

# Life Cycles



February 2004

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

## NFP and Divorce

By Fr. A. Zimmerman

*The following is excerpted with permission from the NFPLIST, a professional list/serv with participants from all over the world. Father Zimmerman has been involved in NFP promotion for over 50 years. He was born in Westphalia, Iowa, the fourth of ten children, in 1917 and has spent most of my life as a seminary professor of moral theology, both in the United States and abroad. He is presently retired and living in Japan. Fr. Zimmerman's website is [www.CatholicMind.com](http://www.CatholicMind.com)*

*Father begins in response to Dr. Joseph Stanford, NFP researcher and moderator of the NFPLIST*

Thanks, Joe. Perhaps every one on this list believes with you that NFP use is associated with lower divorce rates. Our limited experience plus common sense tells us as much. To deny it would be denying common sense. What we know already is a sufficient basis for advertising the well known fact when we teach NFP on the practical level. Rigorous data to back this up would be a bonus, but is not essential for even now advertising what we believe, and explaining why we believe it.

*A NFPLIST participant asks:*

*I am not sure about the common sense. .... What is your definition of common sense?*

*Father Zimmerman responds:*

*You ask what is my definition of common sense. It is the same as my diction-*

*ary defines it: "Native good judgment, sound ordinary sense."*

NFP users are the best, are the cream of the crop, are couples who wear formals and neckties and pearls in married life. I have attended many international conventions on natural family planning, and heartily agree with the assessment made by Fr. Paul Marx who has conducted many of them: "The finest people of the world come to these conventions." Common sense suggests that we should not expect NFP conventioners to have a 50% rate of divorce. Rather, they might be as rare as a solar eclipse.

Our sound native judgment should tell us that couples who abstain periodically from sexual intercourse usually do so with positive motivation that is strong enough to support a high degree of self control. Whereas people who take the easy way out by instant family planning, by popping pills or snipping tubes, avoid the strenuous exercise of this form of self control. Couples who abstain periodically for the sake of the family, month after month, year after year, show immense consideration and love for the spouse and for the children. Common sense tells us that they will typically work out their marital problems more successfully than those who do not show such love in action.

On the contrary, couples who contracept tell a lie to each other with their bodies. Telling a lie to one's partner with the body in this sensitive area where truth is absolutely essential for the intimate union of sexual intercourse, where a lie explodes intimacy, where contempt is a mask for love, tends to turn love into hate. It is like talking to the partner with slurred speech

## A Message from your President

This is a special edition of *Life Cycles* because we want to get the news of our March conference out quickly. Details of the conference are included in this issue. We are most fortunate to have four priests, along with members of the Family Life Office, giving presentations. We will also have Theresa Notare of the United States Conference of Catholic Bishops - Diocesan Development Program presenting. Lastly Archbishop Justin Rigali will celebrate Mass with us at the end of the day. I hope many of you will spread the word within your parishes and organizations. If you want to include a flier in your parish bulletin or elsewhere, you can download one from our [www.pnfpn.org](http://www.pnfpn.org) website. Just go to Facts of Love Conference item and click on Detail Flier. This download can be printed on your own printer or the electronic file taken to a printer to be printed. Last year we had close to 120 people attending. This year we hope to see 300. Please help us in spreading the word.

*God Bless*

*George Finnin*

*(Continued on page 2)*

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

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because the mouth is full; it is like plugging the ears with wax while speaking with the other. Contempt for the partner is a giant step toward divorce.

If they do not even perceive that contraceptive intercourse demonstrates contempt for the partner, this may indicate a certain crassness and underdevelopment of character, a lack of what belongs to a two-in-one partnership. We should expect a comparative greater frequency of divorces among people of undeveloped perceptions. We read so often that after couples switch from contraception to NFP, that is when they appreciate, often to their great surprise, the superiority of their new lifestyle. As one lady told me, it is like cleaning soot out the stove pipes after the winter turns to spring.

