



San Antonio NFP E-News

NFP News & Info for the Archdiocese of San Antonio

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"We need your help!"

A note from the Editor

Blessings to everyone,

Welcome back to your NFP newsletter. I hope that all of you have had a wonderful Summer and the first weeks of school have treated you well.

This summer has been filled with many exciting events and we can't wait to have some more successful programs. We had another Question and Answer panel at St. Matthew's and we have now had our first one at St. Mark the Evangelist. Thank you to Father Dennis and Father Kevin for being so supportive by allowing us to use their facilities. I can't wait to see which parish will be the next new parish to offer this very informative program. During the National Natural Family Planning awareness week, there was a mass offered up for infertile couples and to close it off there was a Family Fiesta conference. If you didn't attend these events this year, please make plans on attending next year as all of those events were such a blessing to all who attended.

In this issue, we're talking more about the harder part of love and the power of stories. We look at what CCL is doing with the billboards and our past NFP panels.

As always, we need your help! If you or someone you know could help these efforts, please contact us to let us know.

Peace be with you,

Miguel Aguilar

Archdiocese of San Antonio/ Couple to Couple League, Natural Family Planning - Promoter

Couple to Couple League: Sympto-Thermal Method

The local CCL chapter is on a mission to spread the message of NFP to the public. We have started by creating a billboard that was displayed off of I-10 for about five weeks during July and August. This billboard can be put up at different locations throughout the city in the future.

Thank you to all of the donors that responded to our appeal letter. Clear Channel Communications will use this as a billboard to fill in billboard spots that are vacant so we will continue to get more use out of our up front investment. There is still a digital one currently being displayed during off hours near 410 and I-10.

If you would like to see more NFP programs and more billboards, go to www.learnnfp.com where you can donate online. It's very easy and it only takes a few minutes (less than 5).



CCL billboard displayed off of I10 near Hilderbrand.

Vamos a seguir buscando personas que pueden hablar español. (We will continue to look for more Spanish speakers.) CCL tiene todo el clase y entrenamiento en español y todo esta sobre el internet (CCL has a Spanish version of this class and the training is all on-line). Por favor visite a nuestra pagina de Internet para aprender mas (Please visit our site to learn more -learnnfp.com).

San Antonio is a huge Spanish speaking city and we could make a huge impact on the Spanish speaking community if more Spanish speaking volunteers would step forward to help with this mission. Please contact the Office of Marriage, Family Life & NFP if you believe you're being called to this mission. If you are interested in hosting an event like this at your parish, please contact the Archdiocese to get it coordinated.

For more information about CCL, please visit www.learnnfp.com. Your local CCL chapter is here to stay and encourages you to learn more about us.

Family of the Americas : Ovulation Method

<http://www.familyplanning.net>

Founded in 1977, Family of the Americas Foundation (FAF) purpose is to promote family unity by encouraging parents to meet their mutual responsibilities to each other and to their children. Couples will learn to recognize sensations of moistness and dryness as signs of fertility/non-fertility. Following the rules of this method and recording daily signs, the couple will be able to recognize the beginning and end of their fertility cycles. They do not need to take their temperature. In the Archdiocese of San Antonio, the series includes a group introduction and three or more individual follow-ups until the couple is fully confident in the use of this method. English & Spanish classes are available. Cost of \$60 includes materials, instruction class, and four private follow-up sessions. Registration for the classes is made with the instructor. For more information, e-mail Steve.pokorny@archsa.org.

Father-Son and Mother-Daughter Programs on the Gift of Sexuality

The Office of Marriage and Family Life and NFP for the Archdiocese has initiated new programs that are designed to help parents discuss the sexuality subject with their children. The first few Father-son, mother-daughter programs have been successes. There will be many more programs to come.

