

Building a Culture of Life in Women's Health Care

A newsletter of the **Pope Paul VI Institute for the Study of Human Reproduction**

Volume 2, Number 1 | Spring 2011

From the Founder...

Welcome to our third issue of our newsletter *Building a Culture of Life in Women's Health Care*! Here, you will find the latest Institute news!

Spring is an important time for the Institute as we conduct Education Phase II. This year's class is the largest ever with over 90 students in training as FertilityCare™ Practitioners and NaProTechnology medical consultants. These practitioners and medical consultants are becoming part of the Institute's effort to *build a culture of life in women's health care*.

This February we also held our first-ever physician-couple retreat, which was specifically for physicians and their spouses/fiancé[e]s to strengthen physician couples in promoting a culture of life. Our retreat master, Fr. Jarosław Szymczak, tailored the retreat lectures, workshops, and couple dialogue times to physician couples. I had the opportunity to present two continuing medical education lectures on NaProTechnology. We hope to offer this time of rejuvenation again in the future!

We hope that you can partake in the Institute's efforts in building a *Culture*

of Life through these pages (be sure to read about my new book, *The NaProTechnology Revolution*, which might be a good resource for you) and that you might be able to attend one of our upcoming events. Blessings to you,

Thomas W. Hilgers, MD
Director of the Pope Paul VI Institute



Dr. Hilgers at 25th Anniversary of Pope Paul VI Institute

MARK YOUR CALENDAR...

June 20 – July 21, 2011

Blackstone Legal Fellowship

Omaha, Nebraska
Center for NaProEthics

July 20-23, 2011

**American Academy FertilityCare
Professionals Annual Meeting**

Duluth, Minnesota
"Superior Women's Health Care: FertilityCare™
& NaProTechnology"

September 22-29, 2011

Polish Society of Perinatal Medicine

Poznan, Poland
Thomas W. Hilgers, MD

October 1-8, 2011

**34th Annual Education Program &
Love & Life Unlimited Conference**
Omaha, Nebraska

IN THE NEWS...

Pope Paul VI Institute was recently featured in the *Catholic World Report* and *Celebrate Life*. Find more information about these on our website.

Like us on **FACEBOOK** by visiting www.popepaulvi.com today!

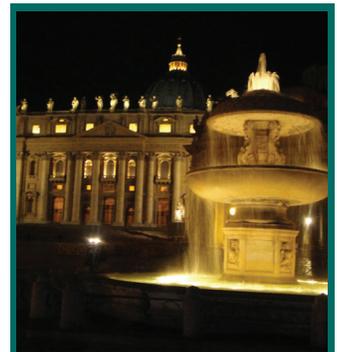
Visiting the Vatican 2011 — Pontifical Academy for Life Meetings

NaProTechnology's founder was in Rome this winter! Thomas W. Hilgers, MD, participated in the 17th general assembly of the Pontifical Academy for Life, which was held in Rome from the 24th through the 26th of February. Hilgers, a founding member of the Pontifical Academy for Life who was appointed in May 1994, attended this year's annual meetings of the Academy that focused on "'post-abortion syndrome'

and the use of umbilical cord stem cell banks for therapeutic treatments" (CNA/EWTN News Feb 28, 2011).

"Participants are able to attend a papal audience," said Sue Hilgers, who accompanied her husband, Dr. Hilgers, on the trip. "It was held in the Clementine Hall." At the audience, Pope Benedict XVI said "medical-

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St. Peter Basilica and north fountain
Rome — February 22, 2011

High Honors — *Fides et Ratio* Medal

During a touching ceremony on April 8th at the largest-ever Education Phase class, FertilityCare™ Educator Janina Filipczuk presented Thomas W. Hilgers, MD, with the *Fides et Ratio* medal, which was awarded to him at a symposium on March 19, 2011 by the Polish Catholic Scholars Guild. Filipczuk received the medal for him in Warsaw and was also an award recipient for introducing NaProTechnology to Poland. Hilgers founded and directs the Pope Paul VI Institute, which is the home of the Creighton Model FertilityCare™ System and NaProTechnology.

When Hilgers was named a recipient of the award, Archbishop Henryk Hoser said, “The message which your work carries, Dr. Hilgers, reaches wide horizons, horizons above and beyond the fields of biology and medicine. The clear message you pass on proves your respect for the human person as a child of God created in His image. Dr. Hilgers, it is my great honor and privilege to present you with this award.”

This award, which follows Hilgers’ receipt of the the Vatican’s highest medal for health care workers—the Good Samaritan Medal—in September of 2010, is the Polish Catholic Scholars Guild’s “thank you for your [Dr. Hilgers] continuously pointing out the values of human life and our responsibility for procreation and also for giving us



NaProTechnology.” Archbishop Hoser continued, “Thank you, Professor Hilgers, for proposing NaPro as a new life style that does not destroy harmony... Thank you for giving us NaPro as a scientifically proven solution for different diagnosed problems including infertility.”

