

the natural news

Quarterly newsletter of the Australian Council of Natural Family Planning

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Winter 2003

Theology of the Body

A revolution to change the world

This report has been reprinted with permission from The Record in Perth.



A sexual counter-revolution is about to change the world, and you are part of it," renowned American speaker Christopher West on a recent visit to Australia.

Professor West (pictured above) said the foundation for the sexual counter-revolution was the present Pope's Theology of the Body which the Pope's biographer George Weigel had described as "a theological time bomb primed to explode this century". It was a biblical reflection on the meaning of human sexuality and had been presented in 129 homilies delivered at weekly audiences in Rome from 1979 to 1984.

It could rightly be described as the first major undertaking of his pontificate and was delivered to a world that had desperately lost the plot in relation to sexuality and human relationships.

"At the heart of our faith is the union between Christ and his bride, the Church, a description of the spiritual marriage between God and humanity," he said.

"This image of marriage with humanity is what God uses throughout the Bible to describe his love for us.

"The Bible begins with the marriage of Adam and Eve, the two becoming one flesh; its centrepiece is the Word becoming Flesh and giving his life for us; and it ends with heaven described

as an eternal marriage — the union of Christ and his Church, the new Adam and the new Eve.

"God wanted his eternal plan to be so obvious that he stamped it into our bodies by making us male and female so that two could become one flesh. That is why a couple 'leave father and mother and cleave only to one another and the two become one flesh'.

Jesus also left his father, and his mother's earthly home and gave up his body for us, on the Cross and in the Eucharist through which we become one with his flesh."

Professor West went on to say that the Pope spoke of the Theology of the Body (the study of God in the body) because the body alone is capable of making visible what is invisible — namely, the image and likeness of God in each of us.

The deepest mystery of God is the eternal exchange of love that is the Trinity, and this too is imaged for us in the body, especially in the self-giving, sexual union of a man and a woman.

Marriage is a sacrament because it is a sign, a foretaste of the eternal marriage.

The sign and symbol of this is the sexual union through which two become one and through which new life is created.

"This explains why we're all so interested in sex, because we are looking for God," West said. He recalled G.K.Chesterton saying that every man who knocked on a brothel door was looking for God; he was just confused about where to look.

The human sexual union was creat-

...continued on p2

from the president

Tom O'Donnell

Dear Fellow Members.

The past six months has been a busy time, with a number of Teacher Training Courses being conducted in Sydney then Adelaide and followed by Perth with participants attending from New South Wales Queensland, South Australia and Western Australia.



Yours truly was fortunate to attend a Basic Part One Course conducted in Perth. This was a great eye opener for me when I saw at first hand what was involved in the preparation and the presentation of the various sessions. It was obvious that there had been a great deal of time spent by each presenter in the preparation of their topic, and then in a two hour session it was all over. One of the many positive comments made to me was "This is an awesome organization." I congratulate the State trainers and teachers involved in the preparation and presentation of training courses and on-going training, for their efforts and dedication.

We are now on-line with our web site. From personal experience this will mean very little until we each play our part in spreading the news. Details of our site should be included with all the literature sent out from each centre. The site will be displayed on the various search engines on the web but there is no guarantee that our site will

...continued on p2

inside

- Looking to the Future — 2
- Introducing the ACNFP Promotions Committee — 3

- Board Report — 4
- Information Alert — 5

- Perth Basic Part I — 7
- ACNFP Website and Contacts — 8

...continued from p1

ed to image the love of God for mankind and the only question we have to answer honestly in relation to any sexual behaviour is: Does this truly image God's love?

To be able to answer that question reliably we have to know what God's love is like, "because if we don't get it right we will fall for a counterfeit love".

God's love could be seen in the four great qualities of Jesus' love for us revealed in his life on earth, and particularly on the Cross. His love is:

- **FREE** — he gave his love freely, and gave his life freely: 'my life was not taken from me, but I have laid it down.'
- **TOTAL and UNCONDITIONAL.** There were no limitations, restrictions or conditions on his love for us.
- **FAITHFUL** — 'I will never forsake you.' 'I will be with you until the consummation of the world.'
- **FRUITFUL** — 'I came that you may have life and have it to the full.' He came to give life to his bride, the Church.

These four great qualities are imaged in marriage.

In a Catholic marriage couples are asked whether they have come freely to give themselves to one another, unconditionally (for richer for poorer, for better for worse in sickness and in health, until death). They promise to be faithful (forsaking all others) and fruitfully open to the children God may give them.

