

# Life Cycles



MAY 2001

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

## Contraception and Health Insurance

By George Finnin

In the past three years there have been several attempts to force insurance companies to provide coverage for contraceptives, many of which are abortifacients. In 1998 there was a proposed government mandate, which would require all health insurance policies, which cover prescription drugs, to pay for all FDA approved methods of contraception. In 1999, Denver Archbishop Charles Chaput denounced the attempts of the House of Representatives to provide government funding for abortion

and contraception.

In Pennsylvania, State Reps. Connie Williams (D. Montgomery) and Kathy Manderino (D. Philadelphia) are now sponsoring HB 25, a bill that is mandating that employee health plans pay for prescription contraceptives.

This is the time to let your voice be heard. Please write to your congressman and senator.

A woman's health is never improved

A sample text follows on page three.

## National NFP week 2001

In honor of NFP week (March 25 to the 31) the PNFPN placed an ad in the *Catholic Standard and Times*. The following lists the activities of a few of our members.

### How did you celebrate NFP week?

*We scheduled the first class of our series on Friday March 30.*

Michele and Chris Szupica, CCL teaching couple

*My wife and I were invited to give a presentation to our parish RCIA program on March 13. Not quite NFP week but close.*

James Rose, Philadelphia Archdiocese NFP instructor

*Mentioned it in my homily, of course. Father Gabin, St. Vincent De Paul, Richboro*

*(Here in the Camden Diocese) the Bishop addressed NFP in his article in the "Star-Herald" diocesan newspaper. I also submitted a suggestion to all the priests of the diocese to speak about it in their homily. I used the 12 myths of Contraception from "Pandora's Pillbox." And, I told them of the tape, "NFP: the Preachable Message."*

Cecilia LeChevallier  
NFP coordinator, Camden Diocese

*I was interviewed March 27th by Jeannette Wynne on Voices for the Unborn, 1570 WISPA M*  
Barbara Rose, PNFPN president

## A Message from Your President

Ah, the dilemma facing your president at this moment. Our membership has hovered at about 180 for the past six months.

Certainly our priority should be to find more members. After all, what's a network without them? The question is how do we do it? Bulk mail, parish bulletin announcements, ads in the *Standard in Times*? The PNFPN has attempted all of these with little success. The answer is, not surprisingly, that we must all be involved with recruitment. Each of us needs to personally invite new people to keep this network thriving. So here it is, the first official membership drive and contest.

The PNFPN member who recruits the most new members by December, 2001 gets a gift certificate to Williamson Restaurant.

(Sorry, Board members are excluded, some restrictions apply, contact your PNFPN membership chair for details). Let's have 500 members by 2002. Keep asking your friends to join and keep asking for God's help!

# Life Cycles

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

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

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Daniel Beninati

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Eileen Finnin

Maria and Joseph Hare

Cecilia LeChevallier

Lester Ruppensberger

Rev. Msg. Thomas J. Scanlon

Stephanie Schoenleber

## Officers of the PNFPN

President: Barbara Rose

VP: George Finnin

Treasurer: Michael Castagno

Secretary: Dorice Millar

## Hot Items in NFP promotion

In this issue we recommend the audio-tape "NFP: A Preachable Message", distributed by the Billings Ovulation Method in America (BOMA) in cooperation with the Diocese of St. Cloud, Minnesota.

"NFP: A Preachable Message" was produced to give clergy the courage to preach the message of *Humanae Vitae* and NFP from the pulpit.

The tape includes the voices of some well known cardinals, bishops, priests and deacons. Their vignettes are not homilies but rather personal testimonials to the fact that NFP is a preachable message. This tape is powerful and could really make a difference in how we get the word of NFP out through the clergy.

Here's a short list of some of the contributors:

Cardinal Francis George of Chicago, Archbishop Harry Flynn of St. Paul/Minneapolis, Archbishop Charles Chaput of Denver, Bishop Thomas Olmstad of Wichita, KS, Fr. Ronald Lawler of Pittsburgh, Fr. Daniel McCaffrey of Oklahoma City, *and last but not least, our very own priests of the Philadelphia Archdiocese, Fr. Jim Otto and Fr. Alan Okon*

Each tape has a label stating "All Rights Reserved" so no copies can be made from it. Says Sue Ek of BOMA, "We put a great deal of time and expense into producing the tape." The PNFPN has ordered 100 copies and will gladly send a copy or copies to any member free of charge. Call the PNFPN phone line to order your tape while supplies last.

## The PNF ... what?

Sure, that was the initial response when we introduced ourselves three years ago. But now we are practically a household name! Thanks to an anonymous donor, the PNFPN placed the following ad in the Standard and Times on February 22 and March 22.

