



NATURAL FAMILY PLANNING NEWSLETTER

Office of Family Life, Diocese of Camden

Winter 2004



ADOPT-A-SEMINARIAN



We are beginning an "Adopt-a-Seminarian" program in the diocese. The basic idea of the program is to match a seminarian with a family living the Church's teaching on marriage by using Natural Family Planning. The overall goal as one seminarian put it is that, *"there is nothing that the life of seminarians and the priesthood needs more than the witness and support of holy families, just as there is nothing that the family needs more than the witness of men who are willing to lay it all down for the kingdom."*

This program is going on around the country and one adopted mother of a seminarian said that it is *"a good opportunity for seminarians to become comfortable with the idea of NFP....(they) can ask questions that will help them to be comfortable when talking about NFP with their future parishioners and will also help them promote NFP."* Another benefit is that it provides opportunities for boys in the family to see seminarian life from a personal viewpoint and they may be positively influenced to explore a possible vocation to religious life. Older girls can learn to relate to a young man as a holy friend and see the values that a true man of God should possess.

As an adoptive family, you would promise to pray for your seminarian each day and send a card, note, e-mail, or care package at least once a month. Hopefully you would be able to get together as time permits. The seminarian, in turn, would pray for you each day and hopefully keep in contact.

To sign up to adopt:

Contact John and Monica Erhard at 856-629-7612 or mrs-javadog@juno.com. Please give your name, address, e-mail, phone and a little bit about your family and they will match you up with a seminarian. First come--first served. If you have questions, please contact Cecilia at 856-756-7900, ext. 6315, or nfpoffice@camdendiocese.org.

God's Little Blessings Born on:

- | | |
|---|-------------------|
| Arthur Harry Train, III | July 10 |
| Sarah Elizabeth Train | |
| Twins of Arthur and Loren
Grandchildren of Ralph & Julie Quickmire | |
| Mia Rose DeFeo | Sept. 29 |
| Daughter of Ron and Julie
Granddaughter of George & Vivian Warner | |
| Caroline Teresa Mesco | October 6 |
| Daughter of Mark and Connie | |
| Kevin Michael Lee | October 8 |
| Son of Jimmy and Bethann | |
| Sarah Anne Lovern | October 21 |
| Daughter of Dale and Anna | |
| Sergio Peter Montes | Nov. 1 |
| Son of Paul and Denean | |

We rejoice with you and your families!

If you know couples having difficulty conceiving, the **Natural Strategies for Achieving Pregnancy Course** begins on March 3, 2004. They will learn how to naturally optimize their couple fertility. Contact the NFP Office.

Plan to attend and Invite your favorite priest or deacon

**Philadelphia Natural Family Planning Network
and the Catholic Medical Association
present**

FACTS OF LOVE: Bringing NFP to Parish Life

Saturday March 6, 2004

**St. Mary Medical Center, Langhorne-Newtown Rd.,
Langhorne, Pennsylvania**

additional information available at

www.pnfpn.org

PROGRAM SCHEDULE

- 8:00 - 8:45 - Registration/Continental Breakfast
- 8:45 - 9:00 - Opening Remarks and Prayer
- 9:00 - 9:40 - Overview of NFP- Dr. Lester Ruppensberger
- 9:45 - 10:20 - How to Bring NFP into Pre-Cana-
Fr. Paul Stenson
- 10:25 - 10:40 - Coffee Break and Vendors
- 10:45 - 11:15 - How to Give a Homily on NFP- Fr Tim Christy
- 11:15 - 12:00 - The Diocesan NFP Ministry- Theresa Notare
- 12:05 - 1:00- Lunch and Vendors
- 1:05 - 1:35 - How to Establish an NFP Ministry in a Parish-
Fr. John Gabin
- 1:40 - 2:15 - How to Teach NFP to Students- Fr. Jim Otto
- 2:15 - 2:25 - Refreshment Break
- 2:25 - 3:00 - The Archdiocese and NFP- Dominic Lombardi
- 3:05 - 3:40- New approaches to presenting NFP- Steve Bozza
- 3:45 - 4:15 - How to Teach NFP to Couples- Lisann and
Michael Castagno
- 4:15 - 4:40 - Questions and Wrap UP
- 5:00 PM Mass - Principal Celebrant and Homilist-
Cardinal Justin Rigali

Continental Breakfast and Box Lunch will be provided.

