

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: _____

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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. Please share with us your NFP training sessions, fertility appreciation programs, and outreach activities. 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: savro@verizon.net.

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

President's Message

I enjoyed our conference again this year. Our presenters gave the attendees a lot to think about regarding Authentic Catholic Health Care. In addition to the talks, I appreciated the networking. I was able to talk with many people about their experiences in promoting NFP. One high school teacher asks her students to do research on NFP by using our Web site as the starting location. An instructor at a local college and some of his nursing students attended. He had a member of our network give a presentation to his class. As a result, three students decided to attend the conference. I talked with an engaged couple who shared how their chaste living aids their relationship and how their future use of natural methods will help their marriage. I saw ovulation method instructors talking with sympto-thermal method instructors and comparing notes. Some deacons from the Camden area were relating their diocese's plans to increase their training in NFP so they can better describe its benefits to engaged couples they work with.

We had a broad audience attending. There were priests, religious, doctors, nurses, single and married people. From what I could see they all appreciated the presentations and the ability to meet others. I want to thank all who helped in the conference details as well as those attending. It was another wonderful opportunity to network.

God Bless

George Finnin

Local Creighton Medical Consultant participates in fertility research

Dr. Jean Golden-Tevald of Morning Star Family Health Center and FertilityCare Center of Hunterdon County, N.J., was recently accepted by the International Institute of Restorative Reproductive Medicine (IRRM) as a site investigator for a multi-center practice-based study of NaPro Technology (NPT) treatment for infertility and miscarriage. This study, also known as iNEST, is being conducted through the Department of Family and Preventive Medicine at the University of Utah, Salt Lake City. The principal investigator is Dr. Joseph Stanford, a well-known researcher of natural methods of birth regulation and author of many medical journal articles on the subject of NFP.

The purpose of the study is to evaluate live birth rates among couples who are treated by NPT for infertility and miscarriage. Couples will be followed for up to three years, regardless of when they begin NPT treatment or whether they continue NPT treatment.

This study is being conducted in multiple practices in different countries. The researchers are seeking the broadest possible participation from couples who are considering NPT treatment. The study will be most useful if all

couples considering NPT treatment participate, regardless of their individual circumstances or actual treatment.

Subjects for the study will be asked for information collected by questionnaires and Creighton Model FertilityCare Charts (Napro tracking). The researchers will then collect data about NPT treatment from the medical records of those participating in the study. Information will be kept confidential as no personal information will be released to anyone outside of the study. The summary analysis and reporting of data will make it impossible to identify any individual from the data.

Study participants are being recruited from the Philadelphia and New Jersey region. If you or someone you know is interested in participating, please contact the practice of Dr. Jean Golden-Tevald at (908) 735-9344 or via e-mail: drjean@morningstarfhc.com. The Web site is www.morningstarfhc.com

Life Cycles

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

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Kudos to Our Members

To Lester Ruppertsberger and members
of the PNFPN Conference committee
for a great job again this year.

To Kathleen Golden for passing her
board examination and becoming
a FertilityCare Practitioner.

e5 men and women offer up their suffering

By Dennis Murphy

I read an article about the e5 men in The Catholic Standard and Times a couple of years ago, and I was drawn to participate. Although I do not know Steven Habisohn, the founder of e5, he is leagues beyond me in his vision and in his doing the will of the Father.

e5 comes from Ephesians 5:25, "Husbands, love your wives, as Christ loved the Church and gave Himself up for Her." Jesus offered Himself up for His Bride and that is what the e5 man does also for his bride by fasting. We join our small suffering with the sufferings of Christ on the cross not only for the intention of being chaste for our wives but for being chaste for other good reasons. I, for example, also offer my fasting for the intentions of Mary, the Mother of Jesus. I try to follow the example of Saint Louis De Montfort by giving all to Mary, especially in being chaste. I thought it was good to do something simple, and I knew that something like the fasting was coming for me. It was the perfect time in my own life because I understood the opportunity when it presented itself. I wanted to participate in something meaningful especially regarding the sacredness of intimacy, which so much in our culture wants to trivialize. I struggle some Wednesdays more than others, but I don't find it difficult to do especially when I think of Jesus suffering and crucified. My fasting is such a drop of water in His infinite ocean of love, but it is still my drop of love. It's amazing that the Son of God and His Mother would even notice it, and they do.

