

Life Cycles



January/February 2003

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

FDA Names Pro-NFP Physician to Advisory Committee for Reproductive Health Drugs

Joseph Barney Stanford, M.D., M.S.P.H., an associate professor, Department of Family and Preventive Medicine at the University of Utah in Salt Lake City has been named to the United States Food and Drug Administration Advisory Committee for reproductive health drugs. Dr. Stanford is a friend of NFP promoters throughout the United States. He is a major researcher and author of several articles on NFP in the medical literature.

At the request of the FDA, the advisory committee reviews and evaluates data on the safety and effectiveness of marketed and investigational human drugs for use in the practice of obstetrics, gynecology and related specialties, and

makes appropriate recommendations to the FDA.

While the committee is an existing FDA advisory committee, its entire membership had lapsed and it had not met for two years. One of the first issues the committee will examine is the issue of hormone therapy, which has come under increased attention with the release of several new studies questioning its safety and effectiveness.

Dr. Stanford is one of eleven members of the committee and may not be alone in some of his views. According to the *Washington Post*, Dr. W. David Hager has also been appointed much to the chagrin of abortion advocates. Dr. Hager is an

outspoken opponent of abortion and questions the safety of the RU-486 abortion pill. Planned Parenthood has called the appointment of Dr. David Hager an assault on reproductive rights and a danger to women's health.

One local physician appointed to the committee is George A. Marcones, M.D., M.S.C.E., a statistician and professor in the Division of Maternal-Fetal Medicine at the University of Pennsylvania in Philadelphia.

Please pray for Dr. Stanford and all the eleven members of the advisory council.

Information for this article was gathered from the FDA News Page of Dec. 24, 2002, and the Washington Post, Dec. 31.

A Message from Your President

There has been a flurry of activity for the PNFPN in these past four months. With our first ever board elections and plans for a conference this spring, the network has been blazing new trails. I am very pleased to report that the following new board members have been selected for three year terms: Mr. John Cogan, Sr. Sheila Galligen, IHM and Mrs. Phyllis Stanton. Welcome aboard!

It is with pleasure that I announce the PNFPN's first annual conference to be held at St. Mary's Hospital in Langhorne. George Finnin, our Vice President, is the chairperson of this year's conference committee and Dr. Lester Ruppensberger is our conference organizer. Please don't miss the opportunity to meet with your fellow NFP supporters and NETWORK. You'll find a registration form for this event inside this newsletter.

A great big thank you to our many members who remembered the PNFPN this past holiday season. It is because of your generosity that we have been able to continue our work in spreading the good news of NFP.

God bless you all.

Barbara Rose

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

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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) 885-8766.

Life Cycles can be viewed online at www.pnfpn.org

Board Members of the PNFPN:

- John Cogan
- Eileen Finnin
- Sr. Sheila Galligen, IHM
- Joseph Hare
- Cecilia LeChevallier
- Lester Ruppertsberger
- Rev. Msg. Thomas J. Scanlon
- Phyllis Stanton

Officers of the PNFPN

- President: Barbara Rose
- VP: George Finnin
- Treasurer: Michael Castagno

Come to the First Annual PNFPN Conference The Facts of LIFE – Life with Natural Family Planning

**St. Mary Medical Center
Langhorne-Newtown Rd., Langhorne, PA
Saturday March 15, 2003
8:15 AM to 3:30 PM**

- 8:15-8:45 Registration and Continental Breakfast
- 8:50-9:00 Opening Prayer and Remarks
- 9:00-9:45 Theology and Moral Teaching of the Church -
Msgr. Thomas Scanlon, Spiritual Director PNFPN
- 9:50-10:30 Science of NFP - Dr. Lester Ruppertsberger, NFP only Ob/Gyn
- 10:30-10:45 Break
- 10:50-11:30 NFP Methodologies - Overview -
Barbara Rose, RN, FCPI President of PNFPN
- 11:35-12:05 Living NFP for 35+ years - George & Eileen Finnin, NFP instructors
- 12:05-1:00 Lunch
- 1:00-1:40 Encouraging one another to embrace chastity
Generation Life Speakers
- 1:45-2:15 Why Not Contraception? Dr. Lester Ruppertsberger
- 2:20-2:50 Responsible Parenthood. Jim and Cheryl Manfredonia,
Parents of three children, Station Manager of WISP Catholic Radio
- 2:55-3:30 Q & A - Wrap Up

Please complete this form, include a check made out to the PNFPN and mail it to George & Eileen Finnin, 3842 Lywiski Rd, Collegeville, PA 19426. Registration fees are \$15 per person, \$25 per couple, \$10 for students (clergy and religious are free). Applicants must submit registration forms **before** March 1, 2003 or no meals will be provided. For further information call (610) 489 - 4940

Name: _____
 Address: _____

 Phone number: _____
 Registration fee enclosed: _____

Welcome New Members:

Stacey McCormick - Sellersville, PA

*Anthony & Laura Durlle -
Levittown, PA*

*Tom & Clare O'Leary -
Philadelphia, PA*

Shannon M. Keane - Muncy, PA

*Chris & Maribeth O'Hara - MD -
Wallingford, PA*

*Dr. Jean Golden-Tevald
Pittstown, NJ*

Our Ongoing Appeal

God bless you for your generosity

\$ 5 \$ 10 \$ 15 Other: _____

Name: _____

Address: _____

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

The "Net" works

FERTILITY APPRECIATION CLASSES SCHEDULED

Mother-Daughter/Father-Son Fertility Appreciation Program planned in New Jersey for March date TBA. Please call Dr. Mary Ann Chezik at (856) 756 - 7900, ext. 6314.