People who use NFP in order to be faithful to nature and to God, demonstrate their possession of a good self-image, and a healthy respect for the integrity of their partner. Respect is essential for true love to flourish, for a love that will carry a couple through a lifetime partnership. We do not expect to find the same degree of sensitivity toward what is natural, and toward God, among couples who contracept. Sensitivity toward the finer things of life is a powerful element in achieving successful marriages.

Common sense adds up these elements and tells us to expect less frequent divorce among practitioners of NFP than among contraceptors. We are allowed to use these findings of common sense even if we lack other scientific data.

## Introducing NaProTechnology to the World

The 23rd Annual Meeting of the American Academy of FertilityCare™ Professionals, "Introducing NaProTechnology to the World," is July 21-24, 2004 with a pre-conference program on Surgical NaProTechnology conducted July 20-21, 2004. This meeting is open not only to members of the American Academy, but also to health professionals throughout the country and throughout the world, along with interested lay people who may wish to learn more about this exciting new science. The program is sponsored by the The American Academy of FertilityCare Professionals, the Pope Paul VI Institute for the Study of Human Reproduction and Creighton University Medical Center School of Medicine. The meeting is scheduled to coincide with the debut of the new medical textbook, "The Medical and Surgical Practice of NaProTECHNOLOGY."

Don't miss this historical and significant event.

Information on the conference can be found at [www.naprotechnology.com](http://www.naprotechnology.com) and attendants can register on-line.

## Welcome New Members

Brendan & Tessa Petersen  
Pitman, NJ

## God's Little Blessings

James Michael  
born to  
Pat and Patricia Cahill  
12/26/03

# The "Net" works

## NFP Teacher Training Course

The Archdiocese of Philadelphia is sponsoring a training course for instructors of the sympto-thermal method on the weekends of both March 20/21 and 27/28 in 2004. This will require an interview to determine eligibility. Contact Lisann Castagno at (610) 660-9002 ext: 50 for more information.

## Achieving Pregnancy Class

A course entitled Natural Strategies for Achieving Pregnancy is designed for those desiring pregnancy or having difficulty achieving pregnancy. A series of three classes will be held at Our Lady of Lourdes School of Nursing in Magnolia, NJ beginning on March 3, 2004. Classes are scheduled from 7:30 to 9 PM. For directions and registration call (856) 756-7900, ext. 6315 or email: [nfpoffice@camdendiocese.org](mailto:nfpoffice@camdendiocese.org).

## NFP CLASSES SCHEDULED

### Pennsylvania

February 3 – Yardley

The Philadelphia Archdiocese Family Life Office will sponsor a class in the sympto-thermal method of NFP at St. Ignatius of Antioch. For more information or registration please call (610) 660-9002.

February 19 – Oreland

Free Introductory Session of the Creighton Model FertilityCare™ System. Call Barbara Rose, RN, FCP at (215) 884-2922 for more information and registration.

February 20 – Limerick

Free Introductory Session of the Creighton Model FertilityCare System. Call Elizabeth Kauffeld, FCPI at (610) 495-8821 for more information or registration.

February 29 – Philadelphia

Free Introductory Session of the

Creighton Model FertilityCare™ System to be held at St. Matthew Parish, 3000 Cottman Avenue in Northeast Philadelphia. Call Barbara Rose, RN, FCP at (215) 884-2922 for more information or registration.

March 2 – Perkasio

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

March 2 – Meadowbrook

The Philadelphia Archdiocese Family Life Office will sponsor a class in the sympto-thermal method of Natural Family Planning at Holy Redeemer Hospital, 1648 Huntingdon Pk. For more information or registration call (610) 660-9002.

March 4 – Oreland

Free Introductory Session of the Creighton Model FertilityCare System. Call Barbara Rose, RN, FCP at (215) 884-2922 for more information or registration.

March 9 – Downingtown

Free Introductory Session of the Creighton Model FertilityCare System. This will be held at St. Joseph's Parish. Call Dorice Millar at (610) 873-8334 for more information or registration.

