

Life Cycles



Spring 2009 The newsletter of the Philadelphia Natural Family Planning Network (PNFPN)

Conscious Parenthood by Cardinal Justin Rigali *Excerpted from The Catholic Standard & Times, January 15, 2009*

The following paragraphs are quoted from Cardinal Justin Rigali's January 15 column in *The Catholic Standard & Times*.

“Recently, Dr. Janet Smith, professor of Moral Theology at Sacred Heart Seminary in Detroit, gave a very fine address at the Pontifical University of the Holy Cross in Rome. Dr. Smith is an expert on life issues and has written extensively on the proper understanding of *Humanae Vitae*. In this recent talk, she pointed out that the common translation of a key Latin phrase in this encyclical as ‘responsible parenthood’ has clouded the true meaning and beautiful commentary on love

and families found in *Humanae Vitae*. It is her suggestion of an alternate and more accurate translation, ‘conscious parenting,’ that gives us the title of our topic this week. The phrase ‘conscious parenting’ enables us to highlight what should come before the conception of a child, rather than what comes afterwards, thereby avoiding that ‘problem’ or ‘punishment’ mentality that can so easily be fallen into.”

“Dr. Smith points out that conscious parenthood should be central to a relationship. When sexual relations are seen as the coming together of two people in the most intimate act of self-giving, having as part of its very na-

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Letter from the President

Dear PNFPN'ers:

Much water has run under the bridge since our last edition. We have celebrated another Christmas holiday. We have entered a new year. We have had another March for Life, the 36th... 50 plus million abortions, 50 plus million children killed in their mother's wombs. But the most significant change has been in the administration of our government in Washington, D.C. Some say it is the most pro-abortion administration to hold office in modern times. Some say it will undo what the pro-life movement has done in the last 36 years.

Already, through executive order, the Mexico City policy has been reversed. This allows and encourages taxpayer dollars for abortions internationally. Already, by executive order, the ban on federal funding on embryonic stem cell research has been lifted. Already, within the stimulus package, is over \$350 million for family planning and contraception—exactly how will that stimulate the economy?

We now have the Freedom of Choice Act (FOCA) looming on the horizon. I wonder why they named it that? There is no freedom; there is no choice. This act, if implemented, will undo all restrictions on abor-

tions—allowing partial birth abortions in all states without restriction and without state interference; funding abortions with taxpayer dollars; lifting conscience restrictions and clauses from those who do not perform abortions or give the morning after pill; and it may force Catholic hospitals (who provide over 60% of health care in the U.S.) to perform abortions and sterilizations. In addition, its evil twin, the Prevention First Act, provides funding for contraception and the morning after pill and lifts any remaining conscience clauses. We are in deep trouble. Evil is upon us. We need to pray. We need to evangelize. We need to mobilize.

We need to start by attending the PNFPN conference on chastity and abstinence on Saturday, March 7, at the Our Lady of Good Counsel parish hall in Southampton, PA. With a fantastic line up of speakers from 8:00 a.m. to 3:00 p.m., the conference features two talks by Dawn Eden, author of *The Thrill of the Chaste*. See the back of this newsletter for more details. We have a lot of work to do. Come join us.

Respectfully submitted,
Les Ruppberger, D.O.

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

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Life Cycles is a quarterly publication.
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Become a Member of PNFPN

In the past, the PNFPN existed solely through the generosity of a few people and never asked its members to pay dues. While we continue to believe that news and information regarding NFP in the Philadelphia region should remain free, our promotional efforts are severely limited without a source of income. Thus, we are asking our members to consider a yearly donation to assist our efforts in spreading the good news of NFP. We request \$15 for an individual membership, \$25 for a couple, and \$10 for a student. Free copies of *Life Cycles* will still be distributed to everyone on the mailing list, but those who donate will be eligible to vote for the executive board members each year. To make a much appreciated contribution, please send your name, address, and phone number with a check payable to PNFPN to P.O. Box 220, Jenkintown, PA 19046.

The "Net"works

NFP Classes and Introductory Sessions

NARBERTH • MARCH 9

The Philadelphia Family Life Office will sponsor a Sympto-Thermal Method NFP class at St. Margaret Church, 208 N. Narberth Ave. For more information or registration, please call (215) 587-5639.

ORELAND • MARCH 12 • APRIL 23 • MAY 14

Free introductory sessions of the Creighton Model FertilityCare™ System will be held at 88 Pennsylvania Ave. Contact Barbara Rose, RN, FCP, at (215) 884-2922 for more information and registration.

CHALFONT • MARCH 12 • APRIL 24

Free introductory sessions of the Creighton Model FertilityCare™ System will be held at 800 Manor Dr. Contact Liz Parrish, RN, CFCP, at (215) 249-9829 for more information and registration.

EXTON • MARCH 18 • APRIL 15 • JUNE 17

Free introductory sessions of the Creighton Model FertilityCare™ System will be held at Saints Philip and James Church, 107 N. Ship Rd. Contact Helen LaFrance, FCP, at (610) 436-8323 for more information and registration.

VINELAND, NJ • APRIL 3

A Sympto-Thermal Method NFP class by the Couple to Couple League will be held in the St. Isidore rectory basement. This is a series of three classes spaced about one month apart. For directions and registration, call (856) 583-6120 or e-mail nfpoffice@camdendiocese.org.