As I have offered up my simple 24 hours of fasting on bread and water, I think of those not only in e5, but anyone who has fasted because the Lord said that some healings need prayer and fasting. The Lord also said that when He was gone, there would be time for fasting. Certainly the assault against chastity in our own wounded culture demands the response of prayer and fasting in order to beg healing from our most chaste Lord and His most chaste Mother. I believe that the e5 men and women who quietly offer up their little suffering join in God's plan

to counter the scandal of evil against chastity.

Certainly the focus and motivation for any acts of love are rooted in the gifts of the sacraments, especially in the Eucharist and confession. I go to Confession weekly and Mass or Adoration of the Blessed Eucharist daily as does my wife, Mary Grace. I don't know what I would do without the blessedness of the Eucharist and the forgiveness of Confession.

No acts of fasting are done in a vacuum, and I am always a part of the community of Faith when I fast weekly on bread and water. There are so many men and women in e5 who do the same and much more, and I am a part of them as well as any person of Faith, who struggles with the grace of God for holiness.

Our culture swarms us with direct and ceaseless attacks on our virtue of chastity, whether through newspapers, magazines, television, movies, Internet, immodest clothing and a host of other seemingly innocent but insidious distractions. We can be overcome and overwhelmed. It was so great to read about e5 and the direct defense against all these atrocities against women through fasting especially to foster respect for the wife that I love, even though in my weak humanity I fail, the children whom we conceived, who have taught me to understand the depth of the need for maturity and holiness in all areas of life and the Church, without whom I would be lost and overcome in the struggle against sin, and the people of God, whom I am called to humbly serve one person at a time.

God's little blessings

Brooke born 1/29/06 to
Stephanie & Joe Schoenleber.

Henry born 3/6/06 to
Melanie and Dominic Lombardi

The "Net" works

FERTILITY APPRECIATION AND CHASTITY PROGRAMS

June 17, New Brunswick

A Father/Younger Son Program for boys ages 10-13 is scheduled at Saint Peters University Hospital, off of Rtes 1 or 287. This program provides an opportunity for fathers and sons to learn about and discuss the physical, emotional and social changes of puberty. The goal of this program is to encourage open parent-child communication during this important time in the son's life. For directions and registration call (732) 745-8600 ext. 8862.

NFP CLASSES and INTRODUCTORY SESSIONS

Pennsylvania

May 12, West Chester

A Sympto-Thermal Method NFP class by the Couple to Couple League will be held 7 PM at St. Agnes in West Chester, 233 West Gay St. This is a series of four classes, scheduled for May 12, June 2, June 23 and July 7. For directions and registration call 610- 408 - 8447 or e-mail szupica@verizon.net.

June 6, 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.

June 9, Chalfont

Free Introductory Session of the Creighton Model FertilityCare™ will be held at 800 Manor Drive, Chalfont, PA. Please call Liz Parrish, RN, CFCP at

(215) 249-9829 for more information and registration.

June 13, Norristown

Free Introductory Session of the Creighton Model FertilityCare™ 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.

June 27, Exton

Free Introductory Session of the Creighton Model FertilityCare™ System will be held at SS. Philip and James Rectory, 107 North Ship Road, Exton, PA. Please call Helen LaFrance, PA, FCPI at (610) 436-8323 for more information and registration.

July 6, 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.

July 11, Philadelphia

The Philadelphia Family Life Office will sponsor a class in the Sympto-Thermal method of Natural Family Planning at St. Dominic's Rectory, 8504 Frankford Avenue. For more information or registration please call (215) 587-5639.

July 14, Chalfont

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

July 17, Exton

Free Introductory Session of the Creighton Model FertilityCare™ System will be held at SS. Philip and James Rectory, 107 North Ship Road, Exton,

PA. Please call Helen LaFrance, PA, FCPI at (610) 436-8323 for more information and registration.

August 8, 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.

August 11, Chalfont

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

August 22, Exton

Free Introductory Session of the Creighton Model FertilityCare™ System will be held at SS. Philip and James Rectory, 107 North Ship Road, Exton, PA. Please call Helen LaFrance, PA, FCPI at (610) 436-8323 for more information and registration.

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. Next class is scheduled for September 22, 2006, place TBA.

HAVE YOU MOVED?

Do you have a new e-mail address? Do you want your name included in our directory? If you can answer yes to any one of these questions, please contact our secretary Liz Parrish at (215) 249-9829 or e-mail: parrishparty@comcast.net



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PNFPN Member Activity

Our PNFPN members have been busy these past few months, spreading the good news of NFP. In this issue, we are listing some of the activities of our busiest members, in the hope that it will inspire others to get out there and start evangelizing! Remember, you do not have to be an NFP instructor, FertilityCare Practitioner or physician to spread the news. NFP promotion is for everyone.

