



## HOW TO BECOME A **TOB CAMPUS** IN 3 STEPS

**WELCOME to becoming a TOB Campus!!  
In the words of Pope St. John Paul II “Do not be afraid.”**

You do not need to do every element in every step — these are simply good starting suggestions. Make the TOB Campus your own. Be creative. Be holy. Teaching and living out our Catholic faith through the perspective of Theology of the Body is what will bring about growth in a culture of life and love.

### **STEP 1. HEAD IN A GOOD DIRECTION**

Make the decision to become a TOB Campus and form a plan. Take steps to receive this beautiful teaching with your staff

#### **REVIEW TOB CAMPUS MATERIALS.**

Read our pdfs/printed materials on our website (TOBCampus.org) Take it to the Lord in prayer: Is this the right direction and the right time?

#### **MAKE THE DECISION TO BECOME A TOB CAMPUS WITH YOUR LEADERSHIP.**

Discuss it with your leadership team for their approval. Becoming a TOB Campus requires the cooperation of the entire body. From the outset, the head must be in one accord.

**Register your organization** at TOBCampus.com (TOB CAMPUS REGISTRATION) There is no cost required. We will send you a certificate stating that you are a TOB Campus — In The Beginning that can be framed and displayed.

NOTE: You will be a TOB Campus “In the Beginning” until you have engaged in this activity for an entire school year and submit a report on the impact of your effort in May (see Step 3). Once we publish your report, you will be a TOB Campus.

#### **PLAN THE ROLL-OUT AND COMMUNICATION.**

##### **HOW WE WILL ENGAGE FACULTY/STAFF.**

- to let them know what we are doing/why/how

##### **HOW WE WILL ENGAGE STUDENTS.**

- to let them know what we are doing/why

##### **HOW WE WILL ENGAGE PARENTS/COMMUNITY.**

- to let them know what we are doing/why/how

#### **LET IT BE KNOWN**

Integrate TOB language into the mission of your school, parish or home. Guidelines to help with this are included in our materials. (**TOB CAMPUS VISION**)

Announce that you are a TOB CAMPUS “In the Beginning.” Use the TOB Campus logo to help you proclaim this direction in your newsletters and web site and other communications.

### **BEGIN IMMERSION VIA BOOK STUDY.**

Engage all teachers, catechists and school personnel — and possibly parents — in small group study and exploration...

*Theology of the Body for Beginners* Christopher West (features study questions)

*Men and Women are from Eden* Mary Healy (features study questions)

*Theology of the Body in One Hour* Jason Evert

*The Theology of the Body Made Simple* Anthony Percy

*These Beautiful Bones* Emily Stimpson

*Called to be More* Emily Macke (online course from RuahWoodsPress.com)

### **ADDITIONAL DIGITAL RESOURCES**

TOB 20 podcast series for teachers Joan Kingsland ([tob20.podbean.com](http://tob20.podbean.com))

The Rich Gift of Love ([newmanconnection.com/institute/courses](http://newmanconnection.com/institute/courses))

Introduction to Theology of the Body dvd set Christopher West Ascension Press

The Theology of the Body 4 CD set Fr. John Ricardo Lighthouse Catholic Media

## **STEP 2. TAKE IT TO HEART**

Learn and teach Theology of the Body in a way that takes root in the heart.

### **RWP PERSONAL DEVELOPMENT DAY • STAFF TRAINING**

Engage all teachers, catechists and school personnel in a one-day TOB learning/retreat. Contact Ruah Woods to schedule a custom retreat day or create your own.

### **TEACH TOB IN EVERY GRADE**

Purchase the ROOTED: Theology of the Body Curriculum — age-appropriate supplemental curriculum for K-12

Teacher Training available at [RuahWoodsPress.com/Training](http://RuahWoodsPress.com/Training)

### **“WE ARE A TOB CAMPUS” RALLY**

Come together as a body to announce/celebrate our direction

Highlight some of the new features of the school mission.

Perhaps offer a We are a TOB Campus Signing banner. Every student’s signature makes it unique and unrepeatable. Hang it in the school or parish.

### **GIFT CARD**

Create your own “You Are a Gift” card (or use ours) to express our mission to love because we were made in the image and likeness of God — who is love. Complete wthe other side with your organization logo, slogan and/or statement of your Catholic identity.

### **SACRED SILENCES**

Institute brief time during the day to mediate on a line from that day’s Gospel.

### **REMINDER SIGNAGE IN SCHOOL HALLS**

Have children make posters expressing Theology of the Body truths, or examples of the Fruits of the Holy Spirit (Love, Joy, Peace, Patience, Generosity, Kindness, Gentleness, Self-Control). Or use posters we create.

### **TOB ROSARY — A DECADE A DAY**

Use the *On a Mission to Love* Theology of the Body Rosary book to pray as a school or organization a Decade a Day. (A Set of Mysteries per week!) It’s a beautiful way to integrate praying the rosary, immersing in Theology of the Body themes, and loving God and each other.

### **STEP 3. HAND ON THE FRUIT**

Look for the Fruit of the Holy Spirit as you build your community and share your story ...to inspire more.

#### **SUBMIT A ONE-PAGE GALATIANS 5 “FRUITS OF THE HOLY SPIRIT” HARVEST REPORT**

In May of each year, submit a one-page report to the TOBCampus.com site stating what you did to thrive as a TOB Campus for the year and what you noticed in your faculty/student/parent body.

As you begin living as a TOB Campus, we invite you to capture the change in attitude, the story and moments, look for signs of movement away from the allurements of the world and toward our calling as noted in **Galatians 5**.

**love, joy, peace, patience, kindness, generosity, faithfulness, gentleness, self-control.**

#### **REPORT REVIEW**

If your report indicates you are thriving as a TOB Campus, we will honor it. We will post your report, along with your school name and year on our Galatians 5 Harvest Honor Roll.

#### **YOUR REPORT IS GOOD NEWS.**

We encourage you to use your report — or elements of it — in your web site, newsletter or announcements to let the community know what beautiful works are taking place since you have become a TOB Campus — based on living out our human dignity and call to love as sons and daughters of God.