

Life Cycles



March/April 2003

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

A Message from Your New President

Greetings all. I am pleased to report that the Executive Board has appointed me as your president for the next two years. I only hope to continue the enthusiasm that Barbara Rose has brought to this office.

As one of the founding members of the PNFPN and in serving as vice president and membership chair, I have enjoyed watching this network grow. For nearly five years, I have met many people through various PNFPN sponsored events. I had the opportunity to listen to their stories and share common experiences. It certainly has encouraged me in this ministry of NFP promotion. As we grow, I hope to continue to hear many more stories. It is in sharing these stories with others that new ideas are generated.

Speaking of new ideas, here's one that came up at a recent NFP class. Many students reported to us that they first learned about NFP from their parish bulletins. Placing the name of a NFP contact in parish bulletins sounds like a

fantastic way to help promote NFP.

How about a NFP contact listed in the parish bulletins for every church in the Philadelphia region? Many of you have associations within parishes. Why not approach your pastor and offer your services as a PNFPN ambassador? You can be the source of information for couples interested in NFP. Try to get your name or some other PNFPN member's name listed in a bulletin every week as a contact and then notify the network to let us know of your success!

I encourage you to help spread the good news of NFP by participating in this project and by letting us know of your activities. Remember to share your stories with us by mailing manuscripts to Life Cycles or e-mail them to me at gfinnin@icdc.com. Too often people think that their small effort isn't enough. But always remember: we help one couple at a time.

George Finnin

Membership Profile

Dorice Millar, RN and childbirth educator has been a member of the PNFPN since it was founded in 1998. She and her husband Kevin are the proud parents of five children ranging in age from three to 12 years. Dorice has been a certified NFP instructor for the past four years and has conducted courses for her parish and surrounding area in Chester County, PA. She has recently completed the Education Phase I instruction for the Fertility Care Practitioner program of the Creighton Model System that was held in Mt. Arlington, NJ this past October.

Life Cycles: *Please tell us how you first became an NFP instructor.*

Dorice Millar: Four years ago, Dr. Daniel Beninati, OB/GYN, recommended that I apply for the grant that was offered by Our Sunday Visitor. That enabled me to obtain training from the Family of the Americas Foundation (FAM) in Dunkirk, Maryland. The weeklong program was very intense,

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Natural Family Planning Network
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Green Lane, PA*

Charles Lewis - Lansdale, PA

*Brian & Kathleen McTieman
Havertown, PA*

*Andres A. Ramos, MD
Southampton, PA*

and upon its completion and a six-month internship, I became a Master Trainer of the Ovulation Method.

Life Cycles: *Where and how were you able to obtain clients for instruction?*

Dorice Millar: I started really by word of mouth and the support of our parish Respect Life group. The clergy of my parish, St. Joseph's in Downingtown, has also been supportive and provided me space for classes and follow-ups. About two years ago, Kevin and I helped to establish a pre-Cana program in our parish that included a medical presentation of natural family planning, the Church's teaching regarding human sexuality, and a witness talk. I have also participated in several NFP informational sessions, given introductory talks to both secular and parish-based groups, and provided e-mail instruction to out-of-state clients. In all, I estimate that I instructed over one hundred couples in the FAM ovulation method and am currently following about twenty couples in the Creighton Model. Chester County is very much in need of more instructors.

Life Cycles: *You have recently chosen to continue your education with professional training in the Creighton Model FertilityCare™ System. Would you share with us what made you decide to pursue the title of Fertility Care practitioner?*

Dorice Millar: As an RN, I have chosen the Creighton Model system for its reputation and leadership in standardizing Natural Family Planning through a medical model. This system not only provides fertility education to assist couples in planning and achieving pregnancy naturally but includes a new reproductive science known as NaProTECHNOLOGY® which provides treatment for a variety of gynecological problems and infertility. I attended the first educational phase in October and was truly impressed with the professional case management approach and was elated to find manageable solutions for circumstances with which I could not completely assist my clients in the past.

Life Cycles: *We understand that your parish in Downingtown incorporates NFP into its pre-Cana program. Would you share with us how that developed?*

Dorice Millar: We are truly blessed at St. Joseph's with an awesome team that is dedicated to the instruction of God's plan for love and the Church's teaching on sexuality. Each team couple sponsors a couple in prayer and provides them with the book written by Christopher West entitled: Good News about Sex and Marriage. Monsignor Joseph McFadden, our pastor, has also supported this effort by making attendance at an introductory session for Natural Family Planning a requirement for completion of pre-Cana in our

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parish. It is our hope that engaged couples will recognize that living this message leads them to living their marriage as a sacrament that then brings them closer to each other and to God.