Register: \$15 per person, \$25 per couple, \$10 for religious and students.

Please make checks payable to **PNFPN** and Mail to:

George Finnin, 3842 Lywiski Rd, Collegeville, PA 19426

Please return Registration by February 20, 2004

*You are invited to celebrate your marriage
and share a meal with other couples at the historic
Renault Winery and hear **Katrina Zeno**
explain how an authentic marital spirituality
leads couples to open their hearts*

World Marriage Day Champagne Brunch The Historic Renault Winery, Egg Harbor, New Jersey



Sunday, February 8, 2004

12:00 PM to 2:30 PM

\$45.00 per couple

RSVP by January 30, 2004

(856) 765-7900, ext. 6264

*Katrina specializes in the teaching of Pope John Paul II
regarding the genius of woman, passing on the faith to our
children, intimacy and romance.
She brings a dynamic and personal dimension to her speaking.*

THANK YOU!!!

- To **Bethann Lee** for organizing the NFP Women's Group, even while having a newborn.
- To **Fr. Steve Rapposelli** for his assistance with the special NFP Courses for Clergy held on November 1 and 6, 2003.
- To **Dr. Tiffany Casadia, Joe and Melinda Saffioti, Mark and Carol Magrino, Michael and Elizabeth Sontag** for their excellent presentations at the special NFP Courses for clergy.
- To **Rosemarie Colon** for keeping the Prayer Watch going.
- To **Bill Maffucci** for developing 52 NFP bulletin announcements to help spread the good news of NFP for the next year. Watch your parish bulletins—if the announcements aren't being printed, please request that they be printed. See example below:

Need to spice up your marital love?

One of the wonderful experiences invariably reported by couples who have learned Natural Family Planning is the restoration of romance in their lives -- not just by abstinence from intercourse during particular portions of a woman's cycle, but by the rich blossoming of other expressions of love during those times.

**Learn the truth -- the wonderful truth--
about Natural Family Planning.**

856-756-7900, x6315

nfpoffice@camdendiocese.org

Natural Family Planning Office
Diocese of Camden
631 Market St.
Camden, NJ 08102

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2004 NFP Courses

Taught in a series of 4 classes
spaced about one month apart

Wednesday, January 7

7:30 – 10 PM

Holy Family Church,
Sewell, NJ

Taught by Mike and Barbara Meier

Tuesday, February 17

7 – 9:30 PM

St. Rose of Lima
Haddon Hts., NJ

Taught by Andres and Rosemarie Colon

Wednesday, March 3

7:30 – 9 PM

Our Lady of Lourdes School of Nursing
Magnolia, NJ

3 session course for couples trying to achieve pregnancy

Taught by Mark & Cecilia LeChevallier

Thursday, May 13

7 – 9:30 PM

Assumption Church
Pomona, NJ

Taught by Mike and Barbara Meier

Tuesday, June TBA

Spanish PNF Course

Taught by Andres and Rosemarie Colon

Thursday, September 9

7 – 9:30 PM

Mater Ecclesiae Mission
Berlin, NJ

Taught by Mike and Barbara Meier

Tuesday, October 12

7 – 9:30 PM

Church of the Incarnation
Mantua, NJ

Taught by Andres and Rosemarie Colon

please tell your friends

You are welcome to come to any of the
above classes—especially for return of
fertility after childbirth info.

Please call ahead to confirm session
dates and locations.

Attendance is free with a current (CCL)
Couple to Couple League membership.
To renew your membership contact CCL
at 513-471-2000 or www.ccli.org

Other classes in the greater Philadelphia
area are listed on www.pnfpn.org:
the Philadelphia NFP Network

Please send your e-mail address to nfppoffice@camdendiocese.org for future electronic newsletters.



