



Summer 2007

Contraception and Homosexuality

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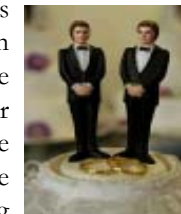
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The widespread practice of contraception is a major force behind the rapidly growing acceptance of homosexuality in western societies as a natural, sexual orientation. Bluntly stated, the justification for the one counts as the justification for the other. Contraception formally separates the sex act from procreation, insofar as it allows a couple to have sex at any time without the possibility of conception. Therein lies its link with homosexuality. Sexual intercourse between homosexuals and between heterosexuals using contraceptives is identical in this, they are both by their very nature sterile. The increasing legislative and judicial pressure for the right of same-sex couples to marry is simply the actualization of the contraceptive mentality.



Before going further, a clarification between contraception and Natural Family Planning might be useful. A common objection to Natural Family Planning is that it is hypocritical because its goal is identical to that of contraception – sex without pregnancy. But the two forms of birth control are worlds apart. The charge of hypocrisy rests on at least two false assumptions. This first is that the Catholic Church's condemnation of contraception supposes that it is evil to desire sex without babies. But surely there is nothing wrong with that desire. Nature does not intend every act of sexual intercourse to result in pregnancy since a woman is fertile for only a few days each month, while the sex drive expresses itself throughout the month. The charge of hypocrisy also implies a failure to distinguish between a desire and the means of realizing the desire. In using NFP, the couple do nothing to obstruct the possibility of conception in that particular act; on the contrary, they remain open to the procreation of new human life. In fact, it would be wrong to think of NFP simply as a way of avoiding children since many couples practice it to pinpoint when the woman is ovulating as a way of increasing their chances of conceiving a child. NFP does not formally separate sex from procreation. *cont on page 14*

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President's Perspective

Gregory Polito, MD, KM

Mirror of Life

W
NFP
represents
the
"soul"
of a
marriage

Weddings and funerals... My wife and I are now "of the age" where our calendar seems to be quite busy with these most significant events. Over this summer we are attending seven weddings of family members and friends, and just last week I had the privilege of giving the eulogy for a friend who died unexpectedly. While sitting through the various wedding liturgies and during the preparation of my eulogy for my friend the following thoughts occurred to me.

Do we in the NFP world realize how connected weddings and



funerals are to the topic so dear to our hearts? NFP represents the "soul" of a marriage. It teaches a couple to love as God loves: Always sensitive to the needs and desires of the other, always open to making a gift of the self to the other in whatever way is most appropriate for the circumstances. There is no better

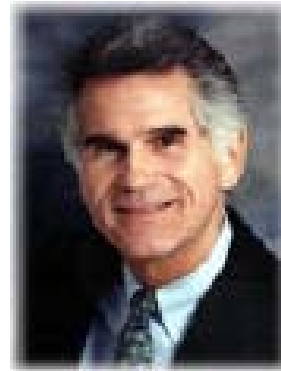
way to guarantee growth of our marital love than to be "on call" and ready to meet the needs of our spouse, yet this also simultaneously prepares us for an eternity of Divine love and intimacy. "True" married love is always striving to love as God loves.

So sitting in the church pew on the joyous occasion of a wedding liturgy I ask myself how I can interject some knowledge of God's plan for married love into the lives of these newlyweds if I do not think they have had the benefit

of such an exposure and if I haven't had the opportunity to do so before. Anyone out there have some clever way (s) of introducing the topic of NFP to young people you may know only casually? (I find that with family I can

be a bit more straightforward and if they don't like the message they just "blow me off" in a good natured way...)

As I sit at a funeral I am asking myself how well I think this person was prepared for the most significant event of his or her life? And how well have I



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helped or hindered this person to have a loving relationship with God? (And of course it doesn't take long before I am asking *myself* how well prepared I am!) We are not *always* being as responsive as we can to the needs of our spouse or others. We are selfish. We are crusty, flawed human beings who are easily manipulated by the push and pull of this out-of-control, hedonistic, bordering-on-the-degenerate culture. Even a cursory reflection of my own life reflects the cold truth of this (as much as I try to avoid this kind of introspection... but the "mirror of life" sneaks up on you when you least expect it).

So if you are reading this you still have the luxury of some more time to deepen your relationship with God and to help others to do the same. Let's all redouble our efforts to continue getting the good word out about the most valuable gift spouses can give each other: The understanding and the practice of NFP.

Director's Desk

Sheila St. John, Executive Director CANFP

Senior Moment



sheila@canfp.org

L
Being
open
to
life
is a
family
perspective

ife is measured by "firsts": first smile, first tooth, first steps, first day at school, first dance, etc. We all have our own list of firsts---and most of them are happy milestones of maturing.

But at some point in life, maturity takes on a different connotation. Maturity stops being about the ascent to the top of the mountain, and the "firsts" become bumps in the tumble down the other side!

Some of you know what I mean: first hot flash, first senior moment, first time you can't read the movie subtitles or the directions on the medicine bottle.

When I was young, my mother tells me, I was mature for my age. Well, at a certain point that stops being an asset.

The first brush with my new reality came while sharing a meal in a restaurant with two CANFP Board Members. I wasgulp offered the senior discount. To my colleagues delight (and I must say Father, I think you enjoyed this way too much!) I was speechless. The waitress twisted the knife on each subsequent visit to our table, scolding me for not appreciating the senior discount, after all, I had earned it! The problem was, I had NOT earned it! I don't mean I had not lived a life worthy of being rewarded with a 10% discount. I mean I AM NOT OLD ENOUGH TO QUALIFY FOR A SENIOR DISCOUNT. The only thing worse than offering someone a senior discount who is not yet

old enough, is to ask a non-pregnant woman when her baby is due! (Been there too, but another story for another time).

There was more to my speechlessness than the shock of being prematurely offered my "first" senior discount. I was in the company of two good and holy men, one of them sporting a white collar that was blinking at me, tell the truth, tell the truth.

