

Celebrate
the Gift!



March 18-19, 2005
Los Angeles, CA
www.canfp.org

Registration Form Inside!

If you are already registered, use enclosed brochure to invite a colleague!

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Los Angeles, CA
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CANFP

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

NEWS

Winter 2005

Natural Family Planning is for Everyone

Mary Jauregui



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If Mother Teresa could teach NFP to 19,000+ illiterate women in India with a 99% success rate, logic dictates that NFP cannot be reserved for an elite group of people. NFP is not just for “super spiritual” couples or for the most intelligent or for the ones who can “do without sex”. NFP is simply understanding and then cooperating with our own fertility. It is the healthiest, most beneficial way to plan a family and to strengthen the bond between husband and wife.

Unfortunately NFP remains somewhat of a “secret” in our society. Most learn of it almost by happenstance through word of mouth, or a marriage preparation course, or from a healthcare provider. But NFP should not continue to be kept a secret by the lucky ones who appreciate its manifold value. All of us must share this message whenever and wherever we have the opportunity. Do not be afraid of rejection, for the more our culture hears of its positive benefits from physicians, nurses, clergy, teachers and users the more mainstream it will become. One day, God willing, it will be the preferred method because of its high rate of success in contradistinction to the adverse physical, emotional, and relational toll of the artificial methodologies.

We have been blessed with the knowledge of a very special gift and it our responsibility to trumpet its benefits to those who don't know of it. Just as Christians proselytize the Gospel to those who have not heard the Lord's message of Redemption so also should we be promoting NFP as the only true way to cooperate with God's design for sex in marriage. In San Diego County we are attempting to build a Culture of Life in our community by offering NFP classes in our medical clinics. In spite of this almost ideal setting for teaching we still face the challenge of those who cannot grasp the beautiful pearl of truth we are offering them. Yet we know the seed has been planted and we leave it to the Good Lord to help it germinate and grow in His time.

NFP is a special gift and the

Celebrate the Gift! Statewide Event!

HEALTHCARE PROFESSIONALS

Friday, March 18th

CLERGY

Friday, March 18th

CELEBRATE THE GIFT

BANQUET

Friday March 18th

CANFP

11TH ANNUAL CONFERENCE

Saturday, March 19th

Center at Cathedral Plaza
Cathedral of Our Lady of Angels

Los Angeles
solution to listless marriages, high divorce rates, and boring sex. Furthermore as our scientific knowledge of NFP advances we are better able to use NFP to solve female reproductive problems that were heretofore well nigh impossible to treat and even to find cures for “unexplained infertility”. In our practice we have a very special subgroup of infertile couples fervently committed to NFP and working with their medical consultant in pursuit of solutions to these often complicated problems. Lucky ones found NaProTechnology and Creighton Model NFP before undergoing costly and morally compromising “reproductive technologies”.

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NFP is for Everyone cont on p. 9

President's Perspective

Gregory Polito, MD, KM

Solipism

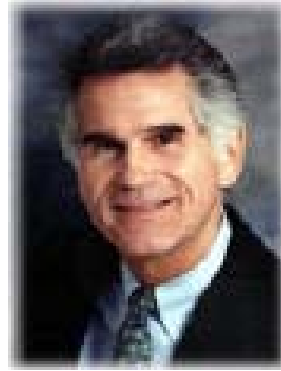
restores sex to its proper context as a precious and unique gift

During my medical training it became very apparent very quickly that there were no shortcuts to good patient care. Listen to the patient carefully, hypothesize what was going on, do a thorough physical examination, order the appropriate tests in sequential order, and then assess the results. Efficiency can be had only through experience grounded in foundational principles, just as in every other sphere of life.