Michael and Lisann Castagno

February 16, presentation, including theology and witness, to Fr. Glen Hickey's Marriage class at Immaculata University.

March 16, presentation to Professor Chrissy Youngblood's Medical Ethics class, Immaculata University.

March 21, presentation to Professor Caroline Duffy's marriage class, Immaculata University.

Barbara Rose, RN, FCP

March 1, guest speaker at Gwynedd-Mercy College for RN to BSN nursing students.

April 1, guest speaker at A Baby's Breath Crisis Pregnancy Home.

Liz Parrish, RN, CFCP

January 18, guest speaker on Voices for the Unborn radio program aired on WISP 1570 AM. Discussed the American Academy of FertilityCare Professionals and the creation of a new hospital-based FertilityCare Center in Manhattan.

April 1, Pre-Cana witness talk at Our Lady of Sacred Heart Parish in Hilltown, Pa., along with her husband, Scott Parrish.

April 8, brief introductory presentation of the Creighton Model FertilityCare System following the witness NFP talk by Stacey and Jamie McCormick at St. Agnes Parish in Sellersville.

Stacey and Jamie McCormick

April 8, NFP witness at St. Agnes Parish in Sellersville. The discussion focused on topics such as living God's plan for marriage and sexuality and the difference between contraception and NFP.

Dr. Lester Ruppberger

March 18, spoke about NFP to 45 Deacons for the Diocese of Camden in Paulsboro, N.J.

March 31, presentation to RCIA catechumens at St. Christopher Parish in Northeast Philadelphia.

Betty and Lester Ruppberger

March 17, hosted a show on WISP 1570 specifically on Assisted Reproductive Technology and the teachings of the Catholic Church.

April 1, presentation to the Pre Cana group of St. Francis of Assisi in Norristown.

April 4-5, spoke with eighth graders at St. Ignatius, Yardley, Pa. The topic was chastity and the sixth and ninth commandments.

Kristen and Randy Colton

March 18, Pre Cana presentation at St. Joseph Parish in Collingdale on responsible parenting.

April 12, presentation to Dr. Mary Van Leuwen's Psychology of Gender class, Eastern University.

God bless you, Dr. Tiongson!

Dr. Eleanor Tiongson is officially an NFP-only physician. Dr. Tiongson received her training in OB Gyn at the Presbyterian University of Pennsylvania Medical Center. A board certified gynecologist, she has been in clinical practice since 1978 and gave up her obstetrical practice just three years ago. Her office address is as follows:

Eleanor S. Tiongson, MD, PC
2100 Keystone Ave Suite 301
Drexel Hill, PA 19026
Tel (610) 626-7488

Dr. Tiongson is a pro-life physician who is a member of the Catholic Medical Association. She loves the youth and strongly advises abstinence until marriage. As with Pope John Paul II, she tells her patients, "Be not afraid. In Him who strengthens us nothing is impossible. We can keep our virtue of chastity."

PNFPN Book Review

"In the Beginning, There Were No Diapers, Laughing and Learning in the First Years of Fatherhood" by Tim Bete

Book review by James F. Volpe

"Within hours after becoming a parent you will notice your child's plumbing is defective. At first you may think this is a joke God is playing on you, since your baby appears to be a human dribble glass. No matter which way you hold him or her, you will get wet."

It was only on an impulse that I picked this book up off the Catholic Shop shelves, but I could not resist a book that featured two baby bums on the cover and a big strong muscled dad holding them. Being more along the lines of a flimsy, wimpy dad, I admired the man on the cover just as I learned to admire the author and his happy, religious wit and Dave Barry stylings.

Like Dave Barry, the author is a newspaper columnist by day, so the book is a compilation of various columns. While Dave Barry's books seem to handle this transition well, this author's book seems a bit disjointed as the stories are combined. However, the jokes are Christian and funny, a rare combination. As the stories are from the early days of fatherhood, experienced dads may not learn anything new, but the author reassures this young dad that the best tool to make it through is a sense of humor and a sense of God.

Welcome New Members

Rev. Paul A. DaDamio, Sinking Spring, Pa.
John & Michele Doman, Collegetown, Pa.
Kathleen A. Fennell, PA-c - RN, Media, Pa.
Paul & Elisabeth Laskowski, Reading, Pa.
Deacon David Murname, Jr., Woodbury, N.J.

Chuck & Mary Anne Walden, Sinking Spring, Pa.

Our Fourth Annual PNFPN Conference was held March 4 at St. Mary Medical Center in Langhorne

