

Mark Your Calendar:



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CANFP NEWS

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

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A Quarterly Newsletter published by the California Association of Natural Family Planning

Fall 2002

NFP: Making the Vision a Reality

Therese T. Maes, MA

“For the Vision still has its time, presses on to fulfillment, and will not disappoint; if it delays, wait for it, it will surely come, it will not be late.”
Habakkuk 2:3

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When Jose and I first started teaching NFP back in the 70's, one of our colleagues in the East Bay prevailed upon a San Francisco Giants player and his wife, users of NFP, to do a couple of 30 second to 1 minute TV promos in the Bay Area. The next week our classes were standing room only. We had couples coming out of the woodwork! Many of them did not stay with the program, of course, but some did.

Need for Preparation

I think more would have stayed had we been prepared, but no one told us. We had no inkling of the promo and, as a result, we did not have enough space, nor materials, nor even the proper mindset to address those couples. In their defense, our colleagues in the East Bay were equally taken aback by the response. They thought the promo would air at 1 o'clock in the morning and reach only a few night owls. They didn't realize the star power of Major League Baseball and the Giants or the charisma of that particular couple.

Opportunity Rises Once again

That experience has stayed with

me through the years and is the root of my life-long desire to market the message of NFP more effectively. It seems to me now, more than ever, the vision is clear. Once again the window of opportunity has been flung open for natural family planning. We have only to sit in the dentist's office as I did recently and peruse the "Women's" magazines. Several had articles referring to Hormone Replacement Therapy with such titles as "No More HRT: Now What?" I did not have time to more than skim a few, but it seemed as if each article were recommending the following:

1. Check with your MD, HRT might **still** be right for you.
2. There are ways to deal with menopausal symptoms: diet, exercise, herbal remedies.
3. The birth control pill is different from HRT; don't worry.

NFP as Alternative Education
We in the NFP community are blessed because we need not rely on the media for the truth. The Summer/Fall issue of NFP Forum, for example, from the Diocesan Development Program for Natural Family Planning has a research analysis on three different studies: oral contraceptives, Hormone Replacement Therapy, and breastfeeding and the risk of breast cancer in its Current Medical Research supplement. (Vol. 13, Nos. 3&4) There, Richard Fehring, DNSC, RN, analyzes the studies, compares and contrasts them and brings in new data from the Kaiser Daily Reproductive Report (3/26/2002) that have received little or no publicity thus far.

Importantly, Dr. Fehring raises the question of the apparent contradiction between finding increased breast cancer risk in the HRT study but no increased risk in the Women's CARE study, even though "higher levels of estrogen and progesterin are used for contraceptives." (CMR p.16) Apparently, no one, other than Dr. Fehring, has even pointed out the inconsistencies.

Preaching to the Choir

Although I assume most NFP providers subscribe to the DDP for NFP FORUM or have their method specific newsletters and therefore know of national and *NFP Vision continued on P4*

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CANFP NEWS

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President's Perspective

Would you like to know the secret to great sex?

This year I was again flattered to be asked to speak on a pro-life topic in my home parish. As I prepared my remarks on my favorite topic—the beauty of natural family planning and how it is key to restoring chastity to both the married and unmarried—I realized how “nuanced” I must be in that setting. I mean...for the sake of “delicate ears” there are certain things I just cannot say in the middle of a Catholic Mass. Which is too bad, because what I would *like* to say is...

Would you like to know the secret to *great sex*? I hope so, for sexual intimacy is a wonderful gift from a generous God who is trying to teach us something very important about our relationship with Him through this special act.

During intercourse husband and wife exchange unique physical gifts that are unlike anyone else's: He his sperm and she (potentially) her ovum (egg). The DNA in his sperm is unique to him and the DNA in her ovum unique to her. Because this gifting the substrate of new life to one another is so special and precious, and because it gives God the opportunity to create a new soul if He wishes,

God asks us to use this gift only when we have made a lifelong commitment to each other by the exchange of marriage vows. Then each time we make love many special things happen.

First, we offer the sum total of ourselves up to this very moment in time to our spouse, both the good and the bad. And we receive the same from them. We renew our pledge of faith, trust, and love in one another by being open and vulnerable and literally naked. Nothing remains hidden from the eyes of the beloved. It is truly a moment of grace.

