

Breastfeeding Studies Point to Health, Economic Benefits

The following paragraphs are from <http://ccli.org/media/media-pr/pr20100407.php>



(Cincinnati, OH — April 7, 2010) Amid intense debates about health care over the last few months, two recent studies show great benefits of breastfeeding. A Boston study showed that if 80-90% of U.S. women breastfed their newborns for at least six months, between \$10.5 and \$13 billion would be saved in health care and other costs each year, and more than 700 lives, mostly of newborns, would be spared.

Another study, in Australia, showed that breastfeeding longer than six months is good for mental health. The study traced 2,900 children for 14 years and said that breastfeeding could help babies cope better with stress and may also signal a stronger mother-child attachment.

The Boston study, carried out in part by Harvard Medical School and carried in the April issue of Pediatrics, looked at ten diseases known to affect children, including Sudden Infant Death Syndrome, stomach viruses, ear infections, asthma, juvenile diabetes, and childhood leukemia.

Some 43% of women do at least some breastfeeding for six months, but only 12% exclusively breastfeed their babies for six months.

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What Does Being “Open to Children” Mean?

by Tara Plymouth

In our Family Life Office marriage preparation programs, we encourage couples to be “open to children” or “open to life” when they get married. However, the phrase “open to children/life” seems ambiguous. Also, in today’s culture, with widespread contraceptive usage and many unfortunately living together pre-maritally, many couples may not know what the phrase means. If you, as a natural family planning (NFP) promoter or teacher, are encouraging people to be “open to children,” it might be helpful to explain further to them what specifically this means.

People can be “open to children” in various ways: physically, emotionally, and spiritually. Being “open to children” in the context of physical intercourse means not prohibiting a human life from coming to be, through the utilization of contraception, sterilization, or abortion. Being “open to children” emotionally and spiritually includes the above, plus viewing every human life as unique and created by God; seeing the beauty in every human being no matter

how “flawed” they appear to our culture; and accepting a new child into the family even if the child’s conception was not “planned” by the parents.

People unfamiliar with this way of seeing human life might ask, ‘How can I be open to children if I am past childbearing age, or if we are infertile (due to unknown reasons, or because a spouse has been sterilized for serious medical reasons, e.g., had cancer and had to have ovaries or testes removed, or required a hysterectomy due to life-threatening postpartum hemorrhage, etc.)?’ The answer is that these situations do not in themselves mean that a person cannot be “open to children.”

If a person cannot help that they are physically infertile, then all that is needed to be open to children is an emotional and spiritual openness to children and the gift of life, however that fruitfulness might be manifested. All spouses are called to fruitfulness in their marriage, through their life

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Letter from the President

As we enter the new season of Advent, it should give us pause to reflect upon the meaning of life; why NFP? Why not contraception? Why not a lot of other Church teachings?

Adultery, fornication, cohabitation, abortion, same sex relationships, assisted reproductive technology... the list goes on and on. It reminds me of an analogy from CS Lewis. If a group of children were playing a soccer game on a plateau 200 feet above sea level and all sides of the plateau descended onto jagged rocky shores of an ocean, would it be safer for the children to play the game with a fence around the edge of the plateau or without a fence? Most people would answer correctly with a fence.

This is what Christ and His Church give us with their teachings—a fence. Christ loves His children and desires to protect them and thus gives us commandments, teachings and guidelines on how to live our lives more safely on this plateau we call earth, in our soccer games that we call life. The Church is not about “no”; the Church is about “YES”. Yes to love and yes to life.

The season gives us a perfect example. Mary said yes to life, conceiving a child at age 14, unmarried and not knowing man. She did not “know” the plan. Jesus said “YES” to becoming a man of lowly stature, born in a manger in a stable; some say He knew the plan of His father, some not. Regardless, without their saying yes to life and love, we would have no salvation, no Christmas, no hope.

