

SOME RESOURCES on *NFP vs. CONTRACEPTION*

Fr. Matthew Habiger OSB PhD

[Upgraded July 2012]

CHURCH DOCUMENTS

Vademecum for Confessors: Concerning Some Aspects of the Morality of Conjugal Life, (*Forward*)

“If, on a doctrinal level, the Church has a solid awareness of the requirements of the Sacrament of Penance, it cannot be denied that a certain void has been forming with regard to implementing these teachings in pastoral practice. The doctrinal data, therefore, is the foundation supporting this “Vademecum,” and it is not our task to repeat it here, although it is called to mind in various passages. We know well all the richness that has been offered to the Christian community by the Encyclical *Humanae Vitae*, illuminated then by the Encyclical *Veritatis Splendor*, and by the Apostolic Exhortations, *Familiaris Consortio* and *Reconciliatio et Paenitentia*. We also know how the *Catechism of the Catholic Church* has provided an effective and synthetic summary of the Church’s doctrine on these subjects.

“To evoke conversion and penance in man’s heart and to offer him the gift of reconciliation is the specific mission of the Church (...). It is not a mission which consists merely of a few theoretical statements and the presentation of an ethical ideal unaccompanied by the energy with which to carry it out. Rather it seeks to express itself in precise ministerial functions directed toward a concrete practice of penance and reconciliation” (Apostolic Exhortation *Reconciliatio et Paenitentia*, 23).

MARRIED LOVE AND THE GIFT OF LIFE: USCCB 14 NOV 06 (Married Love vs. Contraception)

MARRIAGE: LOVE AND LIFE IN THE DIVINE PLAN USCCB 17 NOV 09

Part I: Marriage in the Order of Creation: The Natural Institution of Marriage

Part II: Marriage in the Order of the New Creation: The Sacrament of Marriage

Life Matters: Love and Marriage pamphlet, USCCB 2011

Live Matters: Contraception pamphlet, USCCB 2011

AUDIO TAPES

THE THEOLOGY OF THE BODY Program for Clergy

- The Theology of the Body: a Preachable and Pastoral Message – Fr. Richard Hogan
- The Theology of the Body: A Preachable and Pastoral Message – Chris West
- How to Implement the Theology of the Body in your Parish – Bishop Robert Baker (Charleston, SC), Fr. Richard Hogan, Ann Nerbun

Contact: Our Father's Will Communications

1 866 333 OFWC

ofwc@theologyofthebody.net

www.theologyofthebody.net

NAKED WITHOUT SHAME: Sex and the Christian Mystery – Reflections on Pope John Paul II's Theology of the Body

By Christopher West. Available from the GIFT Foundation at cost.

12 tapes and a 90-page workbook on basic terms and concepts.

800 421 GIFT

www.giftfoundation.org

info@giftfoundation.org

HUMANAE VITAE, 4 tapes by Janet Smith: 1) Veritatis Splendor & Humanae Vitae, 2) Consequences of Contraception, 3) Differences Between Contraception and NFP, 4) Veritatis Splendor. Contact: St. Joseph's Communications, Inc. 626 331 3549.

www.saintjoe.com

FREEDOM, CONSCIENCE AND NATURAL LAW, Janet Smith PhD. Three takes on these topics. \$15.00 Contact: One More Soul. 1 800 307 7685. www.OMSoul.com.

OMSoul@OMSoul.com

CDs

SEXUAL COMMON SENSE, Dr. Janet E. Smith's new 12 talk series on CD.

Contraception: Why Not, revised

Homosexuality: Why Not

Theology of the Body: The Nuptial Meaning of Our Bodies

Natural Family Planning: Is It Moral?

Hormones "R" Us

Just Follow Your Conscience

Reproductive Technologies: Why Not

Overpopulation: The Facts

The Culture of Life vs. The Culture of Death

The Family: A Path To Holiness
 Contraception: The History of the Church's Teaching
 Contraception: Dissent from the Church's Teaching

For more information go to www.mycatholicfaith.org, or call 888 765 9296

CONTRACEPTION IS NOT THE ANSWER

Eight dynamic talks on the profound impact of contraception on our society.

