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## 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

Hampshire. Elizabeth, her husband Kris, and son moved here from Manchester, NH and presently live in Limerick, PA. She is in need of clients for her certification. As with all FertilityCare Practitioners, Elizabeth is trained to serve clients in any reproductive category and is looking forward to serving the people of Southeastern PA with quality reproductive and gynecologic health care.

Both Elizabeth and Liz will be added to our new directory for the PNFPN. On page is a list of FertilityCare practitioners who are servicing the Philadelphia/Southern NJ area. Please contact the Pope Paul Institute website at: [www.popepaulvi.com](http://www.popepaulvi.com) for a list of FCPs in other regions.

Life Cycles  
P.O. Box 220  
Jenkintown, PA 19046

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# Life Cycles



May/June 2003

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

## *A Message from Your President*

As most of you should know the PNFPN had it's very first conference, the Facts of Life, on March 15th. It was exciting to see over 100 people come and hear our fabulous speakers, browse through literature and, most importantly, talk with each other. But while over one hundred may have learned something that day, we reached far more people in just promoting the event. This does so much to increase awareness of NFP.

Rather than thank the heavy hitters who made the conference a success, I want to express my gratitude for all the many anonymous others. I learned of these generous souls while I was coordinating the registration for the event. To cite a few, there was the unknown person who got an announcement into his or her church in Barto, PA. Searching the PNFPN mailing list, I couldn't find anyone even near Barto. Some good soul also spread the word about NFP at St. Maria Goretti Parish, Hatfield since a healthy-sized group from that parish attended. There was a promoter who belonged to the Legion of Mary since

several members of that lay apostolate were in attendance. Then there were all those deacons' wives who came and enjoyed themselves. All of these people had the opportunity to learn more about NFP because some unknown person encouraged them to attend the conference.

There were so many good things that happened that day that I can't begin to describe them all. To me, the conference's success was in the networking. I believe the PNFPN is not so much an organization but a movement. It is a group of people with the vision that Natural Family Planning is good news. We all want to hear more good news and spread it. Thanks to all who did their parts. Pray with us that we do what our Lord wants.



## Creighton Model FertilityCare Practitioners Have Arrived

Just six months ago, the Philadelphia/Southern NJ region had no Creighton Model Instructors and certainly was not considered a hot bed of FertilityCare™ services. All that is soon to change, however. Not only did two of our own PNFPN members begin their training to become FertilityCare Practitioners (FCPs), but two other Creighton Model Instructors moved into the area in March.

Elizabeth Parrish is a FertilityCare Practitioner, a Registered Nurse, and the mother of five children. Her husband is a Naval Aviator and was recently transferred to Willow Grove Naval Air Station from Washington state. Located near Dublin in Hilltown Township, FertilityCare Service of Bucks County will be offering Creighton Model Introductory Sessions every month and other times by appointment. Liz is looking forward to sharing the many benefits of the Creighton Model with others.

Elizabeth Kauffeld is a FertilityCare Practitioner Intern studying with the St. Joseph School of Occupational Health in Nashua, New

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# Life Cycles

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

**Life Cycles Staff:**

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*Life Cycles* is a quarterly publication. Articles may be submitted to Barbara Rose at PNFPN P.O. Box 220, Jenkintown, PA 19046, (215) 885-8150.

Life Cycles can be viewed online at [www.pnfpn.org](http://www.pnfpn.org)

**Board Members of the PNFPN:**

John Cogan

Eileen Finnin

Sr. Sheila Galligen, IHM

Joseph Hare

Cecilia LeChevallier

Rev. Msg. Thomas J. Scanlon

Phyllis Stanton

**Officers of the PNFPN**

President: George Finnin

VP: Barbara Rose

Treasurer: Michael Castagno

Secretary: Lester Ruppertsberger

## Welcome New Members:

*Elizabeth D. Kauffeld, FCPI*

*Limerick, PA*

*Peter McFadden*

*New York, NY*

*Liz Parrish, RN, FCP*

*Perkasie, PA*

*Gary & Alison Steele*

*Hatfield, PA*

## CMA Conference to be held in Philadelphia

The Catholic Medical Association is holding its 72nd annual conference at the Union League in Philadelphia on October 16 – 18, 2003. This national event will have some well known speakers as well as some local favorites including Kim Marshall, Lester Ruppertsberger, and Barbara Rose. Please review the sample conference program and contact Dr. John D. Lane, PNFPN member and CMA Conference Chairman for more information. His phone and e-mail is: 215-741-0591, [docjdlane@aol.com](mailto:docjdlane@aol.com)

