

Welcome from Dr. Hilgers

I AM PLEASED to present you with the Summer Newsletter 2013 issue of the *Building a Culture of Life in Women's Health Care* newsletter. One of the more satisfying aspects of our work here at the Institute is the opportunity to promote a Culture of Life on a global scale. For two weeks during May and the beginning of June, Sue Hilgers supervised the on-site visits of 5 of the 35 **FertilityCare™** Practitioner and Educator interns teaching within the Polish Education Program. Sue also represented the Institute in Poland with presentations to the public and medical professionals as well as interviews with Polish radio, TV, and newspapers. Such interviews are important, in part, to dispel the misconceptions about **NaProTECHNOLOGY** as presented by the mainstream Polish media.

Sue also visited Mexico City this past June, attending the opening of the first **NaProTECHNOLOGY** medical practice in Mexico City. The continued



Sue Hilgers meets with **FertilityCare™** practitioner interns and directors of the *Evangelium Vitae* Center in Wroclaw, Poland. Pictured here are: Agnieszka Kubrak, Joanna Bober, Sr. Ewa, Sue Hilgers, Sr. Dorota, and Krzysztof Strug.

growth of **NaProTECHNOLOGY** in Poland and Mexico is exciting and we look forward to bringing this health science to other areas of the world. Thank you for your continued interest in the Pope Paul VI Institute and our efforts to promote, here and abroad, a Culture of Life in women's health care.

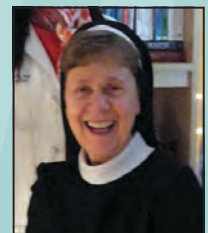
With Breastplate and Sword: NaProEthics

THIS ETHICIST wakes up everyday with a song in her heart and this thought stuck in her craw: 'How can I be so fortunate?' As the ethics director of the Pope Paul VI Institute, I'm not once, not twice, but thrice blessed. I not only have the privilege of (once) counseling in the areas of procreative, birth and sexual ethics; I also have the pleasure of (twice) publishing articles on a myriad of theological and medical/scientific issues, and the joy of (thrice) lecturing on these same issues both at home and abroad.

Given space constraints, there's only room to talk to you about the first honor: being invited into the intimate circle of a couple's moral decision-making. Amidst soul-searching and discernment, my client-couples ask me to help them grasp, and then embrace, the true good in respect to their

by Sr. Renée Mirkes, OSF, PhD — ethics@popepaulvi.com

moral concerns. I take my duty of guiding them to a truly human solution very seriously and I go in properly armed: wearing the breastplate of the truth of two millennia of the Catholic moral tradition and the sword of the OB-GYN healthcare developed by Dr. Thomas W.



Hilgers and his colleagues — the **CREIGHTON MODEL FertilityCare™** System and **NaProTECHNOLOGY**. Before a client-couple decides what to do [how to plan their family; or how to morally evaluate: surrogacy, adoption of abandoned embryos, IVF, IUI, genetic counseling, contraception/sterilization;

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Building a Culture of Life in Women's Health Care

RELIGIOUS ORDERS

The following organizations offer spiritual support and pray for the work of the Pope Paul VI Institute:

Franciscan Sisters, TOR of Penance of the Sorrowful Mother, *Toronto, OH*

Servants of Mary, Ministers to the Sick, *Kansas City, KS*

Little Sisters of the Poor, *Queens Village, NY*

Dominican Monastery of the Mother of God, *West Springfield, MA*

Franciscan Brothers of Peace, *Saint Paul, MN*

Sisters of Our Mother of Divine Grace, *Port Sanilac, MI*

Discalced Carmelite Nuns, Monastery of Our Lady & St. Joseph, *Pittsford, NY*

Carmelite Nuns of Port Tobacco, *La Plata, MD*

Discalced Carmelite Nuns, Monastery of St. Therese of Lisieux, *Loretto, PA*

Discalced Carmelite Monastery of Divine Mercy and Our Lady of Guadalupe, *Valley Center, KS*

