

Become a member of the PNFNP

For the past five years the PNFNP 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 PNFNP 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 PNFNP, P.O. Box 220, Jenkintown, PA 19046.

Name: _____

Address: _____

Phone: _____ Work Phone: _____

Would you agree to have your name and phone # listed in a directory for PNFNP members only?

Yes No

Any additional information or comments _____

Kudos

To these outstanding board members
who have generously served
and whose terms are ending in 2005:

Eileen Finnin
Michael Castagno
Lester Ruppensberger

To Elizabeth Kauffeld for
passing her board examination
and becoming a FertilityCare™
Practitioner!

To Rob and Loretta Finkelston
of Mt. Laurel, NJ
for becoming certified CCL instructors

Life Cycles
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Jenkintown, PA 19046

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Life Cycles



September 2004

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

A Message from your President

It's election time again! This year the ballots will be mailed out to those members who have made the requested donation. Please look for yours in the mail sometime in August.

Last year, our bylaws were changed to state that those who send a yearly donation are eligible to vote. This decision was made to provide funds for our many ongoing promotional activities. This year's activities included the annual spring conference at St. Mary Medical Center, the publishing of this newsletter, and the development and printing of a network directory. We have also designed new NFP brochures, taken out ads in *The Catholic Standard and Times*, and rented tables to provide information at area health fairs and conferences.

Here's a brief review of our organization structure: The PNFPN is governed by a nine-member Executive Board, and three members are elected each year. The Executive Board appoints the President,

Vice President, Secretary and Treasurer.

The President and Vice President's terms are 2 years, while the others are just one year. The board meets quarterly and the dates for the meetings are posted on our website, www.pnfpn.org.

If members have sent donations before June 30, 2004 and do not receive a ballot by September 1, they can inform the network of this oversight by writing to the e-mail address listed on our website. Otherwise, we can be contacted by US mail to the return address on Life Cycles.

Barbara Rose will be giving up her position as VP. I want to thank her for her tireless work in first organizing the PNFPN and then providing invaluable support. She will continue to put together Life Cycles, but she is now the director of Love and Life FertilityCare™ Services and has to give up some of her PNFPN work. I know she hopes and prays that the PNFPN remains successful for many years to come.

God Bless.

George Finnian

A Tastefully Simple way to raise money for the PNFPN

That's right. The network has launched its first fund raising project, and it is "Tastefully Simple." Elena Perri, a PNFPN member and independent consultant for Tastefully Simple, a national gourmet food company, is generously offering the PNFPN 10% of sales when you host a taste-testing party. You are also welcome to shop online at www.tastefullysimple.com/web/eperri and the network will receive 15% of online orders. Please notify Elena that you are affiliated with PNFPN via e-mail at elenaperri@earthlink.net or call her at 610-789-2124. In addition, you can order directly from catalogs and PNFPN will receive 15% on catalog or reorder sales. So if you need to spice up your cooking or if you are thinking about gifts for family, friends or business associates, contact Elena to find out more about Tastefully Simple. Please see her ad in this newsletter.

Life Cycles

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

Life Cycles Staff:

Editor: Barbara Rose RN, MSN

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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

Board Members of the PNFPN:

John Cogan

Eileen Finnin

Sr. Sheila Galligan

Liz Parrish

Phyllis Stanton

James Volpe

Jeannette Williams

Officers of the PNFPN

President: George Finnin

VP: Barbara Rose

Treasurer: Michael Castagno

Secretary: Lester Ruppertsberger

Spiritual Adviser

Rev. Msgr. Thomas Scanlon

Beautiful Bulletin “Blurbs” available

Wouldn't it be great if you were creative enough to write a short message for your parish bulletin every week - one that would include the PNFPN's website address so that readers could find additional information about NFP? Ah, but who has the time and the talent? Well, apparently good people of the Camden diocese do! Thanks to Cecilia Le Chevallier for sharing these wonderful short messages with us. We will be including more in future issues of *Life Cycles*.

For a full collection of over fifty of these fine written pieces, please contact her at (856) 756-7900 ext. 6315 or email: nfpoffice@camdendiocese.org

Experience your honeymoon all over again.

Couples who learn Natural Family Planning relatively late in their marriages are often surprised to discover that they have rekindled the excitement and romance they cherished as newlyweds.

Learn the truth – the wonderful truth – about Natural Family Planning.

www.pnfpn.org

Work with Me.

That is all that God is asking of married couples.

To learn how to work with God in planning your family, sign up for the Natural Family Planning Course that begins September 9 in Berlin, NJ.

For info, contact the NFP Office.

Learn the truth -- the wonderful truth – about Natural Family Planning.

www.pnfpn.org

Eat. Party. Shop. What's not to love?