Marriage may be a completely different vocation but the process of learning about it is similar. Why then do so many think they can learn how to love another for life by shortcutting the natural courtship process—the “school of love”, if you will—by proceeding directly to the bedroom thanks to the omnipresent contraceptives? Isn't our culture something? There is a whole cohort of twenty- and thirty-something couples wandering the wilderness of romantic endeavor in transient or “committed” relationships. (Committed to WHAT? Permanent impermanence?) They short-circuit God's plan for the normal

development of a lifelong relationship by skipping directly to physical gratification while unmarried. It is truly unreal. They are just “playing house”. They bypass the intense scrutiny that occurs during chaste dating when couples pointedly question each other's beliefs, values, and goals during the suitability/compatibility assessment period. They miss the opportunity to objectively experience how their beau responds to life's daily challenges undistorted by the concealing balm of sexual pleasure. But this takes *time*, it is *work*, and above all it requires personal self-discipline grounded in love for God and his revealed Word reinforced by daily prayer. And this is why NFP is so badly needed by our world today. The philosophy undergirding the methodology restores sex to its proper context as a precious and unique gift that only a married couple gives to one another.

Couples who think they are “free” when having sex outside of marriage are actually slaves to emotional adolescence. Their whole focus is stuck on self (solipsism: Nothing exists but



the self) and their goal is self-gratification.

NFP on the other hand is the vehicle by which God teaches couples where to place sex in the context of their lives. What a special present NFP is from God to us, and for most it sits unwrapped underneath the tree of life.

Come to our 11th annual conference and enjoy the company of your colleagues who have unwrapped this gift and share it with others. The quality of our speakers this year is awesome and will surely help charge your NFP batteries!

**Isn't that a quaint statement: The word “courtship” has just about disappeared from the lexicon of American life, and “bedroom” as a metaphor as the place one has sexual relations has been replaced by almost every location but the bedroom...*

cultivate professional resources throughout California with an update on the revolutionary medical therapies recently published by Dr. Hilgers in his 1244 page textbook, and other issues crucial to our continuing education as NFP Professionals. **See you in Los Angeles!**

Clergy Corner

Practical Advice

Pastors want to respond to the needs of the people

Yesterday, as I drove back from one of our parishes after celebrating Mass (substituting for a pastor who was away for three weeks of well-deserved vacation), somewhat weary after my third Mass of the morning, I turned on the radio to see what program might be playing on our local Catholic radio station. I found myself listening to a “question and answer session” that was part of a conference focused on the theme of Natural Family Planning. Among the speakers who were responding to questions were Christopher West, George Weigel and a priest or two, whose names I did not quite catch.

One of the audience members asked what she could do to encourage her pastor to have a more active NFP program in the parish. One of the priest-panelists responded by giving some sound, practical advice. For example, Father suggested that, first, one make an appointment with the pastor rather than trying to talk to him as he is preparing to celebrate Mass or just as he has finished Mass. Then, when one comes for the appointment, one should bring one or two others who

might assist in presenting the proposal, rather than show up with a large group of people, so that Father would not get the feeling that he was “being ganged up on.” Third, the NFP proponent should emphasize the need in the parish. (For example: “Twenty couples have come to me asking how they could find out more about Natural Family Planning.”) Fourth, one who proposes to the pastor that more NFP instruction is needed in the parish should offer to do all the work. Finally, Father said that, above all, pastors want to respond to the needs of the people.

In my own experience of preaching on NFP, often parishioners will approach me after Mass and ask: “Father, why haven't I heard this before?” Or, NFP users will say: “Thank you Father, it is so good to hear from the pulpit about the truth and beauty of NFP and it's good to get affirmation that I am doing the right thing.” Clearly, I have sensed a hunger on the part of the faithful to hear more about the spiritual, emotional and physical benefits of Natural Family Planning. Moreover, in



Father Blaise Berg, S.T.L., S.T.D.
Secretary to the Bishop and Vice-Chancellor, Diocese of Sacramento, serves on the CANFP Executive Board. Fr. Berg completed his Doctoral Degree in Sacred Theology at the John Paul II Institute for Studies on Marriage and the Family, Pontifical Lateran University, Rome.

speaking with fellow clergy, priests and deacons, I get the feeling that they would like to make available to parishioners information about NFP, but they do not always know the best way to go about it. In order to get better ideas how to spread the good news of NFP, I have found it valuable to speak with NFP couples, attend NFP conferences and listen to tapes of NFP talks. As a spiritual father, it has personally been very fulfilling to teach and preach the truth and beauty of Natural Family Planning. It is my hope that all clergy could have that same experience. Therefore, I invite priests and deacons to seriously consider attending the clergy conference on March 18th, and if possible, also the conference on March 19th. You will not be disappointed. Indeed, you will receive so many good ideas how to implement a stronger NFP program in your parish that you may not know what to do with them all!