Poor Clare Colettine Nuns, Annunciation Monastery, *Minooka, IL*

Poor Clare Colettine Nuns, Corpus Christi Monastery, *Rockford, IL*

Cistercian Nuns, Valley of Our Lady Monastery, *Prairie Du Sac, WI*

Passionist Nuns Monastery, *Ballwin, MO*

Dominican Nuns, Monastery of Our Lady of the Rosary, *Buffalo, NY*

Marian Sisters of Lincoln Diocese, *Waverly, NE*

Poor Clares, Maria Regina Mater Monastery, *Kokomo, IN*

Sisters of the Third Order of St. Francis, *Peoria, IL*

Religious Teachers Filippini, *Morristown, NJ*

Dominican Nuns, Monastery of Our Lady of the Rosary, *Summit, NJ*

Daughters of Mary Help of Christians (Salesian Sisters), *North Haledon, NJ*

Franciscan Daughters of Mary, Pro-Life Missionaries, *Covington, KY*

Poor Clare Monastery of Our Lady of Guadalupe, *Roswell, NM*

Fellow David Parker, MD

FOR DAVID PARKER, the Medical and Surgical **NaProTECHNOLOGY** Fellowship allowed him the opportunity to be an authentically Catholic OB-GYN. His decision to become a fellow was an easy one. "I could not simply approach a patient toeing the American College of Obstetrics and Gynecology party line minus the contraception, sterilization and abortion aspects," he said. "I had to learn a different approach."



During his fellowship at the Pope Paul VI Institute, David was provided the knowledge and skills to practice authentic women's health. "I have a better understanding of a woman's fertility cycle, how to treat its dysfunctions and have developed a unique surgical skill set to treat pelvic organ disease," said Parker. "Equally important, I have received great formation in the philosophical and moral realms with regard to the dignity of the human person and the sanctity of human life."

This fall, he will join the staff at St. Joseph Regional Medical Center in Mishawaka, Indiana where he will put to practice the instruction he received at the Pope Paul VI Institute.

Fellow Brooke Jemelka, MD



THIS PAST SUMMER, Dr. Brooke Jemelka celebrated the completion of her Medical and Surgical **NaProTECHNOLOGY** Fellowship at the Pope Paul VI Institute. According to Dr. Jemelka, the Fellowship was the only option that offered her the opportunity to practice medicine with a clear conscience using sound practices.

When Dr. Brooke Jemelka first explored a career in medicine, she was drawn to the technical and spiritual aspects of OB-GYN but was concerned about the controversial aspects of the field that disagreed with her Catholic faith. "The fellowship has equipped me with the tools to evaluate, diagnose and treat many medical issues in an ethical and more thorough way," she said.

This fall, she joins former John Paul II Fellow Dr. Kathryn Karges at the Caritas Complete Women's Care Clinic in Houston, Texas where, Karges began practicing in August 2012.

WAYS TO GIVE to the Pope Paul VI Institute

There are several ways you can make a tax-deductible gift in support of the Pope Paul VI Institute.

- use the enclosed gift envelope
- visit us online at popepaulvi.com
- search for us on Facebook.

Official Address: Pope Paul VI Institute, 6901 Mercy Rd., Omaha, NE 68106-2621. Tax ID 36-3313152.

GIFTS THROUGH YOUR WILL

Proper estate planning preserves assets so that they will be used according to your wishes.

BEQUEST LANGUAGE

"I, (name), of (city, state, zip) give, devise and bequeath to Pope Paul VI Institute (written amount or percentage of the estate or description of property for its unrestricted use or purpose"

Dr. Catherine Keefe Practices Medicine and Faith at Pope Paul VI Institute

AS AN OBSTETRICIAN-GYNECOLOGIST and **FertilityCare™** Medical Consultant, Dr. Catherine Keefe enjoys the opportunity both to live out her faith and to serve others through her work at the Pope Paul VI Institute. Being a doctor is the fulfillment of a lifetime quest for Dr. Keefe — one that originated when she was a child. “My interest in becoming a doctor began with an interest in science and volunteering,” she recalls. “And, my parents encouraged me to pursue a career in medicine.”

She majored in biology and pre-med, but not until after a summer externship during college. During her externship, she observed her first caesarean section and began to sense her specific calling in medicine — obstetrics and gynecology. As a practicing Catholic, she realized that choosing this specialty raised the question of how she would remain true to her faith in a medical field where contraception, abortion, and *in vitro* fertilization are standard practice.

The answer to her dilemma revealed itself in a series of events that unfolded during medical school when Dr. Keefe first learned of Dr. Thomas Hilgers and his work in the area of



Dr. Catherine Keefe holding one of her new arrivals.

NaProTECHNOLOGY. “Here was this approach not only consistent with my Catholic faith but, to my pleasant surprise, effective for treating ailments that others ignored or failed to treat.” She soon completed a rotation at the Pope Paul VI Institute. After residency, she came to the Institute as its first Pope John Paul II Fellow, and then she accepted an offer of a permanent position.