You may also e-mail any NFP questions to nfppoffice@camdendiocese.org.

This information will be kept confidential. Thank you.

Culture of Life Conference

with internationally acclaimed lay evangelist

Ralph Martin

Catholic Life Today:

The Dynamic Vision of John Paul II

Called to Holiness, Called to Mission

January 16-17, 2004

Friday 7:00 PM - 9:00 PM

Saturday 9:00 AM - 3:00 PM

Mass celebrated on Saturday at 11 AM

Our Lady of Lourdes Church

500 Greentree Rd., Glassboro, NJ

\$25.00 per person

For more information: Joyce Lively

Phone: 856-858-8909

e-mail: ApostlesofLife@aol.com

www.apostlesoflife.org

School of Prayer

The Theology of Prayer and the Universal Call to Holiness

Monday, February 16, 2004

Fr. James Otto

Entering into the Mystery of the Mass

Monday, March 15, 2004

Fr. James Casadia

The Liturgy of the Hours

Monday, April 19, 2004

Fr. Allen Lovell

Praying the Rosary Contemplatively

Monday, May 16, 2004

Fr. Dan Melendez

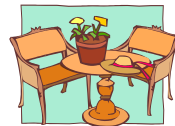
St. Pius X Church, Cherry Hill, NJ.

Each session is from 7:30 - 9 PM.

The cost is \$5.00 per session.

For info: www.apostlesoflife.org

e-mail: ApostlesofLife@aol.com



NFP Women's Group

Learn, share and pray with
others who support the
Church's teaching on
marriage and sexuality.

Monthly meetings: come to one or both.

Children welcome.

First Wednesday Evening: 7 PM

Third Wednesday Morning: 9:30 AM

Contact Bethann Lee for info and locations:

856-256-0648 or famiLEES@snip.net.

Please come and bring a friend!

Bradley-Method Childbirth Classes

Bradley (husband-coached) childbirth classes are
designed for couples in their 5th or 6th month of
pregnancy who desire a natural, medication-free
birth. Classes run for 12 weeks and include many
topics such as relaxation, coaching skills, nutrition,
exercise, breast feeding, postpartum and
more...Instructors are NFP users.

Contact Mike & Jen Drees: 856-415-0401 or
e-mail drees@Jersey.net.

Hail Mary Prayer Campaign for Life

This "Hail Mary Campaign" is to protect the unborn and bring an
end to the tragedy of abortion and to the "culture of death."
Everyday an average of 4485 babies are killed in the U.S. as a
result of abortion. How great it would be for families, churches
and classrooms to pledge to pray together for a greater respect
for life at all stages—at least 4485 decades a day.

The pledge period is from Easter 2004 until Election Day 2004,
as the hope is that we will be blessed with Pro-Life legislators
voted into office, who will nominate and approve Judges who are
just and respectful of life.

Please call or fax your Rosary pledge to Fr. Dan Melendez:
856-848-0047 or Fax: 856-384-8123, so he can tally them.

I / We pledge to each say _____ decades of the Rosary from
Easter, 2004, to Election Day, Nov. 3, 2004.

With NJ legislature voting "Yes" to embryonic stem cell research, we all
have to do what we can for LIFE. Thank you for your prayers.

MARCH FOR LIFE: January 22, 2004; Washington, D.C.

Natural Family Planning Materials For Sale

Art of Natural Family Planning manual	\$ 16.00
Basal Thermometer, Digital	12.00
Basal Thermometer, Mercury (1/2 price)	3.50
Blank Charts (12)	2.00
Fertility, Cycles and Nutrition	12.00
Breast Feeding & Natural Child Spacing	10.00

Price does not include shipping.

To order, please contact the NFP office.

Make checks payable to Office of Family Life.

Natural Family Planning Office

Office of Family Life
Diocese of Camden
631 Market Street
Camden, NJ 08102
(856) 756-7900, ext. 6315
Fax: (856) 964-3401
nfppoffice@camdendiocese.org
Coordinator: Cecilia LeChevallier
www.camdendiocese.org