- 1) Comprehensive Failure: the Ham Done by Pro-Contraception Sex Ed -- Libby Gray Macke
- 2) The Emptied Quiver: The Protestant Embrace of Contraception –Alan Carlson
- 3) Hormones 'R' Us: How Contraceptives Alter Human Relationships – Janet Smith
- 4) The Infertile Soul: Contraception's Influence on Faith and Society -- Fr. Thomas Euteneuer
- 5) The "Perfect Family": How Contraception Affects Marriage and the Home -- Damon Clarke Owens
- 6) The Decline of Males: How Contraception Alters the Status and Identity of Men -- Lionel Tiger
- 7) Societal Suicide: The Profound Demographic Impact of Contraception -- Andrew Pollard
- 8) Women's Liberation? The Cultural Contradictions of Contraception -- Jennifer Roback Morse

To obtain copies of this boxed CD set, or of individual CDs, contact LCE Media: E-mail: info@LCEmedia.com Tel: 800-693-3884, or 815-784-3885

CONTRACEPTION, WHY NOT? By Janet Smith One More Soul

TESTIMONY OF HEALING – STERILIZATION REVERSAL: AN ACT OF LOVE by David and Nina Morton One More Soul

WHY CONTRACEPTION MATTERS: How It Keeps Us from Love and Life by Stephen Patton One More Soul

WHY PLAN NATURALLY? By Fr. Matthew Habiger OSB One More Soul

DVDs

GOD’S PLAN FOR LIF AND HUMANAЕ VITAE, by Brian Murphy and Fr. Matthew Habiger OSB. The authors present 17 talks, taken from their many years of providing clergy conferences around the world. Three hours of direct concise teaching will help Pastors in their ministry. www.godsplanforlife.org

VIDEO TAPES

“The Family Under Siege,” by Dr. Janet Smith

“The New Evangelization,” by Archbishop John Myers

“The Theology of the Body: a Preachable and Pastoral Message,” by Fr. Richard Hogan

These videotapes are available through Our Father’s Will Communications. Phone: 866 333 OFMC. Website: www.theologyofthebody.net. These three tapes are part of a series of lectures given at a conference sponsored by Family Honor.

WEBSITES

One website which has just about everything is **ONE MORE SOUL:**

www.OMSoul.com

- Books and tapes
- Search for NFP-only physicians, teachers, and centers near you
- The Harms of Contraception: 10 pages of resources
- Sterilization reversal stories
- NFP websites and much more

For a variety of HELPS FOR YOU HOMILY, including sample homilies, tie-ins for major feasts and liturgical seasons, quotable statements from Church documents, and prayers of the faithful that can be sprinkled throughout the year, go to www.nfpoutreach.org and see the left sidebar, marked “HOMILY HELPS.” See also “NFP Q&As” which can be used for parish bulletin inserts.

Brian Murphy put together a website that has a wealth of material on contraception and sterilization. This includes Church Teachings, Sample Homilies, Population Articles, Papal Encyclicals, and much more. Go to: www.Godsplanforlife.org

The [Edith Stein Foundation](#)'s mission is to advocate the dignity of women through fostering a non-contraceptive culture. They seek to expose the profound and tragic effects that contraception has had on women and therefore society as a whole.

[Living the Sacrament](#) launched in January 2011 as the go-to forum whenever there were questions about NFP, but now the panel expanded its efforts. They have added blogging to their site in an effort to answer commonly asked questions, keep their members updated on their newest developments and share how using NFP relates to daily life.

The [Guiding Star Project](#) is a nonprofit organization run by experienced mamas and faithful women working together to unite the pro-life movement around women and families, while espousing Pope John Paul II's New Feminism. The goal of the Guiding Star Project is to establish comprehensive centers nationwide that uphold natural law and promote a New Feminism.

