

Become a Member of the PNFPN

Ever stop to consider what would be possible if more people understood the gift God gave us in our cyclic fertility? If you are excited about bringing knowledge of this tremendous gift to others, please join us. You can share more of your talents by agreeing to be listed in our directory.

Name: _____

Address: _____

Home Phone: _____ Work Phone: _____

Profession or association with NFP: _____
(Clergy, laity, couple, healthcare professional, promoter, pro-life advocate, etc.)

Are you a member of an organization that provides instruction in NFP?

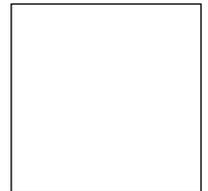
(Archdiocese Family Life Office, C.C.L., Family of the Americas , or other)

Would you agree to have your name, address and phone # listed in a directory for PNFPN members only? Yes No

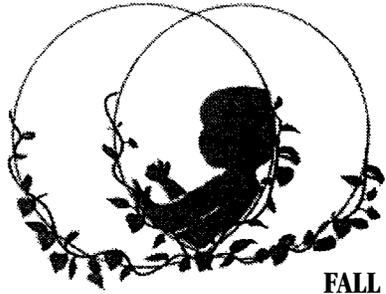
Any additional information or comments _____

Mail to: George and Eileen Finnin
3842 Lywiski Road
Collegeville, PA 19426-1025

Life Cycles
P.O. Box 220
Jenkintown, PA 19046



Life Cycles



FALL 2002

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

Subfertile couple achieve pregnancy through Faith and the Creighton model

Elena Perri

Ann Marie and her husband Martin want to have as many children as the Lord will give them. And that desire, coupled with their use of the Creighton Model to conceive, has helped them become parents-to-be for the first time.

Ann Marie and Martin began trying to conceive a few months after their November 1999 marriage, but due to her endometriosis, they weren't able to get pregnant for two years. They were told following a laparoscopy operation to remove endometriosis from her ovary that they would never conceive. The couple, who had been practicing Natural Family Planning, learned about the Creighton Model through a Delphi Forum bulletin board on NFP (<http://forums.delphiforums.com/nfptalk/start>).

They began working with Dr. Thomas Hilgers from the Pope Paul VI Institute for the Study of Human Reproduction in Omaha, Neb., and Dr. Leonie Watson in Elizabeth, N.J. Ann Marie needed to learn the Creighton Model, so she contacted the couple who taught the NFP class she and Martin attended at St. Francis of Assisi Parish in Springfield. The couple connected Ann Marie with the PNFPN,

and she was referred to Dr. Watson, who taught her the Creighton Model.

Ann Marie said she met with Dr. Watson once in person and then they would review over the phone the charts that she had faxed to Dr. Watson's office.

Throughout last summer Ann Marie was the recipient of many prayers, which included a 54-day rosary novena. "People who visit the Delphi bulletin board have prayed for us and they're so excited for us," she said. "Everyone who prayed for us has played such a big part in our pregnancy."

Last November, when her period was late, Ann Marie took an Early Pregnancy Test. She recalled thinking, "I know it's going to be negative and I'm not going to cry." But Ann Marie took the pregnancy test and then put it back in the box. Later, she pulled it out and was "shocked" to see that both lines were solid. Because it was the anniversary of their first date and when they got engaged, Ann Marie said she "wrapped up the stick and put it in a gift bag" for Martin.

A few weeks after conceiving, she had her progesterone level checked and it was dangerously low, which meant Ann Marie could have miscarried. "The level went very low," she said. "It was a 12 and it should have been a 19. I had to be my own advocate and kept getting (the levels) checked." Her diligence paid off because Ann Marie said doctors had told her that "everything's fine."

A Message from your President:

It's been an exciting summer for NFP promotion. On July 24, The PNFPN was featured in a news article regarding NFP week (7/21 to 7/27) for the *Catholic Standard and Times*. After our web address was published in the Marriage supplement, we received over fifty hits in seven days. While we can't assume that there will be fifty couples seeking NFP instruction, we can assume that there were fifty interested parties investigating our ministry and the type of work that we do. Please pray with me that they are inspired by our efforts and choose to join and/or support us.

While our "welcome new members column" lists just four new people, please know that there are an additional thirteen members who chose not to be listed in the directory. People choose not to share their name and number with the rest of the PNFPN members for a variety of reasons. According to our membership chair we are up to 248 on the mailing list and 133 on the directory list. That's 115 of you out there promoting NFP by yourselves! I respectfully request that all of our members consider what would be possible if we all had access to each others phone numbers and addresses. Just think... MORE NFP PROMOTION. Please remember that the list is only distributed to PNFPN members, and is not shared with solicitors.