The words of marriage become flesh through the act of sexual intercourse that is the consummation of the marriage.

From that point on, each act of sexual intercourse is a renewal of the marriage vows and so long as the couple are faithfully imaging God's

love in their marriage it will grow steadily stronger as they move closer and closer to their ultimate union with God.

All other forms of sexual behaviour could be tested against these qualities, and all of them would be found wanting. Masturbation did not pass any of the tests; pre-marital sex was not total and unconditional, was not intended to be faithful, and usually did not have any commitment either to being fruitful or accepting the responsibilities of its fruitfulness; adultery was a betrayal of all aspects of marriage; and contraception was likewise a betrayal of the marriage vows.

Contraception denied freedom because the couples were not free to be fully human; it was not unconditional because it said 'I will love you, but not your inherent link with life'; and it was the antithesis of fruitful.

Every act of sexual intercourse involving contraception was not a renewal and strengthening of the marriage vows, but a denial and weakening of them.

It was highly significant that while Catholics who used contraception had about the same divorce rate as the rest of the community, Catholics who used natural family planning had a divorce rate that was practically non-existent.

"Contraception is at the root of all the addictions that are wreaking such havoc in families and our culture," Professor West said.

"The Catholic Church is right about contraception and this truth will not go away.

"The signs of the counter-revolution are already there and I predict that in our lifetime we will see a worldwide vindication of the Church's teaching on contraception."

...continued from p1

be up there among the first 20 that appears from a list of thousands.

This is not the final version. It is not set in concrete, we can look forward to changes and additions in the near future. You have an opportunity to make suggestions for change. Should you have any item of interest please submit it to the Sub Committee for consideration. To get our site known, there is also a need to link to other sites. If you have a particular site that you feel we should be linked to, especially in your State, please contact Paul Roux to have it added to the list. Have a good look at the site and tell us, if you have any concerns regarding the contents, or if you have any problem navigating through the pages. Take special note on 'How to contact us'. See page 8 for website details.

The Sub Committee was appointed by the Executive to view all the material before it is published to the web. Your valuable input will ensure that the site will be a great success.

On behalf of the ACNFP membership I wish to express sincere thanks to Paul Roux, our web master, and his wife Felicity, his scribe, for the many hours they have spent in the preparation of our site.

The Executive Committee agreed at the March meeting that the next ACNFP Conference should again be held in Sydney, in the year 2004, with the Executive being responsible for the running of the conference. Now is the time to get your suggestions to the Executive on what you think would be topics of interest to the members. Your valued input is important to the successful running of the conference.

NFP Week is the second week in August and it is a great opportunity to promote your NFP Centre. Look for the notice regarding a Sticker Competition promoting ACNFP appearing in this edition of the newsletter.

At the recent Teacher Training Committee Meeting there was some discussion of a single brochure with all the necessary information to encourage prospective clients. Watch this space.



Tom
tod@quikwa.com

Advice to the young ... and others

CHRISTOPHER West was asked what three things he would say specifically to young people. He replied:

- God loves you beyond your wildest dreams.
- Don't be afraid to trust him with your life.
- Do not settle for counterfeit love.

Then he added for general consumption:

- Men: Be prepared to sacrifice your life for the good of women.
- Women: You have to find a man who takes his mission seriously (pointing to Jesus on the crucifix).

Promotions Committee

The Promotions Committee working on The Natural News and other promotional initiatives



Marita Franklin, Chairperson Promotions

Marita Franklin is the Director of Catholic Communications in the Archdiocese of Sydney. She has been Chair of Promotions since October 2000. Since its inception, the Promotions Committee has undertaken the production of *The Natural News*. "I believe that Natural Family Planning is worth promoting and that it has a great deal to offer young single women as well as couples. It is amazing how much I've learned in my time with ACNFP."



Tom O'Donnell

Tom was involved as a founding member of NFP in the Archdiocese of Perth since its inception, teaching couples from 1968 – 1974. Tom, a retired school teacher and cabinet maker, has kept an active interest in NFP at both local and national levels, serving four years on the Executive and representing ACNFP on the ACSWC-COSP committee for a period of three years. Tom is married to Ann O'Donnell, Director of NFP services in Perth, and is Promotions Officer in a voluntary capacity for the Perth services. Still keen on woodwork, Tom is writing a book on new routing techniques and travels parts of Australia giving demonstrations on the use of the router at various wood shows.



