

Best Ever Conference in L.A.

Creating A Culture Of Life: Begin With NFP!

by Therese T. Maes

So well organized! Amazing! Incredible to witness so many of common values joined together with one aim. John Haas is incredible!

Inside This Issue:

President's Perspective	2
Ask The Expert	3
Awards	3
Calegari Award	4
Premio Calegari (Spanish)	4
Conference Tapes Order Form (Insert)	
Conferencia (Spanish)	5
Conference (English Continued)	6
Conference Sponsors	6
Memories (photo gallery)	7
Culture of Life Items Available	7

This exclamation of jubilation was shared by more than one participant of the CANFP Conference 2000 held in Los Angeles on March 25. Beginning with the greeters at the door, everyone who entered the Chancery building felt welcome and cared for. Balloon bouquets in the teal and cream colors of CANFP bloomed everywhere and Easter baskets adorned each table, lending a festive air to what would prove to be, in many members' opinions, the best conference ever.

Welcoming attendees were the Family Life Director of the Archdiocese of Los Angeles, Joan Vienna, and her associate, Candy Metoyer. Joan's staff and helpers provided warm hospitality, clear directions, delicious food and an environment of caring that allowed all to take full advantage of the day that began and ended with Dr. John Haas.

Speaking to the theme of the day, *Creating a Culture of Life, Begin with NFP*, Dr. Haas, who is the President of the National Catholic Bioethics Center in Boston, MA, drew on the wisdom of Pope John Paul II's "Theology of the Body". Why? "Because," Dr.

Haas said, "truth must be the basis of any culture and the theology of the body tells us the truth about the human person."

Describing societal attitudes toward children and marriage, Dr. Haas stated, "An unqualified good has come to be viewed as evil." But instead of leaving us with the glass half empty, he quoted from the Song of Songs, encouraging and challenging us to "...love one another as we were created to love one another, as bodies, even as the incarnate, enfleshed God loves his Bride the Church."

In closing, Dr. Haas reminded us that "NFP is solidly, comfortably

within the tradition of humanity at its truest. NFP acknowledges, respects, indeed celebrates all the goods inherent in our sexuality, in marriage, in family life, in the marriage bed... It acknowledges and venerates who we are: rational bodies created by God and intended for glory. Only this truth can serve as a foundation of the culture of life."

With that rousing sendoff, the rest of the day passed so quickly it seemed over in a thrice. Yet, there was something for everyone, in Spanish and in English. (For Spanish articles see pages 4 and 5.)

Alice and Jeff Heinzen, Co-ordinators of Natural Family Planning for the Diocese of La Crosse, Wisconsin, have developed an NFP program that has the full backing of their Bishop and serves as a model for programs throughout the United States. Family Life Directors and Diocesan NFP Co-ordinators found their "power point presentation" excellent and informative. The couple shared their story of having found NFP almost by accident and, yet, by discovering how good it was in their mar-

Conference continued on pg. 6

TO CONTACT CANFP:

E-Mail Addresses

info@canfp.org
webmaster@canfp.org

Website

<http://www.canfp.org>

Phone Numbers

1-831-443-3746
(voice & fax)
1-877-33-CANFP
(toll free)

PRESIDENT'S PERSPECTIVE

by Sheila St. John, President, CANFP

2000 has been a very exciting year thus far!

“CANFP is a way to leave a legacy of NFP that will endure...”

2000 has been a very exciting year thus far!

We were blessed with a powerful conference in Los Angeles, and I know it was very rewarding for me personally to be with CANFP members at such a wonderful event!

160 participants from around the state attended the conference! About ½ of the participants were from the LA region, and the remainder represented every region in the state, with one physician coming from Mexico! Of those in attendance, 90 were CANFP members. There were 6 clergy, 6 physicians, and a dozen Family Life/Respect Life/NFP Directors present as well. We were honored to have in attendance many teachers who have taught more than 20 years, and at the luncheon these teachers were honored for their years of dedicated service with a round of heartfelt applause! Also in attendance were many teachers in their first year of teaching and many participants attending their first ever CANFP conference—our hope for the future!

