

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 efforts to engage in promotional activities is 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 Life Cycles to all who are on the mailing list. We believe that the distribution of this publication is a valuable service. Please clip out the following 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, or 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.

For more information on how to submit news and information, call Barbara Rose at (215) 884-2922 or e-mail loveandlife@acninc.net.

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Life Cycles



Spring 2005

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

A Message from your President

We start the year with over 400 addresses on our mailing list. In the past year we added 92 to the list. I consider this slow growth. But, as my wife often reminds me, slow and steady wins the race.

The PNFPN is in a race to spread the good news of Natural Family Planning. It is a slow race. We have to win the hearts and minds of couples – one at a time. We need all on our mailing list to do what you can.

In the coming year, I invite you to send me a description of what you have done to spread our message. I would like to share your effective methods for getting the word out with the rest of the network. You can reach me through the PNFPN P.O. Box or send it to me at grfinnin@verizon.net.

Some new good news: There is a new organization in New Jersey! New Jersey Natural Family Planning - If you have web access, check it out at <http://www.njnfp.org>. NJNFP was founded on September 8, 2004.

God Bless.

George Finnin

New Marriage Prep Program Focuses on Sexuality and NFP

by Elena Perri

Robert Frost said, "Do not go where the path may lead. Go instead where there is no path and leave a trail."



This saying is fitting for Christopher West, who recently released his much-awaited marriage preparation program based on Pope

John Paul II's Theology of the Body. First developed when West was the director of the Archdiocese of Denver's Marriage and Family Office, this program offers engaged couples a more complete understanding of God's glorious plan for marriage and human sexuality than perhaps any program available in the Church today.

While most marriage preparation programs provide couples with only an hour or two of instruction on sexuality, this full-day program, God's Plan for a Joy-Filled Marriage, introduces couples to a deeper understanding of the "whys" behind the teachings of the Church.

"This program provides couples with the tools to live married life as God intended," says West, a leading expert on the Pope's Theology of the Body and best-selling author. "The emphasis is not on simply 'coping with the Church's teaching' but fully embracing and even celebrating this challenging, but glorious vision," explains West. The net gain for couples, he says, is an underlying peace rather than resentment toward each other and the Church.

The morning session focuses on a biblical vision of God's plan for marriage and reviews the commitments a couple makes in their exchange of vows. The afternoon applies all that was presented in the morning session to questions of premarital and marital chastity with an emphasis on the benefits of Natural Family Planning. The program also gives couples time for reflection and discussion.

"Most programs do a decent job helping couples with communication skills and handling finances, but are weak in their treatment of God's plan for married life and sexuality," West explains. "This program isn't meant to replace all that is good in existing programs, but to supplement those programs with a more compelling presentation of the Church's vision of married love and an invitation to embrace it."

"Engaged couples are my toughest audiences, but also the most rewarding because by the end of the day you can see the lights going on inside their heads," says West. "They are also ready and willing to share their doubts, struggles, and then joy at what they have just heard." He noted that 91 percent of couples who attended the marriage prep program in the Denver Archdiocese were cohabitating. But after attending the program, approximately 48 percent of those same couples said they were definitely going to save sex for marriage and another 20 percent said they would consider doing so.

Couples who attend God's Plan for a Joy-Filled Marriage receive a workbook published by Ascension Press and the Theology of the Body Institute and a copy of West's book Good News

Continued on next page

Life Cycles

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

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About Sex and Marriage, which is referenced during the course and provides couples with a resource on topics brought up throughout the day.

God's Plan for a Joy-Filled Marriage has not only garnered praise from family life educators and engaged couples throughout the country, it also has hard statistics, collected over a four-year period in Denver, to substantiate its effectiveness. Post-retreat surveys show that 7 percent of couples who were planning to contracept in their marriages will "definitely not contracept" after going through the program, and another 31 percent will "definitely use NFP" in their marriage.

"Numbers like this could fuel a dramatic renewal in Catholic married life," explains Sister Mary Elizabeth, S.V., director of the Family Life Respect Life Office of the Archdiocese of New York. "When couples experience the authentic liberation that comes from living in accord with God's plan, they are often filled with a new-found joy and rarely, if ever, want to turn back to the methods and strategies of the past. Many couples also experience a renewed faith due to the grace that comes from living the Church's teaching."