Second, God may allow us to be “co-authors” with him of a new life. Do you realize that ever since the beginning of Creation “matter has neither been created nor destroyed”? Everything material just keeps recycling. But spiritually this is not true. God continues to create new souls meant to live with Him for all eternity whenever we give Him the opportunity and He thinks the time is right. What a fantastic gift to us!

Third, the intense pleasure we experience during intercourse with our spouse not only deepens our love and affection



Gregory Polito, MD, KM

for each other but it also gives us a tiny hint of the ecstatic joy we are to experience *eternally* when we conclude our earthly journey and are united with Our Lord and Savior. Another “wow”!

In sum practicing NFP allows us to intensify the joys of marital intimacy and give ourselves as a complete gift to our spouse each time we make love. Because we are taking the time to appreciate and understand the natural cycle of fertility to either maximize the possibility of conception or to delay the gift of a child for a time we show respect and appreciation to God as the grand architect of the human race. And I know of no other discipline than NFP that both deepens spousal love and commitment to one another and also keeps sex a highly anticipated, fresh, and joyful experience. NFP: Practice it, teach it!

Director's Desk

Sheila St. John

It made my day to receive the letter (p. 3) from Carlin Gould, CANFP member and Billings teacher in the Stockton Region. I do indeed remember the call! It came in on our toll free line, from a woman who said she and her fiance had received a packet of info on NFP at their En-

gaged Encounter and she had a few questions, and wanted to know if there was an NFP teacher in her area. I referred her to Carlin, her local NFP Professional, completing the circle.

This is the way it is supposed to work! The services CANFP provides---in this instance the toll free number, the referral ser-

vice, the Professional Directory, someone to call and ask questions of, the Marriage Prep Packets, the website--- are there to serve you!

This story began when one of our CANFP board members attended his own Engaged Encounter in preparation for his marriage, and was dismayed at

Marriage Prep Packets P3

Clergy Corner

In our chapel communities at the Presidio of Monterey and the Ord Military Community we have a good number of young military couples just starting their families. As their priest, I try to preach about the need to follow Church teaching. Of course, these teachings include the proper use of their sexuality and respect for life.



Father Michael Drury is a member of the Oratorian community and serves as chaplain at the Presidio of Monterey.

It is “preaching to the choir” to tell the readers of the CANFP newsletter about the difficulties a practicing Christian faces in practicing sexuality from a spiritual point of view in contemporary society. Still, I want to make a point. Last night, watching TV after the crushing blow inflicted by the Giants on the Angels (16 to 4- sorry Angel's fans), I was shocked but not surprised to see the tail end of one sitcom. A “straight” man tried to be accepted in a gay men's chorus in order to get a free European trip with them. The dialogue indicated that at least some of the other men were going to “do it” on the road. The leader of the chorus hoped he could room with the newcomer. Sick.

The next show was no better. A disk jockey has a crush on a female subordinate. Using poor social skills, he connives to stay at her apartment and with the help of his snoopy grandmother, checks out a drawer containing sexual paraphernalia.

After their discovery, he is dismayed when the young woman returns to her apartment to load that paraphernalia into her suitcase to bring to her boyfriend's residence. Definitely not the sitcoms my mother used to let us watch. Or that I want to watch now. And what a dreary view of human sexuality.

In the hedonistic culture portrayed by these sitcoms, the Catholic teachings on the call to holiness and sexual purity must sound to many people like reruns of “Leave it to Beaver” or “Father knows Best.” Quaint, charming, but definitely out of touch. And going back to those young families I serve, they need me as a priest to keep focusing on the need to live a holy life and to teach it to their children, including in the area of sexuality.

Should I worry that some of them practice sterilization, or use contraception, or disagree with the Church's teaching? **Yes**, but it also helps to be understanding. As St. Philip Neri, the founder of our Society said, “You draw more flies with a spoonful of honey than a barrelful of vinegar.” People are drawn to kindness (the analogy stops there.) Can I, can you never stop trying to speak the truth with Christ like kindness?



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Sign up today!

...and discover the difference your support can bring to our organization!



Esquina del Clero

En nuestras comunidades del Predio de Monterey y Ord Military Community, hay bastantes jovenes parejas militares apenas comenzando su vida de familia. Como sacerdote, procuro predicar la necesidad de tener en cuenta la enseñanza de la Iglesia. De hecho, estas enseñanzas incluyen al uso correcto de la sexualidad y el respeto de la vida.