Life Cycles

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

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Board Members of the PNFPN:

Eileen Finnin

Joseph Hare

Cecilia LeChevallier

Dr. Lester Ruppertsberger

Rev. Msg. Thomas J. Scanlon

Dorice Millar

Officers of the PNFPN

President: Barbara Rose

VP: George Finnin

Treasurer: Michael Castagno

Secretary: Stephanie Schoenleber

Welcome New Members

Daniel & Peggy Imms - Atgleni, PA

Sister Anna Marino - Darby, PA

Jerry McAfee - Allentown, PA

*Rev. John D. McBride –
Philadelphia, PA*

A Message from your President Continued from page 1

You'll notice that our lead story in this issue is about the Creighton model of NFP. Many of you are unaware of this relative newcomer to NFP methods. While we could devote an entire column to the Creighton model and NaPro technology, I'll just share with you a quote from Pope John Paul II:

"We must be convinced it is providential that various natural family planning methods exist so as to meet the needs of different couples. The Church does not give exclusive approval to any one natural method, but urges that all be made available and be respected."

"...it is important that the various natural

family planning groups work together and share their research and studies so as to manifest a unity of purpose and commitment. In this way the Church is better able to present to the world the values of the natural methods, and reduce the strong emphasis on contraception, sterilization, and abortion that we often encounter in the world." ("Responsible Procreation" - June 8, 1984).

Let us welcome Creighton model practitioners and medical consultants with open arms. God willing, there will be more of them joining this network in 2003.



Nominations for board members

By George Finnin

Changes in our bylaws require us to have a new election. Board members are to serve three year terms, and are required to attend the four meetings a year. PNFPN board meetings are scheduled on Monday evenings every three months, and are held in Oreland, Montgomery County. We want all members to exercise their right to participate in selecting board members so we are making it convenient and simple. Here are the three steps to ensure that new members are selected in a timely and orderly fashion:

Step one: Send the name(s) of individuals you believe should participate in the board to Eileen Finnin or Cecilia LeChevallier. You may nominate yourself. Eileen's address is located with George's on the back page of this newsletter. Cecilia can be reached at the Camden Family Life Office at: camdennjfp@cs.com or telephone: 856-756-7900 ext. 6315

Step two: Look for our ballot in the winter edition of Life Cycles.

Step three: Vote.

Like we said, convenient and simple.

Officers of the PNFPN will be appointed by the board. Their duties and responsibilities according to the bylaws are as follows:

President: Appointed for a two year term. The President shall be a member defacto of all standing or temporary committees. The president shall chair all general membership meetings.

Vice President: Appointed to a term concurrent with the term of president and holding similar limits. The vice president shall succeed the president in the event of his/her absence.

Treasurer: Appointed by the executive board to a term of one year with a limit of three consecutive terms, The treasurer shall report to the Executive Board and general membership the financial status of the PNFPN, The treasurer is a member of the Finance and Fund raising committees.

Secretary: Appointed to a one year term with no limit of consecutive terms. The secretary shall maintain the records of the association and record the minutes of each meeting of the board or general membership.

So remember to send in your nominations today, and vote this December to ensure the continued success of the PNFPN.

The PNFPN Asks: “How Are We Doing?”

By James Raymond Rose

Doing well, you say, in promoting NFP? Yes, NFP has gained more visibility thanks to the efforts of the network. But let's consider how effectiveness is measured. If we are doing such a great job, shouldn't we expect more people to attend classes?

Well, you might say that we are being too simplistic. There are other indicators of effectiveness, some not as measurable as class attendance. *Life Cycles* decided to investigate anyway, if only to obtain numbers for comparison next year. Here are some of the statistics from area instructors and their thoughts.

Maria and Joe Hare are the regional coordinators of the Couple to Couple League (CCL) in the Philadelphia region and have been instructors for eight years. According to the Hares, CCL has taught a total of thirty-three couples from June 2001 to June 2002. Maria and Joe alone taught 18 couples. Says Joe, "We had three series of classes (4 classes per series) scheduled during the same period. I have recruited two couples for teacher training in the last six months but, no new couples have been certified to teach." Michele Szupica, an instructor for CCL explained to us that most of her clients were referred through the CCL website. "We always ask our students where they found out about our class and they haven't mentioned the PNFPN yet."