But anyone who knows me, knows that I love a good bargain. If I said yes, thank you, I will have the senior discount, would that be a lie? ---since I AM NOT OLD ENOUGH TO QUALIFY FOR A SENIOR DISCOUNT. (Oh sorry, guess I already mentioned that.)

I looked to the two men across from me as I discerned my course of action, but one was graciously (and wisely!) silent, and the other was convulsed in laughter, so I composed myself and accepted the discount. (Frugality 1 ---Pride 0)

Soon after, I was driving down the highway with my 16 yr. old "baby", on the way to a swim party. We had one of those conversations mothers and daughters have---I asked her if she was going to be able to go swimming that day. She said yes, can you? I looked at her, unsure I wanted to admit to yet another reminder that I was on the downhill side of the mountain, and told her that though I was too young for the senior discount, I was old enough to be able to *always* go swimming. She

looked at me with disappointment, and half in earnest, half teasing asked, "Does that mean I'm never going to have a baby sister?"

Why am I bringing all this up? I have absolutely no idea. After all, at my age I cannot be expected to remember what I was thinking an hour ago when I started to write this article.

But I do find myself pondering how NFP prepares us to accept the normal and natural, and see it as such. While there may be a bit of sadness knowing the childbearing years are left behind, we are empowered to embrace this stage of life, just as we embraced fertility. How different this experience is from deciding one is "done" having children at some arbitrary point in our marriage. And as my daughter's comment reminded me, this perspective affects not only the marital relationship, but the children too. How different it is to grow up "knowing" you are the baby, because your parents have announced your whole life there will be no more babies for them, and coming to that realization only in hindsight, when you are almost grown! Being open to life is a family perspective.

Oh, I remember why I wrote this article---to invite ALL women, young and senior alike, with your varied gifts of time, talent, and treasure, to become more actively involved in CANFP. Your gifts are needed!

Regional News

FRESNO REGION
Have you considered becoming a Creighton Model FertilityCare Practitioner, but reluctant to travel to Omaha?

Do you

need

FertilityCare Services Limited Education Programs, located in Omaha, Nebraska, is offering this education program at St. Anthony Retreat Center, in Three Rivers, California, thirty miles east of Visalia, centrally located between Fresno and Bakersfield. Since the program takes place in California, travel and lodging costs are lower, reducing the overall cost to attendees. There are two education phases – the first is November 10-17, 2007 and the second is May 19-24, 2008. Accredited by the American Academy of FertilityCare Professionals, the program is designed to professionally train providers of the Creighton Model FertilityCare System. CEUs are available for nurses.

in your

region?

Contact **Margaret Howard**,
Program Director
402-320-9268
or email
cmhoward12@cox.net
for application and
program information.

EPI – Nov. 10-17, 2007

EPII – May 19-24, 2008

National NFP Week Celebrated Statewide

If you subscribe to CANFP's e-news, you received an e-mail "heads up" re: national NFP Week, which was commemorated July 22nd-28th. This e-news announcement included links to USCCB (United States Conference of Catholic Bishops) resources, as well as some ideas for promoting awareness of NFP, in both a religious and secular setting, during NFP Week.

No doubt many of those reading this article celebrated NFP Week in a variety of creative ways, and some CANFP members shared with us what they did in their regions.

ORANGE REGION

Walt Hill responded to the CANFP e-news by arranging to have the USCCB bulletin insert (also found within this newsletter) included in each bulletin distributed at his parish.

SANTA ROSA REGION

Judy Barrett, Respect Life Director for the Diocese of Santa Rosa, reports an NFP Week packet was mailed to every parish and Newman Center in the Santa Rosa Diocese. The packet contained a poster, homily notes, intercessions, several of the one-page articles available on the USCCB website (with the suggestion to use these as bulletin inserts), a list of NFP teachers and resources, a copy of Bishop Walsh's pastoral letter on *Married Love and the Gift of Life* and sample NFP brochures. By separate communication, **Bishop Walsh** sent a memo to all pastors alerting

them to this mailing and asking for their support of NFP Week.

MONTEREY REGION

In the Monterey region, a free Introduction to NFP was scheduled to follow NFP Week, so that promotion could include the practical means to live the teaching. Thirty parishes in the vicinity were sent packets containing a brochure, poster, and bulletin announcement promoting this free presentation. Also included was a sample bulletin insert, homily notes, and intercessory prayers for the week, along with the CANFP website address.

PLAN AHEAD

NFP Week is held in July each year, during the week of the anniversary of the release of *Humanae Vitae*, to celebrate this reaffirmation of the Church's faithfulness to living marriage according to God's plan. Next year presents a special opportunity to promote NFP, as it will be the 40th anniversary of this milestone in articulating the church teaching. If you missed the opportunity this year to promote NFP during NFP week, don't despair ---start planning for next year!

CANFP uses e-news to communicate in between our quarterly publication of the **CANFP NEWS**. You can register to receive these e-mails by entering your e-mail at www.canfp.org

Website Recommendation

The column on NFP Week on the facing page mentions some resources available on the website of the United States Conference of Catholic Bishops: www.usccb.org. This site is, in fact a windfall of information for those building an NFP program, or promoting NFP, particularly within the Catholic community.

[Church Teachings](#)

[What is NFP?](#)

[Find an NFP Class](#)

[Where to Train As An NFP Teacher](#)

[What is Diocesan NFP Ministry?](#)

[National Survey of Diocesan NFP Ministry \(Profile\)](#)

[Standards for Diocesan NFP Ministry](#)

[Newsletters](#)

[National NFP Awareness Week July 22-28, 2007](#)

[Resources](#)

[Photo Gallery](#)

[Pro-Life Activities](#)

[Family, Laity, Women & Youth](#)

Though it can be a bit difficult to navigate for a first time visitor, due to the large amount of information and the many topics covered in addition to NFP, it is worth persisting to explore all it has to offer.

