

Where Have All the Students Gone?

An interesting article which includes a few quotes from our Archbishop Chaput:

<http://www.newoxfordreview.org/note.jsp?did=0312-notes-students>

Also included is the note:

“Enrollment statistics for one high school slated for closure sounds drearily like the stories of other high schools across the nation: 1,800 students a generation ago, fewer than 500 now.”

Could some of the closings be caused by a lower birthrate because of contraception?

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Life Cycles



Summer 2012 The newsletter of the Philadelphia Natural Family Planning Network (PNFPN)

Notes on Promoting NFP

by George Finnin

As our readers know, the Philadelphia Natural Family Planning Network's main objective is promoting Natural Family Planning. *LifeCycles* is our means to let others know about efforts in our area. Sadly, it's still difficult to get articles. The best way I see promotional efforts is attending our annual conference. This year was one of our better attended events. The speakers, as usual, gave great presentations. But, I also enjoy being in the background and watching people network. This year we added Trenton as a diocese sending someone to share in what we do. I shared a few words with the former head of the Camden Diocesan NFP program. Sadly that diocese closed down their program but she still soldiers along by promoting CCL programs and sending out an electronic newsletter. I saw several people from different teaching methods sharing things with each other. So, while I saw people interacting, I somehow have a hard time to get people to send me something in writing. Anyone want to send me news of what they gained from the conference? My writing is not that good. I could use more help!

And on promoting NFP, my wife Eileen and I just taught an NFP class with 3 engaged couples. Each of them were asked to attend a class by the priest who was working with them for their upcoming marriages. We had them fill out a feedback sheet at the last session. We found that all 3 stated they would not have attended a class if their priest had not asked them to. At the end of class nights all 3 said they were happy they attended and would probably use NFP in their marriages. I thank all priests who encourage couples to attend a class.

By the way, this issue's article by Jennifer Dobbins is a great testimony to some benefits of NFP. Jennifer moved out of the area before the birth of her boy, Daniel Creighton, on March 1.

Please keep promoting NFP!

Letter from the President

Blessings to all after our glorious Easter season, Divine Mercy Sunday, Mother's Day, Father's Day and the feast of Corpus Christi.

We had a very successful PNFPN conference in March with our second largest attendance of our 10 years of conferences. For any that missed the day you may access copies of the talks on PNFPN.org and download for free.

We are looking for new members to the PNFPN. We are looking for those who are on our mailing list (over 600) to pay dues so we may have funds to spread the message of NFP. We need one or two interested NFP supporters to consider being a board member. Please anyone interested contact me at lruppersberger@comcast.net.

Further, the third week in July is NFP Awareness week and the 44th anniversary of Humanae Vitae. Please invite your priests and deacons to give a homily sometime

that week on NFP or contraception - you would be surprised how many will respond in the affirmative.

Finally, we are in a busy Presidential election season; if you wish to see a change in our culture, then pray and vote according to your properly formed conscience for life and marriage and family. Redefining these traditions created by God will serve no good purpose in our society and will eventually lead to its disintegration. We need good, strong faithful leaders who will lead us, through the Grace of God, from the culture of death to a culture of life.

Thanks and God Bless,
Les Ruppertsberger, D.O.
President PNFPN

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

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Did you miss our conference?

We had around 100 people attending our March 24th conference. With close to 600 addresses on our mailing list, that means over 500 people did not hear the excellent presentations.

If you would like to hear them, go to www.pnfpn.org and scroll down the left side to find 2012 Conference Presentations.

Please let others know they are available.

The "Net"works

NFP Classes and Introductory Sessions

Free introductory sessions of the Creighton Model FertilityCare™ System

For more information, visit www.pnfpn.org or call the number listed.

DOYLESTOWN, PA

JUNE 11

Liz Parrish, RN, CFCP • (215) 249-9829

BROOMALL, PA

JUNE 12

Marcia Niznan, MS, FCP • (610) 789-4547

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JULY 11

Barbara Rose, RN, MSN, CFCP • (215) 884-2922

EXTON, PA

JULY 20 / AUGUST 10

Helen LaFrance, PA, FCP • (610) 436-8323

Philadelphia Family Life Office classes in the Sympto-Thermal method of NFP

For more information, visit www.pnfpn.org or call the Family Life Office at (215) 587-5639.

PHILADELPHIA, PA

JULY 11 & 18

St Dominic Parish Center (Room 1), 8504 Frankford Ave.

WAYNE, PA

SEPTEMBER 11 & 18

Isaac Jogues Parish, 50 W. Walker Rd.

July 22 - 28 -- National NFP Awareness Week

The United States Conference of Catholic Bishops sponsors a week to increase the awareness of Natural Family Planning. Please, by whatever means, try to do something to increase the awareness of NFP in your local area. Posters and Media Kit are available for download at www.pnfpn.org.