And what a response to this ad! Within one month of publishing it we received 150 hits on our website.

## Kudos

Chris and Michele Szupica for completing their certification as a CCL teaching couples.

To Ronnie La Minna of the *Standard and Times* who placed our two ads in strategic places

## Share your passion for NFP promotion and get on our new directory

The PNFPN will be publishing a new directory in Fall of 2001. As you may recall our last directory was sent to all members in December 2000.

If you changed your address or if you were previously unlisted and wish to share your name, please call the phone line or visit our website.

### Have you heard the Good News about Natural Family Planning (NFP)?

- It helps spouses grow in intimacy
- It helps space births with scientific accuracy
- It helps low-fertility couples to conceive

It is wholly natural – Instead of using drugs which have harmful side effects, NFP teaches fertility awareness through knowledge of one's own body.

Find out more about this enriching method of family planning.

**Call or write the Philadelphia  
Natural Family Planning Network**

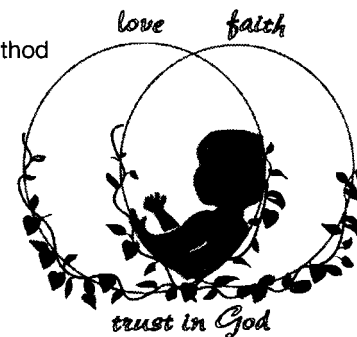
P.O. Box 220

Jenkintown, PA 19046

(215) 885-8766

OR

Visit our website at [www.pnfpn.org](http://www.pnfpn.org)



### Have you seen our new brochures?

They certainly are beautiful and free for all network members. To order your stack today, please call (215) 885 – 8766.





# The "Net" works

In this column, our readers will be informed of NFP promotional events, seminars, lectures and classes scheduled. Please check this column regularly for volunteer opportunities.

## CLASSES SCHEDULED

### Pennsylvania

May 2, 2001 – Oreland.

The Family of the Americas will sponsor a course in the Ovulation Method of NFP. The classes are all Wednesday evenings from 7:00 - 9:30 pm at the PNFNP headquarters in Oreland.

These are ongoing classes - held most Wednesday nights. Pre registration is required. For registration and directions call (215) 884 - 2922.

May 18, 2001 – Media.

The Couple to Couple League will sponsor a course in the Sympto-thermal Method of NFP at Nativity BVM Parish in Media (Franklin & Monroe Streets) 7:00 to 9:00 pm. This is a four class series with the additional dates of June 15, July 13 & August 10, 2001. Call 610-544-2349 for information and registration.

May 22, 2001 – Norristown.

The Philadelphia Archdiocese Family Life Office will sponsor a course in the Sympto-thermal Method of NFP at Mercy Suburban Hospital, Norristown, PA. Classes start at 7:30 PM. For directions and registration call the Family Life Office at (215) 660-9002.

June 6, 2001 – Oreland.

The Family of the Americas will sponsor a course in the Ovulation Method of NFP. The classes are all Wednesday evenings from 7:00 - 9:30 pm at the PNFNP headquarters in Oreland. These are ongoing classes - held most Wednesday nights. Pre registration is

required. For registration and directions call (215) 884 - 2922.

June 12, 2001 – Langhorne.

The Philadelphia Archdiocese Family Life Office will sponsor a course in the Sympto-thermal method of NFP at St. Mary Medical Center (Langhorne-Newtown Road), 7:30 PM. For directions and registration call the Family Life Office at (215) 660-9002.

September 7, 2001 – TBA

The Couple to Couple League will sponsor a course in the Sympto-thermal Method of NFP at a place to be announced from 7:00 to 9:00 pm. This is a four class series with the additional dates of October 5, November 2 & November 30, 2001. Call (610) 408-8447 for information and registration.

### New Jersey

May 31, 2001 – Blackwood

A Sympto-Thermal Method NFP class by the Couple to Couple League will be held from 7:45 - 10 pm at St. Agnes Parish. This is a series of four classes. For directions and registration call (856) 756-7900, ext. 6315.

For registration please call the Camden Diocese at (856) 756 - 7900 ext. 6315



## Volunteer Opportunities

The PNFNP is looking for volunteers to serve on their speaker's board. Prior experience helpful but not required. Wide variety of subjects include NFP in marriage, NFP for general women's health, NFP and subfertility, Fertility Appreciation. Audiences are diverse and can be matched to fit your geographical area. Please call George and Eileen Finnin at (610) 489 - 4940.

