



## PE/Health

### *Session 1*

The Four Hearts of a Sportsman: John Paul II and Sport  
Dr. André Polaniecki

John Paul II was an accomplished sportsman, faithful follower of Christ, and patriotic son to his native Poland. The personal witness of Karol Wojtyła as philosophy student, priest, professor, writer, and bishop eventually led to his election as Pope John Paul II. Among his many accomplishments were over 100 discourses on sport throughout his pontificate, from brief comments to visiting sporting delegations to a beautiful homily during the mass for the Jubilee of Sport in 2000. According to John Paul II, sport was an arena where virtue formation and education could take place. This presentation explores the “four hearts” of John Paul II, the sportsman: a young heart, a coaching heart, a heart for others and a heart for Christ. His life and writings help to articulate sport as metaphorical, formational, evangelical or missionary, and redemptive.

[Link to online talk.](#)

### *Session 2*

To Inspire Love: A Practical Theology of Fertility  
Diane Mead

Pope St. John Paul II makes an astounding claim in his work *Theology of the Body*: “The body, in fact, and it alone, is capable of making visible what is invisible, [namely] the spiritual and the divine” (*TOB* 19). *How* is it that the human body -- and, by extension, marriage and the family -- possesses *a unique role* in reflecting God Himself to the world? This is a key question especially for lay men and women to answer as we seek to follow God’s will -- and therefore also to find the fullness of happiness that we’re made for -- in our lives and our vocations. To find the answer, we will examine key points from *TOB*; compare a secular view of marriage with the Church’s view; dig into what the Church teaches about contraception and Natural Family Planning; and take a closer look at how one form of NFP, called the Creighton model, works.

[Link to online talk.](#)