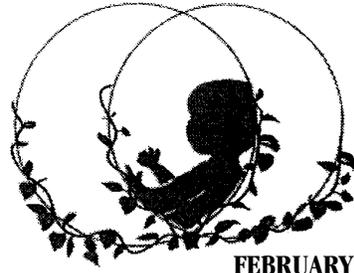


Life Cycles



FEBRUARY 2001

The newsletter of the Philadelphia Natural Family Planning Network (PNFPN)

In Memorial

This issue is dedicated to the memory of the Most Reverend James T. McHugh Bishop James T. McHugh entered into his rest December 10, 2000.

He served ten years as bishop of the Camden, NJ Diocese and was the bishop of the 1.4 million Long Island Catholics in the Rockville Centre Diocese upon his death from cancer at age 68. Bishop McHugh was a member of the National Council of Catholic Bishops and was the director of the Diocesan Development Program for Natural Family Planning. Theresa Notare, special assistant for the Diocesan Development Program for NFP had this to say about him:

From the beginning of his priesthood, Bishop McHugh was gifted with the insight to understand the importance of the family in both the Church and society. It was Bishop McHugh who founded the Family Life Bureau of the Bishops' Conference in 1965. When pro-life issues moved into the forefront of our nation's consciousness, he took the lead in organizing grassroots efforts. Both the National

Committee for a Human Life Amendment and National Right to Life Committee point to him as a founder. Bishop McHugh was the first director of the Secretariat for Pro-Life Activities (1972) and drafted the bishops' Pastoral Plan for Pro-Life Activities. His profound understanding of the nature of conjugal love and responsible parenthood compelled him to be an early advocate of the natural methods of family planning. It was Bishop McHugh who Cardinal Cooke chose in 1981 to direct the bishops' efforts in strengthening diocesan NFP ministry—which he directed up to his death. On the world stage, Bishop McHugh was also the expert for the Vatican on population issues as he worked with the Holy See's Permanent Observer Mission at the United Nations.

Priest, diplomat, indefatigable advocate for life, beloved friend, Bishop James T. McHugh will no doubt continue to labor for the Kingdom of God in his new life.

Please pray for the repose of his soul and for the consolation of those who loved him

A Message from Your President

On a recent Sunday afternoon, I was introduced by a friend as the woman who should be nicknamed the NFP lady. Yes, I suppose it can be argued that NFP instruction and promotion has practically consumed my life. After all, one cannot be the president of the PNFPN, editor of *Life Cycles*, and instructor for both the Family of the Americas and the Archdiocese Family Life Office, without gaining a reputation.

I've learned fairly quickly in this leadership role that people have strong opinions about NFP and specifically, how it is presented. I've met people who believe that there is something wrong with determining a woman's fertile phase and using that knowledge to help space the births of children. They claim that couples today practice NFP for selfish reasons, limiting their family size quite severely and are therefore no different than those couples who use contraception. Some people have written to me about the subject. Others have approached me after I've given presentations to lament how I did not emphasize the fact that NFP should be used only for serious reasons. One mother of four told me recently that most couples practice NFP so that they can "have their homes in the suburbs, their SUVs

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Attention All Women:

The PNFPN is compiling a list of "NFP supportive" obstetricians and gynecologists. We receive many requests throughout the year to recommend physicians that are knowledgeable of NFP methods and can assist couples in special circumstances. Please call the NFP hotline to give us the names of physicians you know to be supportive.

Life Cycles

The newsletter of the Philadelphia
Natural Family Planning Network
(PNFPN)

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Was that 30 Penn Medical Students?

"Count them again George, are you sure they're not here for the free hoagies?" This was the response of your president December 14th when the PNFPN was the invited to give a presentation to the University of Pennsylvania Catholic Medical Students for a noon-time seminar. Barbara Rose and George Finnin spoke for 45 minutes to a receptive group of thirty young, future physicians. While most of the audience was composed of female students there were a few brave men including Dr. Sterling, a CMA member and endocrinologist. The students asked a number of questions related to the physiology behind the fertility indicators, the effectiveness of the natural methods and the challenges of offering NFP to women with serious medical conditions. After the presentation, Kitty O'Hare, the coordinator of the event, informed the speakers that the audience was mostly non-Catholic. This was a milestone for NFP promotion in the Philadelphia region. If you have any contacts with Jefferson or Temple medical or nursing students please pass the information along to George Finnin, coordinator of the speakers board.