WORLD MARRIAGE DAY CELEBRATION CONFERENCE

A conference in celebration of World Marriage Day will be held Sunday, February 9, 2003, 12 PM at the Renault Winery, Egg Harbor City, NJ. Come and enjoy a champagne brunch and listen to Ann & Bob Nerbun of Family Honor speak of "Bringing the Good News Home: Living God's Plan for Love in Your Family" Cost is \$45 per couple For more information and a registration form, call (856) 756-7900, x 6264

CLASSES FOR COUPLES TRYING TO ACHIEVE PREGNANCY

March 5 – Camden County, NJ
Natural strategies for achieving pregnancy will be presented in a series of three classes. Please call for location and other dates: 856-756-7900, ext. 6315 or email: nfpoffice@camdendiocese.org.

NFP TEACHER TRAINING COURSES

August 2 & 3, and September 13 & 14.
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

NFP CLASSES SCHEDULED Pennsylvania

January 20 – Oreland
An introductory session of the CREIGHTON MODEL FertilityCare System for natural family planning and/or gynecologic health. will be presented from 7:30 to 9 PM. The Creighton Model FertilityCare System is the only medical model of fertility charting in existence. Clients who learn this method can utilize the services of Creighton Medical Consultants to help diagnose and treat reproductive health problems includ-

ing subfertility and infertility. Seating will be limited so please preregister by calling Barbara Rose, RN, FCPI at (215) 884-2922.

February 4 – 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.

February 13 – Oreland
Creighton Model Introductory session. See previous description for details

March 3 – 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. For more information or registration please call (610) 660-9002.

March 4 – Downingtown
Creighton Model Introductory session to be held at St. Joseph's Church. Call Dorice Millar, RN, FCPI at (610) 873-8334.

April 1 – 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.

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 course materials, charts and bi-monthly magazine. Pre registration is requested. For information call: (856) 756 - 7900 ext. 6315 or email: nfpoffice@camdendiocese.org.

January 27 – Woodbury
St. Patrick Church from 7 - 9:30 PM

February 18 – Merchantville
St. Peter Church from 7 - 9:30 PM

Hot Items in NFP Promotion

Open Embrace: A Protestant Couple Rethinks Contraception

Authors: Sam and Bethany Torode
William B. Eerdmans Publishing Company, Michigan, 2002
\$12 (Available through the Couple to Couple League, 800-745-8252 or <http://ccli.org>)

Reviewed by Kristina Johannes, RN, BSN

Being a teacher of natural family planning can sometimes be lonelier than the proverbial Maytag Man. This could soon change if the new book by Sam and Bethany Torode, *Open Embrace: A Protestant Couple Rethinks Contraception* (Eerdmans, 2002), is widely read.

The Torodes document their journey of discovery of the age-old Christian teaching about contraception. What they find may surprise and encourage other Christian couples to give this issue the serious discernment it demands.

As a newly engaged couple, the Torodes looked for guidance by surveying the available contemporary Christian literature on the subject of contraception. They were dismayed to find no serious discussions of the moral implications of its use for Christians other than Catholics. Digging a little deeper, they uncovered a wealth of traditional teaching on the subject from the Protestant founders themselves. They also discovered something of which very few people are aware – until 1930 no Christian church approved of the use of contraceptives.

This charming little book is easily read in one sitting. It dispels many widely held myths about natural family planning (NFP). It also examines how NFP builds and strengthens the marriage relationship, as born out by the low

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divorce rate among NFP users.

The reader will be pleasantly surprised to learn that modern NFP has progressed beyond the old rhythm method which was a simple calendar calculation. The new methods are based on the actual signs that accompany the fertile cycle, and can be used with up to a 99% accuracy by those with serious reason to space or limit births. NFP can also be a great help to the increasing number of couples with low fertility who long to start a family.

Open Embrace should be read by every serious Christian, especially those who are married or preparing for marriage.

Kristina Johannes, RN, BSN, teaches natural family planning as a volunteer for the Couple to Couple League of Anchorage, Alaska.

Become a member of the PNFNP

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

PNFNP members only? Yes No

Any additional information or comments _____

Mail to: George and Eileen Finnin
 3842 Lywiski Road
 Collegeville, PA 19426

Life Cycles
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