



# THE LOVING CHOICE

ARCHDIOCESE OF DETROIT NATURAL FAMILY PLANNING NEWSLETTER

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## On Human Life

On the 35th anniversary of Humanae Vitae, Bishop Victor Galeone of the Diocese of Saint Augustine, Florida, published a pastoral letter entitled "Marriage: A Communion of Life & Love" He shared his letter at the Diocesan NFP Ministry Conference of July 9-12, 2003.

The two accounts of creation in Genesis help us to discern God's plan for marriage. "Be fruitful and multiply and fill the earth" shows that marriage is to be *life-giving*. "It is not good for the man to be alone. I will make a suitable partner for him." shows that marriage is to be *love-giving*.

Contraception frustrates and violates both purposes of marriage. Many scoffed at the consequences predicted by Pope Paul VI in Humanae Vitae. Today we experience them.

The word, *intercourse*, means communication. Sexual intercourse then is sexual communication. A wife would not plug her ears when listening to her husband, and he would not tape his mouth when speaking to her. These actions are clearly absurd for verbal communication. Sexual communication with a diaphragm or condom is equally absurd.

What is the difference between natural family planning and contraception? With NFP a couple recognizes the fertile time, and chooses to engage in sexual communication or not. As Pope Paul VI wrote, "To experience the gift of married love while respecting the laws of conception is to acknowledge that one is not the master of the sources of life, but rather the minister of the design established by the Creator."

## *Blessings on October 26, 2003*

*You are invited to a  
Mass and Reception  
In Commemoration of  
National Pregnancy and Infant  
Loss Awareness Month  
Celebrated by Bishop Earl Boyea*

*A blessing will be given to  
married couples desiring a baby*

*A prayer will be offered for  
families who have lost a  
pregnancy,  
baby, infant or child*

*October 26 2003 at 10:00AM  
Blessed Sacrament Cathedral  
9844 Woodward Avenue  
Detroit, MI 48202*

*Refreshments after Mass  
RSVP by October 20, 2003  
at 313-237-5893 or [nfp@aod.org](mailto:nfp@aod.org)  
your name and number of adults  
and number of children under 12*

*Please let us know:*

- 1. Name of baby, infant, or child  
who died and who is to be  
mentioned in the prayer*
- 2. If you would like a blessing for  
desiring a pregnancy*

## Use it or Lose it

Professor Emeritus Dr. Erik Odeblad in his research on cervical mucus has made some interesting discoveries:

1. For women without children and never on the "pill" cervical fertile mucus glands reach their peak between ages 20 to 25. By age 35 to 40 they degenerate to about half their peak cross section. At age 45 to 50 they are down to about one fifth of their peak cross section.

2. A woman with multiple pregnancies between the ages of 20 and 35, also has peak mucus glands at age 20 to 25. The mucus cells, however, regenerate during pregnancy and from age 35 are double those of a woman without children. They are the equivalent of a childless woman who is ten years younger.

3. A woman on the pill for ten years before age 30 also has peak fertile mucus glands at age 20; however, after stopping the pill, the glandular cross section is less than one third that of a woman without children who has never been on the pill. Her mucus glands are the equivalent of a 10 to 15 year older woman without children and never on the pill.

The unavoidable conclusion is that the pill reduces a woman's fertility, while pregnancy enhances a woman's fertility. The old adage still stands: "Use it or lose it."

Send articles, questions, suggestions, letters, to the editor, Dorothy Stapel by: phone: 313-237-4679 or 313-292-1294 or fax: 313-237-5867 e-mail: [nfp@aod.org](mailto:nfp@aod.org) USPS: Department of Education, NFP 305 Michigan Avenue Detroit, MI 48226-2605