

## We Need to Hear From You!

Please help us to continue the success of the *LifeCycles* newsletter! If you have information that you'd like to submit for inclusion, ideas or suggestions for improvements, or any questions or comments, please let us know. Simply clip out this form and mail it to: George Finnin, 3842 Lywiski Rd, Collegeville, PA 19426. You can also email [grfinnin@verizon.net](mailto:grfinnin@verizon.net) with your ideas.

NAME: \_\_\_\_\_

PHONE: \_\_\_\_\_ EMAIL: \_\_\_\_\_

YOUR SUBMISSION:

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# Life Cycles



Fall 2011

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

## Where Will the Articles Come From?

by George Finnin

This space was previously used for a column by Tara Plymouth, the administrator for the Family Life Office's Natural Family Planning program. Sadly, Tara was laid off at the end of June, another casualty of the Archdiocesan need to reduce budgets. Tara will not be writing a column for the foreseeable future. She had been writing articles since the Spring of 2009. I will miss her timely columns.

This leads me to my next subject. I know many on the mailing list are doing something to promote Natural Family Planning. Why don't we hear about it? The Network word in *Philadelphia Natural Family Planning Network* is there because of a vision that we need to Net-Work to spread the good news of what we believe in. I sense in the past two years a decrease in enthusiasm for spreading this good news. Or is it I just don't hear about it? The loss of Tara's articles is a loss of seeing a little from the Family Life Office. Her not being there means that less will be done. Is there a way to pick up some of the promotional efforts? I hope that the PNFPN can help, but I need to hear

from some of you.

If the *Philadelphia Natural Family Planning Network* is to continue and be effective, we need more people to become active. Active is praying for our promotional efforts. Active could be simply writing a news article that we could include in *LifeCycles*. That means you know something that most of us do not know. Or...how about a new column consisting of **one sentence** on what you found positive about NFP in the past 4 months. If enough of you did this, we could fill the space we used for Tara's articles. Or...you could send in some good promotional ideas. Or...

Please in the next 3 months send me something. My email address is [grfinnin@verizon.net](mailto:grfinnin@verizon.net). On the back of this newsletter we have included a form that you can simply cut out and mail to me at 3842 Lywiski Rd, Collegeville, PA 19426. We need to hear from you.

God Bless,  
George

## Letter from the President

Greetings to all NFP supporters and users! Hope you all had a great summer, including a great NFP Awareness Week. As always, we not only recommend requesting your priests and deacons to give homilies during that week on contraception, abortion and NFP, but we would request that you also do so throughout the year on special occasions that have Scripture readings on life, family and love. There are sample homilies at the USCCB website for your use.

Of course, this year's NFP Awareness week got me to thinking, "how many people really know about NFP?". Current estimates are about 2% of the population. Why is that? One possible reason is that people who know about it do not spread the word.

One of the main reasons PNFPN exists is to spread the word. We have over 500 people on our mailing list, but we only have about 20 dues-paying members. We have held an annual conference for the past 9 years and are planning our 10<sup>th</sup> annual conference next March, 2012. We publish and send out *LifeCycles* four times a year to update our mailing list on current issues

and meetings and classes. BUT...we need you and your help.

I know we are all busy, but we need board members (four meetings a year, some by phone conference), we need dues-paying members, we need articles for *Life Cycles*. We need messengers to spread the word. Won't you consider helping us pass along this most special and holy Church teaching? Please pray on it.

Our dues are inexpensive, but if all of our mailing list paid dues we would have enough money to buy ads and bill boards (which we have done in the past). If you are receiving *LifeCycles*, please ask yourself if you appreciate the information and if it is worth the cost of the dues, then join us in spreading the good news of life and love and God's plan for families.

God Bless,  
Les Ruppertsberger, D.O.  
President PNFPN

## Life Cycles

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

### PNFPN Officers

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*Life Cycles* is a quarterly publication.  
Articles may be submitted to George Finnin:  
PNFPN  
3842 Lywiski Road  
Collegeville, PA 19426



## The “Net”works NFP Classes and Introductory Sessions

### Free introductory sessions of the Creighton Model FertilityCare™ System

For more information, visit [www.pnfpn.org](http://www.pnfpn.org) or call the  
number listed.

#### JENKINTOWN, PA

OCTOBER 6  
Barbara Rose, RN, MSN, CFCP • (215) 884-2922

#### BROOMALL, PA

OCTOBER 11  
Marcia Niznan, MS, FCP • (610) 789-4547

#### EXTON, PA

OCTOBER 11/ NOVEMBER 15 / DECEMBER 13  
Elena LaFrance, PA, FCP • (610) 436-8323

#### READING, PA

OCTOBER 26  
Elisabeth Laskowski, CFCP • (484) 332-9084

### Couple-to-Couple League will sponsor a three- session class in the Sympto-Thermal method of NFP

For more information, visit [www.ccli.org](http://www.ccli.org) or call (856) 753-  
1906.

