

Diocesan Activity Report-NFP

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December 1989

Most Rev. James T. McHugh, Director; Rev. Philip D. Kraus, S.J., Assistant Director
Theresa Notare, Editor, Newsletter

NATIONAL NFP DIOCESAN COORDINATORS' CONFERENCE, JULY 5-8, 1989,

Seton Hall University,
South Orange, New Jersey

The Diocesan Development Program for Natural Family Planning's fourth national conference had as its theme the certification of the diocesan NFP teacher. This was explored through a study of the document *National Standards of the National Conference of Catholic Bishops' Diocesan Development Program for Natural Family Planning for the Certification of Diocesan NFP Teachers* (hereafter *Standards*). The *Standards* document had been in process since January, 1988 (cf. *Diocesan Activity Report-NFP*, April '89, for a brief history of the project). Its authors reflected various expertise, different NFP methodologies, as well as regions of the nation.

The Conference participants' primary task was to study the document and to offer recommendations based upon their experience in the field. Approximately 160 participants attended. Representatives from 18 of the 33 Archdioceses in the country were present as well as 50 of the 148 Dioceses. Also present were representatives from each of the national NFP providers. The remaining number took in a good sampling of the many autonomous NFP agencies.

Each session of the conference addressed a specific section of the document and had a common format: two presenters who led a discussion, followed by small group work and reports. The presenters either "walked through" a particular section with the participants, or highlighted special interest items. Usually two questions were posed for Small Group Discussions. The Small Group Reports at the end of each session provided time for sharing insights, concerns, problems and questions.

In addition to this work, the conference provided other topic areas and features as well. A

keynote address on the implications of the Supreme Court July '89 ruling was given by Bishop James T. McHugh, on the evening of July 5. A panel discussion on the *Standards* with representatives of the national NFP provider groups and the Certification Committee was offered Thursday evening, July 6. On July 7 the participants gathered for an evening banquet. Guest speaker, Dr. Janet Smith, offered insights on her manner of presenting the truth of *Humanae Vitae* to young adults. The final day of the conference offered two sessions dealing with the importance and significance of data collection. Sr. Grace Boys presented the final results of the NFP Nationwide Survey. (cf. page 1). In reference to the DDP's Quarterly Survey, Bob Kambic addressed the problems and benefits of data collection. (cf. page 3)

DDP NATIONWIDE SURVEY — FINAL REPORT

by Grace A. Boys, SSS, Ph.D.

In 1987, the DDP commissioned the author to conduct a nationwide survey of NFP clients from 24 diocesan programs in order to assess client satisfaction with instruction and use of NFP; and to determine the role of NFP in the couple relationship. Of those couples randomly chosen to be surveyed, 3,345 (39%) completed and returned their questionnaires. The final report was published in June 1989. This is a summary of the results:

Church teaching in family planning decisions is important to respondents: 60.1% of wives and 59.9% of husbands affirm, "the Church should be involved in family planning"; 68.1% of wives and 62.7% of husbands express the belief, "being in conformity with Church teaching in matters of family planning is important to me." In contrast, only 21.2% of couples responding were referred to NFP programs by a priest and only 31.6% of wives and 29.5% of husbands stated they had received support from their pastor in seeking NFP instruction. This

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illustrates that couples seeking NFP instruction believe that the Church has a positive role to play in family planning, and they would welcome greater pastoral care and support for their decision to use natural methods.

Couples continue to use natural methods following instruction: 77.3% of the couples responding are currently using a natural method; over half of the sample indicated they have been using NFP for more than three years, and 35.3% have been using NFP for more than five years. This is particularly meaningful contrasted with the fact that couples who use barriers and other artificial means tend to switch from method to method quite frequently.

Overall perceived effectiveness for couples using NFP "within the past year" exceeds national studies: Of the 2,430 couples who reported using NFP "within the past year", 10.5% of the wives said they had an "unintended pregnancy" while using a natural method. This is less than the average of 16.1% failure rate for women using all methods of periodic abstinence reported in the most current research literature. An important thing to remember is that the Questionnaire was sent to any couple who attended "at least one NFP instruction." There was no way to determine if the couple completed their instruction.

