Sexuality and conyugal

SPIRITUALITY

An invitation to dialogue

6.

SIXTH TOPIC

"Let us learn to educate"

Sexuality and *parenthood*

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SPIRITUALITY
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Index

Chapter	Theme
	Introduction
1	Marital sexuality, the great gift of god.
2	Man and woman: different and equal.
3	The language of sexuality: tenderness
4	Sexuality envelops all our being.
5	Sexuality makes us fecund.
6	Let us learn to educate
7	Jesus and sexuality.
8	During crises … let us search together
9	Forgiveness makes tenderness possible
10	Let's cultivate our sexuality
11	"let us re-discover our love"
12	Testimonies

1°.- INITIAL REFERENCE:

"That is why the man leaves his father and his mother and joins his wife, and they become one flesh." [1]. "And God created man in his own image; in the image of God created him. And God blessed them and said to them, "Be fecund and multiply, and fill the earth and subdue it." [2] God wants us to be one flesh and to be fecund in love and in the fruits of love.

We are sexed beings not just to have children. We are man and woman to relate as sexual beings. Talking about sexuality as a couple is like talking about the joy that nature shows when it is witness of the joy of those who love each other. "A midst this universe where every creature spells my glory, celebrates my perfections, love had risen to show my love." God means this in the Song of Songs. Sexuality is a dimension that God gave us for our human and spiritual development.

Therefore, our attitude has to be natural, spontaneous and positive.

God gave us a spiritual intelligence that knows about values, vital meaning and philosophy of life. This intelligence enables us to understand that man and woman are two beings made to know and

1.- Genesis 2,24
2.- Genesis, 1, 27-28ª

love each other and to give life in children, when the right conditions for it exist.

"We understand by responsible parenthood the free, thought, loving decision taken in common by the spouses regarding the number of children they want to have."[3]

One thing is living our sexuality and another is being parents.

Being parents is a free and AUTONOMOUS option to carry out with INTELLIGENCE, with GENEROSITY and TRUST IN GOD.

2º. - SOME IDEAS.

2-1 What do these four words ask us for? -

Being intelligent means:

-Deciding and living the options made as a couple taking into account work, psychological and family circumstances.

-Being aware of the motivations that lead us to decide the number and time for children.

-Deciding by mutual agreement, making it clear that a child is not a solution for a faulty relationship.

-Being clear that as long as we are a balanced couple, we will raise a harmonious family.

3.-Manuel Gómez Ríos, "Llamados al amor" (Topics for marriage) Edt. Cobarrubias, Madrid, 1987

What means being GENEROUS?

-Cultivating the attitude of being open to give life and give it abundantly.

-Little by little, including, our children into the circle of our friends and responsibilities.

- Living a dynamic generosity that adapts to the times in which the couple and their children live.

Being AUTONOMOUS means:

-Not being at the mercy of what others say or order us, being faithful to the project designed as a couple.

-Always being opened to information and training, to be able to make positive decisions.

-Being demanding with society in terms of day care, health, family-work relationship, teaching...

And what does it mean to TRUST IN GOD?

-Believing that God, expressed through tenderness, will always give us a hand.

-Being one for the other, signs of his love committed, trusting the other, practicing mutual help and welcoming and constantly communicating between us.

-Considering ourselves lucky man and woman being creators with God, contributing to the goodness, beauty and values of faith, hope and charity that shall nest and grow in our children.

2-2- Sexuality Involvement.

Children neither separate nor unite. They confirm and strengthen the couple's bonds or they may increase the already existing distance between the couple. If we want, we may live love and dedication to our children, as an expression of mutual love. The love and time that you give to our children is the expression of our mutual love, is what we say to each other when children and dedication to them are the demonstration of our love.

Therefore, a positive attitude towards sexuality makes it one of the most powerful and fruitful forces in us and at the same time, the most powerful source of living spirituality.4 Sexuality does not hinder relationships with children, and paternity/maternity can not be a source of jealousy or an obstacle to our intimacy. This requires us to take some time to be alone and savor our intimacy with the image of our children at heart.

Being paternity/maternity a new circumstance in our life, it shall require from us to rediscover our sexuality, celebrate it in another way and enjoy it progressively in this new circumstance. 5 "From the beginning giving the right place to the children, keeping the balance between the affection they need, the attention they demand and the intimacy of the couple, is not an easy task!" 6

4.- Wüller. "Besar es orar"
5.- Henrri Nouwen, quoted by W. Müller in "Besar es orar"
6.- Father Yves Beyin in "Es la conquista de la intimidad". Intimicy dynamics – chapter 9/.

2-3.- Educating children in sexuality is our task.