Please see the Office of Marriage and Family Life website (<http://www.archsa.org/familyplanning/fsmd.aspx>) for information on the next Programs. Online registration is available. The next dates are

Father-Son Ropes Course for High School boys and their fathers (Nov 19)

Mother-Daughter Seminar for High School girls and their mothers (Oct 22)

Q&A Panel Discussion on NFP during NFP Awareness Week

The NFP panel held at St. Mark the Evangelist was unique because we had a group of students from UTSA that joined us to learn more about NFP. Megan Bray, from UTSA was kind enough to share her thoughts on this program.

What did you get out of attending the event?

This event really showed me the practicality of Natural Family Planning.

I have heard about Natural Family Planning and always tried to promote it as much as I could on my college campus but I did not know more than that it was a natural, moral, and effective alternative to contraceptives. It was very informative to learn more specifically how NFP works and all the benefits couples receive. Learning more about NFP was fascinating and really inspired me to learn more and spread the word about NFP more on my college campus.

Would you recommend this event to anyone in the future and why?

I will be recommending this event to as many people as I can. I think that it is really important for men, women, in a relationship or single to learn more about NFP so that they can come to a better understanding of the beauty of how our bodies work and the amazing ways that we can practically live out a moral life even in our sexuality.

Can anyone learn from this event?

Yes, I believe anyone can learn from this event. The format in which the material was given was very easy to follow and the NFP panel showed how NFP is used with various different people in various different situations. My friends and I were constantly writing down new things that we had learned.

After this panel we had an opportunity to speak and hopefully we can have another NFP Panel discussion on campus in the near future.

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Refreshments were served; child care was available with advanced reservation. The invite went out to many people around the archdiocese for this free event. All of the panel (one teaching couple for each method, one OB/GYN, one priest, one NFP practicing couple, and one licensed professional counselor) agrees that this panel is worth it if we have the opportunity to speak to one couple, but we all also agree that is a shame to not have these panels 'sold out'. What can **you** do to help spread the message? Please contact Shelley Davis at 694-9432 or the Archdiocese of San Antonio to set one up in your parish or community.

"Help parents discuss the sexuality subject with their children."

"Everyone can learn from this event."



Personal stories powerfully complemented the facts shared during the NFP Q&A Panels held here in San Antonio during NFP Awareness Week, July 24–30. Married couples on the Q&A panel shared not just the “success rates” of their use of various NFP methods, but also the positive impact that learning and practicing NFP together had on their relationships and their outlook on life.

Knights’ Roundtable – by Miguel Aguilar

My Queen – Not my Princess



It was the Friday after thanksgiving 2005; it was a beautiful evening and I had devised a plan on how to ask Jackie to marry me. The story of how I asked her to marry me is one that is better told in person, and so I will leave it to when you and I are able to share with each other. If you would like to hear it, I would be glad to tell it. I did want to share one particular statement I made that night before asking her to marry me. I told her “I want you to be my queen and not my princess”.

Jackie recently told me that it never dawned on her how profound of a meaning that was. My wife is the only daughter, and the only granddaughter on her father’s side. This made it easy for her to feel like a princess all of her life. So when I asked her to be my queen, she didn’t understand what I meant. A queen must have many qualities, but most of all she must have inner strength, must make decisions for the betterment of all, and be self-sacrificing. And gentlemen never forget that she must also be treated like a queen too. We struggle just like every other couple, but I am glad that God has blessed us with this communication tool NFP allows us.

Before we learned NFP, Jackie and I were I think pretty typical. She would ask what I wanted to do, and I would say ‘Whatever you want to do, dear’. Now I take a deeper look at this exchange. When asked where I want to go eat diner, I try to come up with something and have a reason behind it. She may not like it, and we may eventually end up going to where she had in mind, but I would venture to say that it is a step in the right direction.

‘Now I take a deeper look’

Now we have a discussion about almost every decision; whereas before it was very one sided. Even when it is a small thing like the waiter gets her order wrong, she used to be quick to get upset, but I challenge her now to see how diplomatic she could be to please her and the server. She is a better negotiator than I am anyway. So I challenge her more than I used to, and I am now weary of any decisions when her approach is 'I will not take no for an answer'. I feel this is something a princess would do rather than what a queen would do.