At the luncheon, it has become our custom to update the membership on the year's activities, and receive input on our direction for the coming year. Included in this report was an update on:

Membership:

Our 215 members come from all 12 regions in the state: 2 Patron Memberships, 3 Friend Memberships, 18 Organizational Memberships (including all but 2 of the Dioceses in California), 40 Profes-

sional Memberships (NFP Teachers, Doctors, Nurses, etc.), 85 Family/Clergy/Individual Members, and 65 First Year Free Members. The **Monterey Region** has the most members, followed by **Los Angeles, Sacramento, San Francisco, Oakland, and San Jose**. The benefits of membership were reviewed, but it was also recognized that membership in CANFP is a way to leave a legacy of NFP that will endure beyond our individual efforts.

First Year Free:

Nancy Matteolli and **Sheila St. John** were recognized at the conference for their success in introducing CANFP to their NFP clients. *These two teachers have referred half of the 65 new members in the First Year Free Program since it began one year ago.* Other teachers recognized for maintaining a professional membership in CANFP and successfully inviting their clients to join CANFP by offering them their first year free were **Millie Arnold, Pat Poindexter, Judy Wilmurt, Joan Noyes, Jenny Perez, Kim Wells, Gloria Gillogley, and Vicky Delucchi.**

All NFP teachers in the state are invited to become Professional Members of CANFP, and then they too can offer this wonderful benefit of a free year's membership in CANFP to their NFP couples!

Outreach:

In addition, those present were updated on such CANFP outreach and educational projects as the **Exhibit**, the **Adolescent**



Sheila St. John, President

Sexuality Program, the **Love and Life Radio Program**, the **CANFP Toll Free Phone Line**, and the **CANFP Website**, www.canfp.org.

Help:

CANFP has experienced phenomenal growth during its 7 years of existence, and the need for increased involvement of members was also discussed. Some specific tasks still in need of a volunteer include a **Treasurer/Bookkeeper, Conference Site Hosts, Regional Representatives, Membership Chairperson, Exhibit Chairperson, Funding and Development Committee Members, and Contributors to our quarterly newsletter** are always welcome!

Details of this discussion can be heard on the tape titled *Creating a Culture of Life: Begin with CANFP*, available on the enclosed tape order form!

Anyone wishing to expand their involvement in CANFP is invited to contact me to explore the unlimited possibilities! I will be eagerly awaiting your call on our toll free line at 1-877-33-CANFP, or your e-mail at sheila@canfp.org.

ASK THE EXPERT

This question was submitted through our web site
Response by: Dr. Mary Davenport

Question:

My girlfriend just switched birth control prescriptions (the one she switched to was Demulin). Will the new pills be effective immediately? Also, she missed the first pill of the month and took two the second day. How reliable is the birth control pill?

**Thank You,
Adam**

Answer:

You do not state in your question if the birth control pills are being used for contraception or another purpose. If they are being used for contraception, changing the type of pill can temporarily result in a higher chance of pregnancy, especially if one is switching from a stronger pill to a weaker pill. If your girlfriend missed one or two pills, this further increases her chance of pregnancy.

I believe it would be in the best interests of both you and your

girlfriend if she were to discontinue birth control pills altogether for several reasons. First of all, one percent of women who take the pill never spontaneously ovulate again EVER without medication. Secondly, use of the pill affects the mucus glands of the cervix permanently, which can have an adverse effect on fertility. Use of the pill can diminish sex drive, cause depression, weight gain, and headaches, as well as increasing the risk of gall bladder disease, blood clots, and possibly breast cancer. If she is taking the pill for acne, there are better and less risky therapies. We also have a concern that the pill over time creates a thin lining of the uterus that prevents the fertilized egg from implanting if there is breakthrough ovulation. This is a micro-abortion!

