

## 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. 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](mailto:savro@verizon.net).

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

NONPROFIT ORG.  
U.S. POSTAGE PAID  
PNFPN  
JENKINTOWN, PA  
PERMIT NO. 87

# Life Cycles



Fall 2006

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

## President's Message

By the time you read this newsletter, Natural Family Planning Week would have been celebrated. NFP Week is scheduled this year for July 23-29. It is an initiative of the United States Conference of Catholic Bishops' Diocesan Development Program for Natural Family Planning. It's a long title that shows how the Catholic Bishops are supporting efforts to spread information. They provide a poster that can be used to attract attention. Information is available at

[www.nccbuscc.org/prolife/issues/nfp/](http://www.nccbuscc.org/prolife/issues/nfp/). On the left side of the page there is a tab that provides additional resources for this week.

There is a great need for more couples to get involved in disseminating information about NFP. I have heard from a few couples and priests who provide information tables at their churches for the Saturday/Sunday of NFP Week. They provide pamphlets and have witness couples available. It is one of our better means for getting the word out, and we could use more help with this effort.

If you didn't do anything this year, I hope you will consider doing something next year. I could use a few good souls to spearhead a campaign to provide material for churches in our local Philadelphia area. If you are interested, please send me an e-mail at [grfinnin@verizon.net](mailto:grfinnin@verizon.net). For more information about the Philadelphia Natural Family Planning Network, check out our Web site at [www.pnfpn.org](http://www.pnfpn.org).

God Bless.

*George Finnin*

## Scholarship for Medical Students and Residents

By Barbara Rose

The Philadelphia Pope Paul VI Medical Student Scholarship is up and running, thanks to the Family Life Foundation and Anne Mielnik, former medical student from Jefferson Medical College.

Anne, a former board member of the PNEFPN, recently relocated to Lancaster, Pa. During her fourth year at Jefferson, Anne sought the assistance of the pro-life community to become a Creighton Model FertilityCare™ Practitioner and Medical Consultant. She completed her training in April and is now certified as a Creighton Medical Consultant. Anne tells us how she is "happy to be able to offer women and couples true Catholic alternatives to contraceptives and the artificial reproductive technologies" and she thanks everyone for making this possible.

Anne tells Life Cycles: "I had hoped to stay in Philadelphia for the next phase of my training as a family physician in order to provide these services in the Philadelphia area, however, Lancaster General Hospital in Lancaster was more supportive of my mission and values, so I will happily be doing my training there."

Philadelphians were very generous to Anne and donated nearly \$13,000, which exceeded what she needed for the training. The excess funds were transferred to a scholarship for future Philadelphia medical students and residents hoping to pursue training at the Pope Paul VI Institute for the Study of Human Reproduction in Omaha, Neb. The funds are to be used toward tuition, room, board and other costs

associated with becoming a Creighton Model Medical Consultant.

The Family Life Foundation has indicated that the scholarship should be given to a person (or shared evenly between persons) who is:

- 1) A medical student at one of the medical or osteopathy schools in the Philadelphia region - specifically Temple, Jefferson, University of Pennsylvania, PCOM or Drexel
- 2) A person who expresses in an essay that he/she is pro life and believes that life begins at fertilization and who will promote only natural methods of family planning in their practice as a physician
- 3) A person who has been accepted into the Creighton Medical Consultant program offered by Creighton University and Pope Paul VI Institute for the Study of Human Reproduction (as evidenced by a copy of their letter of acceptance)

Preference will be given to persons who state that they wish to remain or return to the greater Philadelphia region to practice once their medical training is completed.

If you wish to contribute to this worthy cause, please send your donations to the following address:

Family Life Foundation  
PO Box 27094  
Philadelphia, PA 19118

When sending donations, make checks payable to the "Family Life Foundation," but please indicate that it is specifically for the "Philadelphia Pope Paul VI Medical Student Scholarship."

# Life Cycles

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

## Life Cycles Staff

**Editor:** Barbara Rose RN, MSN, FCP

**Contributing writers:** George and Eileen Finnin,  
Liz Parrish, Barbara Rose

**Copy Editor:** Elena Perri

**Computer graphics:** Parker Design

**PNFPN logo:** Elena Cippola

*Life Cycles* is a quarterly publication.

