

NATURAL
Family
PLANNING

PRAYER TO THE HOLY SPIRIT

Come Holy Spirit, fill the hearts of your faithful and kindle in them the fire of your love. Send forth your Spirit and they shall be created. And You shall renew the face of the earth.

O God, who by the light of the Holy Spirit did instruct the hearts of the faithful, grant that by the same Holy Spirit, we may be truly wise and ever enjoy His consolations.

Through Christ our Lord.

Amen.

1. JESUS AND THE CHURCH
2. THE TWO FAMILIES
3. THE CHURCH AND HUMAN SEXUALITY
4. THEOLOGY OF THE BODY
5. FAMILY PLANNING AND NFP

THE ENCOUNTERING JESUS SERIES

Jesus *and the* CHURCH

One, Holy, Catholic, Apostolic

one maria press

JESUS, GOD, FAITH AND MORALS

- Jesus is God Incarnate -- God from all eternity who took on flesh and dwelt among us.
- Because Jesus is God -- What He teaches and the way He lived His life is really important.
- We commonly call this “Faith” and “Morals”.
- Faith knowledge is what we know about God and ourselves.
- Morals has to do with how we act. Do good avoid evil.

JESUS AND HIS BODY—THE CHURCH



Jesus lived 2,000 years ago and He founded a Church on the apostle Peter (The first Pope). At Mass, we as Catholics profess our belief in – **One, Holy, Catholic and Apostolic Church**. Apostolic means that the Church has its origins all the way back to Jesus and the 12 Apostles. Our current Pope Francis is the 266th Pope. From Peter to Francis -- Close to 2,000 years in a continuous line of apostolic succession. The Church has been proclaiming and teaching the Gospel of Jesus Christ – “The Good News” for 2,000 years. This wisdom teaching of Faith and Morals has enlightened countless generations throughout history. So the Church is not only old but wise and is often referred to as “Holy Mother Church”, a loving and caring parent for all of us its children.

THE TWO FAMILIES



Because we as human beings have human bodies and spiritual souls, we then live in two different worlds; the physical world and the spiritual world. Therefore we have two different families that we belong to:

Our Natural Biological Family

Father, mother, children, cousins, aunts, uncles, grandparents etc.; those related to us by blood and marriage.

Our Spiritual Family – The Church

The Church as a Mother gives birth to its children by means of Baptism. So everyone in this room, because of your Baptism is in the Family of God – The Church. We are all brothers and sisters in Christ.

PARENTS AND CHILDREN



- Parents want what is best for their children. We want them to grow up in a loving and caring family. We nurture them, protect them and counsel them in order that they mature and take their rightful place in society and the world. We want them to be happy. Just as we ourselves strive and seek to be happy.
- The Church is our Parent in the Spiritual Order. It not only brings forth children, but it also nurtures, protects and guides its children throughout life's journey by means of the sacraments and Church teaching. The purpose is so that we may mature and take our rightful place in our final home -- the Kingdom of God (Heaven).

THE CHURCH AND HUMAN SEXUALITY

- In order to understand the Church's teaching on human sexuality and marriage we need to start at the beginning in the book of Genesis.



- In the beginning, God created everything and everything that God created was good. The pinnacle of God's creation was mankind. "God blessed them, and God said to them, Be fruitful and multiply, and fill the earth and subdue it; and have dominion over the fish of the sea and over the birds of the air and over every living thing that moves upon the earth. (Genesis 1:28)"

The Church has consistently taught throughout the centuries the following:

