

Become a member of the PNFPN

For the past five years the PNFPN has existed solely on the generosity of a few people and never asked its members to pay dues. While we believe that news and information regarding NFP in the Philadelphia region should remain free, we realize that our promotional efforts are severely limited without a source of income. Therefore, we are appealing to our members to consider a yearly donation to enable us to continue our efforts in spreading the good news of NFP. We ask that you send \$15 for an individual membership, \$25 for a couple and \$10 for students. Those of you who donate will become members and will be eligible to vote for the executive board members each year. The PNFPN still intends to provide free copies of LifeCycles to everyone on the mailing list. We believe that the distribution of this publication is a valuable service. Please clip out the following form and send your check to PNFPN, P.O. Box 220, Jenkintown, PA 19046.

Name: _____

Address: _____

Home Phone: _____ Work Phone: _____

Would you agree to have your name, address and phone # listed in a directory for PNFPN members only? Yes No

Any additional information or comments _____

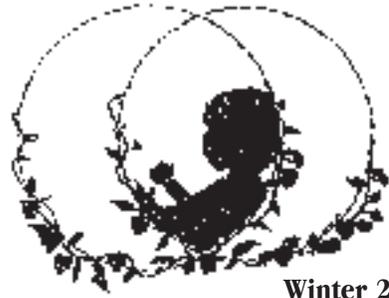
Do you have any news?

Life Cycles is your newsletter. Please remember to contact the editor or staff whenever you have information that would be valuable to PNFPN members. Our readers are interested in far more than just NFP class schedules. Please share with them your NFP training sessions, fertility appreciation programs, outreach activities happening on college campuses, Christian social functions, parish programs and health fairs. We also love to hear about God's little blessings, so kindly share with us announcements of births or adoptions. To submit news and information call Barbara Rose at (215) 884-2922 or e-mail loveandlife@acninc.net

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

President's Message

We begin the new year with more than 475 addresses on our mailing list. That's up about 75 from this time last year.

We are including our directory in this issue.

One of the main reasons for having this directory is to show that you are not alone. This contains more than 220 people who are willing to be identified as supporting Natural Family Planning. We only list names if people agree.

If you want to add your name, just contact us at our mailing address or you can go to our www.pnfpn.org Web site and send us an e-mail. The directory is useful if you want to find someone in a local area or someone with special talents. It's about networking.

Also, there is information about our March conference in this issue. I hope you can come. There are a lot of very good speakers. As for me, I so much enjoy meeting people and hearing your stories. It's also a chance for you to meet others and learn new ways to spread the good news of NFP.

God Bless.

George Finnan

Couple to Couple League is Updating its Teaching Materials

By Rich Braun

The Couple to Couple League is updating its teaching and outreach methods to reflect the theological thought of Pope John Paul II. Based on input from teaching couples all over the world, the Couple to Couple League also will begin piloting a "retooled" version of the Sympto-Thermal Method of Natural Family Planning beginning early this year.

The 27th anniversary of the election of Karol Wojtyła to the papacy on Oct. 16, 1978, is a particularly appropriate occasion for CCL to announce plans designed to bring fertility awareness education to the iPod generation.

"While we believe the retooled method will be a lot easier for couples to learn, it will seem familiar to couples already using the Sympto-Thermal Method we have been teaching for decades," said Andrew Alderson, CCL executive director. "We have taken the best parts of different sympto-thermal approaches and the result is a very solid, heavily researched method that will be easier to learn and easier to teach." Alderson said the method continues to be 99 percent effective.

The new method is less complex without sacrificing effectiveness, is more user friendly, and is easier to teach, learn and understand. Retraining of teaching volunteers is expected to take place during the summer of 2006, with new program

materials becoming available for distribution in October 2006.

John Paul II, who died last April at age 84, spoke effectively to single, engaged and married people about the dignity of the human person using inductive, experiential language. The Couple to Couple League intends to mirror this approach as it continues to promote and teach the virtues of living an NFP lifestyle.

"The Couple to Couple League is approximately six months into a three-year project to completely update its materials and teaching approach," explained Linda Kracht, Chairman of the Couple to Couple League Board of Directors. "Besides incorporating the theological thought of John Paul II, CCL is developing a streamlined Sympto-Thermal Method of Natural Family Planning; thus its teaching notes and slides are being revised, including its main textbook. CCL is in the process of developing new educational materials in formats that utilize technology such as DVDs and the Internet, attractive to this iPod generation and others."