NORRISTOWN • MAY 1

The Philadelphia Family Life Office will sponsor a Sympto-Thermal Method NFP class at Mercy Suburban Hospital, 2701 DeKalb St. For more information or registration, please call (215) 587-5639.

YARDLEY • MAY 4

The Philadelphia Family Life Office will sponsor a Sympto-Thermal Method NFP class at St. Ignatius Church, 999 Reading Ave. For more information or registration, please call (215) 587-5639.

PHILADELPHIA • JULY 6

The Philadelphia Family Life Office will sponsor a Sympto-Thermal Method NFP class at St. Dominic Church, 8504 Frankford Ave. For more information or registration, please call (215) 587-5639.

Family Life Office News

By George Finnin

Last year, Tara Plymouth was appointed the new Administrator for Natural Family Planning in the Philadelphia Archdiocese. She was born in New Orleans, LA, and grew up in suburbs of Washington, D.C. She obtained a master's degree from the John Paul II Institute for Studies on Marriage and Family at the Catholic University of America in May 2003. Some of her past work includes working at the Culture of Life Foundation (a nonprofit, pro-life think tank) in Washington, D.C. She also worked at the Gabriel Project, a nonprofit pro-life organization helping and housing pregnant women in need in Bowie, MD. She then moved to Philadelphia in 2004 to work at the National Catholic Bioethics Center. She learned the Billings

Ovulation Method in Bethesda, MD. In 2006, she accepted a job at the Archdiocese of Philadelphia's Family Life Office as the coordinator for family life ministry. She learned the Creighton Method of NFP in 2007, and she learned the Archdiocese of Philadelphia/Harrisburg's Sympto-Thermal Method in 2008. Also in the summer of 2008, she accepted the position of administrator for Natural Family Planning, and in August, she married Joe Plymouth.

I have had the good fortune to work with Tara and found her most helpful. In January 2009, she joined the PNFPN Executive Board. Please join me in welcoming her to our efforts at promoting Natural Family Planning.

Life Cycles Needs Your Help

By George Finnin

If you hadn't noticed, there was no Winter 2008 issue of *Life Cycles*. I had a lot hitting me in the fall and winter and just couldn't seem to put things together. I know there is a lot going on with NFP in the Philadelphia area. Yet, most people don't think that their contribution is worth writing about. I plead with you to send me material for *Life Cycles*. My dream is that we will become ever more visible in the future. Right now our mailing list has over 600 addresses. Where else do

you hear about NFP? If you find other places that have good material about Natural Family Planning, please send something to me. I would love to be mostly an editor and occasionally an author. Please remember, that many of us are fighting FOCA and are involved in other pro-life causes. I would like to continue to get good news about NFP to as many people as possible to counter the contraceptive mentality of our culture. I could use YOUR help.

Better Friends through NFP

By James Volpe • <http://naturalfamilylife.blogspot.com>

I had the great fortune recently to join up with the Knights of Columbus and meet many men who are trying to live out the faith. It is always a blessing to start new friendships and grow closer to those who help us on our narrow road.

It is especially a blessing to discover real Catholics who try to adhere to all of the Lord's teachings, like NFP. Not only is it great to have conversations about mucus, or about the spiritual benefits of love-making beyond the fertile years, but there is a palpable sense of understanding and mutual connection that is deeper than the words exchanged. An intimacy that could only be wrought of materials far beyond my comprehension. NFP—health, love, and friendship.

Conscious Parenthood

Continued from front cover

ture the possible conception of a child, it is difficult to reduce this act to a mere means of physical pleasure.”

“In Dr. Smith's presentation, she draws heavily on the concepts expressed in Pope John Paul II's book, *Love and Responsibility*. This work, written before he became Pope, was the result of the many years of pastoral work that Father, later Bishop and Cardinal Karol Wojtyla exercised among young people.”

Some references to dig deeper are:

Paper by Janet Smith, *A Celebration of the Thought of John Paul II* (1998), available at www.aodonline.org
Love and Responsibility, Karol Wojtyla, Ignatius Press

THE THRILL OF THE CHASTE

Do Abstinence Programs Really Work?

March 7 ♦ Our Lady of Good Council Trinity Parish Center ♦ Southampton, PA

PROGRAM SCHEDULE ♦ Continental Breakfast and Box Lunch will be provided

8:00 - 8:45	Registration and Continental Breakfast
8:45 - 9:00	Opening Prayer ♦ MSGR. SHOEMAKER Opening Remarks ♦ LESTER RUPPERSBERGER, D.O., PNFNP President
9:00 - 9:50	No Sex on the Beach: Summer of 2008 ♦ JUDI NEELD, Generation Life
9:55 - 10:40	To the Boys... ♦ MARK HOUCK, The King's Men
10:40 - 11:00	Break and Exhibits
11:00 - 11:40	To the Girls... ♦ CRISTINA BARBA, Generation Life
11:45 - 12:20	My Story ♦ DAWN EDEN, Keynote Speaker
12:20 - 1:00	Lunch and Exhibits
1:00 - 2:00	The Thrill of the Chaste ♦ DAWN EDEN, Keynote Speaker
2:00 - 2:40	Chaste Dating ♦ JESSICA BAYER & MATTHEW CHOMINSKI
2:40 - 3:00	Q & A; Wrap Up ♦ PANEL

To register, please visit www.pnfnpn.org or send \$15 per person, \$25 per couple/family, or \$10 for religious and students (checks payable to PNFNP) to: George Finnin, 3842 Lywiski Rd., Collegeville, PA 19426

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