### Thursday, October 16, 2003

#### Bright Spots and Shadows for the family (Part I)

**Paul Vitz, PhD** The importance of Father

**Rick Fitzgibbons, MD** Anger and Marital Conflicts

Theresa Burke, PhD Post-Abortion Healing

#### Bright Spots and Shadows for the family (Part II)

**Keith Hertzog, MD** Sexually Transmitted Diseases

**Kim Marshall** Pre – Marital Chastity

Rev. Benedict Groeschel Marital Chastity

### Friday, October 17, 2003

#### End of Life Care and Orthodoxy

**Mgsr. William Smith** Maintaining the integrity of the Catholic Hospitals Directives

Rev. Kevin McMahon Advanced directives

#### Physician Assisted Suicide (PAS)

**Bishop Robert Vasa, JCL, DD**, Diocese of Baker, OR The morality of PAS

**Eugene Diamond, MD** The medical ethics of PAS

**Richard Doerflinger** The Legal climate of PAS

Linacre Quarterly Luncheon and Linacre Award Presentation to Thomas W. Hilgers M.D., Director of the Pope Paul VI Institute in Omaha, Nebraska.

The Holy Father's Letter to Families John M. Hass, Ph.D.

#### Special NFP session 6 hours !

Evening Mass Saint John the Evangelist Church

### Saturday, October 18, 2003

#### Spousal Love

**Rev. Richard M. Hogan** Personalism of John Paul II

**Christopher West** The Theology of the Body

#### The Family and the Church

**Kimberly Habn** The Domestic Church

**Scott Habn** The Family of God

#### Natural Family Planning

**Lester Ruppertsberger, DO**

Artificial Contraception to NFP only

**Lorna Cvetkovitch, MD**

NFP-Only Obstetrics

**Barbara Rose, RN, MSN**

Philadelphia Natural Family Planning Network

## God's little blessings



*Gianna Maureen*

*born March 28th to John and Kerri Monastra*

*Benedict David*

*born March 28th to Faith and Paul Daggs*

*Helen Ave*

*born February 24, 2003 to Darren and Beth Poley*

# The "Net" works

## FERTILITY APPRECIATION CLASSES SCHEDULED

A Father/Son Fertility Appreciation class will be held on Saturday, June 28, 2003 from 1:30pm to 4:30 pm. It is open to boys ages 10-13 and their fathers. There is a \$15.00 registration fee per son. Fathers attend free. The program will be held at Saint Peter's University Hospital, Sister Marie de Pazzi Conference Center, 254 Easton Avenue, New Brunswick, NJ 08901. To register, please call Rosemary Kerns: (732) 745-8600 ext. 8862.

Saint Peter's is located near exit 9 of the New Jersey Turnpike in Central New Jersey. It is also easily accessible to Rte. 287, Rte 1, Rte 18 and Rte 27.

## NFP AWARENESS WEEK MASS CELEBRATION

A Mass to celebrate the end of NFP week will be held at St. Dominic's Church in Northeast Philadelphia on Saturday, July 26 at 5:00 PM.

For more information please call George Finnin at (610) 489-4940.

## NFP TEACHER TRAINING COURSES

August 2& 3, and September 13 & 14  
The 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

## NEW SPANISH LANGUAGE NFP CLASS

June 24 – Pennsauken, NJ  
A Spanish Language Sympto-Thermal Method NFP class by the Couple to Couple League will be held at St. Cecilia Church. This is a series of four classes spaced about one month apart. For directions and registration call 856-756-7900, ext. 6315 OR email: nfpoffice@camdendiocese.org.

## NFP CLASSES SCHEDULED

### Pennsylvania

June 13 – 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 13 – Drexel Hill  
A Sympto-Thermal Method NFP class by the Couple to Couple League will be held at St. Charles Borromeo Church. This is a series of four classes spaced about one month apart. For directions and registration call Nancy Brandt at (610)623-5104 OR email: nancy@javaregex.com.

