

Life Cycles



April 2004

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

A Message from your President

On March 6th, I was privileged to attend the PNFPN's second conference. First of all I want to express my gratitude to all the people at St. Mary Medical Center for their efforts. We have received more support from them than any institution in the Philadelphia area. People heard about the conference through PNFPN's efforts, word of mouth, fax machines, etc. I am amazed at some of the ways the word got out. Thanks to everyone who helped!

Over 140 people attended from seven dioceses. The entire conference was video and audio taped, and these are available to anyone who wants them. The presenters described a wide variety of ways to promote the Church's teaching. These talks spurred ideas and I so much enjoyed watching people during breaks as they talked about the issues. There is absolutely no way of knowing the benefits that each person received. What impressed me was that so many people have a desire to spread the NFP message. And, at the end of the day, Cardinal Justin Rigali celebrated Mass with us. In his homily he stated the PNFPN is helping with the work of the Church in promoting this teaching.

I want to thank all of you for your efforts, both great and small. The good news is slowly getting out. As I said at the conference, we all need all of us. Please continue to NETWORK.

George Finnin

Natural family planning is counter-cultural in the world at this time...

Your witness is truly a witness of faith, a witness of trust in Jesus.

If you will persevere, your numbers will grow larger"

*Cardinal Justin Rigali, March 6, 2004
to the participants of the
PNFPN conference closing Mass*

PNFPN Seeks Nominations for the Board

As you may remember, the PNFPN bylaws state that there are to be three new members on the board every year. These three members will replace the three that have completed their three year terms. Please take the time to seriously consider running for the board or nominate someone that you consider a great NFP promoter!

Please submit your names on this form and mail it to:

Jim Volpe
697 West Valley Forge Road
King of Prussia, PA 19406

Name: _____

Address: _____

Phone number: _____

I am nominating myself: yes no

I am nominating someone else.

Name: _____

Information about this person: _____

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

Life Cycles Staff:

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Life Cycles can be viewed online at www.pnfpn.org

Board Members of the PNFPN:

- John Cogan
- Eileen Finnin
- Sr. Sheila Galligan
- Liz Parrish
- Phyllis Stanton
- James Volpe
- Jeannette Williams

Officers of the PNFPN

- President: George Finnin
- VP: Barbara Rose
- Treasurer: Michael Castagno
- Secretary: Lester Ruppensberger

Spiritual Adviser

Rev. Msgr. Thomas Scanlon

Welcome New Members

Steve and Jan Bozza - Camden, NJ

Ik-Joon Choi - Wynnewood, PA

Mary Cole - Huntingdon Valley, PA

Christopher Cooke - Richboro, PA

Betsey Joakim - Rocky Hill, CT

Paul & Olivia Leskowicz - Boalsburg, PA

Deacon Leo & Barbara McBlain
Cherry Hill, NJ

Robert & Jeanne-Marie Motley
Hatfield, PA

Massimo & Carol Paris - Broomall, PA

Hugo & Estrella Prieto - Philadelphia, PA

Greg & Jennifer Ruppensberger
Princeton, NJ

Msgr. Samuel Shoemaker - Yardley, PA

Julie Szwejbka - New York, NY

Rev. Denis G. Wilde - OSA - PHD
Philadelphia, PA

Kudos

*to the following people
who were responsible
for the outstanding*

Second Annual PNFPN Conference:

Betty and Lester Ruppensberger

Marie Duess - St. Mary Medical Center
Marketing and Public Relations Dept.

