

Conference 2000

Creating A Culture Of Life: Begin With NFP!

by Sheila St. John



The Seventh Annual Conference of the California Association of Natural Family Planning, hosted by the Archdiocese of Los Angeles and the Commission for Catholic Life Issues, will be held at the Archdiocesan Catholic Center in Los Angeles on Saturday, March 25th. On this day, the 2000th Anniversary of the Annunciation, a diverse faculty will explore the topic **Creating a Culture of Life: Begin with NFP** from a variety of perspectives.

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John Haas, PhD, STL, will provide the framework of the day in the opening presentation, **Theology of the Body: The Foundation for a Culture of Life**. Dr. Haas is President of the National Catholic Bioethics Center (formerly the Pope John Center) in Boston, Ma. As a father of nine, Dr. Haas brings both professional and personal expertise to this topic! At the closing banquet, Dr. Haas will inspire us to put the conference theme into action in our personal and professional lives as he challenges us to do our part in **Creating A Culture of Life: Begin with NFP!**

Conference participants will gather together for the opening address, banquet, and luncheon. At the luncheon, CANFP board

members will present briefly on the past year's activities, and as a group the attendees will discuss, prioritize, and shape the direction of NFP in California!

All other time slots will offer both Spanish and English tracks. These sessions will provide pieces to the puzzle which, when put together as a whole, will provide a comprehensive plan for Creating a Culture of Life, through NFP.

Father Marcos Gonzalez and **Father Roberto Pirrone**, Pastors in the Archdiocese of Los Angeles, will share their strategies and successes integrating NFP into the parish faith community.

Dr. Paddy Jim Baggot (a Catholic Ob/Gyn) and **Dr. Jose**

Fernandez (a Catholic Family Practice Physician) will bring us up to date on the recent advances in Naprotechnology, the medical applications of NFP. They will also share their experience that the practice of medicine must be built on these principles if the sanctity of life is to be preserved. Time will be provided at the conference for NFP Teachers to consult with Dr. Baggot, Dr. Fernandez, and **Dr. Mary Davenport** (also an NFP only Ob/Gyn), on difficult cases.

Sheila St. John and **Antonia Valdes** will draw upon their experiences facilitating the FACTS program (a values based abstinence education program developed by Northwest Family Services) to offer concrete hands on ideas to provide adolescents with the skills they need to abstain until marriage.

Dolores and Ismael Moreno and **Alice and Jeff Heinzen** will share insights gained from their experience *living* the Theology of the Body within marriage and the family.

A special and unique feature of this year's conference is that, throughout the entire afternoon, a track has been set aside to ad-

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PRESIDENT'S PERSPECTIVE

by Sheila St. John, President, CANFP

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“Consider
NOT
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CANFP!”

rom my (president's) perspective, this Jubilee Year has brought with it abundant graces...and we are only a month into it!

The good news is CANFP is getting more work than we can handle! Requests for information, referrals, speakers, exhibits, materials, articles, collaborations, etc. are all on the increase.

But with limited funds, and many of our workers taking a well-earned rest, we are struggling to meet the demand. We face the difficult choice of turning away from some great opportunities which will allow us to build our organization and expand our impact, unless we:

- 1) increase the volunteer involvement of our members, or
- 2) get the funds needed to establish a staffed office, or
- 3) both!

Hundreds of adults comprise CANFP membership, and I implore each of you to consider NOT what CANFP can do for you, but what you can do for CANFP! Please review these needs, and consider in what capacity you can contribute to the building of NFP in California!

Board Positions:

Members of the CANFP board participate in a variety of committees, and commit to attend quarterly board meetings. In addition, each board member also assumes responsibility for one area of development. These positions are currently open on the CANFP Board:

Treasurer Maintains the financial records of CANFP (currently we use Quickbooks).

Regional Representative Liaison Develops the network of regional representatives throughout the state. This is a position that has never been filled, and there is so much potential for real impact here.

