

The "Net" works

FERTILITY APPRECIATION CLASSES SCHEDULED

A mother/daughter fertility appreciation class is scheduled for March 12, 2002 at the Sacred Heart parish located at 4 th and Jasper Street, Camden, NJ. Recommended age range: 10 to 14 years. Please call Mary Ann Chezick at (856) 756-7900.

NFP CLASSES SCHEDULED

Pennsylvania

January 15, 2002 ; Langhorne, PA

A Sympto-Thermal Method NFP class by the Philadelphia Family Life Office will be held at St. Mary Medical Center, Langhorn-Newtown Rd. For directions and registration call the Philadelphia Family Life Office at (610)660-9002.

January 16, 2002; Oreland, PA

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 available with certified instructors. For more information, please call (215)885-8766.

January 18, 2002; Norristown, PA

A Sympto-Thermal Method NFP class by the Philadelphia Family Life Office will be held at Mercy Suburban Hospital, 2701 DeKalb PK. For directions and registration, call the Philadelphia Family Life Office at (610)660-9002.

February 5, 2002; Yardley, PA

A Sympto-Thermal Method NFP class by the Philadelphia Family Life Office will be held at St. Ignatius parish, 999 Reading Ave. For directions and registration, call the Philadelphia Family Life Office at (610)660-9002.

February 20, 2002; Oreland, PA

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 available with certified instructors. For more information, please call (215)885-8766.

March 6, 2002; Oreland, PA

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 avail-

able with certified instructors. For more information, please call (215)885-8766.

March 7, 2002; Wynnewood, PA

A Sympto-Thermal Method NFP class by the Philadelphia Family Life Office will be held at St. Charles Seminary, Overbrook, PA. For directions and registration, call the Philadelphia Family Life Office at (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. A complete set of materials is available at the first meeting and pre-registration is requested. Infants are welcome. For information call: (856) 756 7900 ext. 6315 or email: camdennjfp@cs.com

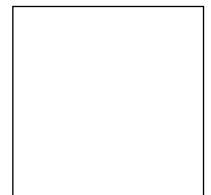
January 15, 2002 -- Christ the King Parish, Haddonfield, NJ

7 to 9:30

January 24, 2002 -- St. Agnes Parish; Blackwood, NJ

7 to 9:30

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



Life Cycles



WINTER 2002

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

Sharing the Truth about NFP with Student Nurses

By George and Eileen Finnin

While the PNFPN intended to serve Philadelphia's five counties and Southern NJ, none of us ever dreamed that we would be traveling to Delaware to spread the good news of NFP. But that is precisely what happened when we received a request over the internet from a student at the University of Delaware. She had been doing some research on NFP for a nursing class and discovered our website. She asked if we would address the Black Student Nurse Association. A mutually agreed upon date in November was selected and we drove south with Dorice and Kevin Millar for an enlightening evening.

Since we arrived early, we had time to talk to a few of the students before our presentation. We asked where they had heard about NFP. Two of the students reported that they had submitted written assignments on the topic just recently. One professor criticized the method as being unreliable. The other faculty member had a more open and accepting attitude toward NFP.

We presented the methods of NFP and the ramifications of their use with regard to couples. The student that had arranged for us to speak explained to us that the association requested we not impose our religious or cultural beliefs.

The theme of respecting our bodies and ourselves was woven throughout the presentation. We explained first how this respect was manifested on a physical level, by the avoidance of chemicals, gadgets, and surgical alteration. We then explained how respect was manifested on an emotional level, since the couple's loving relationship had to be strong enough to sacrifice momentary pleasure to deal with a woman's ebb and flow of fertility. We emphasized how the practice of NFP needed a committed married couple for its successful use. We explained how the man needs to care enough about the whole woman, not just her body.