The first task is to find the Natural Family Planning section. Is it under *Family and Laity Issues*, or *Life Issues*, both listed on the left sidebar at www.usccb.org? Appropriately, it is listed under both! Clicking on either will uncover the Natural Family Planning home page, and lead you to the links listed at left, most of which also contain subcategories. Click on the National NFP Awareness Week link, for instance, and it will reveal a listing of valuable resources, many of which can

be downloaded and printed.

The section on Church Teachings includes an MP3 audio, in both English and Spanish, of the new statement by the Bishops, *Married Love and the Gift of Life*. Complete texts of the most pertinent encyclicals, and relevant excerpts from others, can also be viewed.

You can research NFP teacher training programs, and find a resource guide for diocesan NFP teachers, as well as the standards and actual workbook for establishing a DDP/NFP (Diocesan Development Program for NFP) approved Diocesan NFP program. There is a list of NFP related videos, which you can actually check out for two weeks at a time to use and review. The National Survey of Diocesan NFP Ministry is fascinating reading, providing insightful statistics into the state of NFP in representative dioceses throughout the United States. You can also view online copies of their newsletter, the *NFP Forum*, and its supplement, *Current Medical Research*.

No, that is not a typo, and Elmer Fudd did not write this article, it is just our editor's apparent fondness for alliteration run amok! Want to name this feature of our newsletter? We are actually looking for someone interested in providing reviews of helpful NFP sites for each of our quarterly editions, and the volunteer gets naming rights! Contact CANFP at 1-877-33-CANFP or e-mail sheila@canfp.org if you would like to be a regular, or even occasional, contributor to the CANFP NEWS.

Many outside of diocesan ministry may not be aware of this website, but it offers much to all, particularly in regards to articulating the teaching of the Catholic Church on responsible parenthood. Whether preparing a presentation, looking to begin a diocesan program, or pursue approval for one, or looking for posters, brochures, or videos, <http://www.usccb.org/prolife/issues/nfp/> is an excellent and reliable resource.



NFP ICD-9-CM Codes Approved!

Thank you to those of you who responded to an article by Dr. Leslie Chorun in our Fall 2006 CANFP NEWS, requesting letters of support for the establishment of a specific ICD-9-CM billing code for Natural Family Planning. We are excited to report the federal committee

responsible for coordinating and maintaining the ICD-9-CM has approved a revision of the coding system to include a specific code for Natural Family



Planning. While approved, the changes will not go into effect until publication of the new code book in October of this year. Watch our Fall CANFP NEWS for an article on the implementation and significance of this new billing code for NFP.

Medical Matters

Lynn Kerr, MD

Approaching Doctors

caring,

respectful

and

cheerful

attitude

A short while ago, I was taking care of a woman with depression. She had reason to be depressed. Every day for the last year she sat at the bedside of her daughter who can no longer feed herself, or walk, or be fully engaged in a conversation. Her daughter had previously been healthy and full of life, but one year ago she had a severe stroke from wearing the birth control patch.

Our current culture needs to change, and it seems it cannot change fast enough. When I meet patients who come to me for Natural Family Planning, I frequently get the question "Why didn't I hear about NFP earlier?" or "Why aren't more doctors trained to interpret NFP charts?" I can only agree with them that we need more doctors trained in the medical applications of NFP.

So, this article is my plea for everyone to get involved in encouraging more doctors to become NFP medical consultants. There are many ways to do this, but I would like to list a few ways I think would be most helpful.

SHARE YOUR REASONS

Talk to your doctor about why you personally decided on NFP. Many doctors will become more interested if you share your enthusiasm about NFP (rather than getting angry when offered the pill). Whether you chose NFP for health reasons, marital bonding, effectiveness, moral reasons, objection to use of an abortifacient, or any other reason, help them understand why women want to be offered NFP.

SHARE YOUR CHART

If you are charting, and have something abnormal in your chart, bring it to your doctor and ask their advice. Doctors truly do want to make their patients healthier, and if posed with a question regarding your health, they may be motivated to learn more in order to help you. They will also learn to see the value of your ongoing health monitoring, which can pick up abnormalities at an early stage.

OFFER SERVICES

If you are an NFP teacher, consider asking your doctor, and other doctors in your community, if you could give an inservice to the doctor and staff, maybe over the lunch hour, on the effectiveness of NFP and the education you offer.

PROVIDE REFERRAL INFO

If you are not an NFP teacher, bring a list of local NFP teachers and correct contact information so the doctor will have a reliable referral source for future patients interested in NFP. Better yet, consider becoming a teacher.

GIVE PRACTICAL GIFT

Consider giving your doctor a gift of appreciation, *The Medical and Surgical Practice of NaProTechnology*, available through the Pope Paul VI Institute. Truly a hefty gift at about 23 pounds and around \$200, but I have never given the textbook without the receiver turning into an NFP enthusiast.



Lynn Kerr, MD

a member of the Executive Board of CANFP, is an NFP Medical Consultant, Medical Director of Sierra Adult Health Center, and Associate Clinical Professor at UCSF Fresno Internal Medicine Residency Program.

A caring, respectful and cheerful attitude, showing the excitement of what NFP can offer for women's health, will most likely bear more fruit than a guilt laden argument on the harms of the pill.

So, please, make a commitment today to help change the current culture, for the health of women tomorrow.



Order form for medical textbook enclosed

Ask the Expert Question

and

Answer

Hello,
I have currently begun having sex again after about a year. For the past 2 months I have had a UTI and the doctor has given me Macrobid and some other white pills. After 4 visits and 4 UTI diagnoses it finally went away. Well she gave me a 30-day prescription for macrobid and said to take a pill after having sex... and no more than 2 pills a day. She also said that the UTI was caused from having sex. She instructed me to urinate after intercourse and clean the area to insure sanitation. Well I did that and it's been about 2 weeks later and

I felt the burning sensation again. So I took the situation into my own hands (probably not a good idea) and I am taking the macrobid 2 times a day every 12 hours as I was once doing for treatment. I am only 17, and I have read the responses to the other teenagers and I understand that you all are not much on "underage sex" if you will. But its something that can never be stopped, so...Anyways... I was wondering... what can I do different? How do I get rid of this torture? Keep up the good work.