The PNFNP is seeking staff writers for feature articles and interviews in its official newsletter, *Life Cycles*. If you believe you can assist in this ministry, please call Barbara Rose at (215) 884 - 2922

The Family Life Office of the Archdiocese of Philadelphia is seeking volunteer couples to be trained as instructors of NFP or to give positive witness to a Regional Marriage group. Please call them at (610) 660- 9002.

The Diocese of Camden is looking for volunteers for their Diocesan/Parish Pre-Cana teams and for their Mother-Daughter/Father-Son Fertility Appreciation Programs. If you'd be willing to donate a few hours a year, please call Mary Ann Chezik at (856) 756 - 7900, ext. 6314.

The PNFNP phone line is in need of volunteer operators to provide the latest information on NFP classes and events. Volunteer schedule rotates on a weekly basis. Please call the phone line at (215) 885 - 8766 and ask to speak with Theresa Kuhar.



## Next PNFNP Meeting

The time and date of our next scheduled meeting can be obtained by calling Dorice Millar at (610) 873 - 8334.

## *Look who's linked:*

The PNFNP website is now linked with a number of national NFP websites to provide additional information for viewers. Click on [www.pnfn.org](http://www.pnfn.org) at home or at your local library and see for yourself.

## Become a Member of the PNFPN

If you are not registered in the PNFPN, please join us. We need your talents and support if we are to be successful. Consider what would be possible if more people understood the gift God gave us in our cyclic fertility. If you know of someone who is dedicated to the promotion of NFP in the Philadelphia region who is not currently a member please snip this out and send it to them. Feel free to make as many photocopies as you wish.

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 19426-1025

## Welcome New Members:

*Charles & Anne Marie Geiger –  
Blackwood, NJ*

*Stephen & Susan Loughnane –  
Harrison City, PA*

*Mary Byrnes – Audubon, PA*

*Mary Anne B. Serra, RN –  
Woodbury, NJ*

*Wendy E. Bisset, MD –  
Lancaster, PA*

*Rev. Laurence J. Gleason –  
Horsbarn, PA*

*Paul & Joann Altomare –  
Limerick, PA*

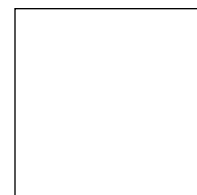
**Remember to tell everyone:**

**Our WEBSITE: [www.pnfpn.org](http://www.pnfpn.org)**

**Our phone number:**

**(215) 885 - 8760**

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



Dear (your state legislator):

I am writing to express my opposition to HB 25, a bill introduced in the PA House by Rep Connie Williams that mandates prescription coverage for contraceptives in employee health plans.

The decision to use chemicals or devices to prevent births is purely elective. There is no disease to be treated. The only "malady" to be eliminated is the possibility of a child.

The sponsors of this bill believe that mandating coverage will reduce abortions and improve women's health. They are wrong on both counts.

All hormonal contraceptives, including the pill, alter the lining of a woman's uterus and prevent the zygote from implanting. Every medical reference about the Pill, Norplant and Depo-Provera explains this mechanism. The IUD operates exclusively in this manner. This is a chemical abortion.

when she coerces her hormones to perform in a manner other than the way they have been programmed. This is exactly what happens when she takes the Pill, Norplant or Depo Provera. Well known side effects include an increased frequency of blood clots, high blood pressure, heart attacks, as well as headaches, loss of libido and weight gain.

There is mounting evidence of an association between hormonal contraception and the risk of breast cancer. An analysis of the research in 1990 showed that women who used the Pill for four or more years before their first full-term pregnancy had a 72% increased risk of developing breast cancer.

There is an alternative to contraceptive methods. It is called Natural Family Planning. This method typically costs less than \$100 to learn, is highly effective and poses no health risks to women or men. To learn more about NFP please visit the Philadelphia Natural Family Planning Website at [www.pnfpn.org](http://www.pnfpn.org) or write to them at PNFPN, P.O. Box 220, Jenkintown, PA 19046.

Thank you for your concern and help.

Signed \_\_\_\_\_

If you have any ideas on how to oppose contraceptives in health insurance, please share them with us.

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### ***Attention All Women:***

The PNFPN is compiling a list of NFP-supportive obstetricians and gynecologists. We receive many requests throughout the year to recommend physicians who are knowledgeable of NFP methods and can assist couples in special circumstances. Please call the NFP hotline to give us the names of physicians you know to be supportive.



### **Opportunities for Education and Training in the the Region**

May 2, 2001 – NFP Teacher Training  
Class; Oreland, PA.

The Family of the Americas NFP  
instructor training course will be held  
in Oreland, PA. This six week course  
will be on Wednesday evenings 7:30 to  
9 pm. For more information call the  
hotline at (215) 885 - 8766.

