

THE LOVING CHOICE

ARCHDIOCESE OF DETROIT NATURAL FAMILY PLANNING NEWSLETTER

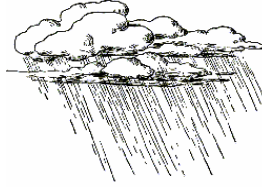
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Conjugal Love and Natural Family Planning Presentation (Question one is covered in the TLC March issue)

Question two asked the bride and groom at their wedding ceremony is:

“Will you love and honor each other for the rest of your lives?”



The woman finds it natural to love; the man finds it natural to honor. At the wedding ceremony they promise to both love and honor each other for the rest of their lives.

The word, honor, is not used often in our generation. An appropriate substitution would be, respect. At the wedding ceremony both the bride and groom say they will – love and respect each other for the rest of their lives.

Christ himself is the best example we have of what true love is. He loves us so much that He willingly died for us. As husband and wife we need to love each other so much that we are willing to die to our own desires to fulfill the needs of our spouse.

This can be understood in such simple terms as putting the newspaper or book away, or turning the TV off to really listen to our spouse share the day’s events. The value of what is being shared may seem trivial to the other spouse. There may be no problem to solve. Yet, spouses show love and respect for each other by not tuning out the other person, but by genuinely being interested in what is shared.

Sometimes a spouse offers a suggestion and the other spouse rejects the suggestion or has a “better idea”. Over time, that first spouse will no longer offer suggestions; and the other spouse will resent having to make all the decisions for the rest of their marriage.

In marriage each spouse must allow the other to make mistakes and then forgive without saying, “I knew it wouldn’t work!” Instead we need to pick up the pieces together and work out a solution together with love and prayer.

This question involves loving and respecting each other’s fertility and infertility. The pill, sterilization, and barrier methods do not accept or respect a couple’s fertility. The purpose of these methods is to change, attack, or destroy fertility in one or both spouses.

On May 20, 2006 at the regular 5 pm. Mass St. Frances Cabrini Church will celebrate a blessing for couples to achieve pregnancy and offer a prayer for all who experienced the death of a child before birth or after.

A flyer advertising this Mass is on the second page of this newsletter. Please share this information with friends, family, and surrounding parishes.

TLC MAIL

I read on the Mayo Clinic website that mucus method is roughly 83% effective. How can you claim up to 99%?

O.L.Q.

The Mayo Clinic website quotes the effectiveness for the “Cervical Mucus Method” at 78%, and for the “Symptothermal Method” at 80-87%.

The cervical mucus method the Mayo Clinic refers to is **NOT** the same as taught in the Archdiocese of Detroit. Differences are: the Mayo Clinic says to begin observations after menstruation. We teach that cervical mucus and fertility can be present during menstruation. The Mayo Clinic website says to check the cervix. Dr. Odeblad, the world renowned expert on cervical mucus, says not to check the cervix. The Mayo Clinic website states, “It’s considered safe to have sex during the days that follow menstruation as well as after ovulation, when mucus decreases in volume and becomes cloudy and tacky.” We teach four precise and specific rules for avoiding a pregnancy.

For the “Symptothermal” method the Mayo Clinic website states, “use the basal body temperature and cervical mucus methods at the same time. The calendar method, the position and feel of your cervix, and any pain during ovulation or breast tenderness, or both, can be other indicators of fertility. The more monitoring methods used, the more effective the method.” The mucus method on the Mayo Clinic website is not the method taught as part of the Sympto-Thermal method in Archdiocese of Detroit.

Physicians’ Desk Reference, 2006, p. 2396 contains a chart quoting method effectiveness as 97% for the Mucus Method and 98% for Sympto-Thermal Method. In 1976 World Health Organization quoted the Ovulation (Mucus) Method as 97% method effective. A survey sent to couples attending NFP classes in the Detroit area showed a 98.5% effectiveness rate; all “unplanned” pregnancies resulted from knowingly breaking a rule.

*You are invited to a Mass
Celebrated for*

*Married Couples who Desire a Baby
and Families who Have Lost a Child*

Celebrant: Reverend Joseph Mallia

*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.*



*Saturday, May 20, 2006, at 5:00 PM
St. Frances Cabrini Parish
Allen Park, MI 48101
9000 Laurence Avenue
Corner of Wick Rd, 0.5 miles East of Allen Rd.
Reception immediately following mass.*

R.S.V.P. by noon of May 15, 2006

Phone: 1-313-237-5893 e-mail: nfp@aod.org

Please tell us:

- 1. Your name and the number of adults and
number of children under 12 attending.*
- 2. If you would like a blessing for desiring a pregnancy*
- 3. The name of the baby, infant, or child who died
and who is to be mentioned in the prayer.*

*Sponsored by St. Frances Cabrini Parish
In cooperation with Archdiocese of Detroit
Natural Family Planning*