The Couple to Couple League teaches more than 7,000 couples every year. Since its founding, the organization has instructed more than 166,000 couples. CCL is made up of a network of 950 teaching couples who offer classes in natural family planning throughout the United States and in other parts of the world.

Life Cycles

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

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Rev. Msgr. Samuel Shoemaker

Kudos to Our Members

To our retiring board members, John
Cogan and Msgr. Samuel Shoemaker.

*John and Monsignor served generously
for three years.*

*To Anne Mielnik, medical student.
Anne was a guest on the CN8 television
program "It's Your Call with
Lynn Doyle," which aired on 11/29/05.*

St. Augustine Foundation offers Interest Free Student Loan Program

The St. Augustine Foundation of Yonkers, NY has
launched a Creighton Practitioner Student Loan
program to enable men and women to become
Creighton Model FertilityCare Practitioners.

Persons eligible would be those accepted by
Creighton Model Education Programs which are
approved by the Pope Paul VI Institute for the
Study of Human Reproduction.

The Practitioner Program is thirteen months
long and consists of two education phases, two
supervised practica and an on – site visit. The
students are educated in both the basic as well
as advanced aspects of the Creighton Model
FertilityCare System. Only educational phases
are done on campus, all other educational serv-
ices are provided through an innovative system
of long distance supervision and on-site visita-
tion.

All students enrolled in the Practitioner Program
are required to take a criterion referenced, pro-
fessionally administered final certificate exami-
nation in November, following successful com-
pletion of the two education phases and two
supervised practica.

The St. Augustine Foundation is a Catholic
non-profit organization which promotes Natural
Family Planning. For more information contact
Dorothy Dugandzic, CFCP, Managing Director,
St. Augustine Foundation, 538 Riverdale Ave,
Yonkers, NY 10705, (914) 476-4858 or toll-free
(877) 554-4637. Additional information regard-
ing practitioner education programs is available
at: www.popepaulvi.com

Prayer for the FertilityCare Centers of America

By Rev. Edward Richard

Father of all life, You formed man and woman
in Your own image that they might become
cooperators with You in the Divine Plan of
Creation. The sin of our first parents shattered
the original justice and unity of the relationship
between them which was part of Your gift to
them. But, in Your mercy, You sent Your Divine
Son to save what was lost and to teach Your
children to live in a restored communion by
the total gift of self through the power of His
grace. In growing in knowledge and love of
Him, we learn who we really are to You. In
learning about ourselves in Your Divine Plan,
we learn to serve others more authentically. In
Your providence, You have opened up new
avenues of study and science for the service of
the human person.

Help all of those involved in the work of
"FertilityCare™ Centers of America and the
new science of NaProTechnology. Give those
who serve the human family through these
means a growing respect and love for the truth
and the prudence to use this knowledge wisely.
Grant wisdom, peace and health to all who
seek the guidance of FCCA practitioners and
medical consultants. May their words and
deeds help build strong families and so glorify
You, from whom every family takes its name We
ask this through the intercession of Mary, the
New Eve, and the name of the New Adam, Jesus
Christ, Your son.

God's little blessings

Peter Raphael was born November 8, 2005
to Mary-Grace and Frank Medora.

The “Net” works

FERTILITY APPRECIATION AND CHASTITY PROGRAMS

March 19, 2006 – Mother/Daughter Program for daughters ages 10 to 13, from 2 to 4:30 pm at Incarnation Parish in Mantua (Gloucester County). This program helps mothers and daughters explore the physical, emotional, social and spiritual changes of this stage of adolescence together. Topics include self-worth and resistance to negative peer pressure, the purposes and pitfalls of dating, understanding fertility, and living chastely in a sex-centered culture. The cost is \$20 for both mother and daughter. For more information, call Mary Ann Chezik at (856) 756-7900 ext.6314 or e-mail: mchezik@camdendiocese.org

NFP CLASSES and INTRODUCTORY SESSIONS

Pennsylvania

March 7, 2006 – Norristown
Free Introductory Session of the Creighton Model FertilityCare™ System will be held at Mercy Suburban Hospital, 2701 DeKalb Pike. Please call Barbara Rose, RN, FCP at (215) 884-2922 for more information and registration.