The audience impressed us with their questions, demonstrating to us their desire to understand and to learn more. One student asked "How does NFP work successfully with military families or with spouses who must travel away from home for prolonged periods of time." Kevin answered that a man (or woman) who is practicing periodic abstinence is one you can trust to be faithful. If he or she has mastered sexual self-control in the relationship by practicing NFP, fidelity away from home is more likely.

Another student asked if NFP were appropriate for the couple who did not wish to have any children. Kevin stated

Sowing the Seeds

A Report on the NFP Roadshow of November 14

The PNFPN's most recent informational seminar was held at the Assumption BVM parish in Feasterville. This "roadshow" was unique in that it was coordinated by the director of parish nursing, Linda Horton, RN and by the parish services manager Sister Diane Wolf, S.S. J. The seminar was advertised through brochure distribution to surrounding parishes and to various pro-life groups. Bill Miller, the president of the Bucks county Pro-Life Union, included information about the seminar on his weekly radio program, *Voices for the Unborn*.

The guest speakers, Dr. Ruppertsberger, Monsignor Scanlon and Joe and Stephanie Schoenleber, did an outstanding job in sharing the wonders of natural family planning to a mixed audience of young couples, senior citizens and mothers with infants. Linda Horton, expressed her disappointment with the number of attendees. "I wish we would have had a bigger crowd because it was very interesting." She went on to add, "It is very difficult because so many of the younger people choose contraception without a thought. And middle aged or older

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Life Cycles

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

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Life Cycles is planned as a quarterly publication.

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Dorice Millar

Officers of the PNFPN

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VP: George Finnin

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Secretary: Stephanie Schoenleber

Welcome New Members

Darlene Phillips - RN - Darby, PA

Sr. Megan Brown - RSM - Philadelphia, PA

*Sr. Michael Marie Donnelly - RSM -
Norristown, PA*

*Rev. Maurice Avicolti - O.Praem -
Paoli, PA*

*Sr. Therese Tygielska - CSEN -
Philadelphia, PA*

Marie Vandenbosche - MD - Lancaster, PA

*LaVaida Owens-White - MSN - RN -
Wilmington, DE*

*Tony & Mary Kate Hayden -
Havertown, PA*

Robert & Mary Ho - Wharton, NJ

Tiffany A. Woods - Claymont, DE

Diana Johnson - Newark, DE

*Sharing the Truth about NFP with
Student Nurses*

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that, when couples say this, there usually is a deeper issue they need to discuss. Children help couples to think beyond themselves and therefore help marriages to grow.

One question that we found of particular interest was one relating to men respecting women. A student in the audience asked where one would find a man who would be willing to practice NFP.

Eileen answered by sharing her own search for a "good man". She told them they were each special and implored them never to let a guy "use them".

Eileen encouraged the students in the audience to always keep their standards and know that as women, they deserved to be treated with dignity. She said that, if they did this, a day would come when a good man appears from some unexpected place.

Dorice encouraged the students to consider supporting NFP in their nursing career. She suggested teaching for busy medical practices or women health centers.

We thanked them for coming and encouraged them to educate others even though it is sometimes difficult. We told them that if they practiced and promoted NFP they would be counter-cultural. At the end of the evening, two students joined the network.

It's here! The New PNFPN Directory

If you did not receive your copy of the directory, please call the phone line or visit the website as it appears on this page. Witness couples are indicated by asterisks after their names.

Sowing the Seeds

Continued from page 1

people whose faith has matured and who appreciate the importance of following God's plan, are beyond the need for any family planning."

The low turnout left the PNFPN speakers undaunted. When asked how he felt about the number of seminar participants Dr. Ruppensberger replied: "a priest once told me 'Jesus said to feed my sheep, not count them'". Indeed, the people gathered that night received an enthusiastic and well-prepared presentation from the team.

While the seminar participants took advantage of the free literature available, the book sales were sluggish. Most of the literature displayed was provided through consignment with Pauline Books and Media of Philadelphia.

There is no doubt that the good news of NFP was shared that night for a future generation. Said one participant: "I will be sure to discuss natural family planning with my sons when they are ready for it."