Bicultural / Bilingual Liaison Provides a bi-lingual / bi-cultural perspective to the activities of the organization.

Clergy Liaison Represents clergy perspective on the board, so that the activities of the organization may be of service to clergy.

Vice President This board member would serve one year assisting the president, at which time they would assume leadership of CANFP.

Not necessarily Board Positions:

Membership Responsibilities include: maintaining membership records; sending out renewal reminders, confirmation receipts, and new member “welcome” packets; building up the “first year free” program; soliciting new members; providing current mailing lists to other committees upon request. (Cur-

ASK THE EXPERT

This question was submitted through our web site

Response by: Therese T. Maes

Question:
&
Answer:

With all due respect, what makes you the expert on NFP?

Pax Cristi,
Diana

Answer:

Whenever a question comes in to us regarding some aspect of natural family planning, we read it for content, then we read it for nuance, then we read it asking ourselves who among our 300 plus members might be the best person to answer it. If it pertains to a health issue, we will send it out to one of several physicians. If it pertains to a specific method, we

will send it to a teacher or a physician having expertise in that particular NFP method. If it is related to an ethical or moral dilemma, we will send it out to one of the clergy. If it relates to dealing with abstinence, one of the officers of CANFP will most often answer it, since most of us have been using NFP for at least 20 years and are certified practitioners or educators. A practitioner has received two years of post grad training in NFP in order to teach women and couples, while an educator has received that training plus one more year to become a trainer of practitioners.

I hope this answers your question, Diana, and that you will consider joining CANFP, the only Natural

Family Planning organization in California that supports all natural methods of NFP.



Terry Maes is the founder and Immediate Past President of CANFP. She has promoted NFP, (teaching NFP, training other teachers, and as Family Life Director) throughout her professional life.



Submit your question
to our CANFP
Expert at
www.canfp.org

EXHIBIT ON THE MOVE

by Joan Noyes

The Holy Spirit was the honored guest at the 5th Annual Commitment to Life Conference held in Mission Hills in Southern California on January 22nd.

*“...much
to be
hopeful
about”*

CANFP was an exhibitor at this conference, which was sponsored by the Archdiocese of Los Angeles.

The conference theme was “Advancing the Culture of Life in the New Millennium”. Happily, several of the workshops dealt specifically with Natural Family Planning issues, including “The Medical Effects of Contraception” by Pat Poindexter, RN (and CANFP member), and “The Difference Between Contraception and Natu-

ral Family Planning” by Professor Janet Smith, PhD.

There was constant activity at the CANFP booth during the conference, with items pertaining to teen chastity education being the biggest sellers. Judging from the positive response to the CANFP exhibit at this pro-life conference, the Natural Family Planning community has much to be hopeful about as we enter this new millennium!

*“Children are the Living Message we send to a time we will not see.”
(From conference program.)*

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dress the needs of those responsible for developing NFP programs within a diocese. The workshop will be conducted by **Alice and Jeff Heinzen**, who have developed a model NFP program in their Diocese of La Crosse, Wisconsin. Mr. and Mrs. Heinzen will provide the information and tools needed to fortify—or establish—a dynamic and fruitful diocesan NFP program.

Complete and submit the enclosed registration form by Feb. 25th to benefit from reduced rates for early registration. This will be one of the most important conferences to be held in California this year—you don’t want to miss it!

Septima Conferencia Anual

CREANDO UNA CULTURA DE VIDA: Empezando con PNF

por Victoria Ramirez



Este será el lema de la conferencia de CANFP que tendra lugar en la Arquidiócesis de Los Angeles Ca. en marzo 25 del presente año. Para los que hemos asistido sabemos que es de mucha ayuda como instructores, promotores y usuarios estar al día en los adelantos que van surgiendo en el ramo de la Planificación Natural de la Familia.