Greg Wozniak

CEO St. Mary Medical Center

Ann O'Shea- Director of Mission
St. Mary Medical Center

Jim and Cheryl Manfredonia
Music Liturgy

Rick Lombardi - Videographer

PNFPN Board Members

Dr. John Lane – President, National
Catholic Medical Association

Dr. Bill Williams - President, Philadelphia
Chapter Catholic Medical Association

REMINDER: NFP Awareness Week This Year is July 25 to 31

NEW PNFPN Brochures

To help celebrate our sixth year as an organization dedicated to the promotion of NFP, the network decided to update our ever popular brochure entitled "NFP: safe, healthy, effective." Please consider distributing these brochures to your parish, ministry or health care office. For copies please call Lisann Castagno at the Family Life Office (610) 660-9002 ex.50

God's Little Blessings

Dominic Vincent

born February 23

to

Helen and Lou La France

2004 PNFPN Conference Tapes Now Available

For those of you who were unable to join us March 6, we offer the next best thing: audio and video tapes of all of your favorite speakers! We've included an order form as an insert to this newsletter. Please contact Domestic Church Media Foundation Inc. at P.O. Box 192, Fairless Hills, PA 19030. (215) 269-4446. See their website at: www.domesticchurchmedia.org, or e-mail: jimandcheryl@comcast.net.

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The "Net" works

God's Plan for Love:

Mother/Daughter Program

Sunday, May 23 from 2 to 5 p.m.

St. Joseph Church, Woodstown, NJ

(Salem County) Registration is \$15.00 per family. Call Mary Ann Chezick at (856) 756-7900, ext. 6314 for more information.

Fertility Appreciation Classes

A Mother/Daughter Fertility Appreciation class will be held on Saturday, June 5, 2004 from 1:30 pm to 4:30 pm. It is open to girls ages 10-13 and their mothers. There is a \$15.00 registration fee per daughter. Mothers attend free. The program will be held at Saint Peter's University Hospital, Sister Marie de Pazzi Conference Center, 254 Easton Avenue, New Brunswick, NJ 08901.

To register, please call Rosemary Kerns: (732) 745-8600 ext. 8862.

A Father/Son Fertility Appreciation class will be held on Saturday, June 26, 2004 from 1:30pm to 4:30 pm. It is open to boys ages 10-13 and their fathers. There is a \$15.00 registration fee per son. Fathers attend free. The program will be held at Saint Peter's University Hospital, Sister Marie de Pazzi Conference Center, 254 Easton Avenue, New Brunswick, NJ 08901. To register, please call Rosemary Kerns: (732) 745-8600 ext. 8862.

Saint Peter's is located near exit 9 of the New Jersey Turnpike in Central New Jersey. It is also easily accessible to Rte. 287, Rte 1, Rte 18 and Rte 27.

NFP Teacher Training Course

May 8 to May 15, Garrison, NY

Creighton Model *FertilityCare*™ System Practitioner Program sponsored by the FertilityCare Center of Kansas City. This course is designed to prepare couples or individuals to deliver Creighton Model *FertilityCare* System services of the highest quality and to provide a vehicle for certification by the American Academy of *FertilityCare* Professionals.

The *FertilityCare* System includes a natural method of family planning in addition to gynecologic health maintenance and tracking. It can help resolve issues of infertility and endometriosis in addition to providing natural treatments for ovarian cysts, cycle irregu-

larities, unusual bleeding, PMS, hormone replacement therapy and others.

This the first part of a thirteen month course of study incorporating classroom instruction and supervised teaching experience. For further information, please contact Dorothy Dugandzic of the St. Augustine Foundation (914) 476-4858 or email: augustinenf@hotmail.com

NFP Classes and Introductory Sessions

Pennsylvania

April 5 – Perkasio

Free Introductory Session of the Creighton Model *FertilityCare*™ System. Call Liz Parrish, RN, FCP at (215) 249-9829 for more information and registration.

April 16 – Linfield

Free Introductory Session of the Creighton Model *FertilityCare*™ System to be held from 7:30 to 9:30 PM. Call Elizabeth Kauffeld, FCP at (610) 495-8821 for more information and registration.

April 20 – Philadelphia

The Philadelphia Archdiocese Family Life Office will sponsor a class in the sympto-thermal method of natural family planning at Nazareth Hospital, 2601 Holme Ave, Marion Building, 1st floor. For more information and registration call (610) 660-9002.

April 22 – Oreland

Free introductory session of the Creighton Model *FertilityCare*™ System. This will be held at 88 Pennsylvania Avenue in Oreland. Call Barbara Rose, RN, FCP at (215) 884-2922 for more information and registration.