Have you seen our new brochures?

They certainly are beautiful and free for all network members. To order your stack today, please call (215) 885 - 8766

Remember to tell everyone:

Our WEBSITE: www.pnfpn.org

Our phone number:

(215) 885 - 8766

A Message from Your President

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and their Disneyland vacations."

While I won't argue that there may be some people that practice NFP selfishly I reflected upon the couples that I knew. They are, on the whole, devoted to the service of God and use their talents unselfishly to spread His kingdom on earth. They are courageous, speaking out about the importance of following God's plan for love. Those who actively promote NFP willingly undergo a martyrdom of rejection and of misunderstanding in this culture of death.

While contemplating this subject further, it occurred to me that these people who were critical of the PNFPN and the promotion of NFP were making an enormous assumption. They assume that couples practicing NFP are trying to take control of their family size. They accuse couples of taking this control away from God. My brothers and sisters, nothing could be further from the truth. NFP practicing couples only decide when they are ready to let God's procreative power begin. It is the Almighty who decides if and when that child will be conceived, and then He decides if that child will join the family through birth. Ask any couple who experiences infertility or loses a child through miscarriage and they will certainly agree. So in reality, it is God who does the family planning. Perhaps the method's name, Natural Family Planning should be changed to Divine Family Planning. Then, there would be no confusion as to who is in control.

Kudos

To the new members PNFPN Board who have volunteered the services for the next 3 years

Nancy Brandt
Stephanie Schoenleber
Cecilia Le Chevallier
Lester Ruppertsberger

To Richard and Victoria Gisondi on the birth of their son Richard Scott on Oct. 20, 2000.

To Andres & Rosemarie Colon, Charles & Anne Marie Geiger, Alex & Karen Del Grosso, Caroline & Bill Guy and Mike & Barbara Meier for becoming certified NFP instructors for the CCL.

PNFPN Membership Profile

In this issue, Life Cycles interviews our member John D. Lane MD, a family practice physician who has been practicing in lower Bucks County since 1962. Dr. Lane is the father of seven adult children, some of whom are healthcare professionals. He is also proud to inform us that he has fourteen grandchildren. Three years ago, while he was the president of the Catholic Physicians Guild (now the Catholic Medical Association), Dr. Lane became one of the founding members of the PNFPN. He is listed on the One More Soul web site (www.OMSoul.com) as an “NFP only” practicing physician.

Life Cycles: Why have you decided to promote NFP?

Dr. Lane: The Catholic Medical Association (CMA) has always promoted NFP because it is the only morally acceptable way to space pregnancies. That is primarily why I have always promoted NFP. Moreover, Pope John Paul II in his apostolic exhortation *The Role of the Christian Family in the Modern World (Familiaris Consortio)* states that conjugal love requires responsible fertility. NFP gives men and women the knowledge necessary for responsible fertility.

Life Cycles: How did you become a member of the PNFPN?

Dr. Lane: The CMA heard that there would be a gathering of the different organizations which provide NFP instruction in the Philadelphia region. We wanted some input into this meeting. As I understand it, that was the first time there had ever been an attempt to coordinate efforts in promoting NFP and we naturally wished to participate. I remember that the very first meeting was held in the home of Mrs.

Barbara Henkels, the vice president of the Family of the Americas. I represented the CMA at that meeting, as I was the president of the Philadelphia chapter. What evolved from that first meeting is the PNFPN so I suppose you can call me one of the founding members.

Life Cycles: What is the CMA's position on contraception?

Dr. Lane: The CMA is faithful to the magisterial teaching of the Church. When *Humanae Vitae* was first published in 1968 many doctors left what was then the Catholic Physician's Guild. They were not ready to hear the prophetic message. Today we see how Pope Paul was right on target when he confirmed the Church's teaching regarding the use of contraception. He predicted that, with the use of contraceptives, conjugal infidelity would increase, we would see abuse toward women and a general lowering of morality.

We live in a contraceptive culture. As professor Janet Smith points out, we first thought contraception was going to bring happiness to marriage. Instead the divorce rate has more than doubled, as did the number of out of wedlock pregnancies. Professor Smith states that our culture separates sex from babies and marriage. A lot of young people are not getting married or have fear of marriage because of the high divorce rate. This contraceptive culture has been so harmful to the health of marriage and family life.

Life Cycles: How may we change the present contraceptive culture?