Ann O'Donnell, Chairperson Teacher Training

Ann is the founding member of NFP services in Perth (1968) and has been its Director since 1983. She joined ACNFP in 1974. In 1984, Anne became a member of ACNFP TTC, and was accredited as a Trainer of Teachers 2 years after, then elected Chair of Committee in 1992 & 1994. She was appointed ACNFP Trainer for Western Australia, and Ann's experience ranges from introducing programs (e.g. 'Pre & Post Menopause') to specialist programs in the Philippines and Pakistan to assisting with various research programs and publications and too much more! Ann is married with four grown sons.



Angie Knighton

Angie Knighton is married to Chris and has 3 daughters 16, 14 and 4 years old. She works with Centacare as a NFP & FLE Educator on the Central Coast.

Angie has been using Natural Family Planning methods for 14 years being self taught the Billings method until 2 and half years ago when she was lucky enough to discover Susan Berg teaching the Sympto-thermal method. "Having made the decision not to have any more children it was wonderful to be taught my chosen method of family planning properly with the extra temperature indicator a definite bonus and to receive support while doing so. Needless to say I was hooked. I am very enthusiastic in my wanting to 'spread the word' and educate the wider community on the Coast that NFP is available and another viable option for family planning.

As I get more time for promotion of NFP within the Central Coast I would like to share my "success" with other ACNFP members through the Promotions Committee."



Felicity Roux

Taken into NFP Services Perth by Ann O'Donnell as a "homeless lass expectin' a wee bairn", Felicity has — with gratitude to the O'Donnells and as an answer to prayer — received the opportunity to contribute in the ministry of NFP and has been encouraged to study for a Master of Arts in Theological Studies at Notre Dame University, specialising in NFP.



Barry Setter

Barry and Jane have been married for 28 years and have three adult children. They have been involved with teaching NFP for 25 years, and involved with ACNFP for almost as long.

Barry was Co-ordinator of Central Queensland NFP for over 10 years, and had a number of positions on ACNFP Executive, including Treasurer and Chairman of Finance Committee. He holds a Bachelor of Business Degree from Central Queensland University. Coming from outside of a capital city Barry has a special interest in representing the interests of teachers living in rural and provincial areas of Australia. "This important group of teachers has special areas of concern, which differ from those of teachers in capital cities."



**BD Thermometers now available
from ACNFP**

PO Box 529, Forestville NSW 2087

Cost: \$11.00 plus postage

NFP Program Board of Management Report

By Tom O'Donnell

National Promotion

THE promotions committee appointed by the Board was charged with the responsibility of implementing the national promotion strategy developed for the year 2002-2003. The following initiatives have been completed with promotional material appearing in the October and November editions of *Good Medicine*, and in the November / December and January / February editions of *Pregnancy and Birth*. Copies of these magazines have been forwarded to Women's and Community Health centres throughout Australia. Each NFP centre has been supplied with copies of all advertising material to date, in poster format and a CD with the relevant information for insertion in the local media. Some centres are using these materials very creatively. But if we are to evaluate the promotion effectively, your feedback on the promotional material is important.

Theology of the Body

Wives submit to your husbands!!?

ST Paul's words "Wives, submit to your husbands" were raised for explanation at almost all of Christopher West's talks during his three-day visit to Perth recently.

He said those words 'caused the hair on the back of women's necks to rise' and also led many men into misunderstanding about their role in marriage.

"If that was all that St Paul said and if those words represented the meaning of what he said, I would probably have to agree with the women, but it is not so," he said.

"We must look at all that he said."

The words come from Chapter 5 of his letter to the Ephesians and many claim that they are a sign that he was under the influence of the culture of the day. He knew the culture of the day, but specifically rejected it.

In Chapter 4 he told them they must no longer live as the pagans do, in the darkness of their understanding and their hardness of heart. (The same hardness of heart that had led Moses to allow divorce, but which Jesus rejected and for which he offers healing.) St Paul also told them they must 'lay aside your former way of life and the old self which deteriorates through illusion and desire' and spelt out in detail what that meant.

Finally, he told them to submit to one another out of reverence for Christ.

Statistical Reporting

PLEASE make certain that your statistics are returned promptly, by the due dates requested by the Board. As you are aware this information is collated and sent to the Commonwealth Government on a regular basis in accordance with the timeframes outlined in the funding agreement. Accurate statistics are important. I urge you all to read the Natural Family Planning Program Annual Report 2001-2002, and be informed about the trends shown in the statistics.

