



# THE LOVING CHOICE

ARCHDIOCESE OF DETROIT NATURAL FAMILY PLANNING NEWSLETTER

VOLUME 10 ISSUE 1

January, 2006

## NFP-Only Physicians

“One More Soul” is a non-profit organization dedicated to spreading the truth about the blessings of children and the harms of contraception. In addition to a wide variety of tapes, videos, and books that may be purchased, “One More Soul” makes available a nationwide list of NFP teachers and NFP-Only Physicians. The NFP teachers are certified in a variety of NFP methods. The physicians are medical doctors from various religious backgrounds and disciplines who do not prescribe, perform, or refer for abortion, hormonal contraception, barrier forms of contraception, sterilization, abortion, or in vitro fertilization. They are familiar with and promote Natural Family Planning for achieving or avoiding pregnancy. They promote chastity for their young and unmarried patients. They are familiar with ecological breastfeeding. Some NFP-Only Physicians are qualified to perform sterilization reversals.

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For a list of NFP Teachers and NFP-Only Physicians in other parts of the United States contact One More Soul at [www.omsoul.com](http://www.omsoul.com).

## Teen Star Program

Although teen pregnancy is declining, “more than four in ten teenage girls get pregnant at least once before age 20. About two-thirds of all students have engaged in sex before graduating from high school”.

Teen Star Program (Sexuality Teaching in the context of Adult Responsibility) is an adolescent abstinence-only sex education program. It is offered to students once a week for two semesters with other classes such as health, family life, biology or other appropriate classes. A one week training workshop is required of the teacher. Students learn fertility patterns and are taught responsible decision making and communication skills. The program builds self-understanding and self-esteem for teens.

Results from implementing this program were that over 90% of male and female students involved in a Teen Star Program who were virgins remained virgins, while 30-65% of sexually active students stopped during the year-long program. For more details about this program go to [www.teenstar.org](http://www.teenstar.org) or call 301-897-9323.

## NFP Awareness Week 2006

NFP Awareness Week is scheduled for July 23-29, 2006! Pope Paul VI published the encyclical, *Humanae Vitae*, on July 25, 1968.

Mark your calendar now.  
Focus on these dates when promoting NFP.

## What Is Your Story???

In the October issue of TLC there are four stories of couples and how they found out about NFP. While preparing for the production of an NFP DVD we are hearing many stories of how couples discovered NFP. Here are two additional stories.

I'm glad I have a good friend who shared NFP with us. Initially I did not believe that NFP was effective. We watched our friends for three years as they used NFP first to postpone pregnancy and then achieve. Our confidence grew and we decided to try it. We liked the idea that NFP is natural and has no side effects. On the pill I experienced weight gain and bruising due to blood clotting. Many of my friends experienced other side effects.

I have to laugh at how I found out about NFP. Before I was married I researched the contraceptive methods and IUD, and found that they could cause an abortion. I am strongly pro-life and could not accept these methods of family planning and didn't know what to do. It was my mother-in-law who suggested I look into NFP. You have to understand that my husband comes from a family of 10. She waited politely until I finished laughing and said that she had not had a pregnancy for 15 years while she was still fertile. Then I realized that I was critical about the contraceptive/barrier methods, but I wrote off NFP without even investigating what they were all about. I thought NFP was the Rhythm Method. She told me that Rhythm is a method that was used a long time ago. Using Rhythm for NFP would be like using leeches for medicine. She introduced me to the modern scientifically based NFP methods.

We are interested in printing your story. Send us an email at [nfp@aod.org](mailto:nfp@aod.org) or call us at 313-237-4679. If you are interested in participating in the making of this DVD, January 20<sup>th</sup> is the deadline to register for the February 4<sup>th</sup> practice session.