NFP says YES to life and love and marriage and family. Ask yourself if this would be a gift you would want to give to someone.—yourself, your children, your family, your friends. Plan on praying for NFP this coming year. Plan on spreading the Word. We can win this game if we stay within the fence, listen to the Coach and follow the game plan.

Merry Christmas and Happy New Year.
Les Ruppertsberger, D.O.
President PNFPN

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What Does Being “Open to Children” Mean?

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through charity, and giving to others in varied ways are all ways of being fruitful and open to children. Likewise, although one may be infertile, one can still be open to life or children physically through the complete gift of oneself within the marital embrace. When such complete self-donation occurs, one is being open to life/children and the gift of fruitfulness, whether a child is conceived or not.

The “Net”works

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Free introductory sessions of the Creighton Model FertilityCare™ System

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

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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.

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YARDLEY, PA

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St. Ignatius Church, 999 Reading Avenue

3-class course in the Sympto-Thermal method of NFP sponsored by the Couple-to-Couple League

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

GIBBSBORO, NJ

JANUARY 20 • FEBRUARY 17 • MARCH 24

Andrew the Apostle, Room 2 of the Parish Center
(856) 753-1906

Upcoming Pro-Life Events

DECEMBER 12 • Feast of Our Lady of Guadalupe

JANUARY 25 • Pro-Life March

Washington, DC

FEBRUARY 26 • The Third Annual Night for Life

Trenton Country Club, Trenton, NJ

MARCH 19 • PNFPN Conference

Our Lady of Good Counsel Parish, Southampton, PA
8:00 a.m.—3:00 p.m.

You Know You’re an NFP Couple When...

by Elizabeth Brunner

15. The answer to the question “How many children do you want to have?” increases every time someone asks.
14. You have a *Theology of the Body* study guide.
13. You have at least one copy of Janet Smith’s CD *Contraception: Why Not?*
12. You’re keenly aware of the correlation between the rise in contraception use and the rise in divorce and abortion.
11. You’ve gone to a Creighton class just for fun, even though you’ve been successfully practicing the sympto-thermal method for over a year.
10. You know what Onan’s sin was.
9. You have searched for your cervix.
8. “That time of the month” means your fertile time, not your period.
7. You refuse to take any medication that’s not absolutely necessary out of fear that it will affect your mucus signs.
6. You consider Pope Paul VI’s predictions in *Humanae Vitae* to be prophetic.
5. You have agonized over whether you have “just/serious/grave” reasons to postpone pregnancy.
4. Going “all natural” with sex has been so successful, you contemplate going organic.
3. You are better at estimating your due date than the doctor is.
2. You have “postponing panties” for when you’re avoiding – baggy and unattractive underwear that only comes out when you’re fertile.
1. You plan your social calendar around the first day of phase 2 or 3, depending on your intent.

NFP and Healthy Marriages

There are statistics available that show that less than 5% of couples using Natural Family Planning get divorced. If only more people would know of this statistic. Here are some other statistics on marriage:

- People are getting married later in life. Median age for males is 27; for females it is 25.
 - In a given year nearly half of all marriages are remarriages for one or both partners.
 - Marriage rate (annual number of marriages per 1,000 unmarried adult women) continues to decline. It has dropped 50% (to 45.6) in fifty years. The marriage rate for Blacks is considerably lower than for any other U.S. population group.
 - The percentage of never married persons aged 25—35 has increased by 20% in the past thirty years, suggesting more lifelong singlehood.
 - The projected rate of divorcing still stands at around 50% -- this represents the percentage of marriages
- (first and remarriage) entered into during a particular year that are projected to end in divorce or separation before one spouse dies.
 - Cohabitation (sexual partners sharing a household) has increased 1100% in forty years. Over 50% of first marriages are preceded by cohabitation.
 - Almost 40% of cohabiting households have children in them.

One wonders what's the advantage of using contraceptives.

Taken from “A Select Snapshot of Marriage in the U.S.”
<http://www.usccb.org/laity/marriage/marrsnapshot.shtml>