Director's Desk

Sheila St. John, Executive Director CANFP



After a one year hiatus, the Annual CANFP Conference returns with a bang this year, expanded to include a second day of sessions designed specifically to meet the needs of healthcare professionals, and another track just for clergy, Bridging this Friday event and

the 11th Annual Conference on Saturday is a Grand Banquet bringing all together to **Celebrate the Gift** with special guest speaker, Mr. Bill Simon. Details and registration forms are contained in this edition, and also online at www.canfp.org. This is a unique opportunity to

Statewide Clergy Conference

Friday, March 18th, Los Angeles

Join clergy from around the state for an update on medical, spiritual, and relational issues of urgent importance to effectively inspire couples to holiness in their marriages. Extend your stay to include Saturday's events and dine, learn and worship with the California NFP Community.

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Lynn Kerr, MD

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Question and Answer Ask the Expert

One percent will NEVER have another spontaneous period after stopping the pill

Dear Dr. Expert,
I am 32 yrs. old, I have irregular periods, approx 3 months, this was before I became sexually active at 17. Since then I had been on different forms of contraception, so periods were normal (when on the pill) and then absent (when on Depo-Provera). I became pregnant at 25 with my, now, husband and terminated the pregnancy at 8 wks. After that, I started on Depo-Provera and had a total of 4 doses, the last being in Nov. '94. I did not get a regular period until 2 yrs after that last dose. I got pregnant again in July '98, but miscarried shortly afterwards. In March '99, I had an ectopic pregnancy. I want to start a family. My current ob-gyn wants to start a fertility work-up on me and perhaps start using clomid. My instincts tell me not to use modern medicine and to rely on the Lord to bless us with a gift from above. I have altered nature in my young past and would like to depend on nature now. Please advise if you can, any assistance would be greatly appreciated.
Sincerely, A

Ask The Expert questions can be submitted through our web site, sent to the CANFP office, or e-mailed to experts@canfp.org
Dr. Mary Davenport is an obstetrician-gynecologist with an NFP only medical practice in El Sobrante, California. Dr. Davenport is a Fellow of the American College of Obstetrics and Gynecology, a Medical Consultant in Natural Family Planning, and servies on the boards of the California Association of Natural Family Planning and the American Association of Pro-Life OBGyn's.

Dear A,
Often young women are put on hormonal contraception (birth control pills and Depo-Provera) for irregular periods, as well as contraception. Unfortunately, this group of women (you say you always have had irregular periods) is especially vulnerable to a harmful effect of one of the mechanisms that makes hormonal contraception work: turning off the complicated, intricate pattern of normal hormonal production that results in releasing an egg, helping the egg when it is fertilized travel down the fallopian tube, and creating an ideal lining in the uterus for the fertilized egg to implant. If a woman beyond adolescence and who is not under stress has oligomenorrhea (infrequent periods), she has at least a minor hormonal abnormality. Contraceptive injections and oral contraceptives often OVER suppress the ovary far beyond the time a woman desires the contraceptive effect. Fifteen percent of women who discontinued Depo-Provera injections will not ovulate for TWO YEARS instead of the usual three or four months. One percent of women who had normal periods before oral contraceptives will NEVER have another spontaneous period after stopping the pill, and will not conceive without use of fertility drugs. Also, premarital non-monogamous sexual activity and abortion can lead to infection that can scar the fallopian tubes and contribute to infertility and ectopic pregnancy. Millions of women have been adversely affected by these



Dr. Mary Davenport

unfortunate consequences of the "sexual revolution".

It seems you are at a different stage of life, repentant of what has happened in the past, and desiring to please God. God forgives and heals, and can help you with spiritual, emotional and physical healing. Pregnancy is always a gift from God. In some women with irregular periods, charting the cycles to determine the time of fertility to be certain sexual relations occur during the fertile time is sufficient to achieve pregnancy. However, you have already suffered through a miscarriage and ectopic pregnancy, and may need medications to have a successful pregnancy. Modern medicine can also be regarded as a gift from God that can be used or abused. Most of us in natural family planning believe that hormonal contraception is an abuse of science, but that there is a proper use for fertility drugs, hormones, medications and surgery to correct abnormalities and facilitate healing. As your doctor has suggested, a fertility workup, possibly to check on the status of your fallopian tubes, testing your hormones, and the use of medications to help you ovulate more normally might be helpful for you. Best wishes to you.