Tastefully Simple offers over 30 easy-to-prepare gourmet foods you and your friends can taste before they buy. Host a party or shop online and support the Philadelphia Natural Family Planning network.

Contact me for more information:

Elena Perri, Independent Consultant

610-789-2124 elenaperri@earthlink.net

www.tastefullysimple.com/web/eperri

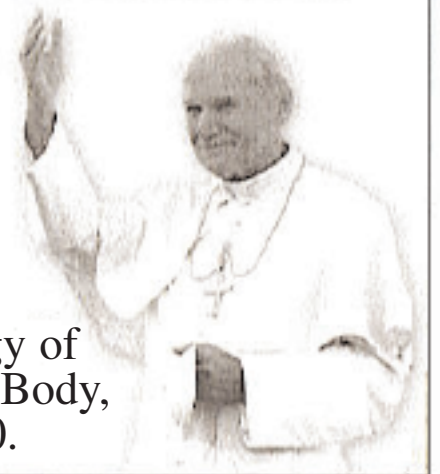
Life Cycles Accepts Ads

Life Cycles now accepts advertising from our members and from those outside organizations who subscribe to our philosophy.

If you are a business owner, please consider advertising with us. Our mailing list is currently over 350. Cost of an ad is just \$25 per issue or \$100 for the year. For further information, please contact Michael Castagno, treasurer of the PNFPN at (215) 885-8388.

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

NFP CLASSES and INTRODUCTORY SESSIONS

Pennsylvania

September 10 - Media

A Sympto-Thermal Method NFP class by the Couple to Couple League will be held 7:00 - 9:00 PM at Nativity BVM Parish. This is a series of four classes spaced about one month apart. For directions and registration call Joe and Maria Hare at (610) 544-2349.

September 10 - West Chester

A Sympto-Thermal Method NFP class by the Couple to Couple League will be held 7:00 - 9:00 PM at St. Agnes Parish. This is a series of four classes spaced about one month apart. For directions and registration call Michele or Chris Szupica at (610) 408-8447.

September 14 - Downingtown

Free Introductory Session of the Creighton Model FertilityCare™ System to be held at St. Joseph's Parish. Call Dorice Millar at (610) 873-8334 for more information or registration.

September 14 - Linfield

Free Introductory Session of the Creighton Model FertilityCare™ System. Call Elizabeth Kauffeld, FCP at (610) 495-8821 for more information and registration.

September 23, Oreland

Free Introductory Session of the Creighton Model FertilityCare™ System to be held at 88 Pennsylvania Avenue. Call Barbara Rose, RN, FCP at (215) 884-2922 for more information and registration.

October 4 - Perkasio

Free Introductory Session of the Creighton Model FertilityCare™ System. Call Liz Parrish, RN, FCP at (215) 249-9829 for more information and registration.

October 9 - 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 and registration call (610) 660-9002.

October 14 - Oreland

Free Introductory Session of the Creighton Model FertilityCare™ System to be held at 88 Pennsylvania Avenue. Call Barbara Rose, RN, FCP at (215) 884-2922 for more information and registration.

October 15 - Linfield

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

November 1 - Perkasio

Free Introductory Session of the Creighton Model FertilityCare™ System. Call Liz Parrish, RN, FCP at (215) 249-9829 for more information and registration.

November 2 - 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 and registration call (610) 660-9002.

November 4 - Downingtown

Free Introductory Session of the Creighton Model FertilityCare™ System to be held at St. Joseph's Parish. Call Dorice Millar at (610) 873-8334 for more information and registration.

November 18 - Oreland

Free Introductory Session of the Creighton Model FertilityCare™ System to be held at 88 Pennsylvania Avenue. Call Barbara Rose, RN, FCP at (215) 884-2922 for more information and registration.

November 18 - Linfield

Free Introductory Session of the Creighton Model FertilityCare™ System. Call Elizabeth Kauffeld, FCP at (610) 495-8821 for more information and registration.

December 6 - Perkasio

Free Introductory Session of the Creighton Model FertilityCare™ System. Call Liz Parrish, RN, FCP at (215) 249-9829 for more information and registration.

December 14 - Linfield

Free Introductory Session of the Creighton Model FertilityCare™ System. Call Elizabeth Kauffeld, FCP at (610) 495-8821 for more information and registration.

December 16, Oreland

Free Introductory Session of the Creighton Model FertilityCare™ System to be held at 88 Pennsylvania Avenue. 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. Preregistration is required. For information call: (856) 756-7900 ext. 6315 or email: nfpoffice@camdendiocese.org

Thursday, September 9, 7 - 9:30 PM at the Mater Ecclesiae Mission in Berlin

Tuesday, October 12, 7 - 9:30 PM at Incarnation Parish in Mantua

Welcome New Members

Rob and Loretta Finkelston
Mt. Laurel NJ



Joseph F. Hare, CPA

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