



# Natural Family Planning

## Diocesan Activity Report

Vol. 3, No.1 Winter 1992

### Diocesan Regional Meeting—California

*Terry Maes*

NFP coordinators, practitioners, and Family Life Directors from nine of the twelve California dioceses, as well as a representative of the California Catholic Conference, met with DDP Special Assistant, Theresa Notare, in San Jose on November 23, 1991. The purpose of the meeting was threefold: 1) to gather NFP teachers and diocesan coordinators for a "State of the Ministry" review; 2) to learn how the **National Standards** are to be implemented; and 3) to consider forming an association or network of NFP supporters in California.

Each diocese was given the opportunity to share its concerns during the morning session through designated spokespersons. For the most part, NFP promoters are doing outstanding work with very little diocesan support. Poor budgets, lack of clergy support, and resistance to the message of NFP in general, were most often cited as problems by the NFP Practitioners. The Family Life Directors were concerned with the high cost of training and resistance from some teachers to upgrade their skills.

Theresa Notare addressed many of these concerns in the afternoon session by discussing how the **National Standards** would offer diocesan programs the means to ensure delivery of quality services. With regard to the question of funding, Ms. Notare reminded the participants that the DDP was not able to

provide funds to needy programs. Nevertheless, Ms. Notare spoke on alternatives to fundraising and suggested that federal funds may be available through Title X.

Ms. Notare indicated that there is a genuine need for clergy education in NFP and the DDP views this as an important issue to address. At the same time, all agreed that user couples should continue to share their delight and confidence with friends, clergy, and religious. This type of witness was held up as the strongest tool with which to educate all people. NFP Couple witnessing was cited as key to developing ongoing support for NFP.

With regard to the issue of NFP teacher training, Ms. Notare

pointed out the benefits of several dioceses collaborating on a state-wide or regional basis. Participants discussed ways to enhance mutual collaboration and networking.

The day ended with a positive call to found an association of NFP providers, users, and Family Life directors. The association would: be supportive of all methods; act as a source of continuing support, education, and enrichment for all those interested in promoting NFP; and be a united force that could seek membership in such groups as NACFLM, NCEA, and NCDD. An Ad Hoc Committee was formed to look at membership, policies, funding, continuing education, and the development of a newsletter.



*Terry Maes, Diocese of San Jose, takes notes while NFP teachers report on their diocese.*

### IN THIS ISSUE . . .

*we have the first of a series of short articles on the history of the various NFP providers in the country. Beginning with national NFP providers, the Diocesan Activity Report will then take a look at regional and local NFP teacher education centers. In addition to telling their stories of development and growth, these articles will highlight the various services offered by each organization. A mark of a strong diocesan NFP program is knowledge of and proper use of resources. It is our hope that these articles will encourage you to make fuller use of the professionals in the field.*

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Left: Winnie Neill and Kathy Stewart, NFP Teachers, Discuss NFP services in the Diocese of Sacramento.



Above and Below: Diocesan NFP Representatives during the State-wide California meeting.



Above: Maureen Scagliotti, Anita Luketti, and Regina Corley.



## NFP Pioneers

### The Story of The Pope Paul VI Institute for the Study of Human Reproduction

Judy Pittack, MS, CNFPE  
Creighton Model NFP Education  
Program Coordinator

The Pope Paul VI Institute was founded as a living memorial to the Pontiff and to the teachings of the Catholic Church, particularly *Humanae Vitae*, which challenged "people of science, who can considerably advance the welfare of marriage and the family to explain more thoroughly the various conditions favoring a proper regulation of births." (HV, #24)

Dr. Thomas Hilgers, MD, Dip. ABOG, ABLs, SRS, was inspired by the encyclical that began his research into NFP in 1968. Two separate but correlated major contributions to research in human fertility within the guidelines of the teachings of the Catholic Church

have been developed: the Creighton Model (CrM) of NFP; and the Pope Paul VI Institute for the Study of Human Reproduction.

#### *The Development of the Creighton Model of NFP*

Dr. Hilgers and his wife Sue were involved early in the pro-life movement. A concern for working on the long-term solutions to end the abortion crisis propelled them into NFP. "As couples learn to respect each other's fertility, to respect each other, the children conceived will be respected." In 1973, Dr. Hilgers joined the faculty of St. Louis University, with the directive for doing pro-life work and research in NFP. He found that the Ovulation Method, first de-

scribed by Drs. John and Lynn Billings, was a key medical breakthrough. Dr. Hilgers's studies corroborated the medical research done by the Billings.

In 1977, Dr. Hilgers came to Creighton University where he continued his research in the standardization of education for NFP teachers and clients, and also the effectiveness of CrM NFP. During a visit to Omaha in 1978, Dr. Billings was quoted in the Omaha World Herald as saying "the world is looking to Omaha for the scientific backing of the method which is being provided by the results published by Dr. Hilgers. The standard of it (the Creighton program) is unique. It is the most important scientific work on NFP in this country."

Research has allowed the CrM method to be specific enough to be effective for couples with all variations of reproductive cycles. Perhaps the greatest breakthrough is the success that standardized charting has allowed for

medical personnel in the correlation of hormones with a woman's chart. This has led to major breakthroughs for infertility, premenstrual syndrome, unusual bleeding, and anovulatory cycles.

The major goal of the Creighton Model is to improve the image of NFP. Recognizing that NFP is primarily educational in scope, the CrM Model has developed client centered NFP services, educational programs for teachers, physicians, clergy, and extensive research programs. Dr. Hilgers is frequently quoted as saying, "The potential that work in natural family planning has for the rejuvenation of the family is immense. The only limitation is our vision!"