NFP: A Gift to Women's Health

Lynn Kerr, MD

prevent diseases by detecting risk factors at an early age

I have set before you life and death, the blessing and the curse. Choose life, then, that you and your descendants may live. Dt 30:19.

As the above passage shows, God has given each of us fundamental choices, and has made the costs of these choices clear. In choosing to use Natural Family Planning, a couple can protect the life of their marriage, the life of their children from the moment of conception, and, now it is becoming increasingly clear that it will protect the life of the mother.

A new science, NaProTechnology, has been developed by Dr. Thomas Hilgers, director of the Pope Paul VI Institute for the Study of Human Reproduction in Omaha, Nebraska. Through his research, we are discovering that a woman's chart of her fertility cycle can have amazing potential for improving her long term health.

In our current culture, the majority of women of child bearing years have been on hormonal contraception (either "the Pill" or the Depo-Provera shot) at some point in their life. Yet, how do these affect the long term health of the woman? By excellent marketing, we all know the Pill improves acne and

decreases ovarian cancer. But what about the leading cause of death, cardiovascular disease? Despite significant advances in the field of cardiology, which has decreased the annual deaths in men from cardiovascular disease, the annual deaths in women from cardiovascular disease have been increasing over the last thirty years. This happens to be the same time frame that oral contraceptives have been in widespread use.

Dr. Kerr will be contributing regularly to the CANFP News in a new section she will edit for our publication titled Medical Matters. Dr. Kerr will inform our readers on relevant health issues, identify valuable resources, review literature of interest, and share medical insights. This feature will debut in our May CANFP NEWS.

The best studies to guide our decisions in medicine are randomized, placebo-controlled trials. Since these would be extremely difficult with oral contraceptives (due to pregnancy rates in the women given placebo), our safety studies of "the Pill" are mostly based on observational studies. However, it was observational studies that led us to believe hormone replacement therapy after menopause could improve a woman's cardiovascular risk by up to 50%. Yet, when the randomized controlled trials were done, we found we were actually worsening women's risk of heart disease by 24%, breast cancer by 24%, and stroke by 31%. (It should be remembered that hormone replacement pills are much less potent than the hormones used in oral contraceptives.)



Lynn Kerr, MD, is a CANFP Executive Board Member and NFP Medical Consultant. An Assistant Clinical Professor at UCSF/Fresno Internal Medicine Residency Program and Medical Director of Sierra Adult Health Center, Dr. Kerr will be speaking on women's health at the CANFP Healthcare Professionals Conference, and the Clergy Conference as well, March 18th in Los Angeles.

On the other hand, not only does NFP avoid these side effects, but it can also prevent diseases by detecting risk factors at an early age. For example, it can help identify polycystic ovarian syndrome, which is associated with insulin resistance, and can lead to a higher risk of infertility, cardiovascular disease, endometrial cancer and diabetes. Women with polycystic ovarian syndrome have abnormal patterns on their natural family planning charts, prompting early evaluation by their physician. For a physician trained in NaProTechnology, the characteristic pattern can be easily identified, and further diagnostic evaluation is expedited. A treatment plan can then be implemented that can significantly decrease her risk of the long term consequences of polycystic ovarian syndrome. Several other diseases can be

Women's Health cont on p. 5

CANFP exhibits at first ever West Coast Walk for Life



CANFP found Pro-Life marchers eager to learn more about NFP and grateful for the free materials they collected from the CANFP exhibit. Visit the CANFP booth at the Religious Ed Congress Feb. 18-20 at the Anaheim Convention Center



PNF cont.

diluvian. Venga con los brazos abiertos extendidos para recibir algunas pepitas de la verdad que pueden cambiar su vida y/o la manera en que presenta la NFP. Luego vigile el efecto salubre en todos los que son tocados por lo que entonces comparte por lo aprendido en esta conferencia.

Interested in joining the conference committee? Contact the CANFP office to volunteer your services!