It would be better for the physical, emotional, and spiritual health of you and your girlfriend to abstain from sex until you are married, avoiding the unpleasant side effects of contraception as well as the possibility of pregnancy be-

fore you are ready if your contraceptive fails (which they all do at times).

When you are ready to have sex, but need to prevent pregnancy, you can use natural family planning (NFP). Modern methods of NFP are superior to all forms of contraception healthwise, relationally, and spiritually, as well as being very effective.



Dr. Mary Davenport is an NFP only obstetrician/gynecologist in private practice in El Sobrante, California. She is a board member of CANFP and the American Association of Pro-Life OB/Gyns.



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

AWARDS

Thank
You!!!

We are grateful to the following individuals, honored at the annual conference for their financial support of CANFP during the last 12 months:

Friends of CANFP

(donors of at least \$250)

Ann and Mike Briley
George Delgado, MD



Patrons of CANFP

(donors of at least \$500)

Laurence Schott
Evelyn Eaton

CALEGARI AWARD

Monsignor Carlos Fortier Honored

E
“... a special
deep-down
love for the
Latin
Community.”

very year for the past seven years of CANFP's existence, we have honored an outstanding member of the NFP community with the Calegari Award. Our award is both a tribute to the person receiving it and to the person for whom it was named, a Jesuit priest who died nearly ten years ago. Fr. Marc never wrote any books, never gained international fame, never wanted to draw attention to himself, but constantly roamed the United States and Europe spreading the message of NFP one on one. He saw the connection between contraception and abortion and predicted Roe v. Wade long before it took place. He truly spent himself in the service of the Lord.

These then, are the qualities we look for in a person who receives the Calegari Award: tireless promotion of Natural Family Planning, knowledge of the theology and philosophy of NFP, yes, but above all, willingness to get down into the trenches with the folks and encourage, encourage, encourage poor marriages to become good ones, good marriages to become great ones through NFP. Such a person is the one we honored at the March 25, 2000 Conference in Los Angeles: knowledgeable and practical, willing to serve not only couples, but families in general, and a person with a special, deep-down love for the Latin Community who spent himself in their service.

In this, our Jubilee year and THE Jubilee year, celebrating the 2000 birthday of our brother, Jesus Christ, the Calegari Award was presented to one who is even now enjoying the beatific vision and the reward of all his labors, Msgr. Carlos Fortier. Msgr. Fortier served for many years in the Office of Family Life in the Archdiocese of Los Angeles and also served on our CANFP Executive Board. His thoughtful, prayerful advice gave us good direction and his knowledge of the Latin Community unequaled guidance. We miss him and are pleased to honor him.

PREMIO CALEGARI

Monseñor Carlos Fortier honrado

C
“...una
persona
quien amó
y sirvió la
comunidad
latina”

ada año por los siete años de la existencia de CANFP, hemos honrado un miembro prominente de la comunidad de NFP con el Premio Calegari. Este Premio a la vez honra a la persona quien lo recibe y a la persona por quien está nombrado, un jesuita fallecido ya casi diez años. El padre Marc nunca escribió libros, nunca ganó fama internacional y nunca quiso atraer atención a sí mismo pero que constantemente viajó por los EEUU y Europa difundiendo el mensaje de NFP uno a uno. Él vio la conexión entre la contracepción y el aborto y predijo Roe v. Wade mucho antes de cuando tomó lugar. Se gastó en el servicio del Señor.

recibe este Premio: promoción incansable de la planificación natural de la familia, conocimiento de la teología y la filosofía de NFP, pero, sobre todo, la voluntad de trabajar en los trincheras con el pueblo, animar, animar, animar para que los matrimonios que necesitan apoyo mejoren y para que los ya buenas sean magnificas a través de NFP. Tel persona es el quien honramos en la conferencia en Los Angeles el 25 de marzo de 2000: conocedor y práctico, queriendo servir no solamente parejas sino familiar en general, y una persona quien amó y sirvió la comunidad latina.

el nacimiento de Jesu Cristo, el Premio Calegari fue presentado a uno que ahora está gozando de la visión beatífica ya la recompensa de sus labores, Msgr. Carlos Fortier. Msgr. Fortier sirvió por muchos años en la oficina de la vida de la familia en la Archidiócesis de Los Angeles y que también sirvió en la mesa directiva de CANFP. Sus consejos bien pensados y su conocimiento de la comunidad latina no dio buena dirección. Lo extrañamos y es nuestro placer honrarlo de este manera.