Articles may be submitted to Barbara Rose at  
PNFPN 513 Leedom Street, Jenkintown, PA 19046  
(215) 884-2922

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

## Board Members of the PNFPN

Kristen Colton

Sr. Sheila Galligan, IHM

Chuck Kuhar

Christopher Meredith

Elizabeth Parrish

Elena Bucciarelli Perri

Jeanette Williams

James Volpe

## Officers of the PNFPN

President: George Finnin

VP: Lester Ruppensberger

Secretary: Liz Parrish

Treasurer: Lisann Castagno

## Spiritual Adviser

Monsignor Shoemaker

## Kudos to Our Members

Sister Biershmidt for her recent letter to the  
editor in *The Public Record*

George and Eileen Finnin for their article in  
*Ethics and Medics*  
(June 2006, Volume 31, Number 6)

Barbara Rose for her letter to the editor in  
*The Philadelphia Inquirer* on 6/28/06

Joe Tevington for his Guest Opinion column  
in *Bucks County Courier Times*  
on 7/16/06

## A Couple's View of Promoting NFP

By George & Eileen Finnin

To start with, we want to present our qualifications. We have been married for 40 years and have used natural methods of birth regulation during our entire marriage. We have taught the Sympto-thermal Method for the Philadelphia Archdiocese for more than 20 years. In that time we have learned much about the difficulties of promoting the Catholic Church's teaching on Natural Family Planning. We would like to share some lessons learned.

We regularly give presentations on NFP to engaged couples. We speak about the Church's teaching, the benefits, and the expected effectiveness. There are significant difficulties that couples face as they learn about NFP. We tell them that most obstetricians and gynecologists will not support our claims that the methods are effective and healthy. We have difficulty finding priests to speak with authority about contraception. Even some of our fellow presenting couples do not agree with what we say. There are few resources to reinforce our presentation.

### How People React

To understand the difficulties, it helps to look at the reactions of various individuals and groups to our message. Here we consider doctors, hospitals, priests and religious, schools and, finally, couples.

Doctors are an important and interesting group. The challenge is how to help them to see that NFP is beneficial for marriages and that its use has a high effectiveness rate. In our years of teaching and talking to doctors about their training, we have found that medical schools may devote a single lecture of about one hour to the subject. Typically, the lecture ends with the assertion that the methods are not reliable and should not be considered.

Marketing materials from drug manufacturers explain the benefits of their chemical products. Most couples are well aware that surgical procedures can make one of them sterile. In such an environment, when a couple comes to an obstetrician/gynecologist to discuss NFP, they are likely to be heavily influenced toward contraception methods. Where can a couple be exposed to information on natural methods? A few doctors take the time to learn about the methods and find that they are highly effective.

Most, however, when talking to their peers, find rejection because of group attitudes and questions about where to find medical evidence in the literature. In fact, there is a substantial body of literature available, but it is not accepted by the majority of doctors. (Teaching organizations can be found through the Web sites listed in the references at the end of this paper.)

Research grants come from drug and other companies that receive large amounts of money by selling the contraceptive solution. Surgical procedures also bring money to doctors and hospitals. Little money is available for NFP grants, however, because there are no financial rewards to be gained from the studies.

Another problem for some obstetrician/gynecologists is the population of women they serve. Many clients will tell the doctor what they want, and the doctor will write out a prescription. Try to talk about natural methods, and the client may want to find another doctor. Who will be responsible for the training if a client wants to learn one of the NFP methods? Not many hospitals or doctors refer to training providers. In the Philadelphia area, we know of a few gynecologists who are NFP only. They have active practices and find enough people for support. Yet many other doctors are not willing to give up their contraceptive clients because of the financial risk.

There are many Catholic-affiliated hospitals in the Philadelphia area. Trying to find active NFP promotion in them is an interesting exercise. Hospitals are run by, or heavily influenced by, the doctors on staff, and most doctors and clients have little interest in hearing about natural methods of regulating birth. Hospitals are strapped for operational funds and default to the "we need money" side, rather than the Catholic teaching side. What is a hospital to do?