The *Fides et Ratio* medal is “awarded by the Polish Catholic Scholar’s Guild for the promotion of goodness and beauty in the world through your faithful service to the human person and its dignity as well as the affirmation of human fertility.” It recalls the September 14, 1998 teaching of Pope John Paul II that “proposed that faith and reason are not only compatible but essential together... Faith and reason are like two wings on which the human spirit rises to the contemplation of truth.”

Visiting the Vatican 2011 — *Pontifical Academy for Life Meetings*

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scientific research is a value and, hence, a commitment, not only for researchers but for the whole civil community. The result is the duty to promote ethically valid research on the part of institutions, and the value of the solidarity of individuals in the participation of research directed to promote the common good.” While these words do apply to umbilical cord stem cell banking and post-abortion syndrome research, they can also relate well to the efforts of the Pope Paul VI Institute.

The Hilgers stayed in Rome from Monday the

22nd through Sunday the 27th during which time they were able to visit with hierarchy and clergy. They were also able to enjoy lunch at the North American College with Monsignor Joseph Hanefeldt, spiritual director of the college and a priest of the Omaha Archdiocese.

They stayed at Casa di Santa Marta, located within the Vatican walls directly across a street from the apse of St. Peter Basilica.

Highlights of their trip included “of course, the papal audience,” said Sue. “But, one special moment was when Dr. Hilgers and I visited the tomb of Pope Paul VI. On every trip to Rome, he always visits the crypt because it was Pope Paul VI who gave us *Humanae Vitae* and got him involved in this work.”



Dr. Thomas W. and Sue Hilgers in Rome, February 2011, waiting in the Clementine Hall for the Pontifical Academy for Life audience. Inset: Pope Benedict XVI at the audience.



Transforming the Culture of Life — *by Pat Wermuth*

One quiet, sunny afternoon in 1981, I was watching my four children play in the backyard of our home in Tampa, Florida, and sifting through the pages of an old magazine. My eye caught an article about the birth control pill being the very best way to avoid pregnancy. At the time, I had been thinking that maybe the pill was the only solution. According to the article's author, I would be a great candidate, yet I was hesitant. Just thinking about defying my faith felt so wrong. I was so torn that I decided to see a local priest to discuss it.

At the meeting, Father Peter told me about what is now called the Creighton Model FertilityCare™ System and how it helps to prevent or achieve pregnancy while always respecting the gift of fertility as the gift it is. It was like an answer to my prayers! I rushed home to my husband to tell him that there is a better way than contraception. Soon after my husband and I attended an Introductory Session and left convinced that it is well taught and easily learned. Because it was such a gift to our marriage, I decided to become a FertilityCare™ Practitioner to help other couples to discover the truth and goodness of the method. In 1987 in order to reach more couples, my husband and I formed Tampa Bay FertilityCare™ Services as a non-profit agency. I am retired from active teaching but still an enthusiastic supporter of

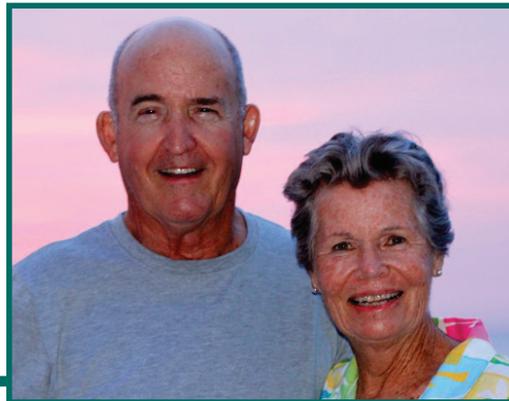
the brilliant work being done at Pope Paul VI Institute for the Study of Human Reproduction under the direction of Thomas W. Hilgers, MD, and his wife, Susan.

During my 25 years of service, I saw the joy of couples discovering a new closeness in their marriages and, for some, achieving a longed-for pregnancy. Husbands and wives often thanked me for the benefits to their family. It is not me they should have thanked, but Dr. Hilgers, whose important work has given them something far better than those means of contraception, sterilization, and abortion promoted in mainstream medicine.

I support the Pope Paul VI Institute because I believe that Dr. Hilgers and his team are transforming the anti-life culture and practice of so much medicine aimed at treating women of reproductive age. I believe that the Institute need continuous funding to make a difference in medicine through the training of medical professionals. Doctors

and nurses must be educated about better solutions than contraception, abortion, and sterilization to fulfill their calling in helping people and curing the problems rather than contributing to them.

I have wholeheartedly supported the Institute for 25 years, will continue to do so, and I hope you will, too.