Today, Dr. Keefe practices obstetrics, gynecology, and reproductive medicine and surgery at the Pope Paul VI Institute. While the majority of her work involves surgical **NaProTECHNOLOGY**, she is also a faculty member in the Institute’s teaching program. This affords her the opportunity to train other physicians in **NaProTECHNOLOGY** and to see firsthand their conversions.

While she finds teaching aspects of her work rewarding, it is working with patients that satisfies her passion for medicine and service.

“To participate in the joy and gratitude of a couple who have for years longed for a successful pregnancy, once their dream is achieved — in part through **NaProTECHNOLOGY** — is a gift beyond measure”, she concludes.

With Breastplate and Sword: NaProEthics

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...or how to treat high-risk pregnancies; or how to collect a semen specimen in a way that respects human dignity; or how to define serious reasons to avoid a pregnancy; or how to confidently avoid a conception when contraindicated by serious female diseases or conditions], I help them understand what human goods are at stake and how the medicine we offer at the Institute will enable them to pursue a reasonable and virtuous solution—not just to their particular question — but also to their abiding concern to be holy and to live a moral life worthy of Christ.

There’s that persistent notion again: ‘I am so blessed to be able to do ethics here at the Pope Paul VI Institute.’ Every day is like a mini-retreat: the Holy Spirit helping me help others journey into the meaning of all that is true, good, and beautiful.

BISHOPS’ ADVISORY BOARD

*The following bishops recognize and offer prayers and support for the ground-breaking work being conducted at the Pope Paul VI Institute for the Study of Human Reproduction, including the development and use of the new women’s health science known as **NaProTECHNOLOGY**:*

Raymond L. Cardinal Burke
Prefect of the Apostolic Signatura, Vatican

Archbishop Samuel J. Aquila
Archbishop of Denver, Colorado

Archbishop John C. Nienstedt
Archbishop of St. Paul and Minneapolis

Bishop Thomas J. Olmsted
Bishop of Phoenix, Arizona

Timothy Michael Cardinal Dolan
Archbishop of New York, New York

Archbishop Paul S. Coakley
Archbishop of Oklahoma City, Oklahoma

Archbishop Zygmunt Zimowski
President of Pontifical Council for the Pastoral Care of Healthcare Workers, Vatican

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Archbishop of Kansas City, Kansas

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Bishop of Sioux City, Iowa

Development Committee Established to Promote Mission

THE POPE PAUL VI INSTITUTE is pleased to announce the formation of the inaugural Pope Paul VI Institute Development Committee. The Committee was designed to help the Institute meet its annual fundraising and development goals. Comprised of ten members, the Committee will provide guidance for the annual development plan, approve fundraising materials, and, among other things, help the Institute reach out to potential donors.

Committee Member Susan Jordan has high hopes for the Committee and its potential. "The Pope Paul VI Institute offers authentic hope for women's reproductive health, guided by faith and reason. It is a great privilege for me to serve on the Development Committee to advance the Institute's critical mission."

The Committee's membership consists of founders Dr. Thomas Hilgers and Sue Hilgers (Omaha), Paul Hilgers (Omaha), Paul Comeau (Omaha), Tim and Pat Von Dohlen (Austin, Texas), Susan Jordan (Chicago, Illinois), Mary Grace Sundy (Saint Louis, Missouri), Chuck Weber (Wichita, Kansas), and Pat Wermuth (Longboat Key, Florida). To further support the Committee, Jodie Nolan of Paul J. Strawhecker,



Committee Members Pat and Tim Von Dohlen

Inc. will serve to provide Counsel.

The work of the Development Committee will play an important role in the continued growth of this mission. According to Board Member Mary Grace Sundy, "My family has benefitted personally from NaPro. Three of my granddaughters were born close to term thanks to Dr. Hilgers' prematurity prevention program. When they grow up, I want **NaProTECHNOLOGY** to be available to them no matter where they live. I want it to be available to everyone! This work needs to spread and grow and that takes money."

With the Institute's continued growth throughout the United States and even the world, the Development Committee will have a challenging task. It is challenge with rewards, though, according to Committee Members Pat and Tim Von Dohlen, "The world will be a better place when the full extent of the scientific medical advancements through **NaProTECHNOLOGY** are fully understood. One of our major goals is to help people understand how important and beautiful **NaProTECHNOLOGY** is for women's reproductive health."