Dr. Polito presenting Msgr. Fortier's Calegari Award to Joan Vienna, Family Life Director of the LA Archdiocese

En este año de Jubileo, celebrando dos mil años desde

CONFERENCIA

por Alvaro Delgado



Unas 160 personas demostraron que la idea de la planificación natural familiar se puede aceptar con ánimo y entusiasmo, en oposición a la “cultura de la muerte” de nuestra sociedad moderna.

“Los

métodos

naturales

deberían

formar

parte de la

material

fundamental

que se les

enseña a las

parejas

preparándose

para el

matrimonio”

El apoyo por métodos naturales de la natalidad se manifestó en la Conferencia Septima Anual de la Asociación de la Planificación Natural de la Familia de California a finales de marzo. La conferencia fue patronizada por el Archdiocesis de Los Angeles y transcurrió en el centro pastoral del archdiocesis.

Dos sacerdotes del Archdiocesis de Los Angeles les dijeron a los participantes de un taller que los sacerdotes están obligados a proclamar el evangelio de la vida desde los púlpitos sin miedo de ser rechazados por los feligreses en las iglesias.

“Cuando Jesucristo proclamó la verdad, lo abandonaron.” Dijo el Rev. Marco Gonzalez, dando respuesta a una pregunta sobre la posibilidad de perder recursos monetarios y feligreses a la vez.

Por mayor parte, el enfoque de la conferencia cayó sobre el don majestuoso de la planificación natural familiar, un tesoro de Dios que vamos descubriendo y apreciando más cada día. El doctor José Fernández explicó las riquezas y las profundidades de los métodos naturales se van descubriendo por científicos en los laboratorios y por parejas en sus hogares con sus familias.

Participantes en la conferencia

incluyeron instructores de métodos naturales de planificación, familias que practican los métodos naturales, médicos y sacerdotes. El valor de instructores y padres de familia que han apoyado la planificación natural a través de muchos años, como los Morenos (Ismael y Dolores) que dieron una de las presentaciones, fue también verdaderamente conmovedor e inspiracional.

El Rev. Roberto Pirrone del Archdiocesis de Los Angeles dijo en un taller que los promovedores de la planificación natural tienen que explicarle a los feligreses que los métodos naturales son razonables, prácticos y fundados sobre buena teología. Los métodos naturales deberían formar parte de la material fundamental que se les enseña a las parejas preparándose para el matrimonio, él dijo.

El Rev. Pirrone añadió que él ha predicado sobre la planificación natural por 12 años y hasta ahora no lo han apiedrado. En una ocasión, después de haber hablado sobre el abuso del matrimonio por medio de contraceptivos, 35 parejas se le asomaron para preguntarle sobre los métodos naturales. En el 22 de enero, la fecha que marca el aniversario de la legalización del aborto, él predica sobre la conexión entre el aborto y la contracepción.

El Rev. Gonzalez dijo que la gente respeta las convicciones de los sacerdotes y el apoyo que ellos le prestan a las enseñanzas de la

Iglesia. Él dijo que feligreses han respondido a sus sermones sobre la planificación natural parándose y aplaudiéndolo.

En diferentes talleres se habló sobre la creación de una cultura de vida dentro de la familia. Antonia Valdes de Portland, Oregon, explicó el programa de FACTS alcanzando la juventud y la sociedad entera, usando los principios de la abstinencia.

El hablante principal de la conferencia, Dr. John Haas, director del Centro Católico de la Bioética, dijo que estamos aceptando prácticas bárbaras en los Estados Unidos con el aborto y el desrespeto a la vida humana. Usando métodos brutales, hoy día se matan bebés en las vientres de sus madres en las últimas semanas del embarazo, dijo Haas. Es más, se venden las partes de los cuerpos de bebecitos abortados.