May 3 – Perkasio

Free Introductory Session of the Creighton Model *FertilityCare*™ System. Please call Liz Parrish, RN, FCP at (215) 249-9829 for more information and registration.

May 7, Norristown

The Philadelphia Archdiocese Family Life Office will sponsor a class in the sympto-thermal method of natural family planning at Mercy Suburban Hospital, 2701 DeKalb Pk. For more information and registration call (610) 660-9002

May 13 – Oreland

Free Introductory Session of the Creighton Model *FertilityCare*™ System. This will be

held at 88 Pennsylvania Avenue in Oreland. Call Barbara Rose, RN, FCP at (215) 884-2922 for more information and registration.

May 20 – Linfield

Free Introductory Session of the Creighton Model *FertilityCare*™ System to be held from 7:30 to 9:30 PM. Call Elizabeth Kauffeld, FCP at (610) 495-8821 for more information and registration.

June 3 – Oreland

Free Introductory Session of the Creighton Model *FertilityCare*™ System. This will be held at 88 Pennsylvania Avenue in Oreland. Call Barbara Rose, RN, FCP at (215) 884-2922 for more information and registration.

June 7 – Perkasio

Free Introductory Session of the Creighton Model *FertilityCare*™ System. Please call Liz Parrish, RN, FCP at (215) 249-9829 for more information and registration.

June 8 – Downingtown

Free Introductory Session of the Creighton Model *FertilityCare*™ System. This will be held at St. Joseph Catholic Church. Please call Dorice Millar, RN, FCP at (610) 873-8334 for more information and registration.

June 22 – Philadelphia

The Philadelphia Archdiocese Family Life Office will sponsor a class in the sympto-thermal method of natural family planning at St. Dominic Catholic Church, 8504 Frankford Ave. For more information and registration call (610) 660-9002.

June 22 – Linfield

Free Introductory Session of the Creighton Model *FertilityCare*™ System to be held from 7:30 to 9:30 PM. Call Elizabeth Kauffeld, FCP at (610) 495- 8821 for more information and registration.

New Jersey

The following classes listed are sponsored by the Camden Diocese. Each course is taught in a series of four classes spaced about one month apart. Course fee is \$75 per couple which includes all materials, charts and a year's subscription to the Family Foundations magazine. Preregistration is requested. For information call: (856) 756-7900 ext. 6315 or email: nfpoffice@camdendiocese.org

Thursday April 29, 7 - 9:30 PM at St. Mary Church in Cherry Hill, NJ

Become a member of the PNFPN

For the past five years the PNFPN has existed solely on the generosity of a few people and never asked its members to pay dues. While we believe that news and information regarding NFP in the Philadelphia region should remain free, we realize that our efforts to engage in promotional activities is severely limited without a source of income. Therefore, we are appealing to our members to consider a yearly donation to enable us to continue our efforts in spreading the good news of NFP. We ask that you send \$15 for an individual membership, \$25 for a couple and \$10 for students. Those of you who donate will become members and will be eligible to vote for the executive board members each year. The PNFPN still intends to provide free copies of Life Cycles to all who are on the mailing list. We believe that the distribution of this publication is a valuable service. Please clip out the following and send your check to PNFPN, P.O. Box 220, Jenkintown, PA 19046.

Name: _____

Address: _____

Home Phone: _____ Work Phone: _____

Would you agree to have your name and phone # listed in a directory for PNFPN members only?

Yes No

Any additional information or comments _____

Mail to: George and Eileen Finnin
 3842 Lywiski Road
 Collegeville, PA 19426

Life Cycles will be accepting Ads

At the last PNFPN board meeting, it was decided that Life Cycles will accept advertising from our members and from those outside organizations who subscribe to our philosophy.

If you are a business owner, please consider advertising with us. Our mailing list is currently over 350. Cost of an ad is just \$25 per issue or \$100 for the year. For further information, please contact Michael Castagno, treasurer of the PNFPN at (215) 885-8388

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