In Pain, VA.



This expert response provided by Dr. Gregory Polito, a urologist in private practice in Whittier, CA and President of CANFP

surgdocinnov@mgci.com

Questions can be submitted through our web site, www.canfp.org or e-mailed to experts@canfp.org

Questions from CANFP members are given priority

Some ladies are susceptible to recurrent bladder infections their entire lives, often precipitated by sexual intercourse or menses. Factors that favor getting a new infection include dehydration (poor fluid drinking), constipation, trauma to the external genital skin (anything that will cause inflammation of the skin such as removing the pubic hair) or stress (physical or mental). Those ladies who have frequent infections often have urinary frequency, burning, pressure over the bladder,

urgency, etc., just from the chronic inflammation and irritation of the bladder, and not from a new infection. Sometimes it is difficult for the person to know exactly what is going on.

The keys to success are keeping the urine dilute by good water drinking, eating a diet rich in fiber to avoid constipation, avoiding trauma to the skin of the labia, and exercising regularly to dissipate stress. For those that even this does not work I use a chronic program of lo-dose antibiotics for varying amounts

of time, e.g., nitrofurantoin macrocrystals 50 mg each evening with dinner for 6-12 weeks. If a person STILL develops a "break-through" infection while on antibiotics I check out their kidneys with a renal ultrasound and sometimes look in their bladder.

Sex is God's gift to married couples, no matter how old they are. "Underage sex" is illegal and ill-advised, but at any age, fornication (unmarrieds having sex) and adultery (a married person having sex with a non-spouse) have been inappropriate behavior for centuries since it is the misuse of God's gift meant only for those who are married. Check out "Sex, Naturally" at:

www.firstthings.com/article.php3?id_article=3230&var_recherche=Sex+Naturally

Almost 700 Expert responses are currently posted on the CANFP website! To find answers to your questions, go to www.canfp.org and click on the **Ask the Expert** link in the left column. Responses are organized by topic, and can also be searched by keyword, such as "progesterone" or "Polito" (if, for instance, you wish to read the responses by a particular expert). If you are a Professional Member of CANFP, with expertise in NFP or related medical or moral matters, and are interested in joining our team of experts, please contact Ask the Expert Coordinator **Judy Wilmurt**, at experts@canfp.org.

Winnie Neill, MD no, she did not go to medical school, but she IS a Monthly Donor!

Bob and I were married in June of 1960; our first child was born in 1965 and within the next 2 1/2 years we were blessed with three children. We knew about both the Old and New Testament scriptures about tithing, but never felt able to give 10% on one income. We gave whatever we could, but never a designated amount. In 1971 after the birth of our fourth child, we heard a sermon on stewardship and the concept of time, talent and treasure. We had time and talents; however, there was always a shortage of hard cash. The pastor asked, "Do you give God from the top or do you give God the leftovers?" That really hit home and we made the decision to commit to a specific amount regularly, and found we were still always able to meet our monthly expenses.

CANFP was formed and we joined and attended all of the annual meetings. When I was asked to join the Board of Directors, I was grateful to give back what had been given to me over the years. Serving on the board opened my eyes. I had never thought about who set up the website or how it was maintained, who wrote those quarterly newsletters or how they were printed, or how much work went into planning an annual meeting. I quickly realized the membership fee alone could not cover all of the expenses, let alone fund the other projects the association wanted to accomplish.

We started to give a donation yearly, after we received our annual income tax refund. One year the refund check had to be used for property taxes and we made the decision to start giving



Winnie Neill has taught NFP in the Sacramento Region since 1976, shares her time/talent/treasure on the Executive Board of CANFP and as Membership Chair, and she and Bob generously and faithfully support CANFP as Monthly Donors.

a monthly contribution. Like all those years before, we were always able to give each month because we decided to give from the top.

Would it be possible for you to give a monthly donation? The amount isn't important; just give from the top and let God do the rest.

give from the top and let God do the rest

Want to see MD after your name?

Become a Monthly Donor! It's as simple as mailing in the envelope inserted in this edition!

Indicate the amount of support you are pledging monthly, insert a check with your donation for the first month, or provide your charge card info if you prefer.

Be sure and check the "monthly" pledge!

We appreciate donations of any type, but we especially value the faithful commitment of our **Monthly Donors**, who provide ongoing support to maintain year round services, allowing us to meet our current commitments, AND plan for future projects. Those monthly donations are never taken for granted! On the contrary, *each and every one* is appreciated *each and every month!*

Let us know if there is anything we can do to make it easier for YOU to join our team of **Monthly Donors**! Do you need a monthly invoice? An annual statement? Do you want us to just charge your card automatically each month?

Want to see **MD** after your name?

We look forward to seeing your name among our team of Monthly Donors listed in our Fall CANFP NEWS.

Opportunities to Make a Difference!

What difference can your contribution make? Your one time, or monthly, donation could meet the daily costs of maintaining our statewide NFP association, fund current projects, provide seed money for a project only dreamed about, or hire a staff to bring vision to reality. You may not be able to provide all the funds needed, but your generosity, combined with the efforts of others, *makes a difference!*

People want what NFP offers... they just need to hear the message

\$150 provides a scholarship to a clergy or seminarian to attend the CANFP State Conference.

\$225 allows us to gift your local hospital library, or physician, with the textbook *The Medical and Surgical Practice of NaProTechnology* in your name.

\$600 provides each California Diocese with 2 excellent videos for clergy: a dynamic testimony by a couple, and Christopher West's *Theology of the Body*.

\$625 distributes 100 Marriage Prep packets to engaged couples.

\$600-\$1,000 funds sending a presenter, or our exhibit (or both!) into the community to educate and inspire!

\$1,400 underwrites production and mailing of one issue of the *CANFP NEWS*.

\$1,500 sends an issue of the *CANFP NEWS* to every parish in California.

\$2,000 provides every California parish with the CANFP booklet by Fr. Gonzalez: *Creating a Culture of Life Within a Parish: Begin with NFP*.