March 8, 2006 – Exton
Free Introductory Session of the Creighton Model FertilityCare™ System will be held at St. Philip and James Catholic Church, 107 North Ship Road at 7 PM. Please call Helen LaFrance, FCPI at (610) 436-8323 for more information and registration or e-mail elenalafrance@hotmail.com.

March 10, 2006 – Chalfont
Free Introductory Session of the Creighton Model FertilityCare™ System will be held at 800 Manor Drive, Chalfont, PA, 18914. Please call Liz Parrish, RN, CFCP at (215) 249-9829 for more information and registration.

March 18, 2006 – Broomall
The Philadelphia Family Life Office will sponsor a class in the Sympto-Thermal method of Natural Family Planning at St. Pius X Church, 220 Lawrence Rd. For more information or registration please call (215) 587-5639.

April 1, 2006 – Meadowbrook
The Philadelphia Family Life Office will sponsor a class in the Sympto-Thermal method of Natural Family Planning at Holy Redeemer Hospital, 1648 Huntingdon Pike. For more information or registration please call (215) 587-5639.

April 4, 2006 – Norristown
Free Introductory Session of the Creighton Model FertilityCare™ System will be held at Mercy Suburban Hospital, 2701 DeKalb Pike. Please call Barbara Rose, RN, FCP at (215) 884-2922 for more information and registration.

April 7, 2006 - Chalfont
Free Introductory Session of the Creighton Model FertilityCare™ System will be held at 800 Manor Drive, Chalfont, PA, 18914. Please call Liz Parrish, RN, CFCP at (215) 249-9829 for more information and registration.

April 18, 2006 – Langhorne
The Philadelphia Family Life Office will sponsor a class in the Sympto-Thermal method of Natural Family Planning at St. Mary Medical Center, Langhorne-Newtown Rd. For more information or registration please call (215) 587-5639.

April 25, 2006 – Exton
Free Introductory Session of the Creighton Model FertilityCare™ System will be held at St. Philip and James Catholic Church, 107 North Ship Road at 7 PM Please call Helen LaFrance, FCPI at (610) 436-8323 for more information and registration or e-mail elenalafrance@hotmail.com.

May 3, 2006 – King of Prussia
A Sympto-Thermal Method NFP class by the Couple to Couple League will be held 7 PM at Mother of Divine Providence Parish, 333 Allendale Rd. This is a series of four classes spaced about one month apart. For directions and registration call 610-337-1635 or e-mail gracetherese@yahoo.com.

May 4, 2006 – Yardley
The Philadelphia Family Life Office will sponsor a class in the Sympto-Thermal method of Natural Family Planning at St. Ignatius parish,

999 Reading Ave. For more information or registration please call (215) 587-5639.

May 5, 2006 – Norristown
The Philadelphia Family Life Office will sponsor a class in the Sympto-Thermal method of Natural Family Planning at Mercy Suburban Hospital, 2701 DeKalb Pike. For more information or registration please call (215) 587-5639

May 11, 2006 – Norristown
Free Introductory Session of the Creighton Model FertilityCare™ System will be held at Mercy Suburban Hospital, 2701 DeKalb Pike. Please call Barbara Rose, RN, FCP at (215) 884-2922 for more information and registration.

May 12, 2006 - Chalfont
Free Introductory Session of the Creighton Model FertilityCare™ System will be held at 800 Manor Drive, Chalfont, PA, 18914. Please call Liz Parrish, RN, CFCP at (215) 249-9829 for more information and registration.

May 31, 2006 – Exton
Free Introductory Session of the Creighton Model FertilityCare™ System will be held at St. Philip and James Catholic Church, 107 North Ship Road at 7 PM. Please call Helen LaFrance, FCPI at (610) 436-8323 for more information and registration or e-mail elenalafrance@hotmail.com.

New Jersey

NFP instruction is available through the Camden Diocese. Each course is taught in a series of four classes spaced about one month apart. Pre-registration is required. For information call: (856) 756-7900, ext. 6315 or e-mail: nfpoffice@camdendiocese.org.