The Creighton Model Education Programs are accredited by the American Academy of Natural Family Planning.

### *The Development of the Pope Paul VI Institute*

Through the Creighton Model, the CrM NFP teacher can identify a number of medical considerations such as the possibility of low progesterone levels from the post-Peak phase of the cycle, the possibility of low estrogen levels, with either a lack of mucus or limited

mucus cycles, and patterns of irregular bleeding or unusual discharge which can be referred for medical input. The doctors who are familiar with the CrM



*Dr. Thomas Hilgers, founder of the Pope Paul VI Institute*

Model chart are able to: time the drawing of blood for measuring hormones so that the most effective identification of various hormone levels is done, determine the correct points in time to recommend ultrasound work, and best use medications and treatments by timing for optimal effect. One of the ongoing studies is cooperative progesterone therapy for the prevention of

miscarriage, and as a support for premenstrual syndrome.

The Institute offers: 1) a post graduate reproductive medicine fellowship for obstetrician/gynecologists; 2) a National Center for the Treatment of Reproductive Disorders; 3) a Reproductive Ultrasound Center; 4) a National Reproductive Hormone Laboratory affiliated with the University of Nebraska School of Medicine; 5) the CrM NFP Education Programs affiliated with the Creighton University School of Medicine; and 6) a study program offered for

medical students. A goal of the Institute is that greater understanding of the many urgent, contemporary, ethical issues be studied as they relate to human reproduction. Many audio and video tapes, textbooks, and NFP materials are available through its publications center.

The Chapel of the Holy Family is an integral part of these activities. Daily Mass is said and on a

## **WELCOME!**

*The DDP would like to welcome the following diocesan NFP programs who have applied for Endorsement.....*

California,  
**Diocese of Stockton**  
New Jersey,  
**Diocese of Metuchen**  
New York,  
**Diocese of Buffalo**  
Pennsylvania,  
**Diocese of Erie**

We'd like to take this time to remind all diocesan NFP programs that the application for Endorsement does not have time restrictions written into it. In other words, each diocese is encouraged to take the needed time to address their own program development and self evaluation.

The DDP is happy to aid all diocesan NFP programs as they move through the implementation of the **National Standards**. Please contact us if you have any questions.

weekly basis, adoration of the Blessed Sacrament for the respect of human life is offered.

Pope Paul VI's challenge to the medical community is being answered here at the Institute with a facility which is dedicated to NFP research. Here we truly share the late Pontiff's vision of always treating human procreation as a priceless gift to be shared by those who love each other and also love their Creator.

*For further information on materials, teacher training sessions, etc. contact: Pope Paul VI Institute, 6901 Mercy Road, Omaha, NE 68106-2604; 402-390-6600. ■*



*From Left to Right: Pope Paul VI Staff, Rose Decker, Jean Packard, and Judy Pittack.*

## AANFP Announces a National Week of NFP Celebration

At the tenth annual meeting of the American Academy of NFP, (AANFP) members passed a resolution to promote a celebration of NFP. Centered upon the Feast of the Annunciation, the AANFP has designated the entire week of March 25 as "National NFP Week."

The Board of Directors of the AANFP have issued an invitation to all in the NFP movement to join in the celebration. Their Public Relations Committee suggests several ways in which this may be done based upon the type of NFP program. For example, hospital based programs could put up displays in the lobby or cafeteria. The Pastoral Care Department could be requested to work on joint activities such as special liturgies or prayer services. In addition, collaboration with appropriate departments such as Maternal and Child Health, Labor & Delivery, Education, etc. could be attempted.

As for diocesan based NFP programs, simple steps could be taken to better get the message out to people in parishes. Bulletin inserts could be designed and disseminated. Information mailings could be included in clergy mailings or other appropriate groups like directors of religious education. Press releases could also be given to the diocesan newspaper.

Whatever one chooses to do, this week of celebration should become an upbeat vehicle through which creative and positive messages can communicate the Church's teachings on NFP. We in the NFP movement are aware of the fact that our fertility is a gift from God, so let's try to join hands and gift others with that same awareness! ■

## Bishop McHugh Appointed Vatican Consultor

Pope John Paul II has appointed Bishop James T. McHugh as a consultor to the Pontifical Council for the Family.

The Council promotes the pastoral care of families to better enable them to carry out their educational, evangelizing, and apostolic mission. Bishop McHugh is one of 20 consultors who will be available for consultation on specialized topics. Most of the Council's consultors, selected by the Pope, are married couples from all parts of the world representing different cultures.

In a Jan. 28 letter to Bishop McHugh, Cardinal Alfonso Lopez Trujillo, Council president, said he considered the appointment "a small reward for the many services and collaboration Bishop McHugh has rendered the Council over the years."

John Paul II created the Pontifical Council for the Family on May 9, 1981. It replaced the Committee for the Family established by Paul VI eight years earlier. Bishop McHugh served as a member of the Committee for the Family from 1977 to 1981. About the same time, Bishop McHugh had also served on the Pontifical Council for the Laity (1977-

1983). In addition, for nearly 20 years Bishop McHugh has served as counsel to the Vatican's Permanent Observer Mission to the United Nations and to the Holy See itself on population issues.