\$4,000 sends a glossy NFP poster to every California parish.

Give a gift that lasts all year!

\$50 provides a one year professional membership in CANFP for your favorite clergy, physician, or NFP teacher, and **\$100** for a parish, bringing them the *CANFP NEWS* quarterly! We will send them a gift membership packet, announcing the gift is from you (or an anonymous donor, if you prefer), welcoming them into CANFP, introducing them to the resources we provide, and will include a free cd or audiotape from a favorite CANFP presentation. **\$30** provides a membership for a family or couple---a great wedding or engagement present!

Your contribution could establish a fund for these urgent and ongoing needs:

- ✦ Scholarships to assist those seeking training to become NFP teachers or medical consultants.
- ✦ Speaker stipends for CANFP State Conference, and seminars for clergy, seminarians, and healthcare providers.
- ✦ Staff to plan conferences and workshops, publish newsletter, update website, publish California NFP Directory, staff exhibit, manage speakers bureau, develop promotional materials and new curriculums, and implement programs.

Thinking BIG ???? So are we!

After all, why hide your light under a bushel!

People want what NFP offers...they just need to hear the message, and we need to send it in a clear, and inviting way.
Together we could finance:

- Television and radio spots, highlighting the health and relational benefits of NFP, and its vital role and effectiveness in overcoming infertility.
- Print and billboard ads that boldly and invitingly proclaim our message, and provide our website and toll free number.
- Clever, audience specific dvds for use in marriage preparation, RCIA, youth programs and schools.
- Seminars throughout California, training NFP advocates!

We can put your donation to immediate use, where the need is greatest, or you can choose to fund a specific project you are passionate about. Thank you for contributing to the statewide effort to share the good news of NFP throughout California!

If you are beginning to read this little article and have not read *Married Love and the Gift of Life* written by our bishops, then please, put down your copy of **CANFP News**, and read it. There is a convenient link to this short document on the www.canfp.org website. As Bishop Cordileone stated in the winter edition of **CANFP News**, this awesome teaching which comes to us from our U.S. Bishops could have the tag line, "Good News for Married Lovers."

At the forefront of proclaiming this good news of the new evangelization, the task for our Church given to us by the Holy Spirit will be a rediscovery of the beauty of marriage. To the priests who read this article, do not be afraid to preach the Gospel of Life in its entirety including the beauty of marriage and sexuality. To the doctors, NFP teachers, catechists, nurses, husbands/wives, fathers/mothers who are at the head of this renewal, keep on. The revitalization of faith in our current culture will come from holy marriages and happy families.

This new document feels like a huge embrace from God and from our beloved bishops for all of us who are working towards the renewal of marriage. All the prayers, works, joys, sorrows, sufferings, victories, letdowns – all the study of the Scriptures, studying the "theology of the body," all the miracles we have witnessed and every sacrifice has been

affirmed, and for this we thank and praise God. Let us continually pray to our merciful God.

When preaching at marriages or even during the year, I often remind the people of the vows made at marriage: freedom, fidelity, and openness to children. When entering into the Sacrament of Marriage, the man and woman enter into a lifelong covenant of mutual self giving and respect which without God is impossible. These three vows en flesh the covenant of marriage. How can they do it? 1. Jesus in the Eucharist 2. Daily prayer together 3. Following the commandments of Christ and the teachings He gives us through his Church 4. Living without contracepting, or positively stated, practicing Natural Family Planning. This means respecting and honoring the great gift of sexuality. An article from the *Times Review* in Lacrosse, WI in 2001 said that if a married couple did these 4 things that the chances of them divorcing were 1 in 1,105.

However, we are not in the divorce prevention ministry. We are in the ministry of marriage promotion. The word Gospel – *Evangelium* – means Good News which is GOOD and NEW since it ever flows from God who is both eternally good and ever new. If the couple freely chooses to marry one another in and through Christ and within His Church, prays together receiving His



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Most Holy Body, Blood, Soul and Divinity every Sunday, follows Church teaching on marriage and sexuality, respects and loves each other they will make it. Sure there are difficulties and troubles, but they will have an overabundance of grace with which to guide each other and the children they bring into the world all the way to Heaven.

Therefore, preach and teach the Good News. At the forefront of the new evangelization will also be holy priests. Dear brother priests, do not be afraid to preach with love the truth about marriage and sexuality and the evils of contraception. During the weeks of Christmas, Holy Family and the beginning of the year is always an opportunity to preach on these beautiful truths. As one book has as its title – this teaching we have received is a preachable message. Dear people, gently encourage your priests to preach the truth, especially the good news about marriage. We will set people free by living and preaching the truth.

Si Ud. empezó a leer este artículo y no ha leído *El Amor Matrimonial y el Don de la Vida* escrita por nuestros obispos, entonces por favor deje su copia de *CANFP News* y léalo. Encontrará una hermosa relación a este corto documento en canfp.org website. Como estipula el Obispo auxiliar Cordileone en la edición de invierno *CANFP News*, esta gran enseñanza que nos viene de nuestros obispos de Estados Unidos, pudiera tener el subtítulo de "La Buena Nueva para Amantes Casados."

En primer plano proclamando estas buenas noticias de la nueva evangelización, la tarea para nuestra Iglesia dada a nosotros por el Espíritu Santo, será el redescubrimiento de la belleza del matrimonio. A los sacerdotes que lean este artículo, no tengan miedo de proclamar el Evangelio de Vida en su totalidad incluyendo la belleza del matrimonio y la sexualidad. A los doctores, enfermeros, maestros de Planificación Natural Familiar, catequistas, esposos/esposas, padres/madres, que están a la cabeza de esta renovación, sigan adelante. La revitalización de la fe en nuestra presente cultura vendrá de matrimonios santos y felices.