Dr. Lane: The task of the church as pointed out by Pope JP II is to educate men and women in self dominion so that they might love. NFP has a similar role in educating men and women in self dominion so that they may love also

in a truly human manner. According to the Holy Father, conjugal love ought to be human, total, exclusive and open to human life.

Life Cycles: Where are our Catholic Hospitals on the issue of contraception? There are no “NFP only” obstetrical and gynecologic services at any Catholic health care provider in the entire Philadelphia region.

Dr. Lane: Secularism has affected a good number of our Catholic institutions including our professions, hospitals and universities. Our Catholic Hospitals ought to join forces and offer a NFP only OB-GYN service. All Catholic Hospitals ought to follow the ethical directives as published by the National Conference of Catholic Bishops. The ethical directives for the end of life care need some clarification. Moreover our high schools and colleges must include *Humanae Vitae* and *The Role of the Christian Family in the Modern World* in their curricula.

Life Cycles: In your opinion, can a practicing Catholic get through medical school today and specialize in OB/GYN ?

Dr. Lane: It's a big challenge in our present culture. Many of the programs as you know, provide instruction in healthcare technologies that are for Catholics immoral. It is the policy of the American Medical Association that you shouldn't be coerced into doing things that are against your moral principles. Whether that is practiced in residency programs is anybody's guess. It is hoped that the medical school programs will honor a student who has moral reservations.

Life Cycles: Are there any medical programs in the US that do not

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PNFPN Membership Profile
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require students to go against the teaching of the Church?

Dr. Lane: Certainly Creighton University School of Medicine which is affiliated with the Pope Paul VI Institute in Omaha Nebraska has a Catholic oriented program. And the Pope Paul VI Institute is a national and international center for the study of morally acceptable reproductive health services. On the East Coast there is NY Medical College which was bought by the Archdiocese of New York a few years ago. I am certain the NFP only OB/GYN physicians might be more informed to answer this question.

Life Cycles: We understand that you are now the secretary, of the national CMA. Could you explain to us what your responsibilities in this position will be and more specifically, how you plan to promote NFP now?

Dr. Lane: As secretary I sit on the executive committee which runs our organization between biannual Board of Directors meetings We promote NFP both at our local and national meetings. We have some NFP only practicing OB/GYN physicians who you ought to interview in the future. In 2003 the national meeting of the Catholic Medical Association will be held in Philadelphia. PNFPN will be part of our program.

Life Cycles: How necessary is the PNFPN for NFP promotion?

Dr. Lane: We have a long way to go! We have been swallowed up by the contraceptive culture. The network is a great help. Eventually we will get some NFP only OB physicians in the Philadelphia area. Also, as the number of NFP couples increases, the OB/GYN physicians will be challenged to become more knowledgeable in NFP.

MARK YOUR CALANDER

National NFP week is March 25 to March 31 2001

Please share with us how you promoted NFP in your community and read about it in the next exciting issue of Life Cycles.

Hot Items in NFP promotion

In this issue we feature the Voices for the Unborn radio program with cohosts Bill Miller and Jeanette Wynne of the Bucks County Pro-Life Coalition. Voices for the Unborn is aired Tuesdays at 1:30 pm on WISP 1570 AM. The half-hour show features news and information for the Pro-Life community. Once a month, "Voices" takes up an hour slot, enabling people to call in with questions. Bill and Jeanette often discuss topics such as chastity education, NFP instruction and promotion. Former guests on the show have included Rev. Joseph Coffey, Joan Monahan, May Oliver, Agnes Fetcher, RN, and Barbara Rose, RN. Jeanette tells us that they are always seeking guests for Voices. If you believe you have the talent for going "on the air" please call her at (215) 822 - 3831.

Opportunities for Education and Training

The Family of the Americas will sponsor a six week course to train instructors in the Ovulation Method of Natural Family Planning. Classes are all Wednesday evenings, beginning March 7, 2001. For further information and registration please call the PNFPN hot line at (215) 885 - 8766.