Advancing the Culture of Life through the Pope Paul VI Institute

Development Board

The Institute launched a new board in 2010 to shepherd its development as it enters a new era of expansion. This development board is responsible for resource development and strategic planning, domestically and globally. Members are Dr. Thomas and Sue Hilgers (Omaha, Nebraska), Archbishop Emeritus Elden Francis Curtiss (Omaha, Nebraska; spiritual director), Deborah Colloton (Des Moines Iowa; chairman of the board), Bill and Donna Bradt (Naples, Florida), Tim and Pat Von Dohlen (Austin, Texas), Mary Grace Sundy (St. Louis, Missouri), Cathy McConn (Houston, Texas), and Paul Comeau (Omaha, Nebraska). The Paul J. Strawhecker, Inc. firm coordinates board activities.

Cultivation Events

Another emergence in the past year included cultivation events for the Pope Paul VI Institute, organized by the Development Board. These events serve to attract new supporters of the Institute's work and provide an opportunity for donors to come together and learn more about the mission, the work, and the future aims of the Institute. Its "meet-and-greet" format includes food or refreshments and a presentation by Dr. Thomas W. Hilgers. The four cultivation events held to date were in Omaha at the 25th anniversary celebration; in St. Louis, Missouri; in Washington, DC; and in Naples, Florida. The next event will be held on April 30th in Houston, Texas.

Matching Gift Challenge: The Institute received a \$500,000-in-matching-funds gift challenge. To date, we have raised \$109,000!

The NaProTechnology Revolution: *Unleashing the Power in a Woman's Cycle*

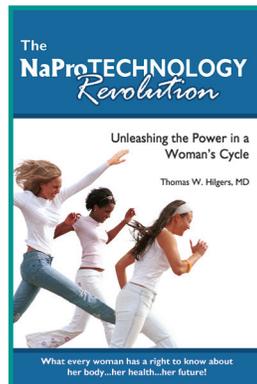
Women looking for real solutions to their real health problems can now find answers in *The NaProTechnology Revolution: Unleashing the Power in a Woman's Cycle* by Thomas W. Hilgers, MD. This new release—September 2010—draws “on decades of medical experience to provide educational and revolutionary insights into the world of women's health.” It addresses issues such as infertility, menstrual cramps, PMS, ovarian cysts, unusual bleeding and discharges, polycystic ovarian disease, miscarriage, postpartum depression, prematurity, hormonal abnormalities, and family planning. And, this book shows how the women's health science of NaProTechnology can be used to diagnose and treat effectively these problems.

NaProTechnology, a health science that relies on the Creighton Model System of charting the menstrual and fertility cycles, improves health and protects fertility. It has



Dr. Hilgers signing copies of *The NaProTechnology Revolution* at the 25th anniversary celebration of the Pope Paul VI Institute

raised awareness to a problem that millions of women suffer and do not even know that they have—abnormal ovarian function. When used to assist couples with infertility,



NaProTechnology can be nearly three times more successful than IVF and does not involve early abortions or frozen embryos or high rates of multiple pregnancy; IVF, on the other hand, rarely improves health and can threaten it. Another important dimension of NaProTechnology is its Prematurity Prevention Program, which cuts the rate of prematurity from the national 12.7% down to 7%!

The book *The NaProTechnology Revolution* addresses micromanagement of human fertility by women's health specialists and confronts the abandonment of women by the medical profession. It is a must read for every woman—for it tells what every woman has a right to know about her body...her health...her future!

This book can be ordered on our website, www.unleashingthepower.info, which also has our Internet Appendix chapters as well as references and testimonials. Or, it is available at www.barnesandnoble.com, www.borders.com, and www.amazon.com.

One woman, Kerri Taylor, who recently read the book, said this, “I read *The NaProTechnology Revolution* book right after I started using CrMS. It absolutely helped me to understand the CrMS better. It seemed like Dr. Hilgers was writing the book specifically about me. I felt empowered as a woman learning so much about my body... I would absolutely recommend this book. I believe every woman should read this and be aware of NaProTechnology.”

Join the Club!

Giving a small amount every month can add up in a big way! By joining the Monthly Giving Club of the Pope Paul VI Institute, your monthly gift will immediately benefit the Institute's programs.

It's Affordable

You will be spreading your contribution through the year. You can plan in advance how much you want to contribute.

Simplify Your Life

The Monthly Giving Club will simplify your life by eliminating the need to write out and mail a check.

It's Hassle-free

Every month, the Institute will charge the set amount you specify to your credit card or will automatically withdraw from your checking account.

It's Convenient

Once you've decided how much you want to give, no further action is required. Your donation will appear on your monthly credit/check card statement. At the beginning of the year, for tax purposes, the Institute will send you a receipt for all gifts received from the preceding calendar year.

Your Gift Goes Further

When you become a pre-authorized monthly donor, there is no need for us to send you reminder mailings during the year. We are able to save on mail production costs and more of your gift goes directly to support our mission.

Our Guarantee

You can change your monthly pledge or cancel at any time. Just give us a call at (402) 505-8949 or e-mail at advancement@popepaulvi.com.

Please join the Monthly Giving Club by selecting the “automatic withdrawal” on the gift envelope enclosed. We will send you the authorization form. Thank you.