We found that it makes a difference if the couple is choosing to "space" rather than "limit" their children. Couples who are spacing are more open to having another child. In this Survey spacers reported a perceived unintended pregnancy rate of 15.1% (wives) and 15.4% (husbands) compared with limiters who report 9.6% (wives) and 8.1% (husbands). These findings clearly show that the intention of the couple is critical in their effective use of the method. It is important to recognize that this study is not a clinical effectiveness study performed under laboratory conditions. Rather it asks couples to report their actual experiences with natural methods as a part of their daily living.

Client satisfaction with the instruction and use of NFP is quite high: 96.1% of wives and 82.4% of husbands responded "true" or "very true" to the statement: "Overall, I am satisfied with my instruction in natural methods of family planning." Similarly, 70.8% of wives and 70.4% of husbands responded positively to the statement: "Overall, I am satisfied with my usage of NFP to avoid pregnancy."

Couples believe that family planning is a mutual responsibility: 78.4% of wives and 85.8% of husbands give the most positive responses to the item: "My partner takes equal responsibility for avoiding genital contact during the fertile time." For nearly one-third of all respondents who have been using NFP, "within the past year", the husband is either mutually or totally responsible for charting the signs of his wife's fertility. This again markedly contrasts with couples using artificial methods where the burden of family planning primarily falls on the woman. NFP puts the couple in charge of "their" fertility.

Couples using natural methods have a higher level of agreement in their expression of intimacy: NFP couples are more likely to agree on "demonstration of affection" and "intimate relations" than couples using other methods of family planning. However, there was no difference between NFP couples and couples using other methods on other questions relating to marital adjustment such as: recreation, career decision, childrearing, money management, time spent together, conduct and goals in life. This may be because couples who seek NFP instruction are already happier in their marriages than those not seeking instruction. In this Survey both NFP user couples and couples using other methods were taken from the same sample. It is possible that there are particular dimensions of intimacy which are more effected by a couple's use of natural methods. Defining and assessing these dimensions is a task for future research.

The Survey can boast of several "firsts": a) it is the first nationwide assessment of NFP programs ever to be conducted; b) it is the first survey to focus upon the role of NFP within the couple relationship; and c) it is the first survey to include experiences of the couple as well as the individual perceptions of wife and husband as a focus for research. The state-of-the-art of NFP instruction provided by diocesan programs is yielding very satisfactory results as evidenced in the Survey.

These findings demonstrate the need for an increased pastoral role in the development and on-going operation of diocesan NFP programs. This commitment is necessary if NFP programs are to move from their present position on the periphery into the mainstream of marriage and family life pastoral programs. This objective elaborated by Joseph Cardinal Bernardin in his

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1986 Report to the United States Catholic Conference of Bishops can now be more fully implemented with the support of the Survey. An important part of the Survey will be assisting local diocesan programs to use the findings to help directors focus on local concerns. Finally, the Survey provides baseline information which can be used to monitor client satisfaction on a continuing basis.

QUARTERLY DATA REPORT by Robert T. Kambic, M.S.H.

In 1987, at the DDP meeting in South Orange, NJ, the DDP initiated a **National Quarterly Natural Family Planning Report**. The purpose of this report is to gather, on a quarterly basis, the number of women/couples taught NFP in the U.S. by diocesan related NFP programs and to make periodical reports on this data to the U.S. bishops and NFP providers.

At the recent National meeting in 1989 (see cover article), a preliminary report of the results was made and some problems with the **National Quarterly Report** were discussed. There were three key problems: 1) "Was the report information confidential?"; 2) "Who would analyze the information?"; and 3) "How should the question on NFP referral be answered?"

Some NFP coordinators thought that the DDP was asking for individual client names or identification. This is not so. As the written instructions for the reporting system make clear, the reporting system consists of two forms: the first for the NFP instructor in the diocese, the *Instructor Quarterly Worksheet*, and the second the *Program Summary*, which is sent to the DDP. The *Instructors' Quarterly Worksheet* is the instructors to use and keep, it will not be accepted by the DDP. The *Program Summary*, which is sent to the DDP, contains only summary data. The data from your diocese will be combined with the data from all participating dioceses and analyzed together. Any public reports to the Bishops and to NFP providers will not identify individual dioceses.