La Iglesia Católica defiende la belleza y la verdad de la persona humana en cuerpo y en espíritu, en acuerdo con los diseños de Dios. Al contrario, nuestra sociedad moderna ataca la belleza del cuerpo en muchas maneras, aceptando el aborto, la esterelización y el homosexualismo, dijo Haas.

Pero la planificación natural de familia, dijo Haas, nos ayuda a respetar el cuerpo humano en toda su riqueza y belleza. Los métodos naturales del control de la natalidad nos enseñan que no podemos manipular y usar nuestros cuerpos como queramos, en contra a la voluntad de Dios.

Conference 2000 - Continued

riage, deciding that they must share the good news with others. They have a strong cadre of volunteer NFP teachers who present four classes each year and they do much one-on-one “selling” of NFP via email and computer connections to their parishes. They also have formulated guidelines for NFP in their Diocese one of which includes having the priests give one homily a year on NFP.

Dr. Paddy Jim Baggot aimed his talk at nurses and NFP practitioners, informing them of the latest advances in Naprotechnology, a holistic approach to the woman’s reproductive needs based on her unique charting cycle. Dr. Baggot stated that with more women facing infertility, the naprotechnology system offers hope and a proven procedure of effectiveness to achieve or avoid pregnancy.

After the business luncheon, Father Marcos Gonzalez and Father Roberto Pirrone shared their positive experiences, insights, and successes integrating NFP into a parish setting. As parish priests for the Archdiocese of Los Angeles, it was apparent to all who heard them that they have found true joy in following God’s call in their vocation, and desire no less for those they counsel in preparation for the sacrament of marriage.

Many remarked afterwards that they should preach their message at every parish in the Archdiocese! ...and those of us present from other dioceses would amend that to... every parish in the state!

Following this session Sheila St. John, President of CANFP, presented FACTS, a program aimed at teens and parents to help them discuss questions of sexuality and abstain from sexual intercourse outside of marriage. Highly effective in the areas where it has been taught, this abstinence-only approach challenges teens to become future-focused, gives them practical refusal skills and teaches them how to cope with peer pressure. Those attending this talk gave it rave reviews and asked for help in starting training for FACTS in their area.

Conference Sponsors

Dioceses

- *Family Life Office, Archdiocese of Los Angeles
- *Diocese of San Bernardino
- *Diocese of Orange
- *Diocese of Fresno
- Diocese of Sacramento
- Diocese of Oakland
- Diocese of San Jose
- Diocese of San Diego

Parishes

- *St. Joachim’s (Madera)
- Sacred Heart (Lancaster)
- Santa Clara Church
- St. Mary Magdalen
- St. Joseph
- St. Catherine of Alexandria (Riverside)
- Old Mission Santa Ines

Organizations

- *Centro Billings de Los Angeles
- *Family Fortier of the Americas

Individuals

- Antoinette Evans
- Paddy Jim Baggot, MD
- Sheila St. John
- Fr. Paul Wilhelm

Schools

- University of San Diego
- St. Bernard Catholic High School

*indicates sponsored groups of 6 or more!

Also available in the afternoon was a chart consultation session with three of the physicians present, Dr. Paddy Jim Baggot and Dr. Jose Fernandez, presenters at the conference and Dr. Mary Davenport, a member of the CANFP Executive Board.

The day concluded with Mass followed by the Banquet and the conferring of the Calegari Award on Msgr. Charles Fortier. (See page 4 for Calegari Award article.)

Dr. Haas once again inspired the group with a more deeply philosophical talk than his morning presentation. Returning to his “professorial roots”, he gave a wide-ranging talk that moved from John Paul II’s *Gospel of Life* to World War II, back to the early days of the Church, ahead to the reformation, back to St. Thomas Aquinas and finally ahead to our own day, always explaining how different ages and heresies viewed the body. His conclusion? The dualism so prevalent in times past is alive and well today.

