



## Cracking the Contraceptive Myths



Dr. Janet Smith in a Power Point Presentation explained the normal process of fertility and

how the Pill affects women physically as well as emotionally, psychologically and spiritually. “A woman is not the same day after day!” Her changing moods are confusing to a man who does not experience fluctuating hormone levels.

Dr. Smith went on to explain myths about the Pill. She cited several studies showing that when a woman uses the Pill there are negative consequences to herself, her relationships, to society, the economy and to the environment.

Dr. Smith cautions us to choose our words carefully. NFP couples don’t just have sex – they make love! Words are powerful! Real love is scary – it requires a lifetime relationship open to having children.

Couples who have changed from a contraceptive to a NFP lifestyle are witnesses to a better marriage and love life.

Comparing a hot house tomato (little or no taste) to a vine ripened tomato (juicy and delicious), Dr. Smith compared sex and contraception to love and NFP. Couples who do not experience sex without contraception have “no clue” what sex is like as God intends it to be - a life giving act in the context of a committed relationship.

Patterns in our society show that most married couples using NFP stay married; in some circles the Pill is known as the “Divorce Pill”.

## Be Not Afraid

People know what the Church is against, but they do not really know what the Church stands for! This is a concern not only in this archdiocese, but in every diocese.



Fr. Jeff Day encouraged all of us especially priests and seminarians to “not be afraid”, “The truth is on our side.”

He encouraged us to make use of the many resources available through the archdiocesan office. He especially thanked the Knights of Columbus who contributed substantially to the production of the NFP video, and to the training of NFP teachers.

Fr. Day gave an understanding of why priests are so hesitant to talk about NFP and asked lay people to encourage, challenge and support priests who do talk about NFP.

This NFP Conference is a turning point in promoting NFP. Let us share this message with all we meet.

## Future Events

Details of these conference talks will be included in the next TLC issues as page two.

A volunteer NFP Supporter is finalizing a DVD of the conference talks. You will be notified when the DVD is ready for purchase.

## Be Bold



Gretchen & Javier Mena heard the NFP message in their pre-marriage classes, attended NFP classes, used NFP to avoid and achieve pregnancy, and are now certified NFP teachers. They confirmed the messages of Dr. Smith and Fr. Day.

Gretchen challenged everyone to be BOLD. She quoted Hosea 4:6, “My people perish for lack of knowledge...” We have the truth, and the responsibility to share this truth with others.



## October 3, 2010

You are invited to a Mass Celebrated by His Excellency Most Reverend Allen H. Vigneron to commemorate National Pregnancy and Infant Loss Awareness Month.

A blessing will be given to married couples who desire a baby. A prayer will be offered for families who have lost a pregnancy, infant, baby, or child. This Mass will be at 11:00 AM, Sunday at Blessed Sacrament Cathedral 9844 Woodward Avenue Detroit, MI 48202 R.S.V.P. online at [www.aodonline.org/nfp/mass](http://www.aodonline.org/nfp/mass) or Phone: 1-313-237-4679 or e-mail: [nfp@aod.org](mailto:nfp@aod.org)

## Why I Am a NFP Physician

Dr. Daniel Greene shared his journey and struggles, changing from an OB/GYN practice that prescribes contraception, to one that encourages patients to learn and use NFP.



He developed an “informed conscience.” He joined a men’s group, studied apologetics, read sections of the Catechism, listened to Dr. Janet Smith and Christopher West’s tapes, read *Humanae Vitae* and heard Pope Benedict’s talks which cautioned against living a life of dichotomy.

Dr. Greene lived one way at home – using NFP and receiving the graces and blessings of this lifestyle, and another way at the office – writing prescriptions for the pill, inserting IUDs, and returning patients who experience unwanted pregnancies, side effects, and problems in their relationships.

Dr. Greene realized that if he became an NFP Physician he could be asked to leave his practice. At the time he had a wife, four boys and debt. He and his wife agreed that he would become a NFP physician. Dr. Greene remains in his original practice and the other doctors tolerate his refusal to prescribe birth control. Dr. Greene is one of seven OB/GYN NFP doctors in this part of the country.

Please email topics, articles, questions, and suggestions to TLC at [jndorsten@gmail.com](mailto:jndorsten@gmail.com)