The Pontifical Council for the Family publishes a newsletter as well as other materials. Among the Council's specific duties are:

- To encourage, sustain and coordinate efforts in defense of human life.
- To promote and coordinate pastoral activity regarding responsible procreation, according to Church teachings.
- To deal with drug abuse, prostitution, pornography, and study possible Church action in these areas.
- To foster information-gathering on the human, social and pastoral situation of the family in various nations.
- To communicate with bishops, episcopal conferences and their institutions charged with the pastoral care of the family. ■

## Sex and the Marriage Covenant: A Basis for Morality

*John F. Kippley*

*Reviewer—Mary Shivanandan,  
MA, CFLE, STL*

John Kippley, founder of Couple to Couple International, is no stranger to the gamut of arguments opposing *Humanae Vitae*. Finding many such arguments vacuous, Kippley has searched for counter arguments which often left him discontented. Through

his life work in Natural Family Planning, Kippley continued his search for the language which would not only uphold the truth of the Church's teachings on conjugal love and responsible parenthood, but also reveal their beauty. Kippley has found his language in the biblical concept of "covenant." Sex and the Marriage Covenant is Kippley's at-

tempt at a construction of a covenantal theology of human sexuality.

*Sex and the Marriage Covenant* is an expanded version of Kippley's earlier work **Birth Control and the Marriage Covenant**. The core statement of his covenantal theology of sex is that "sexual intercourse is intended by God to be at least implicitly a renewal of the marriage covenant." In secular terms it can be expressed as "sexual intercourse is meant to symbolize the self-giving commitment of marriage." The statement both conforms to Judeo-Christian revelation and is true to humanity. In addition, it complements John Paul II's theology of the body.

While such a covenantal theology of sexuality is not explicitly stated in Scripture, Kippley argues that it is implied from negative statements. Since God has revealed that sexual intercourse is a good act in marriage only, when a couple marry it becomes the unique sign of their marital union. Not only is sexual intercourse morally right for married couples, but it is intended to reflect the mutual self-giving love of the couple as expressed by St. Paul; "*Husbands love your wives, just as Christ also loved the Church*" (Eph. 5:25).

Kippley cites several advantages to this

theology of sex: it is easily understood; it is biblical; ethical; personalistic; theological; and ecumenical. It distinguishes marital from all non-marital forms of sex. Covenantal theology is realistic and inspiring, providing both a norm to follow and an ideal to live by.

Various chapters are of special note: the evaluation of various non-marital sexual acts in chapter two; a discussion on the morality of sexual acts within marriage itself in chapter three (here he underscores the point that sexual intercourse without love or tenderness is not a renewal of the marriage covenant); and a reflection in chapter four on how covenant is at the heart of both marriage and Eucharist. A section on marital contraception is also included and should be of particular use for NFP teachers.

Part II treats questions of conscience. Kippley's exposition is clear and easily understood. He stresses the need to form conscience according to the teaching of the Church. A major portion of the section is devoted to examining papal pronouncements on birth control and the question of whether such teaching is infallible.

Part III is devoted to pastoral considerations from a brief explanation of

natural family planning to advice on difficult cases. Kippley also discusses how to reform the educational process and call the faithful to conversion.

Part IV contextualizes the controversy over birth control. Kippley provides a useful discussion of the concept of the "People of God" and its use by theologians and others in justifying the practice of contraception. A lengthy section examines arguments in support of contraception as well as arguments upholding orthodox teaching. While appreciating the contra-life arguments of Grisez-Finnis, Kippley finds flaws that he believes are remedied in his approach.

The stated aim of the book is to enable priests and laity to assist the bishop in promoting the Church's teaching on marriage and human sexuality. To be sure, Kippley's forthright language may offend the sensibilities of some, but it is written within the context of a deep love and commitment to the truth of God's plan for marriage and the family. This is not a book for casual reading but calls for attention and study. Once read, **Sex and the Marriage Covenant** should prove a useful aid for NFP teachers, and all who minister to the engaged and married. ■

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## Coordinator's Corner

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### Loving Responsibility— A Gentle Weaver Steps Aside

*Communications Dept., Diocese of Cleveland  
and Theresa Notare*

In this column we usually feature stories written by various coordinators in the country. Often, the stories are about the history and structure of their diocesan programs. At times, they may write about how NFP instruction has led them and their clients to deeper levels of spirituality. Regardless of the topic, the NFP coordinators reflect the

spirit of loving responsibility which is so much a part of our Christian vocation to love God and our brothers and sisters.

The diocesan NFP coordinator is a person deserving of our heartiest applause. She (or he) is a person called by God to do something "public" for Him. Usually she has been gifted with a real heart knowledge of how God wants us to love each other. Why else would she have been interested in NFP if this wisdom wasn't her gift? Since the NFP coordinator is imbued with a real enthusiasm and desire to share this love with

others, she often has a sense of "urgency" with regard to her message. She works hard and long to build the diocesan NFP program, often against formidable odds. Such a "laborer" is an inspiration to us all.

In this column, I'd like to single out one such laborer because she has been a professional and personal source of inspiration to me. In January '92, one of our grand ladies "officially" retired after some 40 years of diocesan ministry. Let's give a hand to Mary Ann Stanton, Diocese of Cleveland.

Mary Ann Stanton began her ministry within the Church as the first secretary for the Marriage and Family Office of the diocese of Cleveland (1953). Mary Ann speaks of herself as a home grown "diocesan bureaucrat." This description does not describe nor do justice to the commitment and contributions that she has given the people of Cleveland throughout her tenure.