Relating to change

THE Board has appointed a committee comprising Susan Berg, Nicholas Tonti-Filippini and Cheryl Curnow to look at how, in a changing social context, we can best provide our services. The Board is anxious to provide high levels of support to NFP

teachers, and maximise the skills base of the NFP centres, particularly smaller centres. The committee will report back to the Board. You shall be kept informed.

Farewell and Welcome

WE say farewell to Susan who will be standing down after serving four years on the NFP Board. On behalf of the Australian Council of Natural Family Planning members I express our sincere gratitude to Susan for the tremendous effort that she has made to the smooth running of the NFP Board, and the interests of ACNFP. Though she may be retiring from the NFP Board we will still have the opportunity to retain her expertise through her input on at least one of the sub-committees. I would also like to thank Evelyn Brien for accepting the nomination from the ACNFP executive to serve on the Board for the next two years.



Then held told wives to submit to their husbands as if to the Lord, and immediately told husbands to love their wives as Christ loved the Church.

"How did Christ love the Church?" Professor West asked.

"He came not to be served, but to serve ... he came to give his body (this is my body, given for you) ... and he came to die that she might live.

"St Paul is not justifying male domination. He is telling husbands that their mission in life is to love their wives in this way, and telling wives that they

are to come within that mission by accepting the love of their husbands, or, in other words, by allowing themselves to be loved.

"The husband is to make a gift of himself to his wife.

"And as happens in the wonder of human sexuality and the mystery of life, the husband gives the gift, the wife receives it, develops it, and returns it as new life, new love."

St Paul described this union of 'two in one flesh' (described in Genesis and reinforced by Jesus) as a great foreshadowing of the eternal union of Christ and his Church," he said. The eternal union also expresses itself in the marriage when God unites the soul to the body of a new life generated by the sexual union.

Those who use St Paul's words to justify male domination and those whose resentment of those words leads them to reject him are making the same mistake — living in the old way of darkness and hardness of heart instead of the new way of light and love.

(The Apostles did not write their letters in chapters and verses. This is a system of identification introduced in the Middle Ages. While it is very convenient for communication, it often leads people to take particular verses out of context, and to focus on them as though that were all that was said.)

(Reprinted with permission of The Record, Perth)

The Low Dose Patch

According to *Network* magazine, advances in hormonal contraception centres on improving ease of use. Two new systems are detailed below. ACNFP does not support the use of contraceptives. This information is provided for information only and its inclusion does not imply endorsement.

Combined Oral Contraceptives (COCs) are a traditional way to deliver contraceptive hormones. Two novel systems for providing the same hormones (estrogen and progestin) were approved by the U.S. Food and Drug Administration in 2001 and are now available in the United States. Both systems — a weekly transdermal contraceptive patch and a three-week vaginal ring — have characteristics that may make them easier for women to use correctly and consistently. This may improve compliance, a problem among many COC users.

The transdermal contraceptive, called Ortho Evra and developed by U.S.-based Ortho-McNeil Pharmaceutical, Inc. is a 20-square-cm patch that can be applied to the abdomen, upper torso, upper outer arm, or buttocks, where it continuously releases low doses of estrogen and progestin through the skin and into the blood stream. A single patch is worn for one week, discarded, and replaced with a new one. Three weeks of use are followed by a patch-free week to allow for menses (much like the pill-free interval for most COCs).

The vaginal ring, called NuvaRing and developed by U.S.-based Organon, Inc., is a flexible and transparent ring that is slightly smaller than a diaphragm and is inserted into the vagina, where it continuously releases low doses of estrogen and progestin. Each ring is worn for three weeks in a row and then discarded. After a ring-free week for menses, the client inserts a new ring.

“The nice thing about these new methods is they do not require daily attention” says Dr Ziemen, an author of several recent studies of the Ortho Evra patch. “And, unlike implants or intrauterine devices, the transdermal contraceptive patch and the vaginal ring are user-controlled.”

Reserachers at FHI are completing a Cochrane Review comparing the Ortho Evra patch and NuvaRing with



The contraceptive patch

COCs. Randomized controlled trials from the United States, Canada, Europe, and South Africa have shown that the contraceptive efficacy, cycle control, contraindications, and side effect profiles are generally comparable between the contraceptive patch and low-dose COC pills. However, patch users are more likely to report breast discomfort and have reported the additional adverse events of application site reactions and, rarely, patch development.