Se atraen mas

moscas con

una cucharita

de miel que

con un barril

de vinagre

Es una "predicación a los ya convertidos" exhortar a los lectores del buletín CANFP de las dificultades que obligan a un cristiano practicante afrontar en nuestra sociedad cuando se practica una sexualidad desde punto de vista espiritual. No obstante, quisiera destacar un punto importante. Anoche, después de ver la derrota del equipo besbol de Los Angeles de Anaheim a manos de Los Giants de San Francisco (esa noche SF ganó 16 a 4), me asombré al ver la parte final de un programa cómico. Se trató de un hombre heterosexual trantando de ser aceptado por un coro "gay" a fin de participar gratuitamente de una excursión a Europa. El diálogo indicó que por lo menos algunos de los gays iban a tratar de hacerle caer al hombre "derecho" en un acto homosexual, mientras estaban de viaje. El director del coro aún esperaba compartir el dormitorio con el "nuevo integrante." ¡Enfermo!

El show sigiente no era cosa mejor: Un locutor de radio se enamora de una subordinada. Utilizando su mala educación social, él trama quedarse en su departamento, y con la ayuda de su metiche abuela, se mete en un cajón que

contiene objetos de placer sexual. Después de este descubrimiento, se disgusta cuando la joven vuelve a su departamento para empacar esos objetos en su maleta para llevarselos a la residencia de su novio. ¡Este no es el tipo de programación que necesitaras mamás nos dejaban ver! Ni tampoco son de los que quiero ver ahora. ¡Y que punto de vista tan triste de la sexualidad!

En esta cultura tan hedonista que se refleja en este tipo de programas, las enseñanzas católicas del llamado a la santidad y la pureza sexual se parecen a viejos episodios de "Leave it to Beaver" y "Father knows Best" — nostálgicos, encantadores, pero definitivamente pasados del tiempo. Volviendo a las familias a las que siervo, ellas necesitan de mi, como sacerdote, enfocar la predicación en la invitación de vivir una vida santa, y enseñarla a sus hijos, inclusive por el tema de la sexualidad.

¿Debería yo preocuparme de que algunos de ellos practican la esterilización, o el uso de los contraceptivos o que están en desacuerdo con la enseñanza de la Iglesia? ¡Si! Pero al mismo tiempo, ayuda que yo sea comprensivo. Como dijo San Felipe Neri, el fundador de la comunidad donde vivo, "Se atraen mas moscas con una cucharita de miel que con un barril de vinagre." La gente se atrae con la bondad (y la analogía se detiene allí). ¿Puedo yo, o puedes tu, parar de intentar hablar con la *verdad* y al mismo tiempo con la *bondad* de Cristo?

A partial list of eScrip Merchants

AAMCO
Big 5
Carl's Jr.
Chevron
Pep Boys
Eddie Bauer
Safeways
Office Max

Payless Shoe Source
Coco's Bakery Restaurant
Nevada Bob's Golf
Spiegel
Timberland
Wild Oats
The Sharper Image
Carrows

FAO Schwarz
Food 4 Less
Whole Foods Market
Zany Brainy
Vons
Draegers
Henry's Marketplace
Orchard Supply

Ask The Expert

Response by Judy Wilmurt, CFCP, who teaches NFP at the Dublin satellite of the Oakland Diocese Fertility Care Center.



Question

&

Answer:

My wife is nursing our first child and we want to know how can we use NFP if she is not menstruating?

Yes. You and your wife can use NFP while she is breastfeeding. It doesn't make any difference whether she is menstruating or not; the instructions for

achieving or avoiding a pregnancy are the same. If you are already an NFP user you should resume charting and at the same time call your practitioner for a refresher appointment so you and your wife can review with her the instructions for achieving or avoiding a pregnancy. If you have not received instructions in NFP previous to your pregnancy, now is the time to begin. Do not assume that

because your wife is not menstruating she is not fertile. A breastfeeding woman will more often than not, ovulate before she has her first menstruation and menstruation's return varies from woman to woman. The signs her body gives her are easy to learn and interpret if she knows how. Once you have learned Natural Family Planning it can be reliably used during all the phases of your couple fertility.