"Biological" fecundity is therefore a human fecundity that does not end bringing a descendent to the world. It is a question of being responsible not only for births, but for the children's raising and education. It's about leading them into adulthood.[7]

-We are responsible for the education of our children from the moment they are born. And that education we do not give with speeches but with tenderness, hugs, looks and kisses in the appropriate moments. We educate our children in sexuality when we respect ourselves, we value ourselves, we listen and we positively identify with our sex. When a child sees how his parents love each other, express their feelings and how they care for and value their bodies, they are getting the best sexuality education with no need for words. The child who sees all this since he is born will feel that he has come to a world where it is worth while living.

3 .- A STORY TO TEACH:

We will educate in sexuality preparing the family environment with positivism, creativity and intimacy. Let us educate for high levels, for autonomy. Let us be like the good woodcutter: Once upon a time there was a king who was given two hawks. One flew and the other landed on a branch refusing to fly. The king promised a good

7.- "Evangelizar la sexualidad" – Equipos de Nuestra Señora.

reward to anyone who made his second hawk fly. One day he saw the two hawks flying together. Soon he wanted to meet who had caused such wonder and call him to the palace. A humble woodcutter came and the king asked him how had he achieved such a miracle. Very simple, Sir, said the woodcutter, taking away its merit. I simply cut the branch on which it was sitting and had no choice but to fly.

What branches keeps us from flying freely? Are they be the branches of security, fear, fear, lack of autonomy, not having clear ideas, ...? If we cling to the safety of the branch, our children will hardly learn from our free and autonomous flight and our joy of flying as a couple. Let us describe the trajectory of a free, joyful and evangelical sexuality. Let us not deny our children the chance to see that beautiful flight.

We teach sexuality by living it. Children internalize what they see in their parents. If they are proud of their body and their sex (male or female) children will positively identify with their sex. The world changes with our example and not with words, opinions or preaching. Educating is more difficult than teaching said Quino in Mafalda, to teach we only need to "know", but to educate we must "be". And let us not forget that we educate from the moment of conception. The child who feels he is loved, accepted and desired before birth perceives positive feelings that influence him afterwards.

4º.- SITE AND DATE CHOSEN, WITH OUR CHILDREN WELL LOCATED, LET SIT AND DIALOGUE!

"To avoid routine getting hold of our home, there is another means of which I want to speak a little longer. Take your agenda and, in the same manner you write that you are going to the movies or visiting friends, make a note about a meeting with yourselves. It should be clear that these two or three hours are 'taboo', or better, sacred, to use a more Christian expression! Don't' let any reason that wouldn't cancel a meeting or dinner with friends, make you miss that meeting reserved for yourselves. [8] To educate, as the story says, is not moving our children's wings but creating the space allowing them to fly freely. Let us substitute short "lights" for the "long ones". Let us think more about their autonomy and skills for tomorrow than avoiding today's pain or sacrifice. Because educating is not substituting but to accompany. If we educate through our loving relationships, we shall avoid the mistakes of educating influenced by our fears. If we overprotect, we penalize the overprotected, because we leave them defenseless by denying their ability to decide. Let us think about all this and ask ourselves:

1ª.- How do we communicate our children that sexuality is the art of relating with quality and joy?

2ª.-What kind of parents are we: 1 – parents who prepare the way their children will walk or, 2- parents who prepare children to walk their own way? Justify your answers.

3ª.- In what way and when do we try to make our gestures, looks, caresses, hugs and kisses a testimony of the gestures, look, hands and face of Jesus for our children? The disciples of Emmaus recognized him "when he cut the bread"?

8.- Father Caffarel. "Las encrucijadas del amor" – The liability to sit down.

5º.- AFTER DIALOGUING, LET US PRAY TOGETHER:

-Wife: "Do not give charity donation without Jesus going in it. Do not give your alms if in your look, face, hand, you can not recognize the hand, the face and the look of Jesus. 9 ..... (Silence)....

-Together: Lord, that our attitudes and gestures of tenderness and love create the right environment to educate our children in sexuality....

-The husband: Lord! We want to walk together, giving our hands to our children but without forgetting the hands of husband and wife... (Do some silence)...

- Together: Lord, give us the necessary balance and attention to keep our place as a couple without forgetting that the couple is better and ennobled with the children you give us ... -The husband: Giving affection and the necessary attention to our children, without neglecting our intimacy, is not easy, Lord, Help us!...

- Together: That our professions, fatigue, leisure time, the T.V. or religious activities do not hinder our relationship as a couple or take away our children's time.

9.- Cardinal Santiago Agreló ,"Palabra y vida", Comments to the Gospel regarding the Emmaus disciples.

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