

# THE LOVING CHOICE

ARCHDIOCESE OF DETROIT NATURAL FAMILY PLANNING NEWSLETTER

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[www.nfponline.org](http://www.nfponline.org)

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313-237-4679

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## TLC Mail



Dear TLC,  
Thank you for the wonderful Mass. My husband and I both enjoyed and appreciated everything that went into the planning and celebrating. We felt like the mass was "just for us" and others "just like us." Infertility can be so isolating and make you feel very alone, it was nice to share our faith with others that are experiencing the same things we are.

Please share the blessed day with others through the newsletter; any additional prayers are greatly appreciated. I try to remember in my prayers the other couples and families that participated on Sunday. The collage of pictures is terrific! And you put it together so quickly. Thank you.

(Editor's Note: pictures may be viewed in 2006 October TLC)

I've found it difficult when friends, family and acquaintances ask about our infertility and they don't understand the choices that we have made in accordance with our Catholic faith and Catholic teaching. You reach a point that you don't want to share at all because you don't want to defend your decisions. It was nice to know that we had the bond of our Catholicism at least for the one day in the struggle.  
K.R.

Dear K.R.,  
Couples with infertility concerns are encouraged to meet together and give each other support. Those interested in organizing a support group are asked to contact Dorothy 313.237.4679 or email [nfp@aod.org](mailto:nfp@aod.org).

Dear TLC,  
Is it true that the Church does not approve of infertility procedures?  
M.M.

Some reproductive technologies are compatible with Catholic teachings. However, some are in disagreement with Church teachings while other technologies are neither approved nor disapproved. A specific reproductive technology procedure is morally right when it "assists marital intercourse in reaching its procreative potential. Procedures which add a 'third party' into the act of conception, or which substitute a laboratory procedure for intercourse, are not acceptable."  
(<http://www.usccb.org/prolife/treatment.shtml>)

Details of guidelines for infertility treatments such as IVF, GIFT, ZIFT, ICSI, LTOT, AIH, IUI can be found at the website listed above.

## Married Love and the Gift of Life

Theresa Notare, MA, assistant director with the USCCB Diocesan Development Program for Natural Family Planning sent us the following information regarding the new teaching resource, *Married Love and the Gift of Life* recently approved by the United States Bishops.

The document provides an explanation of Catholic teaching on conjugal love and responsible parenthood in an easy to read question and answer format. Its style is informal and engaging.

Currently, a PDF file of the text can be read at <http://www.usccb.org/laity/marriage/MarriedLove.pdf>  
The document will stay at this web address until December, after which it will be posted at <http://www.usccb.org/prolife/issues/nfp/cathteach.shtml>

The document in hard copy is 20 pages long. Orders are currently being taken by USCCB Publishing at [www.usccbpublishing.org](http://www.usccbpublishing.org). Ask for publication #5-787; or in the USA, call 1-800-235-8722.

A Spanish language text will be available some time after November 27, 2006. In addition to these text copies, two audio resources in English and Spanish will be produced in the near future.

## Theology of the Body and NFP

John Naperkoski, L.P.C. and Dr. Greene, M.D. will give a presentation on the Theology of the Body and Natural Family Planning on January 8, 2006 at St. Sebastian Parish, Dearborn Heights from 7-9 pm (immediately following 6:30 pm Mass). Each topic consists of a 45 minute Power Point Presentation followed by 15 minutes of discussion.

**John Naperkoski, LPC**, is a licensed professional counselor. Emphasis is on introduction, explanation, and the beauty of Pope John Paul II's teaching.

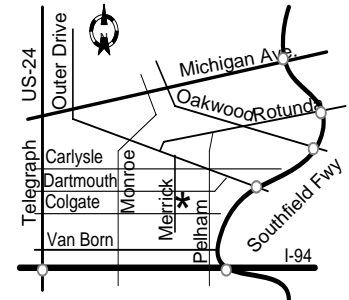
**Daniel Greene, MD**, is an obstetrician/gynecologist whose practice promotes Natural Family Planning among married patients and chastity for young and unmarried patients. Dr. Greene explains what NFP is (*and is not*) while attention is also given to the known medical risks associated with artificial birth control methods.

Please publish this article in your local parish papers. The following flyer gives additional information.

# The Theology of the Body *and* Natural Family Planning *Monday, January 8, 2007*

## St. Sebastian Church

3965 Merrick, Dearborn Heights, MI 48125



7-9 pm (immediately after the 6:30 pm Mass)

*The Theology of the Body and Natural Family Planning will be presented by  
John Naperkoski, L.P.C. and Daniel Greene, M.D.*

*This two-hour presentation is formatted into two 45 minute presentations,  
the first on the Theology of the Body and the second on NFP.*

*Each session ends with a fifteen minute question and answer period.*

The **'Theology of The Body'** is Pope John Paul II's integrated vision of the human person - body, soul, and spirit. As he explains, the physical human body has a specific meaning and is capable of revealing answers regarding fundamental questions about us and our lives. The Pope's revolutionary and life-transforming message of hope counteracts societal trends which urge us to view the body as an object of pleasure or as a machine for manipulation. Pope John Paul II portrays a beautiful vision of sexuality in his *Theology of the Body*. He encourages a true reverence for the gift of our sexuality and challenges us to live it in a way worthy of our great dignity as human persons. His theology is not only for young adults or married couples, but for all ages and vocations since it sums up the true meaning of the human person.

**Natural Family Planning** (NFP) is an effective, scientifically based method of family planning that treats fertility as a normal, healthy process. A variety of NFP methods are available to achieve and avoid pregnancy. These methods are based on observation of the naturally occurring signs and symptoms of the fertile and infertile phases of a woman's menstrual cycle. NFP reflects the dignity of the human person within the context of marriage and family life, promotes openness to life, and recognizes the value of the child. Simultaneously, NFP offers the opportunity to postpone pregnancy if the couple has such a need. By respecting the love-giving and life-giving nature of marriage, NFP can enrich the bond between husband and wife. NFP is an acceptable method of family planning in accordance with Catholic Church teaching.

**John Naperkoski, LPC**, is a licensed professional counselor. As an adjunct to his counseling, John has developed a thorough review of Pope John Paul II's Theology of the Body in presentation format. The talk is directed toward those interested in an introduction to what the Theology of the Body is, as well as how and why it should be integrated into our lives. The emphasis is on introduction, explanation and the beauty of Pope John Paul II's teaching.

**Daniel Greene, MD**, is an obstetrician/gynecologist whose practice promotes Natural Family Planning among married patients as a way of regulating family size. Dr. Greene promotes chastity for young and unmarried patients. Dr. Greene's talk on Natural Family Planning is directed at explaining what NFP is (*and is not*) and the basics of using NFP. Attention is also given to the known medical risks associated with artificial birth control methods. The many benefits couples obtain from the use of NFP -- both for their health and their marriages are also discussed.