



CATHOLIC SPIRITUALITY CENTRE  
Encountering God • Healing Hearts • Empowering Lives

15 August 2021

7 Capital Virtues

Humility, Diligence, Temperance, Chastity,  
Charity, Patience, Kindness

Last 3 weekends we reflected on  
**Humility, Diligence, Temperance**

This weekend we will reflect on **Chastity**

**CHASTITY** HOLDS A  
GLORIOUS AND DISTINGUISHED  
*PLACE AMONG THE VIRTUES*  
BECAUSE SHE ALONE **ENABLES**  
**MAN TO SEE GOD**



## EXCLUSIVE: SHAME OF LABOUR CHILD ABUSE CAMPAIGNER



**MP'S  
SICK  
SEX TEXTS  
TO GIRL, 17**

**Messages led to Danczuk love split**

By Sarah Wilson, Laura Johnson & Sarah Hogg  
Labour MP Gavin Danczuk has been accused of a 10-year-old affair with a string of 17-year-old girls.  
Danczuk, 49, who has a long record of sexual abuse, was accused of having a relationship with a 17-year-old girl who later became a prostitute after she asked for a job. He later sent the messages that changed his life.  
Full story on Page Four and Five.

# Sanctity of Life

Remember **"The Sun"**, a UK tabloid that featured topless women on page 3 - to sell its newspaper with no regard to the dignity of life

According to the Catechism of the Catholic Church (CCC 2345), "Chastity is a moral virtue. It is also a gift from God, a grace, a fruit of spiritual effort. The Holy Spirit enables one whom the water of Baptism has regenerated to imitate the purity of Christ" and "chastity means the successful integration of sexuality within the person and thus the inner unity of man in his bodily and spiritual being" (CCC 2337).

In other words chastity is far more than just saying NO to sex. Chastity is a virtue that directs all our sexual desires, emotions, and attractions toward the **dignity of the person and the real meaning of love.**

It is not difficult to see that our society does not value chastity. Most modern movies, television shows and books are saturated with sex. It has been six years since *The Sun* a UK Tabloid, decided to put an end to its iconic and infamous tradition of showing topless women on Page Three. **The Sun** launched the concept in 1970 to compete with fellow red top *The Daily Mirror*, which was publishing pictures of women in bikinis and lingerie.

Fast forward 2021, nothing has changed. In fact it has escalated to more heinous, insidious, hideous ways through the explosion of pornography on the internet and social media. Pornography has destroyed many families. Women have been objectified. Moral decadence affects the sanctity of family life.

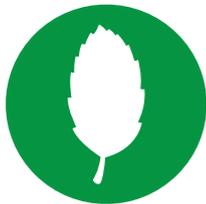
Does it mean that once you are married, chastity does not apply? Absolutely NO! We know that the vows of Chastity, Poverty and Obedience are taken by priests and religious men and women consecrated to God. But the moral of virtue of chastity is for all of us. The practice of **decency and modesty in speech, action and dress** is very important for creating an atmosphere suitable to the growth of chastity, but this must be well motivated by respect for one's own body and the dignity of others.

## Practical Things to do to start living Chastity NOW!

Mary, Mother Most Chaste, Assumed into Heaven!  
Pray for us.



Prayer, Penance, Mortification, Delayed Gratification, Abstinence



Practice Self Discipline, control one's thoughts and imaginations



Think about how we 'advertise' ourself, who or what are we attracting?



*“Be sober-minded; be watchful. Your adversary the devil prowls around like a roaring lion, seeking someone to devour” (1 Peter 5:8)*