The report data will be analyzed by the author a faculty member of the Department of Population Dynamics at Johns Hopkins University School of Hygiene and Public Health, who has spent 18 years as an NFP expert working for the U.S. Bishops, the World Health Organization, and the U.S. government among other organizations; and has published numerous studies in the NFP field.

Many coordinators wanted to know how to answer question number seven on the *Program Summary* form. This question asks about the source of client referrals. The author clarified this by saying that as much credit as possible should be given to the NFP program. For example, if a couple comes to NFP after reading a notice in a church bulletin, and the notice is put there by the pastor himself, it is a Church referral. But if the notice is put into the bulletin by the NFP program acting through the pastor, it is an NFP referral. Another example is Precana. If the Precana is done by NFP couples, then it is an NFP referral and not a church referral. In summary, give credit to your program when the credit is due.

Pope John Paul II has urged the NFP programs of the the world to work together. Quoting him, "... it is important that the various NFP groups should work together and share their research and studies so as to manifest a unity of purpose and commitment..." The NFP Report is one of a number of projects that the DDP operates to work toward the unifying vision of the Holy Father. The DDP is interested in your comments on the Quarterly Report and knows that you will find the results helpful in your NFP ministry. We ask all dioceses to participate and are beginning a special effort to contact coordinators to send in reports.

CONFERENCE '89 EVALUATION, SUMMARY

Conference Evaluation Forms were given to the participants as part of their information packets. Of the approximately 160 participants, 33% turned in their forms. Of that number, 14% were from the Northeast, 6% from the Midwest, 5% from the South, and 8% from the West. 48% were Diocesan NFP Coordinators — laity; 8% were Diocesan NFP Coordinators — clergy/religious; 8% were diocesan officials — laity; 4% were diocesan officials — clergy/religious; and 37% listed themselves as "other" (comprising those who were NFP teachers, NFP providers, etc.). 33% listed themselves "both OM and ST"; 19% "only OM"; and 50% "only ST".

The overall response from the participants was very positive. The speakers were generally rated as good, and the material presented ranged from excellent to average. Only about 2% responded "poor" to any given item, with .05% responding "very poor". Comments offered with

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regard to the Conference Format, i.e., its allowance for dialogue, clarification of questions, etc., were very positive. Some specific comments were:

"Very happy to be divided into regions so as to become acquainted and gather support."

"The small group work and reporting really made us feel as if this is our document!"

"Everyone had an opportunity to voice their concerns. Thank You!"

"Good to see that even disagreement was allowed to be addressed."

"The Committee should be commended for refusing to be defensive about their work."

Participants were also asked for suggestions on topics for future conferences. Among the recommendations made were: Working with volunteers; Family systems and how they operate; NFP and Public Relations; NFP and Teaching Techniques; NFP Outreach — How to address special needs groups; NFP and Pre-Cana; NFP "Master" Coordinator (who gives a presentation on how his/her program operates and how he/she manages special problems); Reports on recent NFP research; and Fund Raising.

SCIENCE NOTES

by Hanna Klaus, M.D.

Contraception, 39:5:477, May 1989. K. I. Kennedy, R. Rivera, and A. S. McNeilly. "Consensus Statement on the use of Breastfeeding as a Family Planning Method". (The report of a meeting of twenty-five international NFP researchers in the area of lactation and infertility.) The maximum birth spacing effect of breastfeeding is achieved when a mother fully or nearly fully breastfeeds and remains amenorrheic; that is, has no bleeding beyond 56 days after delivery. In that case, there is 98% protection from pregnancy for the first six months (180 days) postpartum. Total breastfeeding means that the child receives only breast milk (and oral medications if needed) and that no pacifiers are used. Beyond six months, if the woman wishes to extend the birth interval, additional family planning methods should be recommended (including of course NFP-author). To assure that breast milk alone is adequate for the baby's nutrition, monitor the baby's growth and weight. If either begins to slow, supplemental foods should be added. Request reprints from Kathy Kennedy, Family Health International, Research Triangle Park, NC, 27709.