Among her many responsibilities, Mary Ann has been a program manager in adult

education, marriage preparation, and marriage enrichment. She has been the facilitator for many groups, including the Catholic Physicians and Dentists Guild; the Couples Ministry; Cana II; plus many local and national boards and commissions. Social action and pro-life activities had been a major part of Mary Ann's work during the early years of her ministry. In response to a request from the U.S. Bishops Pro-Life Committee, following the 1973 Supreme Court decision on Roe v. Wade, Mary Ann organized the first Respect Life celebration for the diocese of Cleveland in the Fall of 1973.

In the early years, an interest in Catholic social action is what attracted Mary Ann to apply in 1951, for a position with the diocese of Cleveland's Institute of Social Education (a popular adult education program established in the early 1950's by Msgr. Francis Carney, at St. John College). In those years,

labor/management courses were the special focus of the Institute's program. In subsequent years a carry-over of this interest led Mary Ann to become active

in a subcommittee of the Commission on Catholic Community Action in order to participate in the diocesan consultations and implementation of the U.S. Bishops pastoral letter on social teaching and the U.S. economy (Economic Justice for All, 1986).

Mary Ann

also served on the committee established by Bishop Anthony Pilla which conducted the hearings on the first draft of the proposed U.S. Bishops pastoral on women.

Much of Mary Ann's efforts in the past ten years have been channeled into building a strong foundation for education in natural family planning. She has been able to form a teaching community of over 40 couples, who give NFP classes to engaged and married couples. Many of these teaching couples are also prepared to give pre-Cana presentations and fertility appreciation education in the schools. With the granting of Endorsement by the DDP in 1991, the Cleveland diocesan NFP program has become a national model for parish based NFP services.

Although officially "retired," Mary Ann Stanton will continue to serve her term as a member of the NFP National Advisory Board of the National Confer-

ence of Catholic Bishops. In this role, Mary Ann has been a reliable source of information on diocesan NFP program development. Her keen insights on Church structure and abundant pastoral experiences have always contributed to the Board's work. Personally, she has expressed a faith that is both vibrant and "catching." She is the one who has given me the best image of God's laborers; i.e., "the weaver." The weaver is the one who picks up a thread and works for a while, only to step aside when her time is up to allow another to continue the weaving. That is how we labor over the tapestry of God's Church, that is how it will reach completion. On this occasion of her retirement, I say let's all give a hand to a gentle weaver!

*If you know of any diocesan NFP coordinator who is retiring, please contact the DDP or send us your reflections. We would like to honor these diocesan NFP ministers. ■*

## "Omaha's Best Kept Secret"

*Sr. Barbara Markey,*

*Family Life Director, Archdiocese of Omaha*

Sometimes you don't know how good you've got it. That's what I've learned as I listen to other Family Life Directors from across the country describe NFP in their areas. I've discovered that people envy what we take for granted in the Omaha Archdiocese. We've got one of the richest, most collaborative, and best trained set of NFP resources in the United States. It may be one of our best kept secrets!

Omaha is unique. We have two groups that teach state-of-the-art NFP from two different approaches. Couples have choices. We have the Couple-to-Couple League which uses trained married couples to teach the symptothermal method of family planning to other couples. About 15 teaching couples pres-



*Above: Mary Ann Stanton, 40 years of diocesan Ministry.*

ently teach groups of other couples throughout the Archdiocese. We also have the Creighton Model of NFP which does individualized instruction in the ovulation method at the Pope Paul VI Institute in Omaha, and other sites in the greater Archdiocese. Professionals trained through the Pope Paul VI Institute teach NFP to individual couples.

With two groups teaching NFP in different styles and from different methods, you might expect competition or conflict. Not here! The two groups work together on various activities to promote NFP in the Archdiocese. They have collaborated to develop and finance

an introductory video for engaged couples. They serve on the Archdiocesan NFP Board to promote NFP information and use of NFP educational opportunities. They take turns writing an NFP column in the archdiocesan newspaper. But most of all, they share a common vision of bringing the gifts of NFP to as many couples as possible.

The glue that helps bring these resources together for the service of couples in the Church comes from Archbishop Sheehan. He has an attitude of strong support for NFP and a commitment to get the word out about NFP. Archbishop Sheehan has charged his Family Life Office to support and enable NFP; he has appointed priests to serve on the Archdiocesan NFP Board; and he shows his concern about how the ministry to couples in family planning is going. We are deeply indebted for his concern and involvement in the organization of NFP ministry in the Archdiocese. ■

## SCIENCE NOTES

Hanna Klaus, M.D.

**A Diaphragm Tampon Applied to an Ovulation Method in a Birth Control System.** Cattanach, J.F. *Contraception* December 1991, 44:607-621.

Cattanach has advocated the combination of the Billings Ovulation Method with barriers for sometime. In this article, he reports the use of a reusable diaphragm tampon which can be used for both menstrual



Archbishop Sheehan (center) with members of his Archdiocesan NFP Board.