NFP For Everyone ...continued

We are privileged to have Thomas Hilgers, MD, presenting at this year's CANFP conference in Los Angeles. My husband and I traveled to Omaha this last summer to attend his seminar and I must say it changed both our lives as well as the entire direction of our medical practice. We will share more of our story at the CANFP conference, but I must express now what joy we encountered as we fellowshipped with those who share our common interest in NFP and the moral theology that under girds it. It was so good to be immersed in the goodwill of those who know the benefits of NFP, not to mention learning of the awesome advances of medical and surgical NaProTechnology.

Let me leave you with this: If you think you know all there is to know about NFP you may be very surprised when you attend this year's CANFP conference. The floodgates of knowledge are opening, and the multitudinous gifts of NFP are pouring out. Come with your hands outstretched to receive some very special nuggets of truth that may change your life and/or the way you present NFP. Then watch the effect on all those touched by what you share from what you learned at this conference!

What's a Priest to do ...continued

collaborator on the book: *Healing the Culture: A Commonsense Philosophy of Happiness, Freedom, and the Life Issues* and author of *Modestly Yours* (for teenagers), *Life Principles: Making Sense of the Life Issues*. Her topic at the luncheon at the CANFP conference will be *Contraception: Barrier to Happiness?*

Dr. Carlos Aldana, coming all the way from Leon Guanajuato, Mexico, will be featured in the Spanish track at Saturday's event, and will share his experiences providing NFP services in Mexico at the Clergy and Healthcare Professional Sessions as well.

These are only the highlights of a premier event, which will feature Mr. Bill Simon at Friday's banquet, with special guest appearance by Fr. Frank Pavone, and culminates in Palm Sunday Vigil Mass with Cardinal Mahony presiding, followed by a Reception.

As one of our own California Bishop wrote: "Natural Family Planning is not simply an effective and healthy means for spacing children. It is a way of life that enables husband and wife to base their relationship on the truth of God's life giving love. It is said that people must work at love to stay in love. NFP becomes a means for working at that love every day of their lives."

Registration information is enclosed in this publication, available from the CANFP office, and online at www.canfp.org. Come to Our Lady of Angels Cathedral in March and *Celebrate the Gift!*

La Planificación Natural de la Familia es para Todos

Marya Jauregui

Traducción: Monica del Rio

Si la Madre Teresa pudo enseñar la NFP a diecinueve mil mujeres analfabetas en la India con un éxito del 99 %, dicta la lógica que la NFP no esta reservado para gente de élite. La NFP no es solo para las parejas “super espirituales” ni tampoco para las más inteligentes ni tampoco para las que se pueden “mantener sin tener sexo”. La NFP es simplemente entendiendo y luego cooperando con nuestra propia fertilidad. Es el método más sano, más beneficios para planificar una familia y a la vez fortalecer las conexiones entre marido y esposa.

La Desafortunadamente la NFP sigue siendo algo como un secreto en nuestra sociedad. La mayoría de la gente se da entera de ella de boca en boca, o en un curso de preparación para el matrimonio, o de parte de un proveedor de asistencia médica. Pero la NFP no se debería mantener como un secreto solo por los más afortunados quienes aprecian su valor múltiple. Todos nosotros deberíamos compartir este mensaje cuando y donde tengamos la oportunidad. No tengan miedo de el rechazo, por que cuanto más nuestra cultura escucha de sus beneficios positivos de los médicos, enfermeras, la clerecía, los maestros y los que utilizan el método, lo más corriente se hará. Un día , quiera Dios, será el método preferido por su gran porcentaje de éxito en contradistinciones a los efectos físicos, emocionales y relacionales que tienen los métodos artificiales.

compuerta
de la
sabiduría
se abre

Nosotros hemos sido bendecidos con el conocimiento de este regalo tan especial y es nuestra responsabilidad de anunciar sus beneficios a los que no lo conocen. Así como los cristianos anuncian el evangelio a los que no han oído el mensaje de redención de nuestro Señor debemos promocionar la NFP como la única manera de seguir el plan de Dios con relacion al sexo en el matrimonio. En el condado de San Diego estamos intentando construir una Cultura de Vida en nuestra comunidad ofreciendo clases de la NFP en nuestros clínicas de salud. Aun bajo este ambiente ideal para la enseñanza, todavía nos enfrentamos con los que no pueden comprender esta joya de verdad que los ofrecemos. Pero sabemos que hemos plantado la semilla y hemos de dejar al Buen Señor ayudarla a germinar y a crecer en su tiempo, quizás en un tiempo o un sitio donde talvez nunca hemos estado.