Welcome New Members:

Greg & Kimberly Burke -

Danville, PA

Elena Bucciarelli Perri -

Havertown, PA

Pearl S. Huang - Lancaster, PA

Matthew & Mary Anne Pinto -

West Chester, PA

Mark & Lisa Pellegrino -

Yardley, PA

Msgr. Samuel E. Shoemaker -

Yardley, PA

Opportunities for Education and Training Outside of the Region

The Marquette University Institute for Natural Family Planning presents 21st Century Natural Family Planning; A National Conference on Natural Family Planning on March 23-24, 2001 in Milwaukee, Wisconsin. Presentations will be made by experts in NFP, medicine, nursing, infertility/fertility and theology. To receive a flyer please send your name and address to:

Richard J. Fehring, DNSc, RN, Associate Professor,

Marquette University Institute for Natural Family Planning
College of Nursing

Milwaukee, Wisconsin 53233

Phone # (417) 288 - 3838

Or e-mail address:

richard.fehring@marquette.edu



The CCL will sponsor a Priest Seminar on NFP April 17 - 19, 2001 in Cincinnati, Ohio. For registration and further information, please call: Ginny Niehaus (513)471-2000

The "Net" works

In this column, our readers will be informed of NFP promotional events, seminars, lectures and classes scheduled. Please check this column regularly for volunteer opportunities.

NFP classes in PA

Series of one class and three private counseling sessions beginning:
Wednesday, February 7; 7:30 to 9:30 PM
PNFPN Headquarters, Oreland
Instructors: Agnes Fechter and
Maureen Lomady
Call: (215) 885 - 8766

Series of three classes begins:
Tuesday, February 20; 7:30 to 10 PM
St. Ignace, Yardley
Instructors: Lester and Betty
Ruppersberger (STM)
Call: (610) 660 - 9002

Series of three classes begins:
Thursday, March 15; 7:30 to 9 PM
Holy Redeemer Provinciate
Huntingdon Valley, PA
Instructors: Barbara and Jim Rose (STM)
Call: (610) 660 - 9002

Series of four classes begins:
Friday, May 18; 7 to 9 PM
Nativity BVM, Media
Instructors: Joe and Maria Hare
Call: (610) 544 - 2349

NFP classes in NJ

Series of four classes begins:
Monday February 7; 7 to 9:30 PM
St. Joseph's Parish
Somers Point, NJ

Series of four classes begins:
Thursday February 15; 7 to 9:30 PM
Rowan University Newman Center
Glassboro, NJ

Series of four classes begins:
Wednesday February 21; 7 to 9:30 PM
St. Peter Parish
Merchantville, NJ

Series of four classes begins:
Monday March 5; 7 to 9:30 PM
Mater Ecclesiae
Berlin, NJ

For registration please call the Camden
Diocese at (856) 756 - 7900 ext. 6315

Volunteer Opportunities

The PNFPN is looking for volunteers to serve on their speaker's board. Prior experience speaking on the subject of NFP helpful but not required. Wide variety of subjects include NFP in marriage, NFP for general women's health, NFP and subfertility, Fertility Appreciation. Audiences are diverse and can be matched to fit your geographical area. Please call George and Eileen Finnin at (610) 489 - 4940.

The PNFPN is seeking staff writers for feature articles and interviews in its official newsletter, *Life Cycles*. If you believe you can assist in this ministry, please call Barbara Rose at (215) 884 - 2922.

The Family Life Office of the Archdiocese of Philadelphia is seeking volunteer couples to be trained as instructors of NFP or to give positive witness to a Regional Marriage group. Please call them at (610) 660- 9002.

The parish community of St. Stanislaus is seeking NFP witness couples to give presentations to Pre - Cana participants. Please call Father Joseph Shenosky at (215) 855 - 3133.

The Diocese of Camden is looking for volunteers for their Diocesan/Parish Pre-Cana teams and for their Mother-

Daughter/Father-Son Fertility Appreciation Programs. If you'd be willing to donate a few hours a year, please call Mary Ann Chezik at (856) 756 - 7900, ext. 6314.

The Natural Family Planning Education Center is looking for volunteers to organize and catalogue the materials in their library. If you believe you can assist in this effort please call Barbara Rose at (215) 884 - 2922.

The PNFPN hotline is in need of volunteer operators to provide the latest information on NFP classes and events. Volunteer schedule rotates on a weekly basis. Please call the hot line at (215) 885 - 8766 and ask to speak with Theresa Kuhar.

Next PNFPN Meeting

The next PNFPN meeting will be held at the headquarters in Oreland, PA on Tuesday, April 17, 2001. For minutes and agenda call Dorice Millar at (610) 873 - 8334.

WISH LIST for the natural family planning education center

If you can donate any of the following items (new or slightly used), please call the hotline.

Furniture needs:

Folding chairs
File Cabinets

Stationary needs:

Hanging files
folders
clip boards
medium weight multipurpose paper
8.5 x 11 (suitable for laser print or copier)