

# Fertility Care for young women

A newsletter of the Pope Paul VI Institute  
dedicated to helping women appreciate their fertility

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## CELEBRATE HUMANAE VITAE DAY



Anna Kenney

Written by Anna Kenney, age 14. Winner of the Nebraska Pro-life essay contest by the Knights of Columbus

**ABORTION IS A MONSTER** that not only kills innocent children, it also deeply hurts everyone involved in the abortion. Mother Teresa talks about a mother's conscience dying after having made the choice to abort a baby. I believe this is true and if a close friend told me that she was planning on having an abortion, I would be devastated for

her child, and for how this decision would affect this girl for the rest of her life.

I know that I couldn't physically drag my friend away from the abortion clinic, but I would do all that I could to prevent her from going. I am the oldest of eight children and I see every day the importance of family and the love that comes from them. No matter how small and dependent a life is; we as a church believe that all life is sacred. I would explain to my friend that the little being growing inside of her is in fact a person with the same dignity as her own. She may not like it, but whether she decides to keep this baby or not her life

is already changed forever, so why not change it for the good. John Paul the Great says that the baby in the mother's womb is "unique, precious, and unrepeatable". I would talk to her about the gifts and talents her child could bring to the world.

So many loving parents can't have children of their own, and it is tragic to think about all the innocent lives they could have opened their arms to in adoption. Giving up a baby through adoption is beautiful; it is truly sacrificial love.

Prayer is essential for this circumstance of counseling my friend. I would need the guidance of the Holy Spirit to help me simply speak the truth with love. I would invite her to pray with me as well, hoping that she would realize the mistake she would be making.

Mother Teresa has inspired me in many ways, especially on the issue of abortion. I would share Mother Teresa's strong devotion to the little children around the world. Most importantly I would try to show my friend the love of God through me. Because, possibly the best way to help this young woman show love to her little baby is to show her the love and mercy of God.

*"There are two victims in every abortion: a dead baby and a dead conscience."*

**MOTHER TERESA**

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# I WAS BORN ON JULY 25TH

by Teresa Kenney

**I WAS BORN ON JULY 25TH.** To most of you that day on the calendar may not mean much, but to me it is a very special day. Not just because it is my birthday, but because it is also *Humanae Vitae* day!

On July 25th 1968 Pope Paul VI released a very important encyclical, which at the time was launched on a culture very prepared to go against everything that *Humanae Vitae* stood for. There was more controversy around this short encyclical than that of any other Church document ever released. Why? Because it stood for an ideal that the progressive and increasingly secular society believed to be very behind the times. This ideal simply stated is that sex should be considered sacred between one man and one woman, within marriage and always open to God's creative power.

Pope Paul VI in his wisdom expressed in *Humanae Vitae* that "The transmission of human life is a most serious role in which married people collaborate freely and responsibly with God the Creator. Pope Paul VI knew this central truth; that the sexual act is holy, noble and sacred and if we stopped seeing sex as such, then our culture would be embracing a lie. There is no more fundamental truth than the Church's teaching against contraception. It is more important probably than any other teaching we have, because it is the key to understanding the human person as "made in the image and likeness of God" and it is a vision of our eternal banquet in Heaven.

Unfortunately, Contraception was widely accepted in the years soon after *Humanae Vitae*, leading to moral decline, increased abortions like society had never seen before, and the degradation of the family which we continue to feel the effect of to this day. As time has progressed in the years passing the twentieth century, we now are adding the increasing acceptance that marriage itself should be redefined to allow the 'marriage' of same sex unions and to see the homosexual lifestyle as "normal".

The Church's teachings are timeless and despite continued efforts of evil trying to prevail we should fret not. Christ has already won the battle and secured the victory; but as soldiers of Christ, it is our job to bring as many souls with us into the everlasting joy that is awaiting us. It is our call to be faithful to the end, to Christ and His Church.

Hearts can be softened and more and more young



Teresa Kenney

people are opening themselves up to the truth of *Humanae Vitae*. The Church and its leaders are starting to teach and preach the Gospel of Love and Life.

But the biggest witnesses and the largest group of evangelizers are the married couples and families themselves who practice the Church's teaching of Natural Family Planning. They are growing their families not only with children but with a joy that is evident and apparent to those around them. I have often believed that people's hearts are changed by witnessing the family in the Church pew in front of them. Watching their example of a loving marriage and seeing the openness to Life in the little faces peering back at them.

Pope Francis in address to engaged couples at St Peter's square on the feast of St. Valentine in 2014, encouraged couples to see marriage as a "celebration". He stated "What happened at Cana two thousand years ago, happens in reality at every wedding feast. It is the presence of the Lord, who reveals Himself and the gift of His grace, that will render your marriage full and profoundly true. ... At the same time, it is good for your wedding to be sober and to emphasise that which is truly important. Some people are more concerned with external signs, with the banquet, the dress... These are important aspects of a feast, but only if they are able to indicate the true reason for your joy: the Lord's blessing upon your love. Ensure that, like the wine in Cana, the external signs of your wedding feast reveal the presence of the Lord and remind you, and all those presence, of the origin of and reason for your joy". Families who live out the fullness of human sexuality in marriage through Natural Family Planning are a great witness of the peace, joy and love that the human family is as Domestic Church.