"There's a critical void of programs that address the 'difficult' issues in any convincing manner," West says. "This program attempts to do that. The renewal of the Church is going to come by way of renewal of marriage and family life. That has to be the starting point. And that is why we must strengthen our marriage prep programs. The church can only survive to the

degree that marriage and family life survive." Individuals can be trained to teach the course, or it can be facilitated using a video program. *God's Plan for a Joy-Filled Marriage* preparation program can be purchased through Ascension Press by calling 1-800-376-0520 or visiting www.ascensionpress.com.

Elena Perri is a writer and a Board Member of the Philadelphia Natural Family Planning Network. She and her husband Paul live in Havertown with their two-year-old son, Christopher.

Please join us for the Third Annual PNFPN Conference:

Theology of the Body

The New Sexuality

Saturday, April 2, 2005

St. Mary Medical Center,

Langhorne-Newtown Rd.

Langhorne, Pennsylvania

Seating is limited –

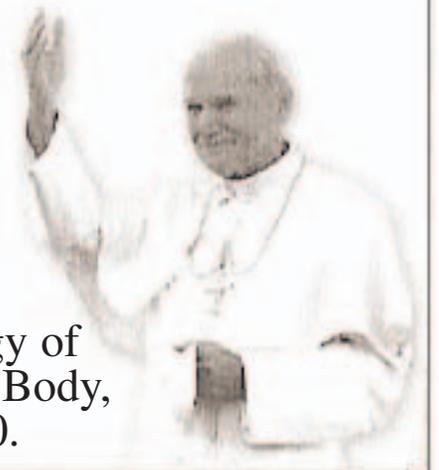
Registration deadline is March 18

See www.pnfpn.org

or call George Finnin at (610) 489-4940

Who's the World's Greatest NFP Instructor? Answer: Pope John Paul II

Okay, so maybe he doesn't know how to teach "charting", but he does understand—perhaps better than anyone else—why Natural Family Planning is in accord with God's plan. The topic of NFP is one of hundreds of truths the Pope speaks about in his landmark collection of works known as the "theology of the body". To learn more about the Theology of the Body, visit www.LuminousMedia.org or call 800-376-0520.



The "Net" works

Chastity Education for Teens

Generation Life is sponsoring 8th Grade Chastity Days April 26 -28 at Cardinal O'Hara High, Archbishop Ryan High and Immaculata University. Additional information can be obtained by calling Kate Hayes at (215) 885-4231 or khayes@generationlife.org

NFP CLASSES and INTRODUCTORY SESSIONS

Pennsylvania

April 4, Perkasie

Free introductory session of the Creighton Model FertilityCare™ System. Please call Liz Parrish, RN, FCP at (215) 249-9829 for more information and registration.

April 5, Philadelphia

The Philadelphia Family Life Office will sponsor a class in the sympto-thermal method of Natural Family Planning at Nazareth Hospital, 2601 Holme Avenue. For more information or registration please call (215) 587-5639.

April 5, Linfield

Free introductory session of the Creighton Model FertilityCare™ System. Please call Elizabeth Kauffeld, FCP at (610) 495-8821 for more information and registration.

April 14, Oreland

Free introductory session of the Creighton Model FertilityCare™ System located at 88 Pennsylvania Avenue in Oreland, 19075. Please call Barbara Rose, RN, FCP at (215) 884-2922 for more information and registration.

May 2, Perkasie

Free introductory session of the Creighton Model FertilityCare™ System. Please call Liz Parrish, RN, FCP at (215) 249-9829 for more information and registration.

May 3, Yardley

The Philadelphia Family Life Office will

sponsor a class in the sympto-thermal method of Natural Family Planning at St. Ignatius of Antioch, 999 Reading Ave. For more information or registration please call (215) 587-5639.

May 6, Wynnewood

The Philadelphia Family Life Office will sponsor a class in the sympto-thermal method of Natural Family Planning at St. Charles Seminary, 1000 E. Wynnewood Rd. For more information or registration please call (215) 587-5639.

May 7, 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.

May 11, Linfield

Free introductory session of the Creighton Model FertilityCare™ System. Please call Elizabeth Kauffeld, FCP at (610) 495-8821 for more information and registration.

May 12, Oreland

Free introductory session of the Creighton Model FertilityCare™ System located at 88 Pennsylvania Avenue in Oreland, 19075. Please call Barbara Rose, RN, FCP at (215) 884-2922 for more information and registration.