[1flesh](#) is a brand-new site brought to you by a group of college-aged kids, one of them being Marc Barnes, known for his blog Bad Catholic, who state that "they want sexy back." It is a collaborative effort of young people speaking out against a contraceptive culture. It uses information from sociology, medicine, philosophy and economics to prove that contraception isn't the cure-all pill it was promised to be.

The RUTH INSTITUTE: www.ruthinstitute.org. Dr. Jennifer Roback Morse is the founder and president of the Ruth Institute.

www.foryourmarriage.org this is a website sponsored by the USCCB, which gives much good information on how to foster good marriages and how to deal with many typical problems.

For the USCCB website on NFP go to: ***<http://www.usccb.org/issues-and-action/marriage-and-family/>***

You will find a wealth of material on these topics:

Church Teachings

What is NFP?

- Basic NFP Information
- Intro to NFP Booklet
- Myths and Reality

Find an NFP Class

Where to Train As an NFP Teacher

What is Diocesan NFP Ministry?

National Survey of Diocesan NFP Ministry (Profile)

Standards for Diocesan NFP Ministry

- Standards (Full Text)
- Implementation Forms
 - Workbook

Newsletters

- *NFP Forum*
- *Current Medical Research*

National NFP Awareness Week: July 23-29 2006

- About NFP Week
 - Current Poster
 - Poster Archives
- Liturgy & Prayers
 - Articles
- Couples' Stories

- Church Teachings

Resources

Photo Gallery

Pro-Life Activities

Family, Laity, Women & Youth

NFP Home

www.Catholic-Pages.com Click on “Marriage,” or “Contraception,” and five pages of titles of resources appear.

www.ccli.org: The Couple-to-Couple League has much good material on contraception and sterilization.

For various **ARTICLES** on the theology of the body and other resources visit

www.theologyofthebody.com

For various **HOMILIES** on NFP, visit www.godsplanforlife.org “Homilies.” This website provides much useful information on NFP and answers to typical objections.

For **6 SHORT ESSAYS INTRODUCING THE THEOLOGY OF THE BODY** by Fr. Richard Hogan, visit www.nfpoutreach.org.

PASTORAL LETTERS OF BISHOPS

Go to www.ccli.org Click on About *NFP* / *Morality* / *Bishops Writings*

Bishop Joseph Martino – A Pastoral Letter of Chastity

Bishop Nicholas DiMarzio –Natural Family Planning

Bishop Glennon P. Flavin – In Obedience to Christ

Pennsylvania Bishops – Questions and Answers on Cohabitation

Bishop Victor Galeone –Marriage: A Communion of Life and Love

Bishop Robert J. Baker -- **The Redemption of Our Bodies**

MAGAZINES

FAMILY FOUNDATIONS A monthly publication by CCL. This provides much useful information on the theory and practice of NFP. It provides a constant update on the issues for both married couples and clergy.

BOOKS

Adam and Eve After the Pill: Paradoxes of the Sexual Revolution by Mary Eberstadt

A PRO-LIFE PASTORAL HANDBOOK, by Brian Clowes. Human Life International: 2010.

CATHOLIC BIOETHICS and the Gift of Human Life, by William E. May. Chapter Four deals with contraception, and provides a good explanation of the completely different anthropologies and the moral differences between NFP and contraception. Our Sunday Visitor Publishing Division, Our Sunday Visitor, Inc., 200 Noll Plaza, Huntington IN 46750. \$18.00. Phone: 1-800 348 2442 Website: www.osv.com

Catholic Sexual Ethics: a Summary, Explanation, & Defense (Second Edition 1998), by Fr. Ronald Lawler OFM Cap, Joseph Boyle, and William E. May. Bill May did the lion's share of the reediting in view of more recent Church documents. It is very readable.

THE CONJUGAL ACT AS A PERSONAL ACT: A Study of the Catholic Concept of the Conjugal Act in the Light of Christian Anthropology by Donald P. Ascii. Ignatius Press, 2002

THE COURAGE TO BE CATHOLIC by George Weigel. Published by Basic Books, N.Y.: 2004. \$14 ppbk. Weigel explains the clergy sex scandal in terms of the widespread rejection of *Humanae Vitae* and the Catholic sexual ethic. He provides an agenda for reform which involves seminaries and novitiates, the priesthood, bishops and the Vatican.