Of note, Ortho Evra patch users have higher compliance rates than COC users. Pooled data from the United States and Canada shows that some 800 women using the patch used it perfectly during 89 per cent of their cycles, while some 600 COC users used the pill perfectly only 79 per cent of the time. The higher compliance rate among contraceptive patch users may result from the convenience of the patch, researchers have noted. Results also suggested that the patch’s ease of use was particularly important for young women, who often have the most difficulty remembering to take contraceptive pills consistently.

No randomized controlled trials have been conducted to compare NuvaRing with COCs. Large nonrandomized trials suggest that the efficacy and side effects of NuvaRing are

comparable to those of COCs, although NuvaRing users more frequently report vaginitis, vaginal discharge, and vaginal irritation. Like Ortho Evra patch users, NuvaRing users may have higher compliance rates than COC users (92 per cent versus 75 per cent in one group of comparative studies).

A possible advantage of NuvaRing over other low-dose hormonal methods, including the Ortho Evra patch, is its effect on cycle control. The ring contains only 15 µg of estrogen, but studies suggest that this low dose of estrogen is not associated with increased intermenstrual bleeding. About two-thirds of some 100 vaginal ring users, compared with fewer than half of some 100 COC users, reported expected bleeding patterns during their cycles. Such good cycle control may have been attributable to correct use of the method, or, according to authors, the fact that the ring continuously releases hormones, which prevents the daily fluctuations on hormone levels that occur during COC use.

Novel products such as the Ortho Evra patch and NuvaRing are advances that will appeal to some women. But, Dr Potts notes, cost may prohibit such products from making a worldwide impact in the near future. (Currently, in the United States, the monthly cost of the patch or NuvaRing may be almost twice that of COCs) “At a world level”, he says, “what we need in vast quantities are low-dose, low-cost contraceptive pills that women know how to use consistently and correctly.”

Taken from *Network, Family Health International*, Vol 33, No 2, 2003, pages 5-7. Issue on Hormonal Contraceptive Methods.

Countering the Contraceptive mentality – but how to sell this message?

NFP Week is the second week in August and it is a great opportunity to promote your NFP Centre.

Think up your slogan for NFP Week 2003.

Send suggestions to Ann Nicey
acnfp@ozemail.com.au

The language of the body

CHRISTOPHER West teaches that for their own happiness and fulfillment all people had to learn to speak truth with the language of the body.

"The body has a language and because we are made in the image and likeness of God the language of the body proclaims God's love," he said.

"Or, at least, it is supposed to," he added.

"The language of the body is the purity of sexual love. "But why does sex so often hurt us? Why is there so much disease associated with it, so much abortion, so much "protected" sex — why do we need protection against God's love?"

"Just as we can speak truth or lies in words, so we can speak truth or lies in the language of the body.

"When we speak the truth with the body, we experience God's love, or, as the Pope says, if you live the truth of your body you will experience the meaning of your life, of your very being.

"However, there are many counterfeits of love and it is easy to be confused about the true language of sex because we have experienced a barrage of lies and misunderstood 'truths' on television and films. Most people raised in our culture are confused about the truth about the body.

"The Pope is clarifying our understanding of our bodies and sex.

"When I was at Catholic school I think I only learned the rules — 'just don't do it'.

MTV made its debut in the US in 1981 when I was in the throes of puberty and they said 'just do it'.

"I believed them, and it took me several years to realize how much pain it was causing me.

"God's plan for sex is to bring us happiness, not to deprive us of happiness, and the Church is not trying to impose an alien morality on us. She is telling us not to drink the poison that is being presented to us as though it were good.

"The image of sexual love is the one God uses most in the Bible to describe his love for us. In a sense God wants to 'marry us' and so we would know about his love for us and his desire to unite with us, he stamped an image of it in our bodies and told us to "be fruitful and multiply" — in modern translation that would be "have sex".

"Our bodies don't actually make sense on their own; they make sense as a union of life-giving love.

"Our task is to understand the truth about the language of our bodies.

"Our conscience can't just make up the truth, it must discover the truth. We can't just make up good and evil for ourselves.

"The God to whom you owe your existence is love. He loves you intensely and what he has revealed to you about love is for your benefit, not for your burden.

"The one question we have to ask ourselves about our actions, thoughts and attitudes is whether they image the love of God, because we are made in the image of God.