Welcome New Members

Lee & Kelly Cole, Media, PA

Ed Henkels, Lansdale, PA

Beth Riordan, CRE, Springfield, PA

Don't miss the Fourth Annual PNFPN Conference

Our fourth annual PNFPN Conference will be held at St. Mary Medical Center in Langhorne, Pa., on Saturday, March 4, 2006. Our speakers include the Honorable President of the International Federation of Catholic Health Care Institutions, Msgr. James P. Cassidy, Ph.D., the Most Rev. John M. Dougherty, Auxiliary Bishop of the Diocese of Scranton, Msgr. Kevin McMahon, John Cardinal Krol Professor of Moral Theology, Dr. Faith Daggs, Creighton Medical Consultant of Spirit FertilityCare Center in Camp Hill, Pa., and Dr. Joseph Harryhill, Associate Professor of Urology at Pennsylvania Hospital who performs vasectomy reversals in Philadelphia. Dr. Rick Fitzgibbons, a nationally known psychiatrist practicing in Conshohocken, will speak of how NFP improves the marital bond, and our own Dr. Lester Ruppensberger, an NFP-only gynecologist, will present a proposal for Catholic hospitals on how to integrate natural methods of birth regulation and the new science of NaProTechnology into existing health-care services

The PNFPN is proud to sponsor this event with the Catholic Medical Association. Seating is limited, so please register early. The cost is only \$15 per person, \$25 per couple and \$10 per religious and students. This fee includes continental breakfast and box lunch. Registration information can be found in the enclosed flier or by visiting the Web site at www.pnfpn.org.

Retreat for Medical and Health Care Professionals

A Catholic retreat for medical and health care professionals in honor of St. Gianna Beretta Molla will be held at the Holy Family Spiritual Renewal Center Friday evening May 12th through Saturday evening of May 13th, 2006. Guest speakers will include nationally known doctors Kim Hardey, Christopher Kahlenborn, and Russell Rentler. The cost is \$35 per person, which includes room and board. Families are welcome, and babysitting will be available for

children. The maximum donation for an entire family is only \$100 and includes room and board. Additional information is available at: www.medicalprofessionalsretreat.com.

The Holy Family Spiritual Renewal Center is located at 151 Old Newport Street, Nanticoke, Pa. To obtain more information and to register, contact Father DaDamio at (484) 529-5868, or via e-mail at frdadamio@catholic.org.

Retreat for Families

A Catholic Retreat for families sponsored by the Family Holy Hour Apostolate will be held at the Holy Family Spiritual Renewal Center on Sunday, March 12, 2006. The one-day retreat will take place at the beautiful Mary Immaculate Center in Northampton, Pa. Part of the day will focus on the Vatican document, "The Truth and Meaning of Human Sexuality."

Small children are welcome and will be chaperoned at times by adult women volunteers. Confessions will be offered, and the retreat will end with a 5:30 p.m. Mass. Dinner will follow. A \$30 donation per family is requested. For information and registration, contact Dr. Jill Krafczyk at (610) 282-5684. Further information is available at the Web site: www.familyretreat2006.com.

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May 11, June 13, July 6, August 8,
Sept. 7, Oct. 5, Nov. 2 and Dec. 7.*

WHERE:

Mercy Suburban Hospital
*Allied Health Science Lecture Hall
2701 DeKalb Pike
Norristown, PA 19401*

COST:

Introductory sessions are FREE.

TO REGISTER:

Call (215) 884-2922.

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FertilityCare™ Practitioners

The Creighton Model FertilityCare™ System is a new, uniquely American model of advanced procreative education and a natural means to regulate fertility. It can be used to either achieve or avoid pregnancy and is as effective as oral contraceptives.

The Creighton Model is the only medical model of procreative education currently in existence. Because of its standardized and objective format, it has been instrumental in the development of a new reproductive and gynecologic science called NaProTECHNOLOGY® (Natural Procreative Technology).

In this introductory session you will learn:

- How NaProTechnology® is the solution to reproductive problems such as infertility, miscarriage, still birth, and prematurity.
- How NaProTechnology® is the solution to premenstrual syndrome, recurrent ovarian cysts, and abnormal bleeding.
- How to refer couples to a Creighton Model FertilityCare™ Practitioner and a Creighton Model Medical Consultant who utilizes NaProTechnology®.
- How reviews of the Creighton Model have shown a high level of couple satisfaction and enhanced marital bonding.
- How the Creighton Model FertilityCare™ System is a morally acceptable system of natural birth regulation and the only one that has medical applications.

For more information visit www.aafcp.org
(American Academy of FertilityCare Professionals)