New NFP-only Physician

It's true! The Philadelphia region has been blessed with another courageous physician who refuses to prescribe contraceptives. Her name is Brigida de Guzman - Cam, MD. Look for her story in our next exciting issue of Life Cycles. In the meantime, please share her name with everyone you know. The office number is (610) 626-7534 and the address is 2100 Keystone Ave, Suite 302, Drexel Hill, PA 19026.

OvaCue® Fertility Monitor Company seeking women volunteers for research

By Jennine Regas, Director, Scientific Information at Zetek, Inc.

My company Zetek, Inc., is seeking women to participate in a comparative study of OvaCue® Fertility monitor and standard NFP methods. The OvaCue helps to identify the fertile phase of the menstrual cycle based on monitoring changes in salivary electrolytes. Participants are to be between the ages of 21 and 40, have cycles between 24 and 36 days in length, be ovulatory and in good health, and not have taken oral contraceptives or other hormones within the last six months. We are requesting that couples be recruited who have at least six months' experience after instruction by a qualified teacher of any of the recognized NFP methods. Each couple will be asked to state their reproductive goal (achieve/avoid pregnancy) in writing at the time of enrollment in the study. If they decide to proceed, they will receive a full written

description of the protocol and purpose of the work.

Couples will benefit in two ways. It will be helpful for them to compare their own assessment of fertility status with that of the OvaCue. Also, by submitting up to six cycles of data, they will receive the right to purchase the OvaCue under very favorable terms and at a substantial discount.

If you would like to receive a detailed outline of the proposed study, please e-mail jregas@zetek.net or just give my name to any couples who qualify and would have an interest in participating in this study. They can call our toll-free number (800-367-2837) and speak to me or to my assistant, Connie Dignard.

New York NFP Promoter offers Free Material

The St. Augustine Foundation, a New York-based nonprofit organization that promotes Natural Family Planning, recently held a one-day conference for clergy and OB/GYNs in Manhattan. The foundation is offering FREE videotapes, audiocassettes and printed materials on NFP-related topics to priests and OB/GYNs. Videotapes of the conference are also available. For information, call 1-877-554-4637 or send an e-mail to augustinenfp@hotmail.com. An article about the foundation and the conference will be published in the March/April newsletter

Come and join us...

A number of PNFPN members are planning to attend the annual Celebrate Life Banquet of the Pennsylvanians for Human Life Sunday, February 10, 2002. The guest speaker will be Mercedes Wilson, foundress and president of the Family of the Americas. Mrs. Wilson is well known for her untiring efforts to promote the Ovulation Method of NFP worldwide. Why not support the PHL and meet your fellow PNFPN members at the same time? Contact Dorice Millar for details at (610) 873-8334.

Dr. Kahlenborn's Book for Sale

The PNFPN has a few copies remaining of *Breast Cancer, Its Link to Abortion and the Birth Control Pill*. At \$20 each, these books are offered way below list price. Just send a check to P.O. Box 220, Jenkintown, PA 19046 and specify the number or copies you want. If you miss our super sale, remember you can still purchase the book from any large chain bookstore. Ask to "special order" the book with the ISBN number of 0-9669777-3-4.

Opportunities for Education and Training

Events sponsored by the CCL:

Physician Seminar in Cincinnati, Ohio with 11.25 Continuing Medical Education Credits
March 15 - 17, 2002.

Clergy Seminar in Cincinnati, Ohio
April 2 - 4, 2002.

Contact Ginny Niehaus for both events at: (513) 471-2000

Events sponsored by the Family of the Americas:

NFP instructor training course in Oreland, Pennsylvania, planned for the months of April and May. Specific dates TBA. For further information and registration call Barbara Rose at (215) 884-2922

Kudos to:

Stephanie and Joe Schoenleber for their excellent witness at our road show at Assumption BVM Parish in Feasterville, November 14