"We know that the love of God is freely given,

and cannot be manipulated or coerced. It is total and unconditional, faithful and fruitful.

"Another name for this love is marriage. The commitment in marriage is to love in the image of God.

"Sexual intimacy is the expression and symbol of this love. In the true language of the body, sexual intercourse is the renewal of the marriage vows.

"Anything less is a counterfeit. It will not satisfy your deepest longings and will cause you deep pain and loss.

"Sex outside marriage has no vows to renew, so anyone engaging in premarital sex would be lying with his body.

"Pressuring, coercing or manipulating someone else into sexual activity is not imaging the love of God and is not true to the language stamped in our bodies."

In conclusion Christopher West said:

TO THE GIRLS — I love you and want only what is good. I used to be a guy who tried to use you. I am deeply sorry I ever saw you as something to be used. Don't accept anyone who wants to use you. You deserve better than that.

TO THE GUYS — I challenge you to learn what it means to be a real man. It means you sacrifice your body for someone else. It does not mean using someone else's body for your benefit.

"Don't worry if it is hard. True love involves suffering. If we don't think so, we haven't been looking at the Crucifix lately."

(Reprinted with permission of The Record, Perth)

In Brief

Mission Statement

THE following 'Mission Statement' has been prepared by the Teacher Training Committee at their last meeting

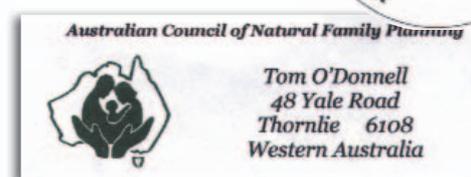
"The Teacher Training Committee of the Australian Council of Natural Family Planning are appointed by the Executive of ACNFP to train teachers in order to deliver and maintain a high quality natural fertility service within the context of Catholic Church teachings".

History of NFP

EACH centre has its own unique history, and this is worth sharing. Gather different perspectives, especially from those who remember the good old days. Centres are requested to write a history of their own centres. This information can then be placed on the newly-designed ACNFP website for all to read. Please send your information as soon as possible

Book Markers/Advertising

THE NFPP Board sent out book markers for distribution to clients. At our recent Executive meeting it was suggested that individual centres may wish to have their own book markers with the relevant information for their individual centre on display. Take a look at the sample published and consider what you would like on your bookmarker this will then be made into a master copy to be printed off in a photocopier as you need them.



Open Embrace

Freedom Publishing 2002, \$22 (incl GST)

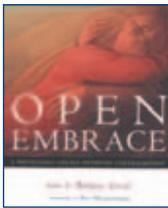
By Marita Franklin

OPEN Embrace is a charming little book reflecting the journey of a Protestant couple grappling with contraception.

While engaged and preparing for marriage, Bethany and Sam Torode wanted to understand and decide wisely about using birth control and having children.

The Catholic Church has always promoted that human sexuality has two functions; that of uniting spouses through the marital act and of co-operating with God in the procreation of children. Hence the Catholic Church has maintained its opposition to contraception and abortion. In 1930 the Anglican Lambeth Conference and hence many other Protestant Churches accepted abortion thus denying that human sexuality is both unitive and the procreative.

The Torode's could not find much to explain the Protestant acceptance of contraception, nor of the alternative argument — until they heard about natural family planning.



Natural Family Planning (NFP) as teachers well know, gives couples options. It takes into account the woman's natural fertility cycle, is completely natural, does not use harmful chemicals and has a proven success rate.

"Learning NFP is the best way we can prepare for marriage", the authors say.

"In a culture where contraception is so widely accepted, it's easy for Christians to grow up and even get married without ever hearing the opposing view". This book, then, is their attempt to write such a book from a Protestant perspective.

While this is a Protestant book, in the Catholic tradition our present pontiff, John Paul II, has written widely on sexuality and marriage, dedicating his Wednesday audiences to what has now become known as Theology of the Body. He also issued the encyclical *Evangelium Vitae* (The Gospel of Life) in which he argues against contraception, abortion and other modern-day threats to human life.

In *Open Embrace* the Torode's draw on wisdom from Scripture and the rich heritage of the Fathers of the Church to challenge contemporary thinking on contraception.

"Every time a husband and wife come together, they ought to do so in earnest, in an open embrace, withholding nothing from each other — including their fertility. By participating in marital relations, they should be indicating their willingness to accept whatever naturally follows; during the fertile times of a woman's cycle, this may include children."