June 26 – Oreland  
Free Introductory Session of the Creighton Model Fertility*Care*™ System and NaProTechnology, a means of monitoring one's reproductive and gynecologic health. 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 Fertility*Care* 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 at (215) 884 - 2922

June 28 – Downingtown  
Free introductory session of the Creighton Model Fertility*Care* System and NaPro Technology to be held at St. Joseph's Church. See above for details. To register please call Dorice Millar, RN at (610) 873-8334.

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.

August 14 – 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.

September 5 – Media  
A Sympto-Thermal Method NFP class by the Couple to Couple League will be held at Nativity BVM, Franklin & Monroe Sts. This is a series of four classes spaced about one month apart. For directions and registration call Joe or Marie Hare 610-544-2349

Fall, 2003 – Paoli  
A Sympto-Thermal Method NFP class by the Couple to Couple League will be held at St. Norbert Parish, Route 252 near Route 30. Dates of classes to be announced. This is a series of four classes spaced about one month apart. For information or to register call Michele or Chris Szupica 610-408-8447.

### 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. Course fee is \$70 per couple which includes all materials, charts and bi-monthly magazine. Pre registration is requested. For information call: 856-756-7900 ext. 6315 or email: camdennjfp@cs.com

June 24 – St. Cecilia Church, Pennsauken, 7:00 PM to 9:30 PM .  
This class is being presented in Spanish !

September 8 – St. Mary Church, Williamstown, 7:00 PM to 9:30 PM

## *NFP Awareness Week Posters available*

NFP Awareness week is scheduled for July 20 - 26 this year. Why not help in this campaign by ordering beautiful posters through the U.S. Conference of Catholic Bishops ? These posters are ideal for parishes, hospitals, marriage preparation sites, doctor's offices, or campus ministry centers. They measure 17" by 22", are available in English or Spanish and are only \$ 2.75 each (plus shipping and handling). To order call: 1 - 866 582 -0943, or contact the Diocesan Development Program for NFP, U.S. Catholic Bishops, 3211 4th Street, NE, Washington, DC 20017 e-mail: nfp@usccb.org

### **Creighton Model FertilityCare Practitioners**

Elizabeth Kauffeld, FCPI 610-495-8821  
edkauffeld@comcast.net

Liz Parrish, RN, FCP 215-249-9829  
parrishparty@comcast.net

Dorice Millar, RN, FCPI 610-873- 8334  
kdmillar@erols.com

Barbara Rose, RN, MSN, FCPI  
215-884-2922  
barbararose@acninc.net

## *Kudos*

*to Elena La France and Pedro Solanet  
who translated our PNFNP brochure into Spanish.*

*Gracias !*

*\*\*\**

*to the Camden diocese  
for being the first to offer a Spanish language NFP class .*

*Mucho gracias!*

*\*\*\**

*to Lester and Betty Ruppertsberger  
for ensuring that the first annual PNFNP conference  
was a success.*

*Mucho, mucho Gracias!*

## *Our Ongoing Appeal*

*God bless you for your generosity*

\$ 5     \$ 10     \$ 15    Other: \_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_

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

## *PNFPN Conference Committee Now Forming*

The PNFPN had such a fabulous conference in March that the board decided to make it an annual event. We'll need a good six months of planning to be able to match what we had at St. Marys hospital this year. With that in mind, our conference committee chairs are calling for volunteers to start now. Please contact Betty and Lester Ruppensburger at (215) 321-6698 or George and Eileen Finnin at (610) 489-4940.

## *Come Celebrate With Us*

*A Mass at St. Dominic's in Philadelphia*

*will be celebrated in honor of the*

*PNFPN's Fifth Anniversary*

*and in recognition of NFP awareness week.*

*Mark your calenders today for*

*Saturday, July 26 at 5PM.*

*St. Dominic's is located*

*in Northeast Philadelphia at 8504 Frankford Avenue.*

*Please contact George Finnin for details at (610) 489-4940*

## *PNFPN Seeks Nominations for the Board*

*As you may remember, the PNFPN bylaws were revised to enable three new members to join the board every year. These three members will replace the three who have completed their terms. Please take the time to seriously consider running for the board or nominate someone that you consider a great NFP promoter!*

Please submit your names on this form and mail it to:

George Finnin  
3842 Lywiski Rd  
Collegeville, PA 19426 - 1025

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

I am nominating myself:   yes   no

I am nominating someone else. Name: \_\_\_\_\_

Information about this person: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_