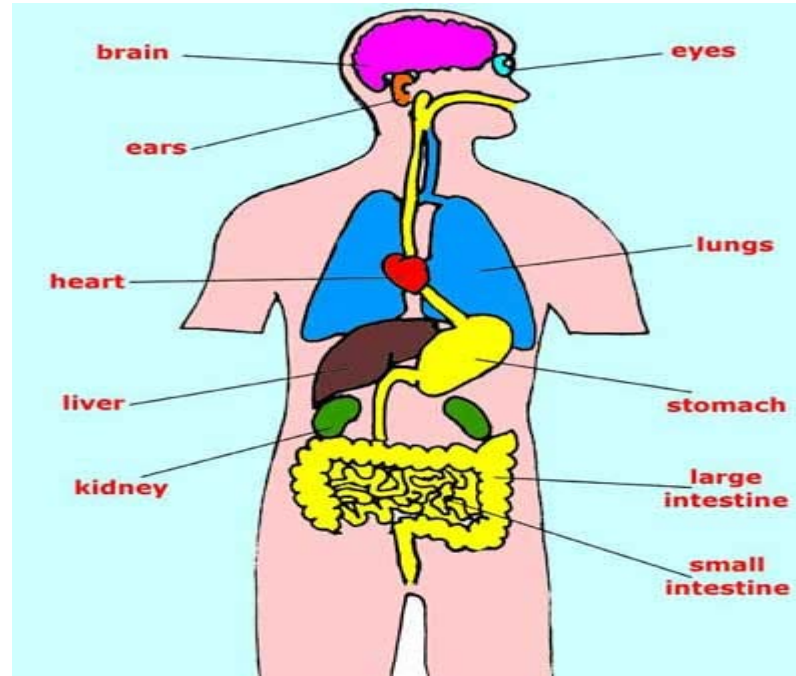
1. Everything that God created was good and therefore our bodies and human sexuality is good.
2. God commanded us to “be fruitful and multiply, and fill the earth” Therefore human sexuality is ordered toward being fruitful—to fill the earth with human life.
3. God gave his blessing and command to both Adam and Eve (a man and a woman), so therefore human sexuality is ordered toward children, in the context of a monogamous marital relationship between a man and a woman.
4. God gave us intelligence to discover purpose in the created universe and free will to choose the good and proper use of created things.

PURPOSE IN THE NATURAL WORLD



- The circumference of the earth at the equator measures @ 24,000 miles and the earth rotates at the speed of 1,000 miles per hour at the equator giving us a 24 hour day.
- If the speed of rotation was 100 miles per hour the days would be 240 hours in length. The nights and days would be 10 times longer than we have today, resulting in freezing temperatures at night and blazing temperatures during the day.
- The current 24 hour day allows the earth to warm just enough during the day and cool just enough at night to maintain a temperature range that can sustain life. No life on earth would be possible if the earth rotated at 100 miles per hour at the equator.

THE HUMAN BODY AND MEDICAL SCIENCE



- There are 78 organs in the human body. The heart, lungs, brain, stomach, eyes etc. Each organ was designed with a specific purpose. The organs work together systematically to keep you alive and active and each plays a specific role related to your health and development.
- Medical science discovers how these organs work and in the case of disease, responds with an appropriate cure to bring the body to full health as it was designed for.

THE REPRODUCTIVE SYSTEM

- The 78 organs are part of 13 major organ systems in human body, the circulatory system, digestive system, respiratory system, muscular system, nervous system, reproductive system etc. These organ systems all fulfill a certain purpose and collectively sustain health.
- It is interesting to note that out of the 13 different major organ systems, one system stands out as being different between men and women, the reproductive system.
- The male and female reproductive organs are different but complimentary. The male organs are designed to give and the female organs are designed to receive. The parts fit together and they are ordered for a purpose. The purpose is to reproduce—have babies.