Scripture tells us in Matthew that we are not to hide who we are... "nor does anyone light a lamp and put it under a basket, but on the lampstand, and it gives light to all who are in the house." Matthew 5:15

Our house right now is not just the one we live in, but our Church, our community and any and every soul we come into contact with. So get out that light and Shine! Witness a culture of Life and Love...and remember *Humanae Vitae* and Blessed Pope Paul VI, especially on my birthday July 25th!



# BEARING FRUIT IN FAMILY LIFE

by Stefani Kreifels

**MARTIN AND I DECIDED TO USE NATURAL FAMILY PLANNING (NFP)** because it's what is best for our marriage (even though the world tells us otherwise) we knew NFP would lead us to the most fruitful marriage, but not without its cross. Understanding NFP and its purpose in our life showed us God's never-ending love and how we can, with Him, create new life. Once we understood sacrificial love and the deeper love it brings forth our cross seemed a little lighter. Leaning on God's will and wisdom led us to true happiness.

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*Couples who use NFP have a less than 4% divorce rate, and when those couples pray together and attend mass every Sunday the divorce rate is less 1%.<sup>1</sup>*

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Couples who use NFP have a less than 4% divorce rate, and when those couples pray together and attend mass every Sunday the divorce rate is less 1%. We wanted to give ourselves the best chance at healthy and happy marriage. Not only do the statistics speak loud and clear, NFP is in line with the Church's teaching on marriage and sexuality, it's the only approved method for spacing children. NFP still allows the couple to grow in love for each other and God by inviting Him into our marriage.

Using NFP (CRMS) has helped us experience faithfulness. Having had some ups and downs with understanding all that comes with Natural Family Planning, I have grown closer to Jesus and the Church's teachings on marriage and family. It is only when we are faced with challenges that we seek to find the truth and understanding. Reading books about Natural Family Planning, Theology of the Body, and what it means to be a Godly wife and mother has improved my understanding of God's plan for me. My husband and



Stefani and Marty Kreifels and their two children

I have improved our communication and how we work together. My husband's faithfulness has grown also, and he, too, understands God's plan for him as the spiritual leader of our family. Keep the invitation into your marriage always open to Him and he will make everything fruitful.

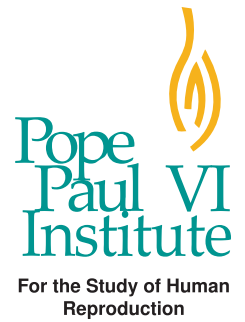
1. Source: Times Review, La Crosse, WI, February 15, 2000

*“Sweeter even than to have had the joy of children of my own has it been for me to help bring about a better state of things for mothers generally, so that their unborn little ones could not be willed away from them.”*

— Susan B. Anthony

## RESOURCES

[www.DrHilgers.com](http://www.DrHilgers.com)  
[www.fertilitycare.org](http://www.fertilitycare.org)  
[www.chastity.com](http://www.chastity.com)  
[vocation-network.org](http://vocation-network.org)  
[www.onemoresoul.com](http://www.onemoresoul.com)  
[www.ewtn.com](http://www.ewtn.com)



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## GOD'S PLAN FOR FAMILY LIFE:

## THE HOLMES' STORY



The fruit of the Holy Spirit that has touched me the most through NFP is reverence. I have learned to be confident in God's will over my family size and our ability to practice NFP faithfully. The ability to live my married life with NFP has enabled me to avoid the chemicals and guilt of contraception. We have been more open to life than we would have been otherwise. My husband is

more patient than I am with NFP- this has allowed me to appreciate his calm demeanor, willingness to abstain when necessary and openness to life. Through having children, I have learned to be more selfless. While not always easy, the practice of NFP has provided much joy to our family. I am truly amazed at the natural system of fertility that our Lord designed and feel that I am able to respect His design through the practice of NFP.

— Amie Holmes



The fruits of the Holy Spirit that NFP has brought to our marriage are knowledge and generosity. The Creighton Model System of Family Planning forever changed the course of my life by bringing me closer to God. My discovery of this system came at a critical time when I was trying to figure out a direction for my life and how I would be able to live out my faith in a world where a

Catholic view of sexuality is so counter-cultural. How could I plan for my family and for my life without using contraception? After all, I was always taught to plan for everything, and contraception was the simple solution. The Creighton Model was a real answer to these questions. By resolving the perceived conflicts between the world and my faith, I was able to allow the Lord to enter my life more fully increasing my knowledge of Him. Life became less about the individuals and more about the "we" and our relationship with God. My wife and I naturally felt more generous with our fertility and more trusting of the Lord. Our first son was born nine months after our wedding. This was something that, while truly a blessing, was not what we might have planned for before learning of the Creighton Model.

— Jonathan Holmes

*"The hairsplitting difference between formed and unformed makes no difference to us. Whoever deliberately commits abortion is subject to the penalty for homicide." — Saint Basil*