Life Cycles: *What are your long-term professional goals as a FertilityCare™ Practitioner?*

Dorice Millar: My long term goals are to educate other health professionals regarding FertilityCare™, to open an education program to recruit and train other instructors, and to help establish a FertilityCare™ Center in our area. The potential this has to mainstream truly authentic Catholic healthcare is awesome! Recently I have had the opportunity to take another step towards accomplishing these goals. In January of this year, I began a relationship with the Woman's Center for Health and Wellness in Camphill, PA. I am working with their clients in an office and instructing them in the Creighton model. This medical practice is associated with Holy Spirit Hospital and consists of three very successful

NFP-only OB/GYNs, Creighton Medical Consultants: Dr. Faith Daggs, Dr. Ann Marie Manning, and Dr. James Long. I believe that Dr. Hilgers, the founder of the Pope Paul VI Institute for the Study of Human Reproduction sums it up best. He says "I believe that NaProTECHNOLOGY® is the embodiment . . . from a medical and health perspective of the 'theology of the body'

in actual practice."

Life Cycles: *Your NFP ministry is truly inspiring. Is there anything else that you wish to share with our readers?*

Dorice Millar: A day does not pass that I do not marvel at the journey begun four years ago . . . I am thankful each day for the support of my loving husband, Kevin. He is fully involved with the pre-Cana team and we give the sexuality presentations together. He also teaches the introductory sessions of the Creighton Model System and has always been available to the men who have questions. I am also so thankful for the many friends who have gone beyond the call of duty to help me out, priests who have encouraged me and helped me to find funding for my training, colleagues of the PNFPN who keep the vision alive. I know there are people all over the United States working in the NFP apostolate that really need the kind of support that I have been blessed with. I ask that you keep this ministry in your prayers.

Hot Items in NFP Promotion

The gift foundation is offering a new set of audiotapes by Christopher West entitled *A Crash Course in the Theology of The Body, Naked Without Shame* 2nd Edition.

This series includes a bonus talk called "A Weed in the Garden": Mr. West's mind blowing hypothesis on original sin influenced by Pope John Paul II and St. Edith Stein.

A companion 80+ page study guide is also available, which coordinates exactly with Mr. West's presentation. Here one will find more information and quotes than are actually in the *Naked Without Shame* series so it can easily be used for private meditation or for use in study groups!

For details please see the website at www.giftfoundation.org or call 847-844-1167, Fax: 847-844-1195

Our Ongoing Appeal

God bless you for your generosity

\$ 5 \$ 10 \$ 15 Other: _____

Name: _____

Address: _____

Please send your contribution to PNFPN, P.O. Box 220, Jenkintown, PA 19046. The PNFPN is a 501 (c) (3) tax exempt organization.

A Chance to Spread the Good News

by Michael and Lisann Castagno

About two years after our wedding, Michael and I started teaching NFP for the Archdiocese of Philadelphia. This was a great chance for us to spread the good news about NFP and what it brings to our marriage.

Two years later, we were asked if we were interested in giving the "Matter of Priorities" talk in the regional marriage preparation course. The Matter of

Priorities talk includes the top three problem areas in the first five years of marriage- time, sex and money. The sex part of the talk includes the topics of intimacy and NFP. We felt that this was part of our baptismal calling to present to the engaged couples the truth about intimacy and NFP and what the Catholic Church says about both subjects. What seems to have more of an impact on them is our witness as to what practicing NFP has brought to our marriage.

The past four and a half years have been truly wonderful. Although Michael and I aren't "professional speakers", we found it surprisingly easy to speak to the 100-150 couples we encounter at each marriage prep session. We are happy doing the Lord's work. We also are happy to say

that many of the couples in our NFP classes have come from our marriage prep presentations. We have been told that we piqued their curiosity. What a blessing it is for these couples to start their marriages off practicing NFP.

The Archdiocese of Philadelphia is in need of more couples to spread the word in their marriage prep program. This is a chance to make a difference and help other couples have a better chance at a great life together.

If interested, please call the Family Life Office of the Archdiocese of Philadelphia at 610-660-9002.

CCL Conducts Teacher Training Seminar in Philadelphia Area

By Maria Hare

The Couple to Couple League has announced that it will conduct a Teacher Training Seminar later this summer in the Philadelphia area. A few years ago, the League decided to offer more of these seminars because they are so much more effective and efficient in moving candidates through the certification process. The average length of time it takes a Candidate Teaching Couple (CTC) to become certified has been cut in half! Another benefit is the opportunity for the CTCs to meet the Teacher Trainers as well as other CTCs who share their interest and commitment to spreading the good news of NFP.

The upcoming Teacher Training Seminar will be held at St. Jude Parish in Chalfont,

PA on the weekends of August 2 & 3 and September 13 & 14, 2003. It is open to any Candidate Teaching Couple. Since some preliminary work must be completed before attending the seminar, anyone interested in registering for it should contact the Couple to Couple League as soon as possible (especially those who are not already enrolled in the Teacher Training Program). The local coordinator of the St. Jude Seminar is Jeannette Wynne and she can be reached at 215-822-3831. Questions about the weekend schedules as well as food and hotel accommodations should be directed to her.