Fertility and Sterility, 51:430-434, 1989. R.T. Kambic and R. H. Gray, "Interobserver Variations in Estimation of Day of Conception Intercourse Using Selected NFP Charts". Four NFP experts examined 28 NFP pregnancy charts to determine the BBT rise, the mucus peak, and two most likely days of conception intercourse. The charts were selected because they provided difficulties in interpretation. The reviewers were able to agree on the most probable day of conception intercourse in 96.4% of cases, on the mucus peak in 74.1% of cases, and on the interval between the most probable conception intercourse and mucus peak in 70.4% of cases. There was poor agreement on the first day of the BBT rise (38.5%). The authors conclude that in selected difficult NFP charts, the mucus peak is a more valid indirect measure of ovulation both because it is subject to less interobserver variation and because it more closely approximates the timing of ovulation.

Family Planning Perspectives, 21:85-88, March/April 1989. S. Henshaw and J. Van Vort. "Teenage Abortion, Birth and Pregnancy Statistics: An Update". In 1985, 1,031,000 teenagers became pregnant. Of these, 31,000 were younger than 15. There were nearly as many abortions as live births. This proportion continued in the 15-17 and 18-19 year age groups. There were some geographic variations; e.g., the District of Columbia had more abortions than live births.

Family Planning Perspectives, 21:95-96, March/April 1989. "Cohabitation Represents Important Transitional Stage for Young Whites" is an abstract of A. Thornton's article "Cohabitation and Marriage in the 1980's" from *Demography*, 25:497, 1988. Cohabitation without marriage has become a major feature of the life course of young Americans. According to a recent study of 23-year olds, one-half of all the women and two-thirds of all the men who had ever married or cohabited had first exited single life to cohabit without marriage; one-third of the women and two-fifths of the married men had previously had a cohabiting relationship.

NEWS BRIEFS

DDP NOTES:

In August, Grace Boys, SSS, PhD, represented the DDP office at the Fifth International Congress of the International Federation for Family Life Promotion (IFFLP). Sr. Boys presented her findings from her Nationwide NFP Survey which DDP had commissioned. Over 90 nations were represented including 35 different African Nations. The Congress included workshops, scientific sessions, and the Congress proceedings. Participants met for ten days to discuss mutual issues and concerns related to NFP and Family Life Education around the world.

The DDP is pleased to announce the addition of Robert Kambic, M.S.H., as a Staff Consultant. Mr. Kambic is a Research Associate in the Department of Population Dynamics at Johns Hopkins University in Baltimore, Maryland. He will be assisting the DDP with special projects relating to population and data collection.

Both Fr. Phil, Assistant Director and Theresa Notare, Administrative Assistant, spoke at various events in the months of October and November. Theresa gave two workshops on "The U.S. Bishops' Efforts in the NFP Movement via the DDP" at the Florida Catholic Conference's statewide Pro-Life Meeting in Miami, Oct. 13-15, 1989. Fr. Phil was the featured speaker at the Kansas State NFP Association's Annual Meeting on Oct. 28, 1989, at St. Lawrence Catholic Campus Center, University of Kansas. Fr. Phil also gave a workshop on "Married Love in the '90's for the dioceses of New Mexico on Nov. 17 & 18, 1989, St. Joseph Hospital, Archdiocese of Santa Fe, NM.

PAST EVENTS

SUMMER '89:

American Academy of NFP held its Eighth Annual Meeting at the Park Place Hotel in Kansas City, MO, July 20-23, 1989. The theme of the meeting was "Affirming Our Service... A Gift From the Heart". Kathleen Rivet, CNFPE, of Manchester, NH was installed as President of the Academy for the coming year. Keynote speaker, Colleen Kelly Mast, discussed

"Teaching Teens Chastity as a Lifestyle". Other topics included: "Medical Aspects of NFP", presented by Dr. Thomas Hilgers; "The Blessings of Fertility in Marriage" by Mary Shivanandan; and a forum on "Science and Research in NFP". The DDP was represented by Fr. Phil Kraus. Further information: Greta Longhini, Public Relations Chair, AANFP, 234 Lakeshore Road, Ontonagon, MI 49953.

St. Joseph Hospital NFP Program, Archdiocese of Santa Fe in Albuquerque, NM has recently established its NFP Teacher Education Center. The Center will provide client and teacher training in the Creighton Model of the Ovulation Method. The program is comparable to a college Master's level program and produces teachers who are able to problem solve and apply sound scientific principles to assist their clients to practice successfully NFP. Graduates of the program are qualified allied health providers of NFP services.