COVENANT OF LOVE: Pope John Paul II on Sexuality, Marriage and Family in the Modern World by Richard M. Hogan and John M. LeVoir. Second Edition 1992, Ignatius Press.

FATHERLESS, a novel by Brian J. Gail. This is an incisive novel which explores what happens when manly and spiritual fatherhood is lacking in our priests and the fathers of families. Brian Gail traces much of this to the damage that contraception has done to marriages, families, women's health, the insecurity and self-doubting of clergy, pornography on television, and the unraveling of Catholic life. Having seen the problems created by a massive use of contraception, Gail then lays out the beginnings of a solution.

GOOD NEWS ABOUT SEX & MARRIAGE: Answers to Your Honest Questions about Catholic Teaching, by Christopher West. Servant Publications, Ann Arbor: 2000. (P.O. Box 8617, Ann Arbor, MI 48107)

There is much good material here which could be used from the pulpit. Chris relates well to the North American culture. He raises all the contemporary objections, and answers them. He gives 8 pages of resources at the end, pp. 183-88.

CALLED TO GIVE LIFE: a Sourcebook on the Blessings of Children and the Harm of Contraception, by Jason T. Adams (One More Soul,

Phone: 1 800 307-7685 Email: omsoul@omsoul.com). \$9.00

Part I Foundations

Part II Homilies

Part III Pastoral Considerations

Additional Resources

Humanae Vitae A Generation Later by Janet Smith. Catholic University of America Press, Washington, D.C.: 1991.

Why Humanae Vitae Was Right: A Reader edited by Janet Smith. Ignatius Press, San Francisco: 1993

KAROL WOJTYLA: The Thought of the Man Who Became Pope John Paul II, by Rocco Buttiglione. Eerdmans Publishing Co., Michigan: 1997

LIFE-GIVING LOVE: Embracing God's Beautiful Design for Marriage, by Kimberly Hahn. Servant Publications, Ann Arbor: 2001. Kimberly provides the invaluable perspective of a woman, mother and wife. Much of her material could be used at the pulpit. She cites many examples, using letters sent to her by couples who went through their conversion to NFP. Good chapters on: "Cherish the Child," "Contraception = Reject the Child," "Sterilization." At the end she provides 7 pages of resources: Church documents, books, audio and videotapes, organizations.

MANHATTAN DECLARATION: This is an excellent, and concise, statement on 1) the sanctity of all human life; 2) Marriage, and 3) Religious Liberty. It was drafted by Robert George, Timothy George and Chuck Colson. Great material for the pulpit.

Marriage and the Public Good: Ten Principles The Witherspoon Institute, 2008. This is a succinct reasonable argumentation why marriage and family life must be defended from divorce, illegitimacy, cohabitation and same-sex marriage.

Marriage the Rock on Which the family Is Built, by Wm. E. May, Ignatius: 1995.

Man and Woman: A Divine Invention, by Alice von Hildebrand, Sapientia Press, Ave Maria, FL: 2010

Man and Woman He Created Them: a Theology of the Body, by Michael Waldstein. This is the best translation of Pope John Paul II's Wednesday audiences, and has a very helpful 128-page introduction.

MARRIAGE: LOVE AND LIFE IN THE DIVINE PLAN. A Pastoral Letter of the USCCB, Nov 09. Part I: Marriage in the Order of Creation; Part II: Marriage in the Order of the New Creation. This document provides many good insights into marriage, which could be used as homily material.

MORAL THEOLOGY AFTER HUMANAEE VITAE: Fundamental Issues in Moral Theory and Sexual Ethics, by D. Vincent Twomey SVD. Four Courts Press: 2010. For a 14-page Review Essay of this by Bill May, see The National Catholic Bioethics Quarterly, Vol. 11 Summer 2011, Number 2, pp. 393