THE SEXUAL ACT

Natural observation and Medical Science tells us that the sexual act produces three effects:

1. Babies
2. Bonding
3. Pleasure

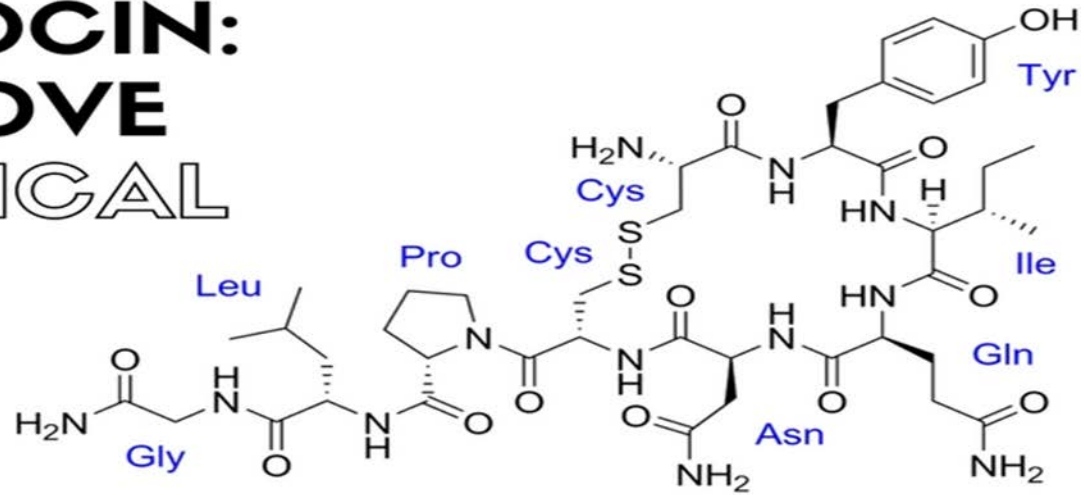
Medical Science tells us that certain activities related to the Reproductive System such as sex, birth and breast feeding result in the release of a chemical in the brain called Oxytocin.

Oxytocin is a powerful hormone released by the pituitary gland that plays a huge role in pair bonding.

WHY OXYTOCIN AND BONDING?

OXYTOCIN: THE LOVE CHEMICAL

bewell buzz



- Oxytocin is designed to create a bond between husband and wife and between the mother and her child.
- If Oxytocin is designed for bonding then the sexual act should be reserved for only one couple. It would make no sense to bond with various partners. Oxytocin is like super glue – designed for monogamous relationships.

BABIES, BONDING AND PLEASURE

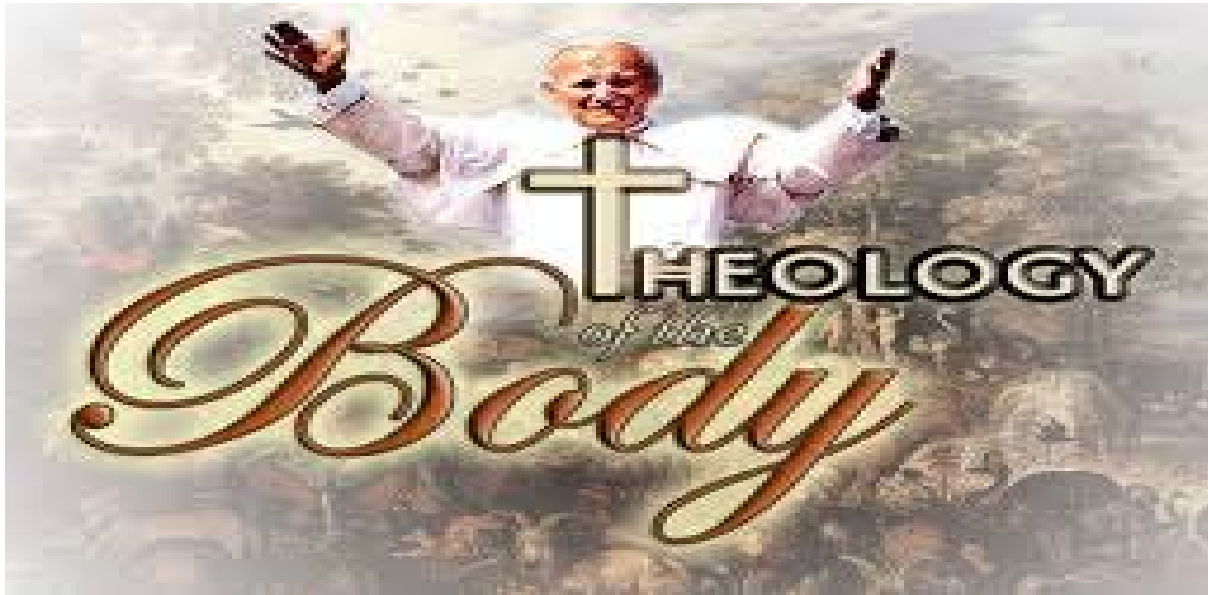
- The Church has a logical, coherent and consistent teaching on human sexuality that is grounded in nature. The three facts of nature concerning human sexuality are:
 1. Babies
 2. Bonding
 3. Pleasure
- The Church teaches that you can never separate these three elements concerning the conjugal act (sexual relations between a husband and wife).