Think about it, when parents give children everything they want, the children have a higher chance of becoming a spoiled brat. And I believe that as a parent there are some things you need to teach your children, but you should never become a parent to your spouse. I tried to say yes to everything she asked of me regardless of the pain it caused me or someone else. Through our loving challenge she can rise and truly be the woman of strength and character God is calling her to be.

Gentleman, I challenge you all to treat your wives more like the queens they should be and less like the princesses they may have dreamed they wanted to be. After all a princess should be groomed to be queen one day. God bless you all.

The View- by Valerie Pokorny **The Power of Stories**



After being married for almost two and a half years, I'm not sure men really "get" the power of stories. Perhaps it's that difference in our brains — you know, the women's-brains-are-like-spaghetti, men's-brains-are-like-waffles theory. Whatever the cause, all I know is that when my husband has something to report to me, he generally does so headline-style: "Jim showed up today and went toe-to-toe with Bob." Then begin my 20 questions to extract all the details.

Certainly, before it can be considered a special gift of women, the power of stories is a human phenomenon. That's why Christ's parables were such an effective teaching tool.

But when a woman tells a story, she tends to really tell a story. You'll get the background, the action, the full (often highly editorialized) character development, then — especially if it's that kind of story — the emotional drama in all its colorful detail.

In fact, women don't typically just tell stories. They feel them - deeply. I would even argue they feel them more strongly than men when they're on the listening end.

This is why especially when it comes to women, stories can change lives.

I sense this during the women's sessions on the marriage preparation retreats and seminars offered by the Archdiocesan Office of Marriage, Family Life and NFP. It's fascinating to watch the conversation really start rolling when the ladies begin sharing their personal experiences and offering advice to their sisters. At the risk of oversimplifying things, my observation has been that cold, hard facts change women's hearts less frequently than facts combined with the reassurance — often conveyed through stories — that someone understands what you're going through.

This is why when my Aunt Becky shared her infertility story with me recently. I could hardly contain my excitement.

It's one thing to provide women the scientific facts behind how and why NFP works. It another thing altogether to share a story that shows how this information affects real marriages facing real problems. While the first may or may not convince them intellectually, the inclusion of the second can move and open their hearts.

My aunt began by describing how painful the early years of her marriage were as she and my uncle, Kevin, struggled with infertility. She said she was willing to do whatever it took to fulfill her dream of being a mother, while Kevin questioned whether some of the options

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being offered to them were in line with their Catholic beliefs.

Since their marriage in 1996, they had approached five doctors who recommended one fertility treatment after another without ever attempting to diagnose why she wasn't able to get pregnant in the first place. Their search came to an excruciating standstill when Kevin insisted they draw the line at IVF and artificial insemination.

Finally, in 1999 Becky's mother-in-law recommended Thomas Hilgers, M.D., the physician who discovered NaProTECHNOLOGY and created the Creighton Model FertilityCare™ System. She told them if Hilgers couldn't help them, she doubted anyone could.

A bit apprehensive about approaching what might be their last hope, the couple completed three months' worth of charts and mailed them to Hilgers. To their surprise, within a week and a half Hilgers himself called Becky with a preliminary diagnosis that proved to be accurate: She had endometriosis, polycystic ovarian syndrome, and hormone dysfunction. After several surgeries, which included the repair of two completely blocked fallopian tubes, the couple was blessed with the births of three beautiful daughters.

Becky recalled how powerful and healing it was to encounter Hilgers' headquarters, the Pope Paul VI Institute, in Omaha, Nebraska. "We knew we didn't have to question anymore whether the options being provided were in line with our faith."

Hilgers, a devout Catholic, aims to work with the natural design of women's bodies instead of against them — which sets him apart from the attitude and innumerable methods of fertility control advocated by most of the medical industry.