protection and as a barrier contraceptive. The device is a two layer diaphragm which catches menstrual flow between layers and expels itself when the space is filled. He reports 80 women who were taught how to fit the device and instructed to use it during menses. If they used it as a contraceptive, they were also told to use a spermicide. The questionnaire data do not state the number of use cycles, merely that 54% of the women used the method as a tampon only; others used it either as a contraceptive diaphragm or tampon and diaphragm. Insertion proved difficult for only 7%. Cattanach reviews the efficacy and acceptability of the "ovulation methods," agrees that the method is sound on a scientific basis, but opines that wide acceptance appears not to have been achieved because: (1) excessive abstinence demanded by the rules of the method; and (2) unplanned pregnancy. Yet his own meta-analysis found 2.5%

method failure and 12.9% user failure rates. [We would call the latter informed choice pregnancy. HK]. He is clearly promoting the device, called **Gynaeseal**, in order to overcome the need for the "excessive abstinence." His belief that there is more than one ovulation method is never substantiated since all his references are to the Billings Method. In his trial, there was only 1 unplanned pregnancy - no statistical data are presented - and no significant medical complications. Cattanach also claims that the diaphragm will reduce human papilloma virus infection (HPV) because the cervix will be shielded from infection. [Apparently he is unaware that HPV infects the vagina and vulva as well and will undoubtedly spread to the cervix once it is introduced. HK]

**Estrogen Improves Psychological Function in Asymptomatic Postmenopausal Women.** Ditkoff, E.C., Crary, W.G., Cristo, M., and Lobo, R.A. *Obstetrics and Gynecology* December 1991, 78:991-995.

The use of estrogens in postmenopausal women has been proposed to improve mood and psychologic function. A randomized double blind study compared the effects of placebo and conjugated equine estrogens on psychologic functions over 3 months in 36 asymptomatic women aged 45-60. Assessment included Minnesota Multiphasic Personality Inventory, the Profile of Adaption to Life, and the Beck Depression Inventory. Memory was assessed by the Wechsler Adult Intelligence Scales. While there was overall improvement in psychologic functioning, particular improvement of the Adaption to Life Profile memory was not affected. Asymptomatic, well-adjusted women will find an improvement in quality of life with estrogens, but it will not enhance memory.

**Sex During Menstruation May Increase Risk of Hysterectomy in Perimenopausal Women.** *Ob.Gyn.News*

December 1-14, 1991, 26:23:9.

Dr. Winnifred B. Cutler is reported to have found that perimenopausal women who have intercourse during menstruation may be at increased risk for unnecessary hysterectomy for heavy menstrual bleeding. In the United States, most hysterectomies are performed during the menopausal transition, especially when women present with heavy bleeding. A study of 124 healthy women going through this transition, who had intercourse during menstruation had 5.5 times the incidence of heavy blood flow, leading to an increased incidence of hysterectomy. A history of intercourse during menses predicted heavy menses. Cutler offered no theory as to the cause, but suggested that if women who have intercourse during menses have heavy menses in the perimenopausal transition, refraining from intercourse during menses could lead to a considerable reduction of flow, and make hysterectomy unnecessary.

**Paying Women to Show Up for Prenatal Care.** *Ob.Gyn. News* January 1, 1992, 27:1:1.

The program "Better Beginnings" was reported by Dr. Derek van Amerongen from Johns Hopkins University at the annual meeting of District IV of ACOG. The program began November '90 and offers a \$10 bill on the spot for every prenatal patient at every visit, counseling, or laboratory encounter. The counseling includes nutrition, health education, well baby care, and substance abuse counseling. Eighty-five to ninety percent of pregnancy patients visiting agreed to enroll. Results so far: for every 50 consecutive term admissions to the labor and delivery suite prenatal visits rose from 6 to 9. Admissions to neonatal to intensive care dropped from 43 in the first three months of 1990 to 16 between July and September 1991, and length of stay after delivery was reduced. Postpartum contraceptive counseling was also judged highly successful with one of the high-

est norplant insertion rates in the State (86% - from another report). *[It is clear that young women will receive better prenatal care and have healthier pregnancy outcome as a result. They will also move out of the obstetrical service for the next 5 years if their norplant implant is retained while undoubtedly appearing in the GYN services for pelvic infections. Other newspaper accounts show the same policy in force in Los Angeles. Clearly the trend now is to see the youngsters through their one pregnancy successfully if they have not been persuaded to abort, but then to make sure that they don't come back for 5 years. H.K.]*

**An Investigation of the Influence of Expectancy on Affective and Physical Changes Associated with Oral Contraceptives Use.** Goetsch, V.L., Burn-ette, M.M., Wiener, A.L., Koehn, K.A., Vanin, J., and Clements, J.N. *Journal of Psychosomatic Obstetrics and Gynecology* September 1991, 12:209-216.

A prospective study of first time oral contraceptive users who were recruited from two universities while participating in a contraceptive education program. During this program, contraceptive side effects were discussed. Volunteers completed the Beck Depression Inventory, State Trait Anxiety Inventory Trait Form, Life Experiences Survey, Wahler Physical Symptom Checklist, and an expectancy/demographics questionnaire. The subjects were studied again at one month and three months. The inventory asked about depression, anxiety, fatigue, pain related to menses, headache, backache. In essence, the expected ill effects were not discovered. The authors suggest that the low dose pills do not produce the same effects as the older higher dose preparations.

**Reducing the Risk: Impact of a New Curriculum on Sexual Risk-Taking.** Kirby, D., Barth, R.P., Leland, N., and Fetro, J.V. *Family Planning Perspectives* November/December 1991, 23:253-263.