The program is conducted in two education phases lasting about one week and held about four months apart. The teacher intern also participates in two supervised practices and would be eligible to take the national exam in about 13 months after teaching 27 clients and successfully completing all assignments. Tuition, books and materials for the course are \$1,400.00.

The first phase of the first teacher training program was held in August of 1989. Eight students, from New Mexico, Texas, Florida and Michigan, were enrolled. Further information: Shirley Hoefler, CNFPE, St. Joseph Hospital, 400 Walter NE, Albuquerque, NM; 505-848-8231.

SEPTEMBER '89

The Billings Center of Los Angeles in conjunction with the Office of Family Life and Continuing Formation of the Clergy of the Archdiocese of LA. held its first Seminar, "Conjugal Life and Love", September 9-16, 1989. The seminar was conducted in both English and Spanish and featured talks for those interested in NFP. Religious and Clergy education was the focus of one entire day of the seven day seminar. Further information: Msgr. Charles Fortier, Office of Family Life, 933 S. Grattan St., Los Angeles, CA 90015; 213-251-3214.

Mississippi Baptist Medical Center for NFP held an enrichment seminar entitled "NFP: A Way of Love" on Saturday, September 23, 1989. Dr. Judy Gearhart, Professor in the Family Medicine Department of the University Medical Center, spoke on "Achieving Pregnancy". Gerry Gray-Lewis, RN, discussed "Breastfeeding with the Ovulation Method"; and Rev. Denis St. Maire, Director of the Human Life Center, spoke on "NFP as a Way of Life". The seminar also included an NFP Husband/Father panel. Further information: NFP Mississippi Baptist Medical Center, 1225 North State St., Jackson, MS 39202.

OCTOBER '89

Pope Paul VI Institute began its first phase of the Creighton Model NFP Education Programs, Oct. 13-12, 1989. Six NFP Programs offered concurrently are: NFP Practitioner (13 months); NFP Instructor (6 months); NFP Clergy or Religious (6 months); NFP Medical Consultant (6-12 months); NFP Supervisor (13 months); and NFP Educator (13 months). Further information: Creighton Model Programs, Pope Paul VI Institute, 6901 Mercy Road, Omaha, NE 68106; 402-390-9168.

Kansas State NFP Association held its Annual Meeting on Oct. 28, 1989, at St. Lawrence Catholic Center, University of Kansas. The featured speaker was Fr. Phil Kraus, DDP Assistant Director, who presented two talks on "The DDP for NFP" and "The National Standards for the Certification of Diocesan NFP Teachers". Further information: Charmaine Campanini, Chair, Kansas State NFP Association, 224 Miller Road, Iola, KS 66749; 316-365-7475.

NOVEMBER '89

Twin Cities NFP Center, Inc., has begun (Nov. 1, 1989) a "NFP Team Teaching Education Program". Designed to prepare NFP Practitioner and NFP Practitioner Associate Teaching Teams, the program is based on the foundation laid by numerous NFP researchers and providers around the world. The curriculum model is built on four primary concepts — Method, Process, Helping Relationships, and Sexuality. The program is 18 months in length. It consists of three courses, each of which include a classroom and a supervised practicum phase. The fee is \$2,500; this includes tuition

plus educational materials. Classes are held at Riverside Medical Center. Further information: Twin Cities NFP Center, Inc., Riverside Medical Center, Riverside at 25th Ave., South, Minneapolis, MN 55454; 612-340-9830.

Archdiocese of Washington, Office of NFP; Maryland/D.C. Providers Association; and NFP Center of Washington, D.C., Inc. hosted Drs. John and Evelyn Billings at a lecture entitled "Contemporary Issues in NFP" at the Archdiocesan Pastoral Center, Hayattsville, MD, on Nov. 2, 1989. Further information: Hanna Klaus, M.D., NFP Center of Washington, D.C., 8514 Bradmoor Drive, Bethesda, MD 20817; 301-897-9323.

