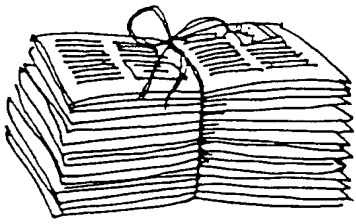


NFP in the News



“Forget
contraceptives,
go natural,
church teaches”

Detroit Free Press
Niraj Warikoo

On July 19th, the Detroit Free Press ran an article online about the Archdiocese of Detroit’s recent push to spread the news about Natural Family Planning. The article, entitled “Forget Contraceptives, go natural, church teaches” by Niraj Warikoo presented both sides of the topic when it comes to whether or not a couple should use Natural Family Planning.

The article highlighted some troubling facts. One being the lack of acceptance of NFP by many in the church:

“Polls show that Catholics overwhelmingly reject the Vatican's views on birth control.
(continued on p. 2)

Medical & Moral Updates on NFP: Ten Years into the Third Millennium

Catholic leaders urged to promote natural family planning

Dont be shy about promoting the , **Catholic leaders** were told today at a conference at Sacred Heart Major Seminary in Detroit. More than 100 Catholic clergy, ...

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By NIRAJ WARIKOO FREE PRESS STAFF
WRITER July 20, 2010 19:44 PM

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[Niraj Warikoo \(nwarikoo\) on Twitter](http://NirajWarikoo(nwarikoo)onTwitter)

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[St Josephs Web > Home \(DNN 3.0.13 \)](http://StJosephsWeb>Home(DNN3.0.13))

[Catholic diocese sponsors conference on birth control | Spero News](http://Catholicdiocese sponsors conference on birth control | Spero News)

www.speroforum.com/site/article.asp?.conference.

[Forget Contraceptives, go Natural, Church Teaches | Firstcoastnews ...](http://ForgetContraceptives,goNatural,ChurchTeaches|Firstcoastnews...)

www.firstcoastnews.com/news/usworld/news-article.aspx?storyid... -

These are a few of the many internet links.

NFP is no longer the best kept secret in town! The news of the July 20th NFP Conference was talked about from coast to coast!

About 120 priests, seminarians, doctors, nurses, educators and parents attended this NFP Conference. Archbishop Allen Vigneron welcomed everyone and Auxiliary Bishop Francis Reiss encouraged all to share information received with those in various fields of expertise.

Dr. Janet Smith was the Keynote speaker followed by Fr. Jeff Day and Dr. Daniel Greene, OB/GYN. These talks were quite inspiring, informative and entertaining. Summaries of these talks will be in the next TLC.

Gretchen and Javier Mena challenged everyone to be bold and promote NFP. The six workshops that followed were also very positively received.

NFP Conference Comment Sheets

It was a great conference.

Please have more programs.

Witness couple was good

Excellent resource package.

Speakers were awesome!

Summary of the Comment Sheets rated the conference with a 9.36 and resources with a 9.45 rating out of 10.

And about half of American Catholics who leave their faith cite their unhappiness with the church's teachings on birth control as a reason they left, according to a survey last year by the Pew Forum on Religion and Public Life.”

On a positive note, “a 25-year old Catholic from West Bloomfield”, Jenelle Ponkowski, initially rejected the idea of using NFP as a method of family planning for her impending marriage. However, after taking one of the required pre-marriage classes and doing her own research, her views began to change. She says, “It made medical sense to her- and it jibed with her Catholic beliefs.”

In contrast to Jenelle and her future husband, another couple, Jason Day and his fiancée Emily Kraft, were quoted as making a different decision. This couple also took the required pre-marriage courses but came away with another viewpoint.

Jason Day, 31, of Wolverine Lake said after class that he doesn't agree with leaving up to God the number of children a couple have... "I don't think it's for us personally," Kraft said of natural family planning. Kraft, who is Jewish, said she believes more in science rather than religion to guide her actions.

While it was encouraging to see an article in the Free Press on the Detroit

Archdiocesan efforts to promote NFP, the implication that a couple needs to choose between religion and science reflects the much broader popular opinion on NFP. This is specifically the reason for hosting the NFP Conference. There is much misinformation regarding Church teachings and scientific facts.

While respecting the right of others, we must refute misinformation, e.g. that NFP is a choice between religion and science. Religion and science are not mutually exclusive. They can co-exist quite well. NFP is an example of religion and science co-existing brilliantly.

There are many current, scientifically proven methods that fall under the general heading of NFP. (See May 2010 TLC Newsletter for a summary of the different methods.) NFP methods have been studied (by scientists) for more than fifty years. Couples practicing NFP, come to a new awareness of their bodies and a deeper understanding of their marriage and their relationship with God.

Physicians' Desk Reference

(2010, pp. 2662, 3418)

Often overlooked, the Physicians' Desk Reference quotes the effectiveness of the Temperature, Sympto-Thermal and Ovulation Method of Natural Family Planning to be 97-99% method effective for avoiding a pregnancy.

The three most common reasons why couples learn and use NFP

1. Physical safety of woman – NFP does not require the use of synthetic hormones with their side effects or of objects which interfere with the sex act.
2. Environmental safety – NFP does not pollute the environment with synthetic hormones or with objects that are harmful and long-lasting in the environment.
3. Morality – NFP does not violate the sacredness of the sex act. As Dr. Janet Smith says, “NFP couples make love – they don't just have sex!”

Congratulations to the newly trained NFP teachers who completed their teacher training classes in October, 2009 under Rosemary Jacobs, NFP Coordinator from the Cleveland Diocese.

In addition most of these teachers recently completed the required teaching practicum for full certification as an NFP teacher of either the Ovulation Method or Sympto-Thermal Method.

Archbishop Allen Vigneron presented the certificates to the teachers who were present at the NFP Conference.



Congratulations to all the new Archdiocese of Detroit certified NFP teachers:

And Thank You to the currently certified Archdiocese of Detroit NFP teachers for their dedication and help!



Please email topics, articles, questions, and suggestions to TLC at jndorsten@gmail.com