"Reducing the Risk" is a new sexuality education curriculum which aims to reduce the risk of unprotected inter-

course either through abstinence or through contraception. It is based on social learning theories, social inoculation theory, and cognitive behavioral theory. In a quasi experimental evaluation the curriculum was implemented in 13 California high schools utilizing 758 students assigned to either treatment or control groups who were surveyed before their exposure to their curriculum, immediately afterwards, 6 months, and 18 months later. The program significantly increased participants' knowledge and parent-child communication about abstinence and contraception. Among students who had not initiated intercourse prior to the pre-test, there was a significant reduction in the likelihood that they would initiate intercourse 18 months later. This effect was not noticed at 6 months, but was evident at 18 months when only 29% of the treatment group had initiated intercourse, compared with 38% of the comparison group, representing a 24% reduction. Those who had already initiated intercourse did not change their frequency or their use of birth control. *[This is a very sophisticated study. However, by placing abstinence and contraception on the same level, it clearly identifies contraception and avoiding of STDs as highest priority. The response rate on the parent survey was very low. And even though those parents who responded favored the program, the authors cautioned against drawing conclusions from this. H.K.]*

**RU486 Combined with PG Analogs in Voluntary Termination of Pregnancy.** Aubeny, E. *Advances in Contraception* December 1991, 7:339-343.

RU486 has been used in France since 1986 to interrupt pregnancies of less than 49 days. Amenorrhea Prostaglandin analogs were used to expel the pregnancy which had been killed by destroying the decidua, the uterine lining which supports the pregnancy, which in turn is dependent on progesterone. By blocking progesterone, RU486 thus causes death of the decidua, hence of the embryo. The drugs are available only in



authorized centers. Under French law, the regime requires an 8-day waiting period, consultation with a social worker, written consent of the patient or by one parent if she is a minor, and residence in France for at least three months immediately prior to treatment. The drugs are not available in pharmacies, even on prescription. Ten thousand, two hundred fifty (10,250) cases are reviewed. Complete abortion was achieved in 95.3% of cases, while 4.7% failed. Of these, 1.1% of pregnancies continued. The outcome of these is not stated. A questionnaire about the procedure was given 12 days after treatment to a sample of 130 women. Of these, 92.8% were satisfied with the method and felt it was preferable to other methods because it avoided surgery and anesthesia. Ten percent of these women had previously had a surgical abortion and thought this method was "more natural." Seven percent felt the method took too long, and gave too much responsibility to the patient. Some said that they would practice contraception in the future. In this group of 10,000+ women, there were no serious complications. However, in the 35,000 total cases, two women with a history of heart disease, both aged over 35, died within two hours after the prostaglandin analog was administered, suggesting that women over age 35 with a history of heart problems would not be candidates for this drug. The patient experiences pain during the procedure and must balance the disadvantages of the pain and monitoring of the bleeding with the advantage (?) of being an active participant in the procedure rather than turning it over to the physician.

**Intrauterine Devices in Nulliparous Women.** Petersen, K.R., Brooks, L., Jacobsen, B., and Skouby, S.O. *Advances in Contraception* December 1991, 7:333-338.

It is generally accepted that intrauterine devices are not suitable for women who have never been pregnant

because there is a higher incidence of bleeding, pain, expulsion, and pelvic inflammatory disease. In trying to elaborate the reasons for this, measurements of the endometrial cavity were performed in an attempt to see whether an IUD could be designed to fit. Various devices and medical treatments were used to try to reduce the frequency of bleeding, none were significantly successful. While the danger of pelvic inflammatory disease (PID) would be minimized if the woman would have only one partner, these factors cannot be established. Therefore the use of the IUD should be avoided in nulligravidas. Continuation rates in nulligravidas have been disappointing in Denmark.

**The Effects of Gender-Specific Diagnosis on Men's and Women's Response to Infertility.** Nachtigall R.D., Becker, G., and Wozny, M. *Fertility and Sterility* January 1992, 57:113-121.

Thirty-six (36) couples who were undergoing infertility treatment volunteered in a study designed to examine the relationship of a diagnosis of infertility to stigma, perception of loss, role failure, and self-esteem by using structured interviews. There were marked differences in emotional responses of the men, depending on which partner was responsible for infertility. If the infertility was due to male factor, men had a profound response, while they did not respond strongly if infertility was female factor. These differences were found on all parameters assessed: role loss which indicates loss of a role as parents; stigma which is associated very strongly with male infertility. Males feel stigmatized if they are unable to impregnate a woman. Their gender identity is affected by their failure to meet male gender role expectations. Men identify potency with virility and therefore their sexual adequacy is threatened. While women also reported feelings of role failure, their reasons differed from men's, and they felt this with equal strength, even though the factor of infer-

tility was on their husband's side. Women reported loss of self-esteem if they were unable to become mothers; whereas, men reported self-esteem only when the failure was on their part.

*Note: Georgetown NFP Meeting of December 1990. American Journal of Obstetrics & Gynecology December 1991, Supplement. This supplement is devoted to papers and abstracts from the international conference, held at Georgetown University, December 1990. It will be reviewed at length in the next issue of Current Medical Research. ■*

## 1993 25th Anniversary of Humanae Vitae.

As you know 1993 is an important year for us. If your diocese or NFP organization is planning special events during 1993 to celebrate the anniversary of the encyclical, please notify the DDP. We will publicize all special events in the newsletter.

# NEWS BRIEFS



## DDP ANNOUNCEMENTS

**Steve Burke, Diocese of Providence, RI**, ends term of service on NCCB NFP National Advisory Board.

An original member of the "Certification Committee," Steve has been advising the DDP since 1987. A place is now open on the NCCB NFP National Advisory Board (NAB), and two names are presently being considered for appointment.