St. Joseph Hospital, Archdiocese of Santa Fe, NM held a workshop on "Married Love for the 1990's for the dioceses of New Mexico on Nov. 17 & 18, 1989. Among the topics covered were: "Marriage a Sacrament" and "Humanae Vitae". DDP's Fr. Philip Kraus, S.J., spoke on "Is NFP for the 1990's", "The Role of the DDP for NFP", and "National Standards and Diocesan Certification". Further information: Shirley Hoefler, Director, NFP, St. Joseph Hospital, 400 Walter N.E., Albuquerque, NM 87102; 505-848-8000.

UPCOMING EVENTS:

"Caribbean Cruise Seminars", Jan. 27 - Feb. 3, 1990. Clayton Barbeau, popular San Francisco lecturer, author and family therapist will speak on the theme "Journeying Forth II". Topics include: "Discovering Self in the Here and Now"; "The Creative Task — How we build relationships"; and "Exploring the World of Feelings".

March 10-17, 1990. Ingrid Trobisch, author, speaker and President of Family Life Missions, will speak on the theme "Inward Journey". Topics include: "Single Power/Couple Power"; "The Marriage Triangle"; "Biblical Soul Counseling-Soul Care-What is it?"; and "Risking Love".

Further information: AAA Minnesota Travel Agency, St. Cloud Branch, 330 So. Highway 10, St. Cloud, MN 56304; 612-251-6200.

Illinois NFP Association (INFPA), will hold its annual conference March 16-18, 1990, at the Franciscan Apostolic Center, Springfield, IL. Faculty will include: Drs. John & Evelyn Billings, Bishop James T. McHugh, Prof. Janet Smith, and Mr. Robert Kambic. The conference will celebrate INFPA'S 10th Anniversary. Babysitting will be provided during all sessions. Further information: Donna Dausman, NFP Diocese of Springfield, 315 S. Westlawn, Decatur, IL 62522; 217-422-8234.

Diocese of Harrisburg, PA, in cooperation with St. Joseph Hospital, Lancaster and Holy Spirit Hospital, Camp Hill, is sponsoring a Middle Atlantic States NFP Conference, to be held March 24, 1990. The theme "NFP in the Nineties: Issues and Perspectives — Medical, Moral, Technical, Economic and Community". Speakers will include: Bishop James T. McHugh, Fr. Philip Kraus, S.J., Drs. John & Evelyn Billings, Larry & Isabelle Kane, Dr. Hanna Klaus and Anne Lanctot, RN. Babysitting will be available by request. Further information: Laura Peszka, St. Joseph Hospital, Lancaster, PA; 717-291-3464.

In conjunction with the conference, a session for medical and health care professionals will be held on Friday evening, March 23, at Holy Spirit Hospital. The topic, "Fertility Awareness Issues for Health Care Professionals", will feature Drs. Evelyn & John Billings, Dr. Hanna Klaus will serve as moderator and sit on the panel for questions and answers. Further information: Christine Filipovich, Holy Spirit Hospital; 717-763-2100

Northwest NFP Services announces a Teacher Training and Certification Program in the ST Method of NFP, June 23-28, 1990. The program is based on Dr. Josef Roetzer's ST Method model. Dr. Roetzer is a World Health Organization consultant on NFP and has been a primary researcher for 30 years. Further information: Rose Fuller, Director, NWNFPS, Providence Medical Center, 4805 N.E. Glisan St., Portland, OF 97213; 503-230-6377.

SPECIAL ANNOUNCEMENTS:

Congratulations are to be given to Northwest NFP Services, they have been awarded a \$116,068 grant from the Office of Adolescent Pregnancy Prevention. This is a research-inten-

sive prevention project to be conducted in Oregon. NWNFPS will be offering educational classes to parents and their teens in skills promoting pre-marital abstinence. The research will investigate the effectiveness of the approach as well as look at any difference in two different levels of parental involvement. Further information: Rose Fuller, Director, NWNFPS, 503-230-6377.

Mary Shivanandan, currently a Fellow at the John Paul II Institute for Studies in Marriage & Family, Washington, D.C., presented a paper at the Annual Conference of the National Council on Family Relations on Nov. 6, 1989, in New Orleans. The theme of the conference was "Families and Sexuality". Shivanandan's topic was The Implications of a Cultural-Linguistic Approach to Religious Doctrines for Sexual Attitudes and Behavior. Further information: NCFR, 1910 West County Road B, Suite 147, St. Paul, MN 55113; 612-633-6933; or KM Associates, P.O. Box 71041, Chevy Chase, MD 20813-1041; 301-652-4536.