Resisting Selective Reduction: One of the Euphemisms of IVF Planning a Family with God and CrM

by Jennifer Dobbins

"We aren't interested in you having a litter!" said the doctor. This was after completing her explanation of the selective reduction procedure used in cases when injectable fertility drugs cause to many fertilized eggs. My husband and I sat there not knowing what to do or say - how could we be discussing ending life when we were trying so hard to create it?

We had just completed six months of infertility testing to be told by the doctor that we were in the 25% of couples with unexplained infertility and that our next options were to try injectable drugs or go straight to IVF. We felt uncomfortable with both options and explained to the doctor we were going to take a "break" for a few months. We left the office sad, frustrated and feeling defeated. It had been 18 months since we decided to try and have a baby and it felt like we were no closer to the miracle that happens easily for so many couples.

A second opinion with another reproductive endocrinologist offered three options; injectable fertility drugs with artificial insemination, IVF or an investigational laparoscopy. IVF was highly recommended for its high success rate. Again, we sat there feeling like the whole process was so cold and medical - we wanted to create a baby the way God had intended it, not in a doctor's office.

It had now been almost four years from those first excited talks about trying to have a baby. The next year was a rough one. The stress and heartbreak of our situation threatened our relationship - we were so angry, but couldn't find a way to communicate to each other how it was impacting us. Through the grace of God and the blessing of forgiveness we made it through and on the other side was an agreement to try one last time.

A wonderful couple from our church had given us some information on the Creighton Model FertilityCare System and NaPro Technology and we learned that the program was very successful in diagnosing infertility. We met with Barbara Rose, RN, who trained us on chart-

ing and met with us regularly to review my cycles. It was the first time my husband and I felt like we were both involved in the process, since the program engages the husband in the charting and understanding of the woman's cycle. We were a team going through the process, unlike before where it felt like I had to go through everything by myself.

Within months, Barbara identified low mucus cycle scores and referred us to Dr. Tiongson for further treatment. Our first meeting with Dr. Tiongson was amazing. She spent over an hour with us [more time than the first doctor had spent in six months] explaining the process, calming our fears and praying with us. We left the appointment feeling so blessed because we could feel God's presence, the piece we had been missing.

Dr. Tiongson sent us home with some prescriptions to help increase mucus, but also with an assignment to attend daily mass. Not only did the prescriptions improve my cycles, but daily mass helped my husband and I reconnect with each other and strengthen our marriage. Receiving Jesus everyday gave us spiritual, mental and physical strength to open our hearts to God's will.

Under Dr. Tiongson's care, we were referred to Dr. Golden-Tevald for an ultrasound series. Dr. Golden-Tevald completed the ultrasound appointments, even postponing leaving for vacation with her family on 4th of July weekend to ensure we had caught my ovulation in the ultrasound. Between the charting with Barbara Rose, the ultrasound series with Dr. Golden-Tevald and the appointments with Dr. Tiongson it was clear that I was ovulating and having regular cycles. The next step was to perform a laparoscopy to understand why we had been unsuccessful in conceiving.

Dr. Stegman was the closest doctor that was trained in the NaPro Technology to perform the laparoscopy procedure so we drove the two hours to Camp Hill, PA to meet with him. After a quick checkup he detected some endome-

triosis and spent a considerable amount of time explaining the next steps to us. We went through a few more cycles trying some progesterone therapy and then scheduled the laparoscopy for March 4, 2011.

After 5 years of trying to conceive, we knew this was our last step and we were cautiously hopeful that this procedure would give us some answers. The surgery proved to be extremely beneficial. Dr. Stegman spent 4 hours removing quite a few areas of endometriosis and opening both fallopian tubes which were restricted. I couldn't believe it - 4 years earlier the first doctor we saw had checked my tubes through a hysterosalpingogram (HSG) and indicated there was no issue.

In June 2011, for the first time in 5 1/2 years, with God's amazing grace, I was holding a positive pregnancy test! I am now 36 weeks pregnant and each time I feel the baby move inside me I thank God for the amazing talent he has given to Barbara Rose RN, Dr. Tiongson, Dr. Golden-Tevald and Dr. Stegman in carrying out his work through NaPro Technology. The program was able to not only diagnose, but treat my infertility within one year, something the reproductive endocrinologist didn't accomplish in 2 years. The program increased my health, strengthened our marriage and allowed us to invite life the way God intended it.

"For I know the plans I have for you," declares the LORD, "plans to prosper you and not to harm you, plans to give you hope and a future." Jeremiah 29:11

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Visit them at www.fertilitycarefriends.org