Este nuevo documento es como un abrazo de Dios y nuestros obispos para todos los que estamos trabajando hacia una renovación del matrimonio. Todas las oraciones, obras alegrías, tristezas, sufrimientos, victorias, desilusiones - todo el

estudio de las Escrituras, aprendiendo "la teología del cuerpo," todos los milagros que hemos presenciado y cada sacrificio ha sido afirmado, y por esto damos gracias a Dios. Sigamos continuamente orando a nuestro Dios misericordioso.

Cuando predico en las bodas y también durante el curso del año, con frecuencia les recuerdo a las personas de los votos que hicieron al casarse: vinieron libremente para contraer matrimonio, prometieron fidelidad, y dieron cabida a los hijos. Al entrar en el Sacramento del matrimonio, el hombre y la mujer entran en una alianza para toda la vida de una entrega y respeto mutuo el cual sin Dios es imposible. ¿Cómo podrán ellos hacerlo? 1. Jesús en la Eucaristía, 2. Oración diaria juntos, 3. Siguiendo los mandamientos de Cristo y la enseñanza que nos da a través de su Iglesia, 4. Viviendo sin contraceptivos, o estipulando positivamente, practicando la Planificación Natural Familiar. Esto quiere decir respetando y honrando el gran regalo de la sexualidad. Un artículo del *Times Review* en LaCrosse, WI en 2001 decía que si las parejas casadas hicieron esta cuatro cosas, las posibilidades de que se divorciaran serían de 1 en 1,105.

Sin embargo, no estamos en el ministerio de la prevención de divorcios. Estamos en el ministerio de promover el matrimonio. La palabra 'Evangelio' - *Evangelium* - significa Buena Nueva desde

que fluye de Dios, que es también eternamente Bueno y siempre Nuevo. Si la pareja libre y mutuamente escoge casarse en y a través de Cristo y dentro su Iglesia, orando juntos, recibiendo su Santo Cuerpo, Sangre, Alma, y Divinidad cada Domingo, siguen las enseñanzas de la Iglesia sobre el matrimonio y la sexualidad, se respetan y aman mutuamente saldrán adelante. Claro que habrá dificultades y problemas, pero tendrán una sobreabundancia de gracia con la cual podrán guiarse ellos y a los hijos que traigan al mundo, en el camino al Cielo.

Así que, prediquen Uds. y enseñen la Buena Nueva. Queridos hermanos sacerdotes, no tengan miedo de predicar con amor la verdad sobre el matrimonio y la sexualidad y de lo funesto de la anticoncepción. Durante las semanas de Navidad, la Solemnidad de la Sagrada Familia, y al empezar el año es una oportunidad para predicar estas hermosas verdades. Como un libro escrito en inglés que tiene como título, esta enseñanza que hemos recibido "es un mensaje predicable." Queridos amigos, suavemente animen a sus sacerdotes a predicar la verdad especialmente la Buena Nueva sobre el matrimonio. Libraremos a la gente, viviendo y predicando la verdad.

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Libraremos a la gente, viviendo y predicando la verdad

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PROVIDING HIS
INSIGHTS IN
SPANISH ALSO!

Anticonceptivos y la Homosexualidad

Raymond Dennehy, PhD

En el acto sexual, esposo y esposa son llamados a donarse a ellos mismos

La práctica general del anticonceptivo es la gran fuerza detrás del rápido crecimiento de la aceptación de la homosexualidad en las sociedades del oeste como una orientación sexual natural. Claramente puesto, la justificación por la una cuenta como la justificación por la otra. La anticoncepción de echo separa el acto sexual de la procreación, hasta el punto que permite a la pareja tener sexo en cualquier momento sin la posibilidad de concebir. De esta manera se encuentra la conexión con la homosexualidad. El acto sexual entre homosexuales y entre heterosexuales usando anticonceptivos es idéntica en que las dos son naturalmente estériles. El incremento de presión legislativa y judicial por el derecho al matrimonio para las parejas del mismo sexo es simplemente la actualización de la mentalidad del anticonceptivo.

Antes de continuar, será útil clarificar entre la contracepción y Planificación Familiar Natural. Una objeción común a PFN es de que es hipócrita por que su meta es la misma que la de los anticonceptivos - sexo sin embarazo. Pero las dos formas de control del nacimiento son totalmente opuestas. La acusación de hipócrita descansa en dos asunciones falsas. La primera es que la Iglesia Católica condena la anticoncepción suponiendo que es pecado desear sexo sin concebir un bebe. Pues por supuesto que no hay nada malo con ese deseo. La naturaleza no intenta que cada acto sexual resulte en un

embarazo pues una mujer es fértil solamente por unos días de cada mes mientras que el deseo del sexo se expresa por si mismo el mes entero. La acusación de hipócrita también implica el no poder distinguir entre el deseo y el poder realizar el deseo. Usando la PFN, la pareja no hace nada para impedir la posibilidad de concebir en ese acto en particular; al contrario, se quedan abiertos a la procreación de una nueva vida humana. Es mas, sería erróneo pensar de la PFN simplemente como una manera de no tener niños pues muchas parejas la practican para señalar cuando la mujer esta ovalando como una manera de incrementar sus posibilidades de concebir un bebe. La PFN no separa formalmente el sexo de la procreación.

La importancia de la procreación se revela en la paradójica relación entre un hombre y una mujer. Ellos son extraordinariamente diferentes y aun así, esa misma diferencia les hace sentirse atraídos. Ella admira sus manos grandes y fuertes, pero no desea tener las manos de él en vez de las de ella él admira sus manos pequeñas y delicadas, pero no desea tener esas manos en vez de las suyas. Esto refleja el amor que las tres personas de la Santísima Trinidad tienen el uno por el otro. El suyo es un amor que no disuelve el amante en el amado, al contrario, lo enriquece. Aunque cada uno es una persona individual, su unidad es perfecta: un Dios. Por analogía, el amor entre esposo