Priests and other religious have an especially difficult time teaching NFP. They are celibate and do not experience what is involved. That limits their ability to share a physical knowledge. Most of what they say is from an intellectual standpoint. In her well-distributed talk "Contraception: Why Not," Janet Smith talks about the confusion that exists concerning the teachings of Pope Paul VI's *Humanae Vitae*. Many priests tend to give a sketchy description of what NFP is and leave it to the conscience of the couple to decide. Few couples take the time

*Continued on page 5*

to form their consciences, and few religious take the time to delve into *Humanae Vitae* or Pope John Paul II's Theology of the Body. A priest or other religious has to be highly motivated to understand the issues well enough to effectively promote the Church's teachings, and it takes a significant amount of time to develop this knowledge. With so many other issues affecting the Church, NFP often ranks as a low priority. To be effective, the religious need the support of people around them.

### Hostility, Confusion, and Ignorance

We know of no public secondary schools that speak positively about natural methods. Few teach about abstinence. Occasionally, when we make our presentation to couples, we find someone who remembers the subject of NFP being mentioned in a school class. In our experience, however, most couples hear about the methods from friends, family, clergy, or Pre-Cana sessions. We tend to think that most teachers – certainly most in the public schools – use contraception and thus do not want to promote natural methods.

Couples in today's society are typically hostile to NFP messages. Janet Smith found in her research that in the early 1960s, about 66 percent of Catholics followed the Church's teaching on contraception. In the September-October 2001 issue of *Family Foundations*, John Kippley of the Couple to Couple League reported that less than 5 percent of married Catholic couples use Natural Family Planning. Couples have been brought up in a culture that tends to state that the Catholic Church has little understanding of sex and sexuality. Since most doctors and hospitals do not fully support the methods, couples become confused and tend to accept the more "scientific" understanding.

Much work remains to promote the Church's teachings on natural methods in today's culture. To start, medical colleges need to understand and accept that natural methods are effective in avoiding pregnancies. They need to develop courses to teach the physical aspects involved in a positive way. Doctors need to understand that the use of contraceptives actually has negative effects on marriage, and that the doctors are responsible, in part, for this harm. The high rates of sexually transmitted diseases and abortion rates are, in part, results of contraception. So, too, are the high rates of divorce and of

cohabitation among unmarried couples. We also see governments forcing birth regulation policies on their citizens – another result of today's contraceptive mentality.

Spiritual harms are not always visible on the surface. They may show up only in broader population statistics. The injuries to individual couples may not be obvious, but if researchers would step back from asking questions about effectiveness rates and ask about effects on marriage and the family, they might see some more interesting and important trends.

Religious need to be concerned that there are significant numbers of both religious and lay people who do not believe the teachings of Paul IV and John Paul II. They need to see that Paul IV's predictions about the destruction of marriage and family life are coming true today. They also need to know that couples find joy in the practice of NFP.

### Inspiration for the Future

Promoting the Catholic Church's teachings on sexuality, contraception, and natural methods of birth regulation is a long and arduous process. We can learn from Pope John Paul II. While a priest in Poland, he wrote *Love and Responsibility* (1960). That work was the precursor to his series of Wednesday audiences, gathered as *The Theology of the Body*, which he began only eleven months after he became pope, and continued to present for more than five years. These teachings obviously had a high priority. They contain great insights into sexuality. Today, a little more than 25 years after his first presentation, the ideas are finally being discovered and understood by various groups.

There are no quick ways to change the minds of people today. Until we develop a support system that includes the medical profession, the Church, the schools, and individual couples, we will not have much influence on the culture. The question is where to begin. Referring to Matthew 19, verses 4-5, Pope John Paul II stated many times in *The Theology of the Body*, "from the beginning it was not so."

*This article first appeared in Ethics & Medics, June 2006 Volume 31, Number 6. Permission to reprint has been granted by The National Catholic Bioethics Center, Philadelphia, PA.*

## Allied Health Education brings two new Fertility Care Practitioners to our area

By Liz Parrish

An allied health education program held recently in Camp Hill, Pa., enabled two more PNFPN members to obtain training as FertilityCare Practitioners.

