was plenty of room for those immortal souls. There is no overpopulation problem in Heaven!

“There are many mansions in my Father’s house.” John 14:2

Check out http://www.quiverfull.com/
VIRTUE OF THE MONTH: FORTITUDE

Fortitude enables us to do what is right in the face of difficulty. The right decision in life is often the hard one. One high school motto says: “Do the right hard instead of the easy wrong.” Fortitude, as the educator James Stenson points out, is the inner toughness that enables us to overcome or withstand hardship, defeats, inconvenience, and pain. Courage, resilience, patience, perseverance, endurance, and a healthy self-confidence are all aspects of fortitude. Teen suicide has tripled in the past three decades: one reason may be that many young people are unprepared to deal with life’s inevitable disappointments. We need to teach our young people that we develop our character more through sufferings than our successes, that setbacks can make us stronger if we don’t give in to feeling sorry for ourselves.

According to David Isaacs, courage or fortitude is the ‘the great virtue: the virtue of those in love; the virtue of those who are convinced, those who are willing to take great risks for an ideal which is worthwhile; the virtue of the knight errant who for love of his lady undertakes countless adventures; the virtue, in a word, of one who, well aware of the value of his life (for every life is unique), is willing to give up cheerfully if necessary to attain a higher good.’ In situations which make it difficult to improve, a courageous person resists harmful influences, withstands difficulties and strives to act positively to overcome obstacles and undertake great deeds.

Parenting tips on how to teach the Virtue of FORTITUDE to your children:

- When you see them suffer, you should not become soft. You should not tell them lies when you have to take them to the doctor; do not hesitate to demand effort on their part; have confidence in their strength and courage. Stimulate that heroism which lies hidden in every child’s soul.
- There should be a fixed hour for getting up and a fixed hour for going to bed.
- More cold showers than warm baths.
- Unless the child is sick, he must eat normally whatever is put in front of him.
- A temperature of 98.4 shows that they are fit to go to school.
- They should not ask anyone to do things for them which they can do themselves.
- Means of transport to school are: feet, bicycle or public transport, but never get the car out from the garage because they are going to be late.
- Teach them to finish everything fully and properly. This is a difficult art to practice, possibly one of the most difficult of all.
- Pray to the Holy Spirit to give your children the gift of fortitude; it will add to the human strength which they themselves have achieved by repeated effort, cheerfulness and ease in which the divine aid will be evident.

(Source: God and Children by Fr. Jesus Urteaga)
HOLY MASS
- Daily 12 noon Mass at the Chapel of the Holy Family.

RECOLLECTIONS
- 1st and 4th Sunday Recollection (9:15 am – 12:00 noon with Holy Mass for the Families at 11:00 am)
- 3rd Thursday Recollection (with Benediction) at Molave Study Center

BASIC CATHOLIC DOCTRINE CLASSES
- Every Saturday, 10:15 – 11:15 am at the Academic Office Conference Room, 2nd floor of the Southridge Main Building (for fathers)
- Every 4th Sunday, 9:15 - 10:30 am (for Afternoon School mothers)

CONFESSION/SPRITUAL DIRECTION WITH CHAPLAIN
- On weekdays, by appointment anytime, i.e., even before or after office hours. 9 am and 12 nn on Saturdays.

RETREAT SCHEDULES FOR FATHERS FROM MARCH TO JUNE 2013

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<th>Date</th>
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<tr>
<td>March 7-10</td>
<td>Tagaytay Conference Center</td>
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<tr>
<td>March 11-13</td>
<td>Makiling Conference Center (West Wing)</td>
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<td>March 21-24</td>
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<td>March 21-24</td>
<td>Makiling Conference Center (West Wing)</td>
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<tr>
<td>March 28-30</td>
<td>Makiling Conference Center (Main House)</td>
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<tr>
<td>March 28-30</td>
<td>Makiling Conference Center (West Wing)</td>
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<td>March 28-30</td>
<td>Open Retreat at University of Asia &amp; Pacific</td>
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<td>Latag (Young Professionals)</td>
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For inquiries of the retreat fees and reservations, please contact Ms. Leila Lerios of the Philippine Foundation at 817-2318 local 201 or 0928-5063688 or email philfoundation@pldtdsl.net.

FORMATIVE ACTIVITIES FOR MOTHERS AT WOODROSE

DOCTRINE CLASS - every 1st and 2nd Thursday, 9 to 10 am, Function Room
RECOLLECTION - every 3rd Thursday, 9:15 - 11:00 a.m. & every 4th Thursday, 4:30 - 6:30 pm
CONFESSION - Monday to Friday except Wednesday, 9 am - 12nn

For inquiries, you can contact PAREF Woodrose School at 850-6380 to 83; 809-5508 or 807-6735 (local 123 for the Chaplain’s Office or 118 for the Family Orientation Office or locals 120,151,152 for the Central Communications Office)