

Life Matters

A monthly publication
of the Saint Alexis
Pro-Life Committee

Issue No. 12 – July 2016

Natural Family Planning: Do my thoughts reflect those of Christ and His Church?

What is NFP?

The use of the natural rhythms of a woman's menstrual cycle to either encourages or discourages pregnancy. By monitoring body temperature, cervical mucus and or changes in the cervix, a couple can isolate the body's optimal ovulation days and either engage or avoid intimacy.

What does the Catholic Church teach about NFP?

Many people realize that there are unnatural ways to avoid pregnancy, but the Catholic Church teaches that **these are not morally correct**. The Church, who encourages the order of natural law, "teaches that each and every marital act must of necessity retain its intrinsic relationship to the procreation of human life." (Humanae-Vitae, Point 11, "Observing the Natural Law", Paul VI)

What does the Catechism of the Catholic Church say about NFP?

CCC 2370 Periodic continence, that is, the methods of birth regulation based on self-observation and the use of infertile periods, is in conformity with the objective criteria of morality.¹⁵⁸ These methods respect the bodies of the spouses, encourage tenderness between them, and favor the education of an authentic freedom. In contrast, "every action which, whether in anticipation of the conjugal act, or in its accomplishment, or in the development of its natural consequences, proposes, whether as an end or as a means, to render procreation impossible" is intrinsically evil: (Humanae-Vitae, Point 16, "Recourse to Infertile Periods", Paul VI)

Thus the innate language that expresses the total reciprocal self-giving of husband and wife is overlaid, through contraception, by an objectively contradictory language, namely, that of not giving oneself totally to the other. This leads not only to a positive refusal to be open to life but also to a falsification of the inner truth of conjugal love, which is called upon to give itself in personal totality. . . . The difference, both anthropological and moral, between contraception and recourse to the rhythm of the cycle . . . involves in the final analysis two irreconcilable concepts of the human person and of human sexuality.^(Familiaris-Consortio, Point 32, "In an Integral Vision of the Human Person and of His or Her Vocation", John Paul II)

What is the destructive nature of using artificial birth control?

Pope Paul VI predicted grave consequences that would arise from the widespread and unrestrained use of contraception. He warned, "Upright men can even better convince themselves of the solid grounds on which the teaching of the Church in this field is based if they care to reflect upon the consequences of methods of artificially limiting the increase of children. Let them consider, first of all, how wide and easy a **road would thus be opened up towards conjugal infidelity and the general lowering of morality**. Not much experience is needed in order to know human weakness, and to understand that men—especially the young, who are so vulnerable on this point—have need of encouragement to be faithful to the moral law, so that they must not be offered some easy means of eluding its observance. It is also to be feared that the **man, growing used to the employment of anti-conceptive practices, may finally lose respect for the woman and, no longer caring for her physical and psychological equilibrium, may come to the point of considering her as a mere instrument of selfish enjoyment, and no longer as his respected and beloved companion.**" (Humanae-Vitae, Point 17, "Consequences of Artificial Methods", Paul VI)

What resources are available to help in the use of NFP?

Learn NFP Online (<http://www.learnnfponline.com/>)

Billings Ovulation Method Association-USA (<http://www.boma-usa.org/>)

Couple to Couple League International (<http://www.ccli.org/>)

Family of the Americas Foundation (<http://www.familyplanning.net/>)

Marquette University, Institute of NFP (<http://nfp.marquette.edu/>)

NFP International (<http://www.nfpandmore.org/>)

Northwest Family Services (<http://www.nwfs.org/>)

Pope Paul VI Institute for the Study of Human Reproduction (<http://www.popepaulvi.com/>)

WOOMB International (<http://www.woomb.org/>)

Life Matters . . . continued



Fig. 1 — Ignelzi, Maria. *The Motherland*.
Web. 12 June 2016. <http://www.imgrum.net/media/1246610470754368790_2034176582>.



Fig. 2 — Ignelzi, Maria. *The Motherhood Breached*.
Web. 12 June 2016. <http://www.imgrum.net/media/1248067087135981564_2034176582>.



Fig. 3 — Ignelzi, Maria. *The Motherhood Butchered*.
Web. 12 June 2016. <http://www.imgrum.net/media/1250242122772692018_2034176582>.

“The Motherland,” by Maria Ignelzi.

Maria’s description, “In our culture today, a mother’s womb no longer remains the safest place for a child to be. With a multitude of ready and plentiful outside influences, the womb has become a battleground for children. The threat to their survival is very real. To put it plainly, the abortion and contraception industries have waged war on mothers and their future and unborn children. These industries take offense at the natural state of a woman’s body. When you threaten the source for life, you threaten all life. This is an issue relevant to everyone. This particular print depicts the natural characteristics of a womb: protective, nurturing and without any foreign influences. I’ve included some biblical references in these prints. Look closely.”

<http://www.imgrum.net/media/1246610470754368790_2034176582>

“The Motherhood Breached,” By Maria Ignelzi

Maria’s description, “Hormonal contraception makes a child’s enemy out of a mother’s womb. It infiltrates it, yet does not destroy it. The longer a woman feeds her body with these chemicals, the more the uterus lining is thinned out, the harder and harder it becomes for a child to implant and survive. Once a safe, nurturing and natural environment, the womb has become an unnatural place of hostility. Even if the child is wanted, the chances of survival become less and less the longer the woman has been under the influence of this drug.”

<http://www.imgrum.net/media/1248067087135981564_2034176582>

“The Motherhood Butchered,”
By Maria Ignelzi

Maria’s description, “All moral implications aside, abortion is undoubtedly and scientifically unhealthy for women: biologically, medically, mentally, emotionally. Physical side effects include: heavy/persistent bleeding, infection or sepsis, damage to the cervix, scarring of the uterine lining, perforation of the uterus, damage to other organs, increased risk of breast cancer and death. Emotional and mental side effects include: regret, anger, guilt, shame, sense of loneliness or isolation, loss of confidence, insomnia and nightmares, relationship issues, suicidal thoughts or feelings, eating disorders, depression and anxiety. Science has proven ALL of this. In what way is abortion women’s healthcare? It kills one person and severely and permanently scars another. Abortion is not a woman’s right. It is the unethical killing of a child who is being passed off as and reduced to a choice.”

<http://www.imgrum.net/media/1250242122772692018_2034176582>