Elisabeth Laskowski of St. Catharine of Siena Parish in Reading and Phyllis Amrick of Holy Family Parish in Nazareth have completed the first phase of the FertilityCare provider education of the Creighton Model FertilityCare system.

Over a period of eight days, Elisabeth and Phyllis studied both natural and artificial methods of family planning, anatomy and physiology of the human reproductive system, and the psychological and philosophical aspects of sexuality. The second part of their education, scheduled for October, will include another six-day course of study and a supervised practicum. The Pope Paul Institute for the Study of Human Reproduction developed this unique program in affiliation with the Creighton University School of Medicine.

Standardization of the Creighton Model Fertility Care System ensures that couples receive ongoing care. A couple receiving provider services at one location can transfer to another provider in a different location and receive the same professional services.

Elisabeth Laskowski is offering introductory sessions at St. Catharine's in Reading. To contact Ms. Laskowski, please e-mail: [Creightonmodel@verizon.net](mailto:Creightonmodel@verizon.net) or call (610)779-7458. Ms. Amrick is offering her introduction sessions in Nazareth, Pa. She can be reached at (610)759-1496 or e-mail: [phyllomenea@rcn.com](mailto:phyllomenea@rcn.com)

### *God's little blessings*

Conner James born 4/22/06  
to Kim and David Savage

Natalie Rose born 6/30/06  
to Kevin and Dorice Millar

Gabriel Joseph born 5/15/06  
to John & Helene Hallowell

## In Their Own Words: Women Healed, Edited by Jean Blair Packard; Physician Comments by Thomas W. Hilgers, M.D.

Who can deny the power of personal witness when trying to convince others of the need to engage in some activity or purchase a product or service?

This is the very idea behind the book "In their Own Words: Women Healed" published by the Pope Paul VI Institute Press.

"In Their Own Words" is filled with the testimonies of 50 women whose lives have been enriched by the medical care, education and research efforts of the Pope Paul VI Institute for the Study of Human Reproduction in Omaha, Neb. The anecdotes draw the reader into the lives of women and men who have received help through the Creighton Model FertilityCare™ System and NaProTechnology. The book's editor, Jean Packard, explains how the original idea for the book came from the nursing staff at the Institute. They frequently shared with Jean the notes of appreciation sent from the women who were patients either directly or indirectly of Dr. Thomas Hilgers, the developer and primary researcher of the Creighton Model FertilityCare System and NaPro Technology. The stories in the book are from the patients themselves, hence the subtitle "In their Own Words."

The testimonies are categorized into seven major chapters, each preceded by comments by Dr. Hilgers. The chapter with the most testimonies is entitled infertility. This may have been intentional, to emphasize the fact that, over the past 20 years, infertility cases have increased significantly in the United States.

Dr. Hilgers describes at the beginning of the chapter how the Creighton model provides the

"missing link" in infertility evaluation and treatment. The present emphasis on assistive reproductive technologies (ART), he explains, causes the medical team to skip over the underlying condition causing the infertility. They simply coerce the woman's body to become pregnant with only a 20% to 30% success rate. He reminds the readers that in-vitro, a major form of ART, actually helps less than 1 percent of infertile couples in the United States on a yearly basis.

Any promoter of NFP needs this book in their arsenal of materials to hand to couples who struggle with medical problems or infertility. They are not available in most book stores but can be ordered directly from the Pope Paul VI Institute. Just go to [www.popepaulvi.com](http://www.popepaulvi.com) and click on "e-store" and find it listed under latest publications.

### Education Phase I for FertilityCare Practitioners

There will be a FertilityCare Practitioner Training Program in Armonk, N.Y. The week-long course will be held at the Legionaries Retreat Center from Nov. 25-Dec. 2. The course supervisor will be Kathy Rivet, director of FertilityCare Services of St. Joseph Hospital in Nashua, N.H.

The cost of the program will be tuition and fees as the St. Augustine Foundation is providing room and board. For more information, please contact Dorothy Dugandzic of the St. Augustine Foundation, 538 Riverdale Ave, Yonkers, N.Y. 10705 (914) 476-4858 or e-mail: [augustinenfp@hotmail.com](mailto:augustinenfp@hotmail.com)

## Dr. de Guzman, Philadelphia's first Creighton Medical Consultant

Dr. Brigida deGuzman-Cam, OB/GYN, has received training from the Pope Paul VI Institute and practices NaProTechnology (NaPro), the new women's medical and surgical health science that works cooperatively with a woman's cycle.