“...al

distinguido

Dr. Jose

Fernandez”

Este año promete ser muy interesante ya que tendremos como principal presentador al distinguido Dr. Jose Fernandez de Florida y estara compartiendo

sobre el Método Creighton. Otros de los presentadores serán los sacerdotes Rev. Marcos Gonzalez y el Rev. Roberto Pirrone de Los Angeles quienes dan su apoyo incondicional a la Planificación Natural de la Familia. También tendremos el gusto de oír a la señorita Antonia Valdes de Northwest Family Services, por último el matrimonio Moreno. Dolores y Ismael compartirán con todos nosotros sobre Creando una Cultura de Vida en el Matrimonio: Empezando con PNF.

Las registraciones para miembros,

antes el 25 de febrero será de \$95.00 después el 25 de febrero de \$120.00. Para los que no es miembros y se registran antes del 25 de febrero sera \$105.00, después del 25 de febrero será \$130.00. Asociación familiar es \$30.00, asociación profesional es \$50.00, para organizaciones es \$100.00, y para educación continua es \$10.00.

Esperamos que estén planeando asistir a la Septima Conferencia Anual de CANFP.

MEMBERSHIP PROFILE



Thank you to those who e-mailed the office to let us know their region was not listed in the membership update in the last newsletter! Here is a *comprehensive* update of the current distribution of our members!

Thank

You!

Monterey	46
Los Angeles	35
San Francisco	18
Oakland	15
San Jose	12
Sacramento	10
Fresno	6
Santa Rosa	6
San Diego	6
Orange	4
Out of state	4
Stockton	2
San Bernardino	1

ORGANIZATIONAL MEMBERS

Thank you for your Support!!!

- California Catholic Conference
- NFP Diocesan Development Program / NCCB
- Archdiocese of Los Angeles
- Diocese of Sacramento
- Diocese of Orange
- Respect Life / Diocese of Monterey
- Community of Caring / Diocese of Stockton
- Family Life Office / Archdiocese of San Francisco
- Diocese of Fresno
- Diocese of San Jose
- Diocese of Oakland
- Carmel Mission Basilica
- St. Veronica's Parish / San Francisco
- Centro Billings de Los Angeles
- Newman Center / Chico



**Our
Membership**

MEMBER SPOTLIGHT

by Therese T. Maes

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*“I began
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ANFP welcomed three new members to its boards in 1999. Judith Wilmurt, CNFPP, and Dylan St. John joined the CANFP Executive Board while Gregory Polito, MD, KM has agreed to serve on our Advisory Board.

Judith Wilmurt

While new to the CANFP Board, Judith is certainly not new to NFP. The Wilmurts, adult converts to Catholicism, “wanted very much to follow God’s will as we understood it,” Judith says. When her ob-gyn introduced the Billings Ovulation Method to them in 1972, “we knew it was right.” She and her husband, Eric, were among the pioneers of NFP in the San Francisco Bay Area, attending the very first NFP course for teachers given by Drs. Howard Herning and George Maloof with Jose and Terry Maes. They began teaching in the Oakland Diocese in 1974 and have been going strong ever since!

Married 33 years, the Wilmurts are the parents of five young adult children: Beth, 31, an actress in San Francisco, Eric, 30, a teacher in Menlo Park, and Holly, 29, a sub teacher in Arcata. Wendy, 27, married and an artist, is currently living with her husband in Glasgow. Their youngest, Sam, 22, is a student at Humboldt State. Judith says their gifts and talents continue to delight her and Eric.

Asked to articulate how she wants to serve CANFP and NFP in general, Judith simply offers to share her experiences with NFP in any way she can. Right now, she has become CANFP’s Recording Sec-

retary, serving not only the people of East Bay but also all of California. Thank you, Judith, and welcome aboard!

Dylan St. John

Dylan St. John has joined the Executive Board with a bang! The son of Sheila and Les St. John, he almost single-handedly has developed and maintains the CANFP web page. By now you know that the CANFP Web Page has been recognized as among the best 500 on the Internet due to its interactive features. Dylan is the person who researched what software to use and created it. One design feature led to another and as we listened to his ideas at the last Board meeting all of us were grateful that in his busy life as a student and full-time employee, he has inherited his parents’ love for NFP and is willing to share that with our CANFP membership and the world. Thanks, Dylan, we’re glad to have you with us!