SEPERATION OF BABIES, BONDING AND PLEASURE

- All forms of contraception seek to experience the bonding and pleasure of the sexual act without the procreative dimension (the ability to have babies).
- Sterilization by its nature damages, restricts and/or destroys healthy functioning organs. It violates medical ethics which is ordered to preserve and assist the body in healing. Sterilization looks to enjoy the bonding and pleasure and exclude the babies.
- Masturbation seeks pleasure only and excludes bonding and babies.

- Homosexual sex seeks pleasure and bonding but is incapacitated to conceive children. The sexual organs of same sex couples are not complimentary and incapacitated to bear fruit.
- In vitro-fertilization and cloning seek to achieve in a laboratory what God has intended in nature. In vitro fertilization and cloning seek to produce a child without the sexual act, bonding or pleasure.

THEOLOGY OF THE BODY

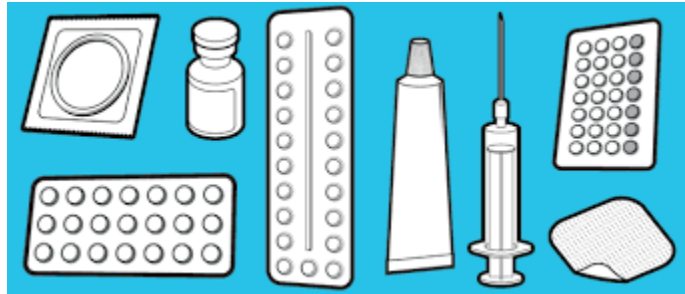


- When John Paul II was elected Pope he set out to deepen the Church's teaching on human sexuality and marriage.
- He saw the contemporary culture had trivialized and degraded human sexuality and marriage and sought to reeducate the culture on the beauty and sanctity of human sexuality and marriage.
- John Paul II developed a comprehensive instruction called The Theology of the Body.

- The basic premise of the Theology of the Body is that we as human persons are created in the image and likeness of God. The way that we image God is in and through our bodies. Therefore human sexuality contains a sublime expression of how we understand and reverence God.
- Human sexuality over the centuries has been distorted by either of two different extremes; one extreme is a Puritanical view which looks at the naked human being and human sexuality as bad and sinful, thereby repressing all healthy forms of sexual expression.
- The other extreme, which is very prevalent in today's contemporary culture is that the naked body and human sexuality is banal – very ordinary and base lacking all respect and dignity of the human person and the human body. Let's take a walk on the beach, let's go to the movies, and let's have sex.

- John Paul II emphasizes in his teaching that human sexuality and the human body has a holy and transcendent dimension that needs to be discovered.
- He goes on to teach; just as the love between the persons of the Trinity is totally self-giving and that Jesus manifested that love for us on the cross by making a total gift of self, so must the expression of human sexuality include this dimension of self-giving love.
- Husband and wife give themselves totally and unconditionally to each other in the sacrament of marriage and especially and in a most profound way in the conjugal act.
- However, the contracepted conjugal act says – I give everything to you except my fertility and I accept everything from you except your fertility. The body language spoken in the contracepted act is a lie.