She does not prescribe birth control pills for family planning purposes nor will she use them to treat any women's health problems. As a Creighton Medical Consultant, she treats couples suffering from infertility and never refers them to immoral assistive reproductive technologies.

Dr. de Guzman has been in full-time clinical practice for more than 32 years. She received her initial training at the University of St. Thomas in the Philippines. She came to this country in 1964 and completed her residency at Presbyterian Hospital, which is part of the University of Pennsylvania Medical Center. She has served as a clinical instructor to the OB/GYN staff at the Presbyterian Hospital and also for Delaware County Memorial Hospital.

Dr. de Guzman's office address is 196 West Sproul Road, Springfield HealthPlex, Suite 209, Springfield, PA 19064. Her phone number is 610-338-2715.

## Welcome New Members

Paul & Elisabeth Laskowski - Reading, PA

Pat & Mary O'Rourke - Collegeville, PA

Jason & Gloria Bofinger - Conshohocken, PA

Richard & Janet Napoli - Richboro, PA

Rev. Christopher Cooke - Collegeville, PA

Since 1947  
**auch**  
**PRINTING, INC.**

Veteran Owned Company

**JIM AUCH**

DIGITAL - SHORT RUNS  
ANALOG - MEDIUM TO LONG RUNS

11 S. EASTON ROAD, GLENSIDE, PA 19038  
(215) 886-9133 • FAX (215) 886-9135  
AUCHJ@AOL.COM



**HARE, NICHOLS & COMPANY, LLC**

CERTIFIED PUBLIC ACCOUNTANTS

1 state road • media • 19063  
phone: 610.566.7966  
fax: 610.892.9833  
email: [jhare@protaxinc.com](mailto:jhare@protaxinc.com)  
internet: [www.protaxinc.com](http://www.protaxinc.com)

# The "Net" works

## FERTILITY APPRECIATION AND CHASTITY PROGRAMS

October 27, New Brunswick, NJ

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.

October 27, Mullica Hill, NJ

God's Plan for Love - Father/Son Program will be held at Holy Name of Jesus parish, 17 Earlington Ave, from 6:30 to 9:00 p.m. Cost of the program will be \$20 per family. Registrations will be taken starting Sept. 15. Call Mary Ann Chezik at (856) 583-6117 for more information.

November 12, Mullica Hill, NJ

God's Plan for Love - Mother/Daughter Program will be held at Holy Name of Jesus, 17 Earlington Ave, from 2:00 to 4:30 p.m. Cost of the program will be \$20 per family. Registrations will be taken starting Sept. 15. Call Mary Ann Chezik at (856) 583-6117 for more information.

## NFP CLASSES and INTRODUCTORY SESSIONS

### Pennsylvania

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

September 6, King of Prussia

A Sympto-Thermal Method NFP class by the Couple to Couple League will be held at 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

September 7, 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.

September 15, 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.

September 21, 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.

October 5, 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.

October 7, Lansdale

The Philadelphia Family Life Office will sponsor a class in the Sympto-Thermal Method of Natural Family Planning at St. Stanislaus Parish, Main St. and Lansdale Ave. For more information or registration please call (215) 587-5639.

October 13, 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.

October 23, 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.

November 4, 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.

November 2, 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.

November 10, 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.

November 15, 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.

November 24, 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.

December 5, Narberth

The Philadelphia Family Life Office will sponsor a class in the Sympto-Thermal Method of Natural Family Planning at St. Margaret Church, 210 N. Narberth Ave. For more information or registration please call (215) 587-5639.

December 7, 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.

December 13, 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.

December 15, 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.

### 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) 583 6120 or e-mail: nfpoffice@camdendiocese.org.

September 7, 7:30 - 9:30 PM in Voorhees  
Return of Fertility after Childbirth refresher class. Call for details.

September 22, 7 - 9:30 PM at St. Margaret Church in Woodbury Heights.

November 7, at St. John Neumann Church, 560 Walton Ave., Mt. Laurel.