Ask The Expert questions can be submitted through our web site, sent to the CANFP office, or emailed to experts@canfp.org

Marriage Prep Packets having an Impact!

the lack of information on NFP. Editor of this newsletter, he suggested we dedicate an issue to engaged couples and newlyweds, to be used as a resource in marriage prep programs. From there the idea grew, and soon we were offering our Marriage Prep Packets. The newsletter included in this packet contains great articles for young engaged couples and newlyweds, and can be used alone or in combination with the other excellent resources we have included (see insert).

Of course the information can be the greatest, but of little use if not put in the hands of the right people. This is where Carlin and Dave come in to the story! They took home 100 packets from the CANFP conference last March, arranging the funding from a collaborative effort of their local Engaged Encounter and Family Life Office, and put them in the hands of young couples attending an Engaged Encounter weekend.

And the rest of the story? The ending has yet to be written, but see the letter at right for a pretty exciting chapter!

God Bless YOU Carlin and Dave for making this happen!

Dear Sheila,

I wanted to share with you a success story. Dave and I did our NFP talk at an EE weekend, and passed out a packet to every couple in attendance.

One couple called you from the 800 # and you gave my name as the referral (Do you remember that call?) They are currently taking instruction from me. They told me they listened to the tape on the way home, and it changed their life. Even though they are living together they have decided to be celibate until their marriage! Thank you — the packages are working.

God Bless you and the work you do.

Carlin Gould

listen
for a
moment
with
your
heart

local NFP resources available to them, what about the general public? I rarely read or hear about NFP in the media today, not even in a disparaging way, but judging from the NFPlist I'm a part of, there is still abundant interest. I find more and more physicians are becoming NFP only providers, NFP training sessions continue to take place all across the country, and new people are constantly joining the NFPlist. Some might characterize the constant exchanges of news and information about NFP and related topics as "preaching to the choir". I look at that differently. I see people who are dedicated teachers, physicians, scientists, and just plain folks for whom NFP has made a difference in their lives. I see leaders and I think what if we who love NFP came up with a plan and "marketed" it together?

A Vision of What is...
All right, all right I know I'm crazy, but just listen for a moment with your heart. God made us in a wondrous way; in His own image he created us; male and female he created us. The minute we humans started

to "improve" on this design, especially in the last 100 years with the push for contraception, we piled health problem upon health problem, only the latest of which has been documented in the HRT study. And the lies continue. "HRT may **still** be right for you." The lies, the deception, the falsifying of facts **will** continue unless we have the courage to get together and show the world the Natural Way.

And What Might Be!

So here's a suggestion for showing the world the Natural Way:

1. **Develop a series of commercials similar to the current ones airing against smoking and the ones promoting parent/teen communication and buy prime time to show them.**

The Mormons have a proven track record in this kind of approach and might be willing to partner with us. The concepts and messages can be designed and written even before the funding is raised.

2. **Raise the funds ourselves and**

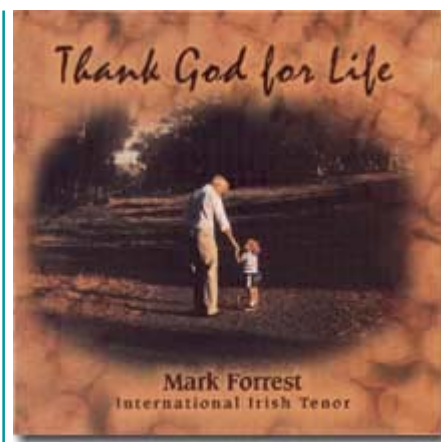
then go for matching funds from the Government and friendly corporations/foundations.

What if everyone reading this newsletter or subscribing to the DDP for NFP FORUM or on the NFPlist contributed just \$200? What if that person asked four other friends who love NFP to match that sum? What if 300 or 600 or 1000 persons across the United States who love NFP each contributed \$200 and then asked four other persons who love NFP to do the same? We would have an abundance of funds to show the world the Natural Way!

3. **Train a group of spokespersons from across the nation who are able to respond immediately to any new study on the topics of breast cancer, contraceptives, and related topics, always showing NFP as an alternative.**

I could go on and on, but you get the picture. Jose and I saw what a little publicity could do 25 years ago. I invite you to envision what it could do now and, most of all, what we could do all together.