March 16 – Limerick

Free Introductory Session of the Creighton Model FertilityCare System. Call Elizabeth Kauffeld, FCPI at (610) 495-8821 for more information or registration.

April 7 – Perkasio

Free Introductory Session of the Creighton Model FertilityCare System. Call Liz Parrish, RN, FCPI at (215) 249-9829 for more information or 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 or registration call (610) 660-9002.

April 21 – Limerick

Free Introductory Session of the Creighton Model FertilityCare System. Call Elizabeth Kauffeld, FCPI at (610) 495-8821 for more information or registration.

April 22 – Oreland

Free Introductory Session of the Creighton Model FertilityCare System. Call Barbara Rose, RN, FCP at (215) 884-2922 for more information or registration.

May 7 – Norristown,

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

May 28 – Limerick

Free Introductory Session of the Creighton Model FertilityCare System. Call Elizabeth Kauffeld, FCPI at (610) 495-882 for more information or 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 bi-monthly magazine. Preregistration is requested. For information call: (856) 756-7900 ext. 6315 or email: [nfpoffice@camdendiocese.org](mailto:nfpoffice@camdendiocese.org)

February 17, 2004 – Haddon Heights  
7 - 9:30 PM at St. Rose of Lima Church

May 13, 2004 – Pomona  
7 - 9:30 PM at Assumption Church

*Philadelphia Natural Family Planning Network & Catholic Medical Association  
presents*

**FACTS OF LOVE**

**Bringing NFP to Parish Life**

**Saturday March 6, 2004**

**St. Mary Medical Center, Langhorne-Newtown Rd., Langhorne, Pennsylvania**

**additional information available at [www.pnfpn.org](http://www.pnfpn.org)**

**PROGRAM SCHEDULE**

8:00 am - 8:45 am Registration/Continental Breakfast  
 8:45 am - 9:00 am Opening Remarks and Prayer  
 9:00 am - 9:40 am Overview of NFP- Dr. Lester Ruppberger  
 9:45 am - 10:20 am How to Bring NFP into PreCana- Fr. Paul Stenson  
 10:25 am - 10:40 am Coffee Break and Vendors  
 10:45 am - 11:15 am How to Give a Homily on NFP- Fr. Tim Christy  
 11:15 am - 12:00 pm The Diocesan NFP Ministry- Theresa Notare  
 12:05 pm - 1:00 pm Lunch and Vendors  
 1:05 pm - 1:35 pm How to Establish an NFP Ministry in a Parish- Fr. John Gabin  
 1:40 pm - 2:15 pm How to Teach NFP to Students- Fr. Jim Otto  
 2:15 pm - 2:25 pm Refreshment Break  
 2:25 pm - 3:00 pm New Approaches in Presenting NFP – Steve Bozza  
 3:45 pm - 4:15 pm How to Teach NFP to Couples- Lisann and Michael Castagno  
 4:15 pm - 4:40 pm Questions and Wrap Up  
 5:00 pm Mass – Principal Celebrant and Homilist- Cardinal Justin Rigali  
 Continental breakfast and box lunch will be provided.

**Register:** \$15 per person, \$25 per couple, \$10 for religious and students.

**Please make checks payable to PNFPN and mail to:**

**George Finnin, 3842 Lywiski Rd, Collegeville, PA 19426**

**Please return registration forms by February 20, 2004**

If you are not on our mailing list and would like to receive copies of our quarterly *Life Cycles*, please include your name and address. If you would like to be listed in our directory, check the appropriate box.

**Name(s):** \_\_\_\_\_

**How did you hear about this conference?**

Newspaper   Church   Bulletin   Flier  
Radio   Word of Mouth   Other \_\_\_\_\_

**Your role in supporting NFP?**

User   Couple   Clergy   Medical   Professional  
Educator   Pre Cana   Witness   Other \_\_\_\_\_

**Add me to the PNFPN mailing list** -  Yes    No

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_ Zip: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Include my name in the PNFPN Directory -  Yes    No

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