#### GIBBSBORO, NJ

SEPTEMBER 30, OCTOBER 21 & NOVEMBER 18  
St. Andrew the Apostle

### Philadelphia Family Life Office classes in the Sympto-Thermal method of NFP

For more information, visit [www.pnfpn.org](http://www.pnfpn.org) or call the  
Family Life Office at (215) 587-5639.

#### WAYNE, PA

SEPTEMBER 21 & 28  
St. Isaac Jogues Parish, 50 West Walker Rd.

#### UPPER DARBY, PA \*In Spanish\*

OCTOBER 13 & 20  
St. Alice Church, 129 Copley St.

#### YARDLEY, PA

NOVEMBER 8 & 15  
St. Ignatius Church, 999 Reading Ave.

## Another Column in Need of a Writer

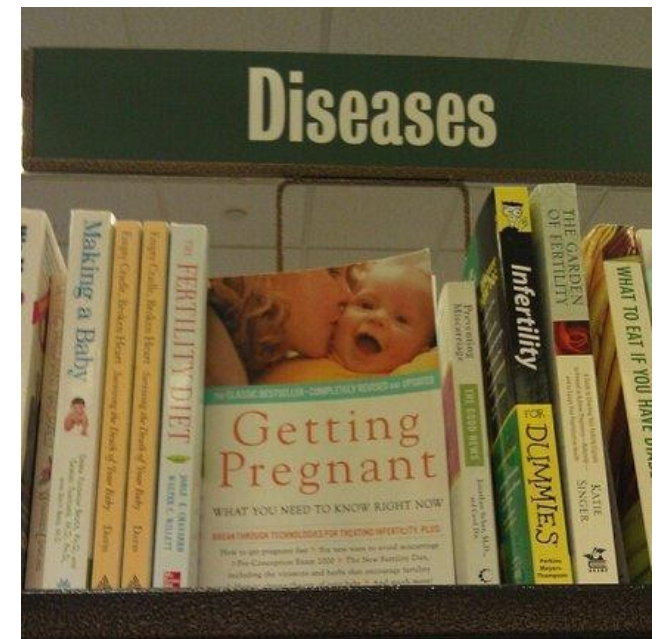
by George Finnin

Elizabeth Brunner, who has been writing columns for the past several issues, has moved to Missouri and is busy with her move. Another solid NFP supporter moving out of the Philadelphia area.

She did recommend a site for an article: <http://www.nfpworksblog.com/2011/07/21/reproductive-rights-fail/>, which showed the picture featured to the right. I'd like to share with you an excerpt from the website:

*“I’m a little late to the trend, but if you’ve not discovered the Failblog, this is why I love them. **This line of thinking is what is wrong with the reproductive rights crowd.** It’s not a tumor, friends. It’s the fruit of love—a baby. Guess what? Infertility isn’t the disease; it’s a symptom of underlying problems which are made worse by guess what? Years of using contraception.”*

You can keep up with Elizabeth through her blog at: <http://thatmarriedcouple.blogspot.com/search/label/Natural%20Family%20Planning>.



## The Great Division In Society

The following is from Father Thomas Dufner at <http://thecatholicspirit.com/faith/the-lesson-plan/whats-the-big-deal-about-natural-family-planning/>, who writes:

*“It’s the hardest to speak about, the most challenging to live, yet stands at the core of discipleship. Are we followers or not? Do we offer our bodies as “a living sacrifice of praise” or not?*

*The crux of the matter today is the contraceptive mentality and contraceptive practices. We can’t build faithful disciples and develop Christian families with these attitudes and practices.*

*The great division in society is between those who hold that the sexual act is only for the union of a husband and wife and must be a total self gift, and those who say that sex is for my personal gratification.*

*True marital love requires a total self gift, by which we mean that we intend our union to be lifelong, faithful, with each embrace open to new life.*

*Contraception corrupts the gift. It separates life from love in the sexual embrace of a husband and wife. It starts off with an altruistic sense of loving the other, but ends up loving self.*

*Instead of giving oneself to the other, we use the other for our gratification and the marriage is wounded. Once I diminish the total gift of myself by separating love from life, I’ve said, “This act is closed to life.” By definition, every life conceived from this point on is a contraceptive failure and unwanted, perhaps even resented. This attitude is the basis of our abortion laws.”*

Father Thomas Dufner is pastor of Holy Family in St. Louis Park., Archdiocese of St. Paul & Minneapolis.