The Family of the Americas Foundation (FAF), is the only organization in the Philadelphia and Southern New Jersey region that provides instruction in the ovulation method. Says Agnes Fechter, RN, "I don't think I've taught a class in

over a year. Barbara Rose, RN, instructor and Master Trainer for the Family of the Americas reported "I just had six terrific new instructors complete a training course in May, but I don't know how they'll become certified if we don't find couples to teach soon."

Dorice Millar, RN of Chester County seems to be having the most success among the FAF instructors. "I get twenty couples a year," she informed *Life Cycles*, "Our pre cana (St. Josephs Church in Downingtown) has a mandatory NFP introductory class. I probably get 15% that take the course afterward. I also had about one half dozen e-mail clients this year and those are usually from the Family of the Americas. They are from Ohio, New Jersey, Pittsburgh, all over." Mrs. Millar added "I have gotten a few from the website."

According to Jane Schnatz of the Philadelphia Archdiocesan Family Life Office there have been 14 programs from June 2001 to May 6, 2002 with 87 couples registered. Says Mrs. Schnatz, "We usually do our statistics on the fiscal year from July 1 to June 3. Please note that these statistics do not reflect where and how the couple heard about NFP. We do know that a good many come from pre-cana presentations. I haven't seen nor heard anyone directly coming from the network publicity. Perhaps indirectly!"

We asked Cecilia LeChevallier of the Camden diocese about their class attendance. Says Mrs. LeChevallier, "From June 2001, to the present, fourteen Natural Family Planning class series were offered by the 6 teaching couples in the Diocese of Camden, NJ. In those classes, 46 couples were registered and 22 of these were engaged couples."

Mrs. LeChevallier explained to us how many of the engaged couples attended because the witnessing priests required them to take the NFP classes prior to marriage. These couples were informed

that NFP would enable them to have the tools to live a Catholic, Christian marriage. Mrs. LeChevallier went on to explain: "We are hoping more priests will begin encouraging all of their engaged couples to take a course in Natural Family Planning prior to their wedding. The newly ordained priests are very positive in their outlook on NFP and the benefits to married couples."

The Camden diocese has included the PNFPN website with the current listing of classes in the metropolitan Philadelphia area and refer to the website in their NFP class promotion.

So there you have it. The final tally: 186 couples attending NFP classes. Look for our follow up article in the summer issue of *Life Cycles* 2003!

God's Little Blessings

*Noah Brandt born on April 26,
came home to Nancy and Steve
Brandt on June 21*

*Carmen Victoria Gisondi
born July 13, 2002 to
Victoria and Rick Gisondi*

*Brigid Shirlynn was
born on July 16, 2002 to
Kevin and Phyllis Stanton*

The "Net" works

NFP CLASSES SCHEDULED

Pennsylvania

September 6 – Paoli

The Couple to Couple League will sponsor a class in the Sympto – Thermal method of Natural Family Planning at St. Norbert's Rectory. This is a series of four classes with the additional dates of 10/4, 11/2, and 11/22 from 7 to 9 PM. Call Chris and Michele Szupica at (610) 408-8447 or email: szupica@att.net

September 10 – Overbrook

The Philadelphia Family Life Office will sponsor a class in the Sympto-Thermal method of Natural Family Planning at St. Charles Seminary, 1000 East Wynnewood Rd. For more information please call (610) 660-9002.

September 18 – Oreland

The Family of the Americas will sponsor a class in the ovulation method of Natural Family Planning at 7:30 PM. After initial introductory class, private counseling is available with certified instructors. For more information please call (215) 885-8766.

October 1 – Yardley

The Philadelphia Family Life Office will sponsor a class in the Sympto-Thermal method of Natural Family Planning at St. Ignatius of Antioch, 999 Reading Ave. For more information please call (610) 660-9002.

October 16 – Oreland

The Family of the Americas will sponsor a class in the ovulation method of Natural Family Planning at 7:30 PM. After initial introductory class, private counseling is available with certified instructors. For more information please call (215) 885-8766.

November 12 – Meadowbrook

The Philadelphia Family Life Office will sponsor a class in the Sympto-Thermal method of Natural Family Planning at Holy Redeemer Hospital, Huntingdon Pike. For more information please call (610) 660-9002.