CONTRACEPTION



- The most widely used method of contraception is the Pill. Birth-control pills have a three-fold mechanism that work to prevent pregnancy.
- First, the chemicals convince a woman's body that it is constantly pregnant, so the ovaries do not release eggs.
- Sometimes “breakthrough ovulation” takes place, but the Pill's second mechanism may thicken the cervical mucus, making it difficult for sperm to travel to the egg.
- Finally, if conception is realized, the Pill alters the lining of a woman's uterus, preventing the fertilized egg from implanting in the uterine wall causing a silent abortion.

- There are numerous health risks in taking the Pill, since even the low dose Pills contain steroid hormones that are a thousand times more powerful than any natural hormone in the woman's body.
- Besides the increased risk of breast cancer, the Pill harms a woman's immune system and decreases her ability to fight off venereal infections.
- Many studies have been done on women who have taken the Pill prior to their first pregnancy. The vast majority of these studies have showed that such women have an increased risk of developing breast cancer. This risk increases according to how long she takes the Pill prior to having her first baby.

- The Pill's other potential side effects include weight gain, increased blood pressure, gall bladder disease, liver tumors, reduced blood levels of essential vitamins, the development of depressive personality changes, and an increased risk in contracting HIV.
- The risk of heart attack is three times as high, the risk of blood clots in the legs is four times as high, and the risk of stroke is five times as high as non-Pill users.
- The Pill also increases a woman's chance of developing cervical cancer.

FAMILY PLANNING AND NFP



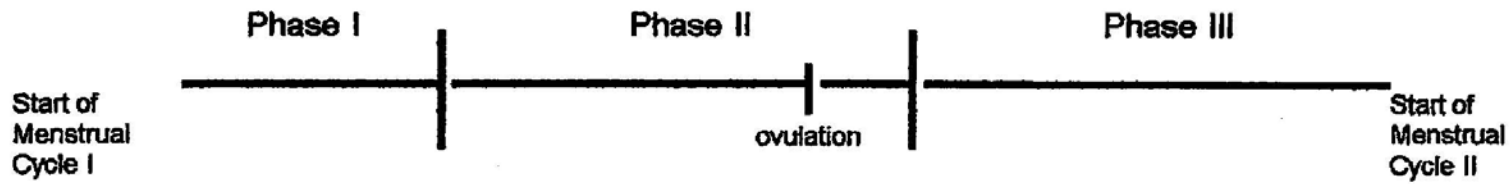
- So the valid question to be asked is what does the Church teach concerning family planning? Are we obligated to have 19 kids?
- The Church teaches that only the Married couple (with prayerful discernment) can decide the size of their family. Everyone is different and situations can and do change. Children are a blessing and should be the primary desire of the married state.
- Married couples can space/postpone childbirth for legitimate reasons--
- psychological, emotional, physical, financial reasons.

SPACING OF CHILDREN

- To achieve the spacing of children which is an (end), a couple must use a proper means. The means by which you achieve the spacing of children must be morally acceptable.
- Natural Family Planning used with the right intention is a morally accepted means by which you can space your children.
- Natural family planning cooperates with the way God designed your body and sexuality so as not to violate the three components of the sexual act; babies, bonding and pleasure.

Sympto-Thermal Method of NFP

Diagram of a Woman's Monthly Cycle



Phase I

- ✦ Infertile time BEFORE ovulation
- ✦ Basal Body Temperature (BBT) is low
- ✦ No mucus discharge

Phase II

- ✦ Fertile Time, ovulation occurs
- ✦ Dip, then an increase in BBT
- ✦ Mucus: plentiful, stretchy, clear, like raw egg-whites
- ✦ abstinence period if avoiding pregnancy

Phase III

- ✦ Infertile time AFTER ovulation
- ✦ Continued high BBT
- ✦ Mucus: thick, tacky or non-existent