But all is not lost, he quickly noted. “Our vaunted goal may seem entirely unrealistic: the building of a culture of life by starting with NFP. But there is really no other place to start. ...I don’t mean that people have to practice periodic abstinence with an awareness of fertility signs to build a culture of life. But they must, they absolutely must, embrace the beliefs, the convictions, the values which underlie NFP.”

Obviously an overview such as this article encompasses can scarcely begin to plumb the richness of the day. The spirit of good will and wonderful hospitality cannot be experienced second hand; you must have been there to understand how truly great the day was. Yet, some of the ambiance has come across on the tapes and I urge you to avail yourself of the opportunity to make them part of your collection. One thing is certain, mark your calendars for next March 24th, 2001, when CANFP will bring its “incredible” message of radical love to San Francisco!

CONFERENCE MEMORIES



"Participants in the FACTS afternoon workshop role-playing"



*Ismael & Dolores Moreno
at evening banquet.*



*"Our FACTS Presenters"
Antonia Valdes of Northwest Family Services
&
Sheila St. John, President of CANFP*



*Some of our speakers & attendees (from left to right)
Dr. Mary Davenport, Dr. Jose Fernandez,
Dr. Carlos Aldana, Dr. Paddy Jim Baggot
Dr. John Haas, Dr. Greg Polito, & Fr. Marcos Gonzalez*



*Dr. John Haas
speaking at banquet*



*Tony & Joan Vienna
Joan is the Director of Family Life for
Archdiocese of Los Angeles*



*Jeff & Alice Heinzen,
NFP Co-Coordinators of the Diocese
of La Crosse, Wisconsin*



Some of the Spanish speaking NFP teachers from the LA Archdiocese

New! Create a Culture of Life Items!

Mugs, pens & post-a-notes featuring our Create A Culture of Life 2000 Logo.

See enclosed tape order form for ordering information!

CANFP NEWS

is published quarterly:

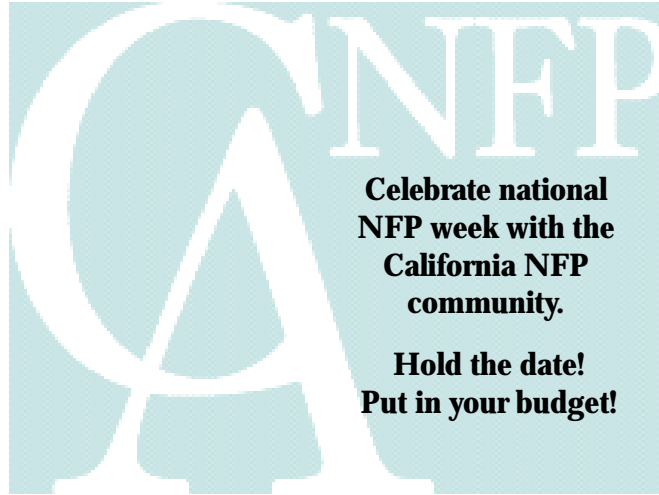
February 1
May 1
August 1
November 1

Submissions are welcomed and must be received three weeks prior to publication.

Please send all articles to CANFP:
1217 Tyler Street,
Salinas, CA 93906
or
E-mail to
info@canfp.org
webmaster@canfp.org

CANFP 8th Annual Conference

March 24, 2001
San Francisco



**Celebrate national
NFP week with the
California NFP
community.**

**Hold the date!
Put in your budget!**

CANFP NEWS

is edited and published by
the California Association
of Natural Family Planning.

Produced by:
Heavenly Designs

**To receive future editions
of this newsletter,
become a CANFP
member!**

Annual dues are
\$30 for individual/family,
\$50 for professionals and
\$100 for organizations

**Make check payable to
CANFP, and send to**
1217 Tyler Street,
Salinas, CA 93906

CANFP NEWS

1010 - 11th Street, Suite 200 • Sacramento, CA 95814