May 19, Downingtown

Free introductory session of the Creighton

Model FertilityCare™ System. This will be held at St. Joseph's Parish. Please call Dorice Millar, RN, FCP at (610) 873-8334 for more information or registration.

June 3, Philadelphia

The Philadelphia Family Life Office will sponsor a class in the sympto-thermal method of Natural Family Planning at St. Dominic, 8504 Frankford Ave. For more information or registration please call (610) 660-9002.

June 9, Linfield

Free introductory session of the Creighton Model FertilityCare™ System. Please call Elizabeth Kauffeld, FCP at (610) 495-8821 for more information and registration.

June 9, Oreland

Free introductory session of the Creighton Model FertilityCare™ System located at 88 Pennsylvania Avenue in Oreland, 19075. Please call Barbara Rose, RN, FCP at (215) 884-2922 for more information and registration.

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. Pre-registration is required. For information call: (856) 756-7900 ext. 6315 or email:

nfpoffice@camdendiocese.org

May 12, Hammonton

St. Joseph Church, 7-9:30 PM

God's little blessings

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born to
Melissa and
Benjamin Schools
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Contact me for more information:

Elena Perri, Independent Consultant
610-789-2124 elenaperri@earthlink.net
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Dr. Hilgers Speaks in New Jersey

By Pawel Nycz-Wasilec, Ph.D.

“Cutting Edge Female Healthcare” was the focus of a dinner event hosted by Archbishop John J. Myers of Newark at the Wilshire Grand Hotel in West Orange, New Jersey on November 19, 2004. Damon Owens, Newark Archdiocesan Coordinator of Natural Family Planning, was Master of Ceremonies for the evening.



From left: John E. Fitzgerald, Dorothy Dugandzic, Dr. Leonie Watson, Dr. Thomas Hilgers, and Damon Owens.

Archbishop Myers welcomed the eighty attendees, forty-four of whom were doctors, nurses, or midwives. The Archbishop encouraged them to discover, as he had many years ago, the profoundly positive effect of NFP (Natural Family Planning) on women, marriages, and families. Next, Fr. Richard Hogan, missionary priest for NFP Outreach, used simple language and humorous examples to make a moving case for resisting treating the body as a machine made up of parts and functions. His presentation flowed from his study of Pope John Paul II's book, *The Theology of the Body: Human Love in the Divine Plan*, about the dignity of the human person.

The keynote speaker was Dr. Thomas Hilgers, professor of obstetrics and gynecology at Creighton University School of Medicine, and the founder and director of the Pope Paul VI

Institute for the Study of Human Reproduction (www.popepaulvi.com) in Omaha, Nebraska. Dr. Hilgers introduced the audience to NaProTechnology® (Natural Procreative Technology), a medically effective, morally sound alternative to Assisted Reproductive Technologies (ART) and artificial contraceptives which have become mainstays of mainstream gynecologic care. From instruction in a standardized method of Natural Family Planning, to evaluation and treatment, both medically and surgically, for a wide variety of health conditions, Dr. Hilgers' FertilityCare™ System has revolutionized his own practice and those of the many physicians whom he has taught during the past 30 years. Dr. Hilgers' textbook, *The Medical and Surgical Practice of NaProTechnology®*, was published in July, 2004. This magnum opus documents in detail the targeted timing of hormonal testing, meticulous laparoscopic and surgical techniques and background research that have resulted in a complete system for either achieving or avoiding pregnancy as well as treating conditions such as endometriosis, premenstrual syndrome, ovarian cysts and others.

The event was financed by the St. Augustine Foundation of Yonkers, New York.

Dorothy Dugandzic, managing director of the foundation, commented, “The evening was very educational and provided an opportunity for networking among physicians and priests in the Newark area. We need physicians who will transform their practice to conform to their religious values, to give up prescribing contraception and to promote natural methods of family planning. It can be done. It is being done. There is a movement of physicians across the country called NFP-only

docs. They've moved with courage, and we are very proud of them. They are OB/GYNs and family practice doctors who no longer prescribe contraception. They are an example and a witness to the truths of the Catholic faith regarding procreation and family planning.”

(For a national listing of NFP-only doctors go to www.OMSoul.com)

In the Newark area, Dr. Leonie Watson, a family physician whose practice is in Mountainside, New Jersey, is a Certified FertilityCare™ medical consultant, trained at the Pope Paul VI Institute. Dr. Watson has limited her practice to women's healthcare, using NaProTechnology®. Through her practice, FertilityCare Consulting, P.C., she works with local physicians to provide NaProTechnology® for their patients.