y esposa enriquece a cada uno, porque la meta del amor es el ver al amado tener una vida y una felicidad más abundante. En el acto sexual, esposo y esposa son llamados a donarse a ellos mismos, y hasta el limite de que sea una donación perfecta, se abre generosamente ella misma a la procreación. Pues el amor es mas que un sentimiento; es fecundo, produciendo una realidad mas allá de los amantes mismos. Naturalmente, la gente siempre ha tenido sexo por otras razones, como pasión, manipulación, dominación, cólera, etc., pero el punto de la cuestión es que las parejas heterosexuales tienen en su diseño único como macho y hembra de relacionarse sexualmente por amor, respeto, y responsabilidad del uno al otro. Lo anterior esboza la fundación de la enseñanza de la Iglesia Católica de que el acto sexual tiene dos fines, el de procreación y el de unidad. Esta doctrina mantiene que la procreación es el fin principal y el de la unidad es secundario, pero este no tiene la intención de que el primero sea más importante que el segundo. En vez de significar que el fin procreativo es primero en el sentido de que el acto sexual es específico de la procreación. No hay nada malo en desear sexo sin concepción, pero la Iglesia de cualquier manera enfatiza la imposibilidad de separar los dos fines. Aunque hay muchas maneras en que como marido y esposa puedan expresar sus deseos por unirse, el acto sexual ofrece una manera profanamente única de

la persona humana es una composición integral de cuerpo y espíritu

conseguir intimidad y expresión de amor. El deseo de los amantes de ser uno en carne y en sexo consiguen ese deseo en una manera que es mas que meramente figurativa. Primero, es imposible físicamente para dos personas unirse mas completamente que durante el acto de hacer el amor el uno al otro. El hombre desea penetrar el cuerpo de la mujer mientras que ella le invita a hacerlo. Segundo, como el Obispo Cahal B. Daly observa en Morales, Ley y Vida, en el concebimiento de una nueva vida humana, esposo y esposa cada uno contribuye veintitrés cromosomas, uniéndolos biológicamente en el bebe. Se unen dinámicamente porque su relación como esposo y esposa no puede ser apropiadamente entendida por fuera parte de su relación al bebe y su relación al bebe no puede ser apropiadamente entendida por fuera parte de la relación entre ellos. Finalmente, la pareja es unida eternamente por virtud de la procreación de un nuevo ser humano quien posee un alma inmortal' una encarnación de su unidad que continuara para la eternidad.

Converso a esto, la inhabilidad del sexo con alguien del mismo sexo de producir bebes explica como homosexuales no pueden alcanzar la unidad que es posible para los heterosexuales. Por deducción su respuesta en hacer mímica, la imitación de una unión heterosexual, repleta de términos robados como "esposo," "esposa," "matrimonio," etc. Una objeción que se escucha frecuentemente por los abogados

de uniones del mismo sexo es que si heterosexuales sin niños merecen el mismo estatus de matrimonio, entonces a los homosexuales se les debería acordar ese mismo estatus. Pero la respuesta a esto es que las parejas heterosexuales que no pueden tener hijos pueden permanecer abiertos a la procreación de una nueva vida humana para conseguir el fin de unidad matrimonial, aunque no tan perfecto como esos que tienen hijos. De cualquier manera, ellos quedan abiertos, en intención y en acto a la posibilidad de que haciendo el amor resulte en procreación. No en homosexuales, en principio, procreación y sus atentos a la unión matrimonial será inevitablemente frustrada por el hecho brutal de que miembros del mismo sexo no pueden completarse entre ellos para atender la clase de unidad posible para los heterosexuales.

Reiterando, donde la realidad física y psicológica de los homosexuales les rinde incapaces de lo que una unión abierta a la procreación autoriza, las parejas heterosexuales usando anticonceptivos sufren la misma incapacidad por virtud de su decisión de separar formalmente sexo y procreación. Por esa decisión, por de hecho se han neutralizado al hacer su machismo y su feminidad irrelevantes. No se burlarían de las realidades de la biología.

Juan Pablo II devoto muchas de sus lecturas en las tardes del miércoles en el Vaticano a lo que el llamo "Teología del Cuerpo".

Su principal mensaje es que la persona humana es una composición integral de cuerpo y espíritu. Tan íntima es la relación entre los dos que el cuerpo es tanto mas la persona como es el alma. Las inclinaciones humanas espontáneas, como es la atracción entre los dos sexos, manifiestan en concordancia los principios básicos para la conducta sexual humana. Lo que el ultimo papa estaba apuntando era a la expresión moderna de hoy en día llamada dualismo radical o Nosticismo. En su forma clásica, esta teoría mantiene que los principios humanos son espíritus puros quienes, por alguna razón, fueron atrapados en una prisión de carne, el cuerpo. Porque el mundo material, incluido el cuerpo, era percibido como la fuente de todo el caos y el mal, el Nóstico rechazaba la posibilidad de las normas de objetivo moral para la conducta, pudieron ser derivadas del cuerpo. En el mundo material contemporáneo, este rechazo es mantenido sin ningún tipo de reconocimiento del alma o del sentido espiritual de uno mismo. En su lugar es el ego o el ser consciente de uno mismo que se manifiesta como el centro de la persona humana. Desde que el cuerpo, y las diferencias biológicas entre el macho y la hembra, son rechazadas como normas para la conducta. Todo lo que se necesita para justificar la atracción al mismo sexo es que uno siente o cree. Si uno cree que es una mujer atrapada en un cuerpo de un hombre entonces uno es realmente una mujer.

cont p.15

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TRANSLATION

Contraception and

members of
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The importance of procreation reveals itself in the paradoxical relation between man and woman. They are extraordinarily different and yet that very difference draws them to each other. She admires his large, strong hands, but does not wish to have his hands instead of her own; he admires her small, delicate hands, but does not wish to have her hands instead of his own. This mirrors the love the three persons of the Blessed Trinity have for each other. Theirs is a love that does not dissolve the lover in the beloved but, on the contrary, enriches him. Although each is an actual person, their unity is perfect: one God. By analogy, the love between husband and wife enriches each because love's goal is to see the beloved have life and joy more abundantly. In sexual intercourse, husband and wife are called to donate themselves to each other and to the extent that it is a perfect donation, it generously opens itself to procreation. For love is more than a feeling; it is fecund, producing a reality beyond the two lovers themselves. Of course, people have always had sex for other reasons, such as lust, manipulation, domination, rage, etc., but the point is that heterosexual couples have it within their unique design as male and female to engage in sexual intercourse out of love, respect, and responsibility for each other.