Fidelity expresses constancy in keeping one's given word. God is faithful. The Sacrament of Matrimony enables man and woman to enter into Christ's fidelity for His Church. Through conjugal chastity, they bear witness to this mystery before the world (CCC 2365). Chastity is the holy and habitual self-control of sexual impulses. Deliberate violations of chastity are typically grave offences. Jesus is clear: *“But I say to you that everyone who looks at a woman lustfully has already committed adultery with her in his heart”* (Matthew 5:27-28). Selfish indolence, like the sloth of King David before his adulterous affair with Bathsheba, easily leads to a pattern of unchastity. But as for the Prodigal Son, there is always hope that those who fail will come to their senses despite a life of sloth, licentiousness, and ignorance. When we fail in chastity or come to realise that we have been living a life unworthy of Jesus, there is no reason to lose confidence in attaining the virtue of chastity. Frequent recourse to the Sacrament of Penance restores innocence and helps cultivate chastity as a life virtue. It is necessary to identify the nature and number (a good faith attempt) of the impure actions. Immodest or provocative dress violates the virtue of chastity. Impure glances or a brief impure thought are slight sins but need to be resisted. An impure fantasy, with full consent, is a mortal sin. **Viewing various types of pornography and other forms of impure entertainment is also gravely sinful.** Mortal sins also include external expressions of unchastity such as masturbation, fornication, contraception, homosexual behaviour, and adultery. Restoration in the Sacrament of Penance and a resolution to live a chaste life bring true peace of soul. Chastity, repaired frequently in the Sacrament of Penance, is the cornerstone to a happy life and a happy marriage. The promotion of chastity is essential for a good and generous civil community and nation.

The goal of chastity is habitually to recognise and respect the image of God in others. **Chastity not only is a virtue of self-control and self-respect, but it is also a virtue of mutual respect and responsible love.** Chastity frees us to love the way Jesus loves, including the chaste and tender love He had for Mary Magdalene. It gives us the confidence to love others in honesty and purity, without the anxiety that comes with the slavery of a hyper-sexualised culture. Free from the obsessions of impurity, chastity also purifies one's prayer life bringing us closer to God.

With the intercession of Mary most pure and with the grace of Jesus, it is truly possible to live a chaste, happy, and holy life.

All the baptised are called to chastity. The Christian has “put on Christ,” the model for all chastity. All Christ’s faithful are called to lead a chaste life in keeping with their particular states of life. At the moment of his Baptism, the Christian is pledged to lead his affective life in chastity. (CCC 2348)

People require positive actions to convey their love for one another. Chaste persons are in control of their sexual desires rather than those desires being in control of them. Chastity enables them to love one another in accord with their common dignity. Simply put, chastity is a sort of reverence: a chaste person reveres and respects the other person by making sure that before they have sex, both are united in a common aim - namely, a marriage. Chastity as a commitment whose mutual goal is the gift of self to the other. When people will the good for one another in this way, they do not act solely on passing desires and feelings, but rather on their commitment to help the other person attain the good and honour God. When we think about it, this loving reverence for ourselves and others is what we deeply desire. It would be a shame to become confused about chastity and despise it. Chastity includes an apprenticeship in self-mastery which is a training in human freedom. The alternative is clear: either man governs his passions and finds peace, or he lets himself be dominated by them and becomes unhappy (CCC 2339). People should cultivate chastity in the way that is suited to their state of life. Some profess virginity or consecrated celibacy which enables them to give themselves to God alone

with an undivided heart in a remarkable manner. Others live in the way prescribed for all by the moral law, whether they are married or single. Married people are called to live conjugal chastity; others practice chastity in continence (CCC 2349). Chastity is the spiritual power which frees love from selfishness and aggression. To the degree that a person weakens chastity, his or her love becomes more and more selfish, that is, satisfying a desire for pleasure and no longer self-giving.

“The virtue of chastity blossoms in friendship. It shows the disciple how to follow and imitate Him who has chosen us as His friends, who has given Himself totally to us and allows us to participate in His divine estate. Chastity is a promise of immortality” (CCC 2347).

A chaste lifestyle, on the other hand, respects the inherent dignity of every individual as a whole person, viewing sex as proper only in the context of marriage between a man and a woman. In this way chastity avoids reducing human beings to only their sexual qualities. While chastity is not synonymous with celibacy, it does embrace abstinence until marriage and fidelity within marriage.

### Sex as a Consumer Good

Sex, it seems, is everywhere. It pops up in every nook and cranny of our day to day lives. We see sex on our television, in our magazines,



and on our computers. It is used to sell everything from shampoo to jeans. While once viewed as a sacred mystery, today it has become just another consumer product that can be bought or sold. Sure, people have sold sex since the beginning of history (they don’t call prostitution the oldest profession for nothing). What’s different now is that the very idea of sex has been commercialised and in the process cheapened. Where is our own moral compass point to? Chastity or Moral Decadence?

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