Gregory Polito, MD, KM

A Urologist in Southern California, Dr. Gregory Polito is well known to you from his presentation at last year’s conference on the medical, psychological, and spiritual consequences of vasc-

tomy. He and his wife, Pam, will celebrate 30 years of marriage in May, 2000. They are the parents of two young adult children. Ashley, 26, owns her own marketing business and her husband is a video producer for an advertising firm. Mark, 24, is a business consultant with Cambridge Technology Partners.

Dr. Polito became interested in NFP in the 70’s when he and his wife struggled with the whole issue of infertility, contraception, etc. Gregory says, “As my interest in fertility restoration for men via vasovasostomy (vasectomy reversal) grew I began to embrace NFP even more as a logical component of any fertility discussion.”

While willing to serve on the CANFP Advisory Board, his current dream is “to establish a fertility restoration program where both men and women may have reconstructive surgery to put their bodies back the way the Lord intended them to be. It is my thought that NFP must be an integral component of this project to give couples an outlet to praise God for their renewed selves and to deepen their respect for (and increase their joy with) their recovered fertility.” More information can be found at his website: www.urologychannel.com/politomd/

Dr. Polito has already begun revising the talk he gave at last year’s conference, “placing a much greater emphasis on the spiritual after effects” of vasectomy reversal. We look forward to hearing

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THE MAKINGS OF A REVOLUTION

Submitted Anonymously by a California NFP Teacher

While I was busily reading through my e-mail tonight, my 9 year old came in and initiated a discussion with me about “periods” ---apparently it was the topic of discussion among her girlfriends today.

“... as NFP mothers transmit this information to their daughters”

Having explained all this to her several times before, it took me a minute to realize she did not know what a period was, (she had no recollection that we had discussed this at least twice before!). Needless to say I quickly set aside reading my e-mail, seized the “teachable moment”, pulled out my picture dictionary, and proceeded to explain periods, uterus, hormones, etc. etc.

She was full of delightful, insightful questions (why do some dread this...it was wonderful!). It dawned on me (as it did when I went

through this with her older brothers and sisters) that THIS is where the revolution is occurring: as NFP mothers transmit this information to daughters (and sons!).

How differently I would have answered so many of her questions if I was on “the pill”, and lacked the knowledge, experience, and awareness NFP affords us about these events!

One of her questions was “how do you know when your period is going to come?”. Well, a non-NFPer might say you don’t. But of course I could explain that not only is there a red flow, but a “white flow”, and in time she could learn to know when her period would come by observing these changes....etc. etc. I turned to a sample NFP chart, and she immediately grasped it... “oh

so the red is when she has her period, and the green there is nothing, and the white with babies is the mucus stuff....” . (I’m going to have her give me next Intro!)

In my excitement, I was tempted to proceed on with how the baby is created, fetal development, etc., but I refrained, as she asked nothing about that. Her concern really was just being prepared for a period, and knowing what to expectso instead we went in to the bathroom and tried on pantliners!

As parents pass this on to children, generation after generation, THIS is where we will change the attitudes of society! Of course if it is true that only 5% use NFP, it will take awhile...but then those big families will push the process along a bit....we will just outnumber them!

MEMBER SPOTLIGHT

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“... how you, yourself might serve your organization”

that talk in the future and welcome Dr. Polito to the Advisory Board!

I know you will join me in welcoming and thanking all our new Boards members; our Boards are by no means complete, however. Please be thinking and praying as you prepare to come to the new conference on March 25, 2000, *Creating a Culture of Life: Begin with NFP*, about who you might nominate to one of the Boards or how **you, yourself** might serve your organization. With your help, CANFP will not only have a wonderful 2000 but be awesomely positioned for the new millennium!

(Answer to riddle on page 6)

LIFE
OF
CULTURE
A

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CONFERENCE 2000



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