They also comment on the roles of men and women, fathers and mothers in a family and share some of the experiences from their marriage.

Anyone wishing to understand better the gift of human sexuality, parents wishing to explain this to their teenagers, or those struggling to accept the seemingly negative attitude of the Church to the body and sexuality, would do well to read this testimony from a young couple who have found some answers.

The final chapter is a list of Resources for people wishing to find out more. Although these organizations are based in America, with advent of the internet they have become more accessible. All that's missing is the ACNFP 1800 number and new website, all of which is featured in *The Natural News*.

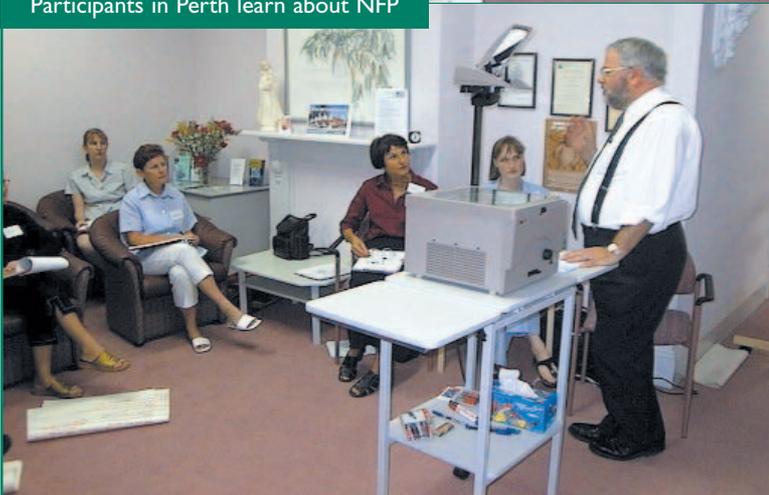
Perth Basic Part I Course / ACNFP Board Representatives meet



Participants in Perth learn about NFP



Evelyn Brien will soon take up a position on the Board with Tom O'Donnell.



Tom O'Donnell visits Evelyn Brien in the old office at Polding House.

ACNFP SERVICE



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ACNFP Little Hints

This is a new section in the newsletter on general teaching, presentation, FLE talks etc.,

OUR first Little Hint comes from ACNFP President, Tom O'Donnell. After spending some considerable time with Ann visiting groups and schools he would like to let you know that new on the market is a small amplifier, small enough to fit into a small carry bag. The amplifier is battery operated and with it's use you will be certain that your audience will hear every word with out having to raise your voice. If you are interested in the purchase of an amplifier contact Tom for more details or John Negus Audio Consultant Unit 2/198 Canning Highway East Fremantle 6158 Western Australia Phone (08) 9319 3923 or email jnegus@iinet.net.au

To utilise the Internet for further information on:

* Client situations of

- Fertility/infertility • Thyroid problems
- Endometriosis • Polycystic ovaries • Diabetes

* Television programs relevant to NFP/FLE

- Transcripts

Advise client at Initial Instruction of spare brochure given for friend or relative

Promote NFP service through:

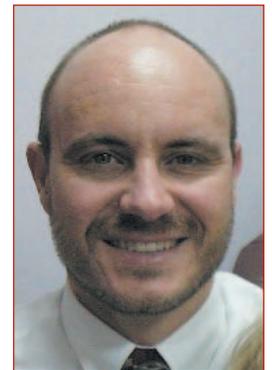
- Community Section of local newspaper
- Community Health In-Service
- Naturopaths/Health Food Stores
- Preparation for Parenthood Classes

* Use the opportunity to discuss your teaching of NFP to people you do not know, it is surprising what this can lead to.

ACNFP Website

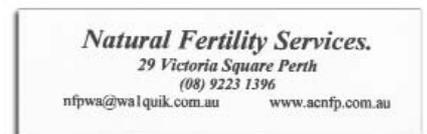
A note of appreciation to Paul Roux, who has put a great deal of time into preparation of the ACNFP web page. (www.acnfp.com.au)

This site has had considerable development work done on it, but still needs your input. Please send feedback to Tom O'Donnell at tod@quikwa.com



Small labels

SAMPLE of small labels adding to outgoing mail etc., (used in the Perth office) are shown here for your consideration. These labels made to your requirements can be purchased in small quantities from the Administration Officer Ann Nicey.



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