Generally, the first two certification tests are administered during the first weekend of the seminar and the second two tests are given the second weekend. There is plenty of time for review and discussion of the material at every session. Since the Couple to Couple League is a very family-friendly organization, nursing babies are welcome to stay with their parents and babysitters are provided for older children.

John DuMont, Eastern Field Director for

the Couple to Couple League, says, "We're looking for married couples who can commit themselves to teaching Natural Family Planning in the context of chastity and generosity just one night a month as the necessary antidote to one of the major causes of the culture of death. Let's face it. The pro-life battle is not going to be won at the level of the courts or in the U.S. Congress, or any other congress for that matter, or at the UN. Ultimately it is going to be won at the grass roots level, and I'm asking you to have a key role in the battle by becoming a teaching couple."

There's still time to join the CCL Teacher Training Program and complete the preliminary reading so you can attend this summer's local Teacher Training Seminar. For the NFP teacher, the challenges are many but the rewards are truly out of this world. Please contact the Couple to Couple League today:

Mail: P.O. Box 111184
Cincinnati, OH 45211
Phone: 513-471-2000
E-mail: ccli@ccli.org

The "Net" works

MARRIAGE ENRICHMENT EVENING

May 24 , Washington Township, NJ, Holy Family Church. Fr. James Otto presentation entitled Enriching your marriage through John Paul II's Theology of the Body. For more information please call the Camden NFP Office at 856-756-7900, ext. 6315 or email: nfpoffice@camdendiocese.org.

NFP TEACHER TRAINING COURSES

August 2 & 3, and September 13 & 14 – Couple to Couple League will be sponsoring a two weekend teacher training session in Chalfont, PA at St. Jude Parish. For more information please contact Joe and Maria Hare at (610) 544 - 2349

CLASSES FOR COUPLES

TRYING TO ACHIEVE PREGNANCY

March 12 – Magnolia
A fertility awareness course for couples trying to achieve pregnancy utilizing natural strategies. Our Lady of Lourdes School of Nursing, 304-A Evesham Av., Magnolia, NJ For additional information or to register, call 856-756-7900, ext. 6315 OR email: nfpoffice@camdendiocese.org.

NFP CLASSES SCHEDULED

Pennsylvania

March 20 – Oreland
Free Introductory Session of the Creighton Model FertilityCare™ System and NaProTechnology®, a means of monitoring one's reproductive and gynecologic health. It is applicable to all reproductive categories including breastfeeding and pre-menopause. In addition to achieving or avoiding pregnancy, this system can help in evaluation and treatment of infertility, repetitive miscarriage, abnormal bleeding,

ovarian cysts, pelvic pain, PMS and perimenopausal symptoms. Individual follow-up instruction for a fee is available from a FertilityCare™ Practitioner. Referrals are available to specially trained Creighton Model NFP Medical Consultants in the area who utilize NaProTechnology®, a new reproductive medical and surgical science. Please preregister for this session by calling Barbara Rose, RN, MSN, FCPI at (215) 884-2922

April 1 – Philadelphia
The Philadelphia Family Life Office will sponsor a class in the Sympto-Thermal method of Natural Family Planning at Nazareth Hospital, 2601 Holme Ave. For more information or registration please call (610) 660-9002.

May 5 – 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 (610) 660-9002.

May 6 – Downingtown
Introductory Session of the Creighton Model FertilityCare™ System to be held at St. Joseph's Church, 7 PM to 9 PM. See above description for details. Call Dorice Millar, RN, FCPI at (610) 873-8334

June 6 – Overbrook
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, PA. For more information or registration please call (610) 660-9002.

June 12 – Oreland
Introductory Session of the Creighton Model FertilityCare™ System 7:30 PM to 9 PM. See above description for

details. Call Barbara Rose at (215) 884-2922

July 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 Pk. For more information or registration please call (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. The fee is \$70 per couple, which includes all course materials, charts and bimonthly magazine. Pre-registration is requested. For information call: (856) 756-7900, ext. 6315 or email: nfpoffice@camdendiocese.org

March 12 – St. Agnes Church, Blackwood, 7:00 PM - 9:30 PM

March 29 – Holy Family Church, Washington Twp., 1:45 PM - 4:15 PM

God's little blessings



*Gianna Rose 11/30/02
to
Helen and Lou La France*

*Mary Clare 12/20/02
to
Mary Kate and Tony Hayden*

Become a member of the PNFPN

Ever stop to consider what would be possible if more people understood the gift God gave us in our cyclic fertility? If you are excited about bringing knowledge of this tremendous gift to others, please join us. You can share more of your talents by agreeing to be listed in our directory.

Name: _____

Address: _____

Home Phone: _____ Work Phone: _____

Profession or association with NFP: _____

(Clergy, laity, couple, health care professional, promoter, pro-life advocate, etc.)

Are you a member of an organization that provides instruction in NFP? _____

(Archdiocese Family Life Office, C.C.L., Family of the Americas, or other)

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 _____

Mail to: George and Eileen Finnin
 3842 Lywiski Road
 Collegeville, PA 19426

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