Dinner participants look at NFP materials at the St. Augustine Foundation table.

After the dinner, a follow-up effort was launched to continue to reach physicians and priests in the Newark area regarding Natural Family Planning. DVDs and audiotapes were made of the event and are now available for distribution. For more information on the follow-up project and the DVDs and audiotapes, please contact Damon Owens, Newark NFP Coordinator, at (973) 632-3755.

NFP Instruction Primer

This issue will list the NFP instruction providers in our Philadelphia/Southern NJ region and briefly explain the various methods and models. Readers are encouraged to call the individual NFP instructors, program coordinators, and FertilityCare Practitioners listed in the "Net" works column for more details regarding classes and introductory sessions.

BOMA:

The Billings Ovulation Method of America (BOMA) provides instruction in the Billings Ovulation Method. This method of NFP is based on the woman's sensation and observation of cervical mucus. Instruction includes free introductory session followed by individual private sessions to discuss couple's observations. Cost of the program is \$75 which includes charting materials and information booklet. At the present time there is only one active Billings Ovulation Method instructor - couple in our area. For additional information please contact Kristen and Randy Colton at (610) 532-0364.

CCL

The Couple to Couple League (CCL) provides instruction in the sympto-thermal method. The full course consists of four classes, spaced one month apart. The registration fee is \$75 per couple, which goes toward the cost of the materials that each couple will need to learn and practice the method.

If an NFP class is part of a marriage requirement, the couple will receive a signed certificate of completion at the end of the series which may be delivered to their priest. CCL

instructors in Philadelphia are independent and must be called individually if one wishes to register for classes. The regional coordinators of the CCL for the Southeast PA region are Maria and Joe Hare. Their phone number is (610) 544-2349.

Archdiocese of Philadelphia

Provides instruction in the sympto-thermal method. Classes are held as two, two-hour sessions, spaced one week apart. The \$60 fee covers the cost of materials and the program. Follow up is recommended with the individual teaching couple by mailing copies of the charts and discussing the instructions over the phone for six cycles.

The Family Life Office NFP coordinator, Lisann Castagno, is responsible for class registration and can be reached at (215) 587-5639.

Diocese of Camden:

Provides instruction in the sympto-thermal method utilizing the CCL program. Each course is taught in a series of four classes spaced about one month apart. The registration fee of \$75 also includes a year's subscription to the bi-monthly Family Foundations magazine.

Camden diocese office requests preregistration for all courses. The NFP coordinator for the Camden Diocese is Cecilia Le Chevallier. She can be reached at (856) 756-7900, ext. 6315 or email: nfpo@camdendiocese.org

Creighton Model FertilityCare™ System:

The Creighton Model FertilityCare System serves as both a method of NFP and as a means to monitor, maintain and evaluate a woman's gynecologic health. Free group introductory sessions are held monthly

throughout the Philadelphia suburban area. The curriculum is designed to have the maximum benefit by attending eight follow-up sessions over the course of a year. Each follow-up session costs \$40 and there is a \$25 fee for a year's worth of materials. Clients are expected to meet with instructors every two weeks for the first four sessions. Instructors of the Creighton Model are allied health professionals called FertilityCare Practitioners (FCPs). FCPs teach the system and evaluate and refer clients to Creighton Medical Consultants – physicians who practice NaProTechnology®, the new reproductive health science developed through 28 years of research at the Pope Paul VI Institute in Omaha, Nebraska. Creighton Medical Consultants are located in the Philadelphia suburbs and central New Jersey.

Currently, there are four FertilityCare Practitioners in the Philadelphia suburban area. The FCPs of Southeast PA can be contacted through Elizabeth Kauffeld at (610) 495-8821 or e-mail: pafertilitycare@comcast.net

Feeling Lucky ?

Have you bought your ticket for our first annual 50/50 fund raiser? This year's drawing will be held at the Third Annual PNFPN Conference at St. Mary Medical Center, April 2, 2005. First prize winner gets \$1000! All monies support our non-profit organization for the promotion of NFP education.

For ticket sales, please call Michael Castagno at (215) 885-8388, or if you wish to assist us in selling tickets, please contact Dr. Lester Ruppertsberger at (215) 680-0141.