La NFP es un regalo muy especial y la solución a los matrimonios lánguidos, los muchos divorcios, y el sexo aburrido. Además, según avanza nuestro conocimiento científico de la NFP podemos utilizar la NFP mejor para resolver los problemas reproductivos que eran hasta ahora casi imposibles de tratar y también es posible que podríamos incluso encontrar curas para la infertilidad que no ha tenido explicacion. En nuestra consulta tenemos un grupo especial de parejas infértiles entusiasmadamente comprometidos y trabajando

con su asesor médico para alcanzar soluciones a estos algunas veces complicados problemas. Los con suerte se han encontrado la NaProTecnología y el Modelo Creighton NFP como su respuesta a la infertilidad antes de someterse a tecnologías inmorales y caras.

Tenemos el privilegio de la presencia del Dr. Thomas Hilgers, MD en nuestra conferencia de la CANFP en Los Ángeles este año. Mi marido y yo viajamos hasta Omaha, Nebraska el pasado verano para atender a su seminario y debo decir que nos ha cambiado las vidas de los dos tanto como la dirección de nuestra clínica medica. Compartiremos más de nuestra historia en la conferencia CANFP, pero debo expresar ahora la alegría que encontramos en la camaraderia con los que comparten nuestro interés en la NFP y la teología moral que lo subraya. Era una experiencia muy buena vernos sumergirnos en la buena voluntad de los que conocen los beneficios de la NFP, sin mencionar aprender más sobre los avances médicos y quirúrgicos de la NaProTecnología. El Dr. Carlos Aldana vendrá de Méjico para presentar esta información en español.

Déjeme dejarle con esto: Si usted piensa que sabe todo lo que hay de saber sobre la NFP se puede sorprender asistiendo la conferencia CANFP este año. La compuerta de la sabiduría se abre. Y los regalos multitudinarios de la NFP se

PNF continuidad p. 9

The Medical & Surgical Practice of NaProTECHNOLOGY

By: Thomas W. Hilgers, M.D.



In the 1244 pages of this textbook, you will find:

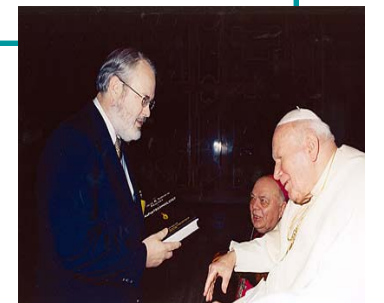
90 chapters	Introduction to the Creighton Model System
830 color photographs	Laboratory Support for NaProTechnology
672 figures and illustrations	Medical NaProTechnology
172 full-color CrMS charts	Infertility
460 tables	Perinatal NaProTechnology
2,158 references	Surgical NaProTechnology
	NaProTechnology in Practice

Topics covered in the textbook include:

- ◆ Targeted hormone assessment of the menstrual cycle
- ◆ Sonographic classification of human ovulation disorders
- ◆ Evaluation and treatment of premenstrual syndrome, postpartum depression, ovarian cysts, and unusual bleeding
- ◆ Applications in infertility evaluation & treatment (and its effectiveness), osteoporosis, cancer detection, follicular and luteal phase deficiencies, and thyroid system dysfunction
- ◆ Effects of hypothalamic-pituitary-ovarian dysfunction, endometriosis, polycystic ovarian disease, pelvic adhesive disease, amenorrhea, and anovulation
- ◆ Perinatal applications: progesterone use during pregnancy, preventing preterm birth, evaluating and treating recurrent spontaneous abortion

The Medical and Surgical Practice of Naprotechnology can be orderd from the Pope Paul VI Institute for the Study of Human Reproduction. Enclose check made payable to Pope Paul VI Insitute Press for \$209.95 plus \$14 shipping per book, and mail to:

Pope Paul VI Institute Press
6901 Mercy Road
Omaha, Ne 68106



Pope John Paul II receives copy of Medical and Surgical Practice of Naprotechnology from Dr. Hilgers

Women's Health continued

predicted through evaluation of Creighton model charts with appropriately timed laboratory tests. Dr. Hilgers has found that breast cancer patients have had statistically significant lower post peak progesterone levels, and increased variability of the length of their post peak phase. Cervical and endometrial cancers have abnormal charting patterns that can prompt early evaluation. Even osteoporosis can be screened for, since patients with osteoporosis have been found to have lower estrogen levels when the labs are timed to the post peak phase. There is also a potential for detecting ovarian cancer by detecting ovarian dysfunction through the charting.