The Certification Committee was the body which wrote the **National Standards**. In 1989 Bishop McHugh changed their name to "The NFP National Advisory Board," and charged them with the responsibility to write the implementation process for the **National Standards**. Steve has been a vital part of this group and will be missed. His wisdom, knowledge of NFP and diocesan structures, as well as youthful humor have made every meeting of the Board a pleasure. We are grateful to Steve for his hard work and wish him many blessings!

**The 1991 Profile Sheets**, sent to all diocesan NFP coordinators, are now due in the DDP offices. We realize that some of you may have been confused owing to a problem with our mailing. Our mail room inadvertently enclosed the cover letter for the "Quarterly Data" with that of the Profile Sheet. Staff person Silvia Juarez has been contacting the dioceses in order to correct the situation.

If you have not yet returned your diocesan Profile Sheet, please take the time now to do so. This information is very important to us. The Profile Sheet enables us to better know what your needs are individually. It is also our only instrument for reporting to the bishops on NFP services in the dioceses. Without such information, the DDP would not be able to keep NFP in the foreground of diocesan activity for the bishops. Thank you for your continued support of this project.

**Bishops put children and families first.** Did you know that on Jan. 6, 1992 the bishops announced a nationwide campaign calling attention to the plight of vulnerable children? The campaign is intended to implement the bishops' statement (approved Nov. '91) "Putting Children and Families First: A Challenge for Our Church, Nation, and World." This statement challenges all Catholics to become a "persistent, informed and committed voice for children and families."

The document was written by the bishops' Committees on Domestic Policy, and Marriage and Family Life. All bishops and their directors of communications, social action, marriage and family life, and pro-life coordinators have been encouraged to work together to publicize the campaign.

You can obtain the document in **Origins**, Nov. 28, 1991, or from the USCC Publications Office (Pub. No. 469-4, \$1.95, quantity rates available.) *Contact: USCC Publications Office, 3211 4th St., N.E., Washington, D.C. 20017; 1-800-235-USCC (8722).*



## UPCOMING EVENTS

**Northwest Family Services** will be conducting a teacher training program in the Sympto-Thermal method of NFP on March 13-16, 1992, in LaCrosse, Wisconsin. Co-sponsored by the Diocese of LaCrosse, this program will provide the necessary skills to enable participants to teach NFP according to Dr. Roetzer's STM model, as well as to utilize the curriculum of the NWFS. *Contact: Barbara Johnson, NFP Coordinator, Diocese of LaCrosse, 3710 East Avenue South, P.O. Box 4004, LaCrosse, WI 54602; 608-788-7700; Rose Fuller, Executive Director, Northwest Family Services, Providence Medical Center, 4805 N.E. Glisan Street, Portland, OR 97213; 503-230-6377.*

**Diocese of Santa Rosa, CA** will hold its first Spanish Language NFP Teacher Training on March 27-29, 1992. The training will be in the Billings Ovulation Method of NFP. Cost of the training includes room and board, tuition, and materials (\$260 for individuals, and \$340 for couples). All candidates will be supervised by a certified Billings Method teacher for one year. This training is co-sponsored by the NFP diocesan program and the Centro Pastoral Hispano of the Diocese of Santa Rosa. *Contact: Regina Corley, NFP Program, Diocese of Santa Rosa, P.O. Box 4900, 2325 Montgomery Drive, Santa Rosa, CA 95402; 707-528-8712.*

**Illinois NFP Association 1992 Conference** will be held on March 27-29 at the Franciscan Apostolic Center, Springfield, IL. This year the theme is "NFP: A Product Worth Marketing." *Contact: Donna Dausman, Conference Chair., 315 S. Westlawn, Decatur, IL 62522; 217-422-8234.*

**Couple to Couple 1992 Conference** will be held July 5-9, 1992, in Grand Rapids, Michigan. This biennial event is open to all, and will be held at Calvin College. Topics will include NFP, marriage enrichment, openness to children, teen chastity, Christian child-rearing, home schooling, the pro-life movement, and related topics. Confirmed speakers include William Coulson, PhD., John Kippley, Coleen Kelly Mast, and Dr. Janet Smith. *Contact: Jerry & Lee Zimmer, 616-363-1046.*

**Billings Ovulation Method Association** will hold a meeting at Georgetown University, Washington, D.C. on July 30-31, 1992. The agenda includes: recertification; scientific update; organizational business; and the review of the certification program. This meeting will be held prior to the larger meeting of all those who are providing educational programs in Human Sexuality with a value orientation (see next news item). *Contact: NFP Center of W.D.C., Inc. P.O. Box 30239, Bethesda, MD 20824-0239; Tel. & FAX 301-897-9323.*

**Teen Sexuality Meeting, July 31-Aug. 2, 1992** sponsored by the NFP Center of Washington, D.C., will be held at Georgetown University in W.D.C. Entitled "Teen Sexuality and the Prevention of Premature Pregnancy and STD's," guest speakers include Stan E. Weed, Ph.D., "Effectiveness of Education Programs in Human Sexuality," Janet Smith, Ph.D., "Philosophical views of the Human Person," and Msgr. Lorenzo Albacete, "Theology of the Body." *Contact: NFP Center of W.D.C., Inc. P.O. Box 30239, Bethesda, MD 20824-0239; Tel. & FAX 301-897-9323.*

**Teen STAR 1992 Workshops** will be held:

Johannesburg. .... March 27-30  
Lusaka, Zambia ..... April 1-7  
Brooklyn, N.Y. .... April 12-15  
Beaumont, TX ..... June 12-15  
St. Louis, MO ..... June 26-29  
London, UK. .... July 20-24  
Bethesda, MD. .... August 3-6  
Minneapolis, MN. .... August 8-11  
Philadelphia, PA. .... August 17-20  
Providence, RI ..... August 28-31