Becky told me how her struggle with the mainstream medical community continued, as the local ob-gyn who delivered her daughters could not seem to understand nor respect the knowledge she had gained about her body through her experience with Creighton and NaPro. But she didn't let that stop her from sharing her story with friends and acquaintances, and several of the women she has shared with have gone on to use the information to successfully achieve pregnancies. She is currently discerning whether to become trained as a Creighton practitioner.

I, for one, hope she does. But in the meantime I am incredibly grateful to be able to share her story of hope with the women I encounter, both inside and outside of the diocesan marriage preparation programs. Not only can I give them the facts, I have a story to back up the facts...and to reach their hearts.

Check this out!

FertilityCare.org is an excellent resource for couples seeking more information and local teaching and medical resources related to the Creighton Model FertilityCare™ System and NaProTECHNOLOGY.

We are also blessed to have Dr. Steve Pilkington, M.D., PLLC, a NaPro-trained ob-gyn, here in San Antonio. Learn more at DignityWomensCenter.com.

Newly approved medical codes facilitate insurance coverage for natural family planning

www.catholic.org/diocese/diocese_story.php?id=25920

Novuscor-Fertility Management Program

FertileView is a fertility software application that allows a couple to chart a wife's personal fertility signs. Understanding the woman's biological fertile and non-fertile signs through observations of temperature and cervical fluid, the software helps a couple to chart and interpret according to your fertility goal. For further information or how to purchase visit www.Novuscor.com. For more info, e-mail at Sales@novuscor.com.

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Full-Class Series Point of Contact by Parish

There are always other classes being given throughout the state and you can find details for other cities on the website. Also, if you have ever taken the NFP class you can always take a refresher class or you can invite some friends to take the next class. Here are the classes in San Antonio:

St. Anthony of Padua

102 Lorenz Road; SA, 78209
OM – Steve Pokorny

Notre Dame

909 Main St; Kerrville, 78028
STM/CCL- Kevin & Lisa
McCormick

Prince of Peace

7893 N. Grissom Rd; SA, 78251
OM - Ray & Angela Garcia

St. Anthony Mary Claret

6150 Roft Rd; SA, 78253
STM/CCL- Chris & Nicole Glowe

Sacred Heart - Uvalde

408 Fort Clark Rd; Uvalde,
78801
OM - Eva Spurgers

Sacred Heart - Floresville

1009 Trail St; Floresville,
78114
OM - Chris & Diane Felux
Tim & Jennifer Kane

Shrine of Padre Pio

20770 Hwy 281 North; SA,
78258
STM/CCL-Greg & Martha
Kauffman

Our Lady of Perpetual Help

16075 N. Evans Rd., Selma,
Tx 78154
OM–Amy Glatt

St. Brigid

6907 Kitchener; SA, 78240
OM - Renee Kuntz

St. Joseph - Devine

108 S. Washington; Devine,
78016
OM - Kirby & Dawn Schneider

St. Mary Magdalene

1710 Clower; SA, 78201
STM/CCL-Robert & Veronica
Wallace

St. Thomas More

4411 Moana Drive; SA, 78218
OM - Flo Tobar
Spanish available - call for info.

Sacred Heart, San Antonio Spanish only

2114 W. Houston; SA, 78207
OM - Alex & Rebecca Ramirez

Helpful Websites:

cli.org
cclsanantonio.org
www.nfpoutreach.org
www.omsoul.com
<http://www.archdiosa.org/familyplanning/>

If you would like to give the gift of this amazing class to a local engaged or married couple, please send your contributions to (payable to the Archdiocese of San Antonio) 2718 W. Woodlawn, San Antonio, TX 78216.

Please visit the website (<http://www.archdiosa.org/familyplanning/>) for the most updated list of class dates. For more information please call the instructor listed. If your parish is not listed, there is always room for you to become a teacher for your parish.

For information on involvement with CCL, please contact Shelley Davis at 210-694-9432; for information on the Family of the Americas, please contact Ramie Samour at 210-444-9038.

Contact information

For more information regarding this newsletter please contact Miguel Aguilar at aguilar2002@hotmail.com.