The above sketches the foundation of the Catholic Church's teaching that the sex act has two ends, the procreative

and the unitive. This doctrine maintains that the procreative end is primary and the unitive secondary, but that is not intended to mean that the former is more important than the latter. Rather it means that the procreative end is primary in the sense that the act of sexual intercourse is specified to procreation. There is nothing wrong with desiring sex without conception, but the Church nevertheless emphasizes the impossibility of separating the two goals. Although there are many ways by which husband and wife can express their desire for unity, the sex act offers a uniquely profound way of achieving intimacy and expressing love. Lovers desire to become one flesh and in sexual intercourse they can fulfill that desire in a way that is more than merely figurative. First, it is impossible for two people to physically unite more completely than while making love to each other. The man desires to enter the woman's body while she invites him to do so. Second, as Bishop Cahal B. Daly observes in *Morals, Law and Life*, in conceiving a new human life, husband and wife each contribute twenty-three chromosomes, uniting them *biologically* in the child. They are united *dynamically* because their relation as husband and wife cannot properly be understood apart from their relation to the child and their relation to the child cannot properly be understood apart from their relation to each other. Finally, the couple are united *eternally* by virtue of procreating a new

human being who possesses an immortal soul – an incarnation of their unity that will continue for all eternity

Conversely, the inability of same-sex intercourse to produce children explains why homosexuals cannot achieve the unity that is possible for heterosexuals. Their default response is mimicry, the imitation of a heterosexual union, replete with hijacked terms like "husband," "wife," "marriage," etc. A frequently heard objection from advocates of same-sex unions is that if childless heterosexual couples deserve the status of marriage, then homosexuals should be accorded that same status. But the answer to this is that heterosexual couples who are unable to have children can remain open to the procreation of new human life, to achieve the aim of marital unity, albeit not as perfectly as do those who have children. Nevertheless, they remain open, both in intention and action, to the possibility of their love-making resulting in procreation. Homosexuals cannot, in principle, procreate and their attempts at marital union will inevitably be frustrated by the brute fact that members of the same sex cannot complement each other to attain the kind of unity possible for heterosexuals.

To reiterate, whereas the physical and psychological realities of homosexuals render them incapable of the unity that an openness to procreation allows, heterosexual couples using contraception suffer the same

Homosexuality cont.

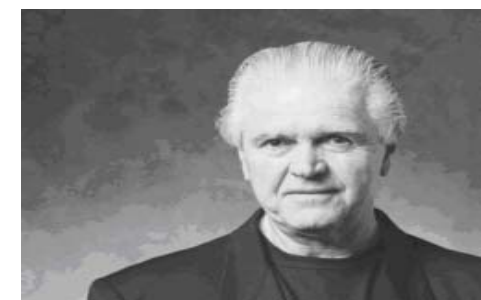
the
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incapacity by virtue of their choice to separate formally sex and procreation. By that choice, they have *de facto* neutered themselves by making their maleness and femaleness irrelevant. The realities of biology will not be flouted.

John Paul II devoted many of his Wednesday afternoon lectures in the Vatican to what he called the "theology of the body." The long and short of his message is that the human person is an integral composite of body and spirit. So intimate is the relation between the two that the body is as much the human person as is the soul. The spontaneous human inclinations, such as the attraction between the two sexes, accordingly manifest the basic principles for human sexual conduct. What the late pope was addressing was the modern day expression of what is called radical dualism or Gnosticism. In its classical form, this theory maintains that human beings are pure spirits who, for some reason, got trapped in a fleshy prison, the body. Because the material world, including the body, was perceived as the

source of all chaos and evil, the Gnostics rejected the possibility that objective moral norms for conduct could be derived from the body. In the contemporary materialistic world, this rejection is maintained without any acknowledgement of a soul or spiritual self. Instead it is the ego or one's self-awareness that is regarded as the center of the human person. Hence the body, and the biological differences between male and female, are rejected as norms for conduct. All that is needed to justify attraction to one's own sex is that it is what one feels or believes. If one believes that one is a woman trapped in a man's body, then one is really a woman.

The error of this glorification of self is that ethical principles are based, not on subjective or personal beliefs, but rather on the objective criteria of human nature and its drives for fulfillment. Male and female are



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objective realities that do not depend on one's feelings or personal assessment. The love a man gives a woman and a woman gives a man cannot be matched by the love of man for man or woman for woman. Equally preposterous is the supposition that a man can give the nurturing love to a child that a woman gives or that a woman can give the disciplining love that a man gives.

The contraceptive society has infused Gnosticism with a new energy insofar as its implicit denial of procreation as the primary purpose of sexual intercourse and marriage denies the significance of maleness and femaleness. And that denial is a denial of God's creation: "He created them male and female."

Anticonceptivos y la Homosexualidad cont

El error de esta auto glorificación es que los principios éticos están basados, no en creencias personales y subjetivas, pero sino en el criterio objetivo de la naturaleza humana y su deseo para su cumplimiento. Macho y hembra son realidades objetivas que no dependen en los sentimientos de uno o en su asesoramiento personal. El amor

que un hombre da a una mujer y una mujer da a un hombre no puede compararse por el amor de hombre por hombre o de mujer por mujer. Igualmente absurda es la suposición de que un hombre pueda dar el amor nutritivo a un hijo como lo daría una mujer o que la mujer pueda dar el amor disciplinario como lo daría un hombre.

La sociedad de anticonceptivos ha enfusado al Nosticismo hasta ahora con una nueva energía tan implicadamente en la negación de la procreación como el propósito del acto sexual y el matrimonio niega la significación del macho y la hembra. Y de que la negación es la negación de la creación de Dios: "Él creo al hombre y la mujer."

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