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 \$70 per couple which includes all course materials, charts and bi-monthly magazine. Pre-registration is requested. For information call: (856) 756-7900 ext. 6315 or email: camdennjfp@cs.com

Thursday, September 5 at St. Pius X Church in Cherry Hill; 7 - 9:30 PM
Instructors: Andres & Rosemarie Colon

Monday, September 30 at Mater Ecclesiae Mission in Berlin; 7 - 9:30 PM
Instructors: Mike and Barbara Meier

Wednesday, November 6 at St. Vincent Pallotti Church, Haddon Township; 7 - 9:30 PM
Instructors: Mark and Cecilia LeChevallier

Volunteer Opportunities

The PNFPN:

Seeking a coordinator for the NFP information line. Duties include updating PNFPN phone receptionists with NFP class information and arranging their on call schedule every three months. Please call the information line at (215) 885-8766.

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 the information line at (215) 885-8766 .

Seeking assistance in web design for PNFPN site. If you have this experience please contact Barbara Rose at (215) 884-2922 or e-mail at barbararose@acninc.net

Seeking volunteers to assist with mail lists. Candidates must be computer literate but we will provide training in the use of Microsoft ACCESS or compatible program for data management. Please call George Finnin at (610)489-4940 or e-mail to gfinnin@icdc.com.

The Family Life Office of the Archdiocese of Philadelphia:

Seeking volunteers to be trained as instructors of NFP, especially those with Spanish language skills. Also in need of couples to give positive witness to marriage preparation groups. For both of these ministries please call Lisann Castagno at (610) 660-9002.

The Diocese of Camden:

Seeking 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 Chezick at (856) 756-7900, ext. 6314.

Creighton Model FertilityCare™ System

Practitioner Program

**Beginning October 26, 2002 in
Mount Arlington, New Jersey**

The program is a 13-month course of study incorporating classroom instruction and supervised teaching experience to prepare couples or individuals to deliver Creighton Model FertilityCare™ System Services.

The program consists of:

Education Phase I -

October 26 - November 2, 2002

- An eight day total immersion course

Supervised Practicum I

- A six-month faculty supervised teaching experience at the student's home location to develop basic skills presentation of the Introductory Session, conduct of Techniques of Follow-up, and basic case management and evaluation

Education Phase II -

April 26 - May 1, 2003

- A six-day course of advanced study consisting of lecture, group discussion and hands-on problem solving of advanced aspects of teaching the Creighton Model FertilityCare System

Supervised Practicum II

- Seven months in duration, this faculty supervised teaching experience includes onsite visitation to observe conduct of the Introductory Session, Follow-up and Comprehensive Case Review

PROGRAM FACULTY

Phyllis A. White, BA, CFCE, CFCP
Blue Springs, Missouri
Program Director

Leslie A. Chorun, MD, CFCMC, CFCP
Kansas City, Kansas
Medical Consultant

CLASS LOCATION

Mount Arlington, New Jersey
Rooms will be available at the Felician Retreat House, where the classroom instruction will be conducted. Meals will be served at the Retreat House as well.

COST

Tuition: Practitioner \$2,500

Books: Includes texts, slides,
And client materials \$750

Final National Standardized Exam \$50

Room, board and expenses in New Jersey

EPI (10-02) \$620

EPII (4-03) \$540

Total \$4,460

For further details, contact:

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Wharton, New Jersey 07885
(973) 361-4808
email: robertho@optonline.net

or
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Program Director
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Email: FCCCKC@discoverynet.com
FAX (816) 229-3390

Continued from page 1

Ann Marie's advice to women who may find themselves in similar situations is "to be very proactive when they find out they are pregnant. Find out progesterone levels, get (your) levels checked." Dr. Watson worked with Ann Marie's primary care physician in getting her supplemental progesterone shots. "If a doctor gives you an answer you don't like, go to another," she said. "It's a sin if a woman would have to go through a miscarriage or two." She also recommends to women who are experiencing fertility problems to find other women to talk with, women to lean on for support.

Ann Marie, who is due in late July, is looking forward to delivering her first child. "I'm looking forward to looking into his or her little face," she said. "I pray for the baby all the time. God has blessed us with a little miracle."

***Ann Marie and Martin
were blessed with a baby girl !***

***Dorothy Grace
was born on August 8, 2002
and weighed in at 10 lbs 2 oz.***

***The Life Cycles staff thank
both Ann Marie and Martin
for sharing their story and
their joy with us.***

***May God richly bless
your family.***

Our Ongoing Appeal

God bless you for your generosity

\$ 5 \$ 10 \$ 15 Other: _____

Name: _____

Address: _____

Please send your contribution to PNFNP, P.O. Box 220, Jenkintown, PA 19046. The PNFNP is a 501 (c) (3) tax exempt organization.