*Contact: Hanna Klaus, M.D., Director, Teen STAR program, P.O. Box 30239, Bethesda, MD 20824-0239; Tel. & FAX 301-897-9323.*

**The Creighton Model of NFP** will be offering education programs for teachers, doctors, and priests. The dates for the beginning educational phase are Oct. 17-25, 1992. *Contact: Creighton Model NFP Education Programs, Pope Paul VI Institute, 6901 Mercy Road, Omaha, NE 68106-2604; 402-390-6600.*



## ANNOUNCEMENTS

**Alliance for Chastity Education (ACE)** is comprised of various national leaders in chastity education. Among the directors are: Pat Homan from Couple to Couple League; Mary Pat Van Epps, NFP coordinator from the diocese of Memphis; speaker, Molly Kelly; and author, Coleen Mast.

The goal of ACE is to popularize the appreciation and practice of chastity. Objectives include: identification of individuals and organizations providing chastity education; promotion of chastity education; provision of information on available chastity programs, resources, and services; and support and encouragement of those who promote chastity. Want further information? *Contact: ACE, P.O. Box 11297, Cincinnati, OH 45211-0297.*

**The American Academy of NFP** has issued a call for papers for its annual meeting scheduled for July 15-18, 1992,

Wichita, KS. The AANFP invites you to submit abstracts regarding original research, case studies, or literature reviews addressing NFP or related topics. Abstracts must be submitted on or before April 17, 1992. Presenters of selected papers will be notified by May 22, 1992. *Contact: C. Dennis O'Hare, M.D., Chairman, Science & Research Committee, Twin Cities NFP Center, Riverside Medical Center, 2450 Riverside Ave., Minneapolis, MN 55454.*

**Billings Ovulation Method Association of the United States (BOM)** invites you to join. BOM is an organization of teachers of the authentic Billings Ovulation Method. BOM coordinates continuing education and especially recertification of OM teachers. Publications include: the Bulletin of the NFP Council of Victoria (quarterly); BOMA News, Science Notes (bimonthly); and the BOM Teacher's Directory. Annual membership dues are as follows: Organizations, \$50.00; Associates, \$35.00; BOM teachers, \$25.00; and Friends of NFP, \$15.00. *Contact: BOM, P.O. Box 30239, Bethesda, MD 20824-0239; Tel. and FAX: 301-897-9323.*



## MATERIALS

**The American Journal of Obstetrics and Gynecology's Supplement**, December 1991, features the proceedings of the conference "NFP Current Knowledge and New Strategies for the 1990s", held in Georgetown, Washington, D.C., Dec. 10-14, 1991. Only the scientific papers of the conference are featured in this supplement. Abstracts of the remaining papers appear on pp. 2069ff in the supplement. A separate publication of the remaining papers will appear in Spring 1992. *Contact: Resource Center, Institute for Reproductive Health, 3800 Reservoir Road, N.W., Washington, D.C. 20007; 202-687-1392; FAX 202-687-6846.*

**Archdiocese of Omaha** will soon publish Reproductions, A Collection of Essays on Natural Family Planning. Written by the Archdiocesan NFP Board

and sponsored by the Family Life Office, these articles were first published in the archdiocesan newspaper. Articles include: "It's Not Rhythm. What is It?"; "According to His Will"; and "NFP Deserves a Fair Hearing." Contact: Family Life Office, Archdiocese of Omaha, 3214 North 60th Street Omaha, NE 68104; 402-551-9003.

Diocese of St. Cloud, MN has produced a new video entitled "NFP: A Shared Value," (price, \$19.95). The video is an upbeat promotional which features NFP couples of various ages who enthusiastically and honestly discuss

their appreciation for NFP.

This 14-minute video can be used by the parish priest during marriage preparation and also is appropriate for NFP classroom instruction. The video does not detail NFP methodology. Contact: NFP Office, 305 North 7th Avenue, Suite 102, St. Cloud, MN 56303.

Pope Paul VI Institute Press has designed a poster and press ad to support the American Academy of NFP's national NFP week (March 22-28, 1992). The poster, printed on coated paper, challenges people to "Catch a Rising Star!" To order, contact: Pope Paul VI

Institute Press, "Catch A Rising Star", 6901 Mercy Road, Omaha, NE 68106; 402-390-6600.

**Newly released books of interest:** Germaine Grisez. *Fellowship in Christ, Moral Principles*. Notre Dame University Press, 1991. A scholarly, orthodox work, with 17 references to the issue of "contraceptive mentality." William May. *Introduction to Moral Principles*. Our Sunday Visitor Press, 1991. Janet Smith. *Humanae Vitae, A Generation Later*. \*Washington, D.C.:The Catholic University of America Press, 1991. (\*Look for a review of this in the Spring 1992 issue of the newsletter.) ■

## NATURAL FAMILY PLANNING Diocesan Activity Report

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Diocesan Development Program for Natural Family Planning  
A program of the NCCB Committee for Pro-Life Activities

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The Natural Family Planning Diocesan Activity Report is published quarterly. Its purpose is to serve the Roman Catholic diocesan NFP programs of the United States through offering: national and international news of NFP activity; articles on significant Church teachings, NFP methodology and related topics; and by providing a forum for sharing strategies in program development. Contributions are welcomed. All articles may be reproduced unless otherwise noted. For more information contact the editor.

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