The power of evaluating a woman's fertility cycle will be unraveled further in our upcoming annual conference in March, where Dr. Hilgers will be a featured speaker. In the words of Dr. Hilgers, "The potential that the natural regulation of human fertility has for the rejuvenation of the family is immense. The only limitation is our vision and our faith."

Editor's Note:

Dr. Hilgers will be joined by Dr. Kerr and five other physicians to elaborate on this and related topics at the March 2005 Conference in Los Angeles.

Featuring New Resources for 2005!



Brochure briefly presents NFP, and CANFP, with membership options, website, and toll free number on cover. Useful for pamphlet racks, to introduce NFP, and to build support.

Free to
CANFP
Members

Small, business card size attention getters. Convenient to carry in your purse, wallet, briefcase, or pocket, to hand out when opportunity arises, or leave in public areas and offices.



Donations welcomed to fund printing and statewide distribution of these resources

Prayer for



Marriage & Family

Available in either English or Spanish. Picture of Holy Family on front, prayer on back

.50 each
3 for \$1
100 for \$25
500 for \$100
1,000 for \$175
5,000 for \$600

Triune Lord of Life and Love,
Bless husbands and wives
With the graces
To be life-giving lovers
And life-loving givers.
As generous and responsible parents,
Who respect children
As the most excellent fruit of marriage,
May every marital embrace
Be free, total, faithful
And open to new life.
May the dark scourge
Of self-centered anxiety,
Contraception, sterilization, abortion,
And every other sin against the
Sacred meaning of human sexuality,
Be vanquished by your healing Mercy,
Coupled with the graces
To faithfully live
The glorious beauty of your purpose
For marriage and family,
In the image of the Holy Family,
Jesus, Mary and Joseph,
And in your own Image:
Father, Son and Holy Spirit. Amen

—Fr. John Warburton, OSJ

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www.canfp.org 1-877-33-CANFP

Una Oración Para Matrimonios y Familias

Trinidad Divina, Señor de Vida y de Amor,
Bendice a los esposos con Tu gracia
Para que sean amantes que den vida
Y que den vida amorosamente.

Como padres generosos y responsables
Que respeten a sus hijos como los frutos
Más preciosos de su matrimonio,
Que cada abrazo matrimonial
Sea libre, total, fiel y abierto a nueva vida.

Que la mortificación negra
De la ansiedad egoísta,

La contracepción, la esterilización, el aborto,
Y cualquier otro pecado en contra del Propósito sagrado de la sexualidad humana,

Desaparezca con Tu Misericordia sanadora,
Junto a la gracia de vivir fielmente
La gloriosa belleza de Tu designio para el Matrimonio y la familia.

A la imagen de la Sagrada Familia,
Jesús, María y José,
Y en Tu imagen Divina:
Padre, Hijo y Espíritu Santo. Amen.

—Padre John Warburton, OSJ

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www.canfp.org 1-877-33-CANFP

2005 Professional Directory

CANFP is putting the final touches on our 2005 Professional Directory. The request to be listed can be downloaded and printed from our website www.canfp.org. Those not received in time to be included in the hard copy can still be posted on our online directory. Submit a completed and signed request to be listed immediately if you meet the guidelines below:

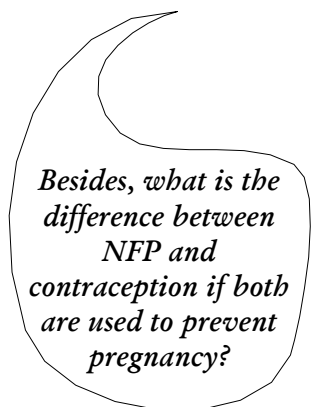
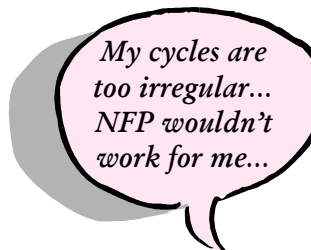
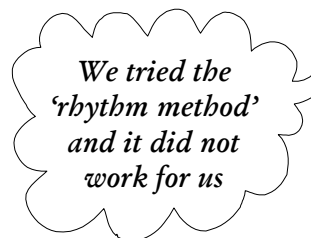
- 1) not prescribe or refer for contraception, sterilization, artificial reproductive technologies, or abortion
- 2) be current Professional members in CANFP

\$10 per copy, shipping and tax included for pre-paid orders received in February

Orders now being accepted for the 2005 edition, available in March.

What's a Priest to Do?

My doctor says I must take 'the pill' for "medical reasons"



These are just a sampling of the typical objections you hear when counseling couples on the Church's teaching on marriage and sexuality. But do you sometimes feel your knowledge less than ideal when you must correct misinformed couples about modern, scientific methods of NFP? We offer a look at the tough issues from experts in the field to help you articulate better responses. Are you sometimes discouraged by the obstacles faced when trying to present this information and the small number of persons taking advantage of offered programs? Then consider coming to an update on the effectiveness of NFP, the latest research, and a review of the current teaching methods. Investing a day learning from colleagues from around the state what has and has not worked will most certainly improve the fruit of your labors. And we even offer you the opportunity to hear directly from the leading Catholic obstetrician/gynecologist regarding the difficult problem of infertility.

We invite you to a first of its kind meeting in California: A statewide clergy conference bringing all together to learn from the current experts in NFP. We guarantee you will return much better equipped to confidently and effectively present the Church's vision of marriage and sexuality in a way that is appealing to your couples and enhance the number of those who respond affirmatively.

It is not easy to be a lone voice in the cultural milieu of instant self-gratification. You might even be tempted to despair that this message of Truth is one couples are incapable of hearing, or that it places an undue burden on marriages and is only an ideal and not really "practical". We have found the opposite to be true. Couples hunger for this truth. The beauty and clarity of the Church's vision of marriage and sexuality resonates within the hearts of couples who hear it. Yes it is work to tear down the walls of misinformation and confront human fears and failings. But conversions of the heart will occur, some almost instantaneously, some over a long time. YOU, the clergy, are the spark to ignite this flame!

We also invite you to recruit physicians, nurses, and other allied healthcare professionals to attend this conference. We have provided a special track just for them, and Catholic Healthcare West is providing continuing medical education credits for these attendees. Consider sponsoring the NFP teachers in your parish to help reinvigorate them and support their ministry or, if you do not have any teachers, consider recruiting one or more couples who upon their return can plant the seed for this ministry. Others who would benefit by attendance include seminarians, deacons, marriage preparation couples, RCIA directors, respect life coordinators, and (the real power in the parish) the receptionist/secretary! Come

along and bring the parish family! Just as couples find that following the guidance of the Church in their marriage strengthens it, so too is parish life fortified when the clergy, staff, and volunteers all participate in this vision of fruitful love.

Over 20 different speakers will be presenting over the course of the three events spanning two days. Speaking at the Healthcare Professionals Conference, Clergy Conference, AND the annual conference on Saturday is Thomas Hilgers, MD. Dr. Hilgers is the Director of the Pope Paul VI Institute for the Study of Human Reproduction, co-developer of the Creighton Model FertilityCare System, and author of the just released 1200 page textbook *The Medical and Surgical Practice of NaProTechnology*.

Bringing unique credentials to his presentation at all three events is Father Luke Dysinger, OSB. A board certified family practice physician (now retired) and Benedictine monk at Saint Andrew's abbey, Fr. Luke currently teaches marriage and sexuality at St. John's seminary in Camarillo.

Dr. Hilgers and Fr. Luke will be joined at Saturday's event by Camille De Blasi, who is the President and co-Founder of Healing the Culture, devoted to advancing the most complete and dignified vision of what it means to be a human person. She co-founded the Center for Life Principles in 1993, is a

What's a Priest to do cont on p. 9