NFP Diocesan Coordinator of Santa Fe, NM, Shirley Hoefler, has recently suffered the death of one of her children. We would appreciate your prayers for her son and family.

MATERIALS:

Couple to Couple League has republished and made available for purchase, *Breastfeeding and Natural Child Spacing: How Ecological Breastfeeding Spaces Babies*, by Sheila Kippley. The text distinguishes between cultural and ecological breastfeeding, the former which does not space births and the latter which does. (CCL, P.O. Box 111184, Department 60, Cincinnati, OH 2.)

Available for purchase a brochure on *The First Three Years, The Importance of Mother/Child Togetherness*. The brochure contains quotations from 22 experts in fields related to early childhood development. The collective witness gives an impressive statement about the great importance of mother-child togetherness, especially during the first three years of life. (Foundation for the Family, P.O. Box 1155, Cincinnati, OH 45221; 513-661-2709.)

Diocese of Buffalo has produced a video, **NFP: Living in Harmony with your Fertility**. This video is a NFP resource that presents different aspects of NFP. The video gives an overview of NFP and promotes both ST and OM. It was made to assist ordained and lay ministers and educators involved in marriage preparation and in work with young adults. The presentation is divided into four modules: Module 1, NFP: Past & Present; Module 2, NFP: Philosophy; Module 3, NFP: Resistance; Module 4, NFP: Questions and Answers. The average module length is 13 min. (Beverly Sottile-Malona, RN, NFPP, NFP Coordinator, Diocese of Buffalo, Catholic Center, 795 Main St., Buffalo, NU 14203-1250; 716-847-5533.)

Diocese of Harrisburg has available its video **NFP: A Natural Alternative**. This is a 20 min. video introduction to the ST Method. It includes candid interviews with user couples. The tape is targetted for marriage preparation groups, but is relevant to couples and individuals of almost any age group. It covers six general areas: Facts about Reproduction; Charting; Reliability; Abstinence; Benefits; and Advantages & Disadvantages. The subjects of Church teaching and spiritual benefits are not covered. An accompanying pamphlet is provided for those who are not well informed regarding these issues. (Susan Miller, NFP Coordinator, 685 Old Mill Rd., Abbottstown, PA 17301; 717-624-8690.)

Robert L. Jackson, M.D. will soon publish his book **Physician's Advice for Human Life (Human Ecology)**. The introduction and the epilogue were written by Dr. Thomas W. Hilgers and Dr. Herbert Ratner respectively. Among the chapter topics are: Natural Child Birth; Ecological Breastfeeding; Natural Conception Regulation; and a Pediatrician's Advice for Family Life. (St. Bede's Publications, P.O. Box 545, Persham, MA 01366-0545.)

KM Associates has available for purchase **Challenge to Love**, by Mary Shivanandan and **Breastfeeding and NFP**. Both books are on sale until Dec. 31, 1989 (please note this deadline is different from the flyer). (KM Associates, P.O. Box 71041, Chevy Chase, MD 20813-1041; 301-652-4536.)

Pope Paul VI Institute has recently produced a new video "**NFP Encountering Human Ecology**". The video was filmed in the Rocky Mountains. It ties in the concept of ecology with human sexuality and our understanding of the natural phases of fertility. The video is 18 minutes in length and tailored for Creighton Model teachers.

Also available a new audiotape series designed for use in Creighton Model NFP Education Programs.

(Publications Program, Pope Paul VI Institute, 6901 Mercy Road, Omaha, NE 68106.)

Sacred Heart Medical Center, Spokane, Washington, has available a video entitled **Natural Family Planning**". The video provides an introduction to NFP as well as an overview of the methods. (Sacred Heart Medical Center, c/o Care Video Productions, 1650 Crossings Parkway, Westlake, OH 44145; 216-835-5872.)

And it came to pass while they were there, that the days for her to be delivered were fulfilled. And she brought forth her firstborn son, and wrapped him in swaddling clothes, and laid him in a manger . . .

LK 2:7

May you and your family be blessed during this holy season and throughout the new year!

In thankfulness for you and your work for the Church,

The Staff of the DDP for NFP