

# THE LOVING CHOICE

ARCHDIOCESE OF DETROIT NATURAL FAMILY PLANNING NEWSLETTER

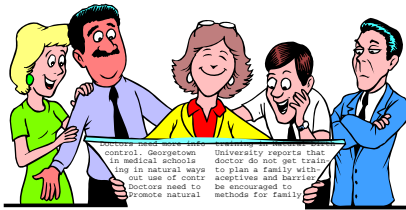
VOLUME 10 ISSUE 9

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

[nfp@aod.org](mailto:nfp@aod.org)

313-237-4679

September, 2006



## NFP is in the News

USA Today, August 16, 2006 printed an article titled,

“Doctors Need More Training in Natural Birth Control.” <http://www.healthscout.com/ency/68/771/main.html> In the article Georgetown University Medical Center experts are saying what NFP teachers have been saying for years – most doctors are not familiar with NFP methods and couples are not given NFP information as an option to the hormonal methods that have many undesirable physical side effects. This article is getting the NFP message wide publicity!

USA Today quotes the director of Georgetown University’s Institute for Reproductive Health, Dr. Victoria Jennings, as saying, “Ideally, a physician should be aware of the pros and cons of all available types of family planning ... to help a patient choose the method that is best for her needs.”

At the August 11-12, 2006 Human Fertility – Where Faith and Science Meet Conference in Washington, DC, Dr. Irit Sinai, PhD, a Senior Research Officer from Georgetown University, spoke on “Different Methods for Different Needs: Perception, Behavior and Effectiveness”.

Dr. Sinai shared information on two versions of NFP recently researched at Georgetown. The Standard Days Way, used for women with regular cycles, is a version of the Rhythm Method. Effectiveness studies report 95% success rates in avoiding pregnancy. The Two Day method, a version of the Mucus method, can be used for any length cycle. Study reports are not yet available for this method effectiveness.

Georgetown is promoting the Standard Days Way and Two Day methods as simplified NFP methods that can be taught in one session of 20-30 minutes. These methods target patients who do not want to use chemical or barrier methods, and who may not return for more information.

As Georgetown brings attention to the effectiveness of the natural methods perhaps more doctors will accept other natural methods –Sympto-Thermal and Ovulation methods that have been taught since the 1950’s and 60’s respectively. These methods are 97-99% method effective; they require about 6-8 hours of teaching with follow-up sessions.

Thank you Georgetown University for the publicity!

## National Pregnancy and Infant Loss Mass

October 15, 2006

Blessed Sacrament Cathedral

10:00 AM Mass

celebrant:

Bishop Francis Reiss

Call 313-237-4679 to register

Publish the attached flyer in your parish!



### Invitation

In May of this year St. Frances Cabrini parish sponsored a special Mass celebrated by Father Joseph Mallia, to help families in the vicariate commemorate the loss of a pregnancy, baby, or infant, and to give a special blessing to couples who desire a baby of their own.

The response was heart warming. Many families registered to participate in these special prayers and blessings. In addition a number of families took part spontaneously in an outpouring of solidarity, including a couple in their seventies. They all found healing in the Church community’s recognition of the loss of their child.

Having invited these families to come forward to the altar, Fr. Mallia gave each of them a flower and a rosary in remembrance of the child, and he joined with the entire community in prayer for each of these special children and their families.

Again with the participation of the entire community, Father then gave a special blessing with the relic of Saint Gerardo Majella to those couples who had indicated that they wanted a baby of their own. They also received a medal of the saint.

Friendships were renewed or established as these families shared refreshments in the Cabrini Center after the Mass. Many found it a rewarding experience to receive the special heartfelt prayers of the entire community in this commemoration and blessing.

Parishes interested in the details of providing this celebration for their local community may contact the NFP coordinator, Archdiocese of Detroit, Dorothy Stapel (1-313-237-4679).



# *A Liturgical Celebration*

*You are invited to a Mass Celebrated by  
Most Reverend Bishop Francis Reiss*

*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, baby, infant, or child*



*October 15, 2006 at 10:00 AM  
Blessed Sacrament Cathedral  
9844 Woodward Avenue  
Detroit, MI 48202*

*R.S.V.P. by noon of October 11, 2006*

*Phone: 1-313-237-5893 e-mail: [nfp@aod.org](mailto:nfp@aod.org)*

*Please tell us your name and the number of adults  
and number of children under 12 attending*

*Please tell us:*

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

*Sponsored by  
Archdiocese of Detroit  
Natural Family Planning*