CANFP is reprinting California's only **Natural Family Planning Professional Resource Directory**. All NFP Professionals in California ---Clegy, Physicians and other Healthcare Providers, as well as NFP teachers--- should have received in the mail from CANFP an invitation to be listed. If you are an NFP Professional and did not return your completed form, or did not receive one, please contact CANFP immediately so you can be included in the hard copy and online version of this valuable resource. **The deadline is Nov. 15th.** Professionals listed in this directory maintain a Professional Membership in CANFP and not provide or refer for contraception, sterilization, artificial reproductive technologies, or abortion.



Inspiring Christmas Gift!
The latest CD release from International Irish Tenor Mark Forrest! **\$15** (\$17 incl tax/shipping)
Features 13 selections including
Thank God for Life
Miracles
Amazing Grace
Faith of Our Fathers
You are my Rock

Marie Hughes

Marie Hughes is a CANFP member and pro-life advocate from the Santa Rosa Region.

Public Access Television is a means to extend the outreach of educational videos that are produced by CANFP and other proponents of the Culture of Life.

The information in this article is based on my experience with the Community Media Center of Santa Rosa which, like similar centers, is a facility where schools, government, non-profit organizations and individuals can get the training, tools and channel time to communicate with the community.

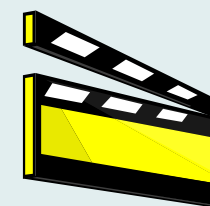
Basically the programming of a Public Access Channel represents the issues, opinions and ideas which matter to local people. The Media Center provides the tools and training...but the local people provide the content.

The funding for Media Centers comes out of a franchise agreement with the local cable company. It is part of the compensation to the community for use of public rights-of-way by the company. In Santa Rosa an initial start-up budget of 1.2 million dollars constructed and outfitted the Center. Operating funds come mostly from franchise fees and are based on the number of subscribers.

To become a member of the Community Media Center, an individual or a member of a non-profit group first attends one of the regularly scheduled orientation meetings. Those wishing to submit already produced programming and/or receive program guides only, may join as a basic member for \$15 (students and seniors are \$10) per year. Those wishing to take classes and use production equipment join as production members. A mentor will be assigned to each member to act as a guide.

When submitting a video (or video series) to be shown on the Public Access

These are a few of the excellent videos available through CANFP for submission to your local public access station. Videos are \$19 each, plus shipping and tax, and can be ordered by phone at 1-877-33-CANFP or online at www.canfp.org, where you can view the complete list of video and audio tapes offered by CANFP.



From the 2002 Clergy Convocation in Fresno:

Theology of the Body;
the New Evangelization
Christopher West, MTS

NFP: The Respect Life Connection
Monika Rodman, M.Div

Parish Implementation
Father Larry Toschi, OSJ
Father Carlos Esquivel, OSJ
Cheley and Tom Spencer
Victoria and Larry Perez

A Couple's Perspective
Dyana and Dean Zweng, MD

From the 2002 CANFP Conference in Sacramento:

Our Journey in Faith
Stephanie and Anthony Epolite
John Gisla, MD

Un Nuevo Planteamiento Antropologico y Moral:
La Teologia del Cuerpo
(two video set, for \$30)
Oswaldo Lozano

Channel it is necessary also to submit written permission from the producer to be kept on file. If the video tape is not compatible with the Center's equipment it should be possible for someone at the Center to transfer it to a compatible format. Each video is shown twice a week for two weeks, at times indicated in the Program Guide. The number of people who actually watch the video will depend on the advertising it gets in parish bulletins, newsletters and/or flyers etc.

Another service of a Community Media Center is the Bulletin Board which comes on when videos do not completely fill a complete hour or half hour time slot. It might also come on when a day's programming is finished. To make use of the Community Bulletin Board one goes in to the Center and fills out the appropriate form.

While individuals may submit videos for playback, I have worked as a member of our parish Respect for Life Committee. So far we have shown "Death as a Salesman", produced by Brian Johnston of the California Pro-life Council, on the subject of Physician Assisted Suicide; and the nine-part series "Life Principles" with Fr. Robert Spitzer, who spoke at the 2001 CANFP Conference in San Francisco.

Public Access television channels differ from one city to the next because they are primarily oriented toward the community in which they have developed. Sources of information are the web site for the Alliance for Community Media: www.alliancecm.org; or the web site, www.pegchannels.com (peg standing for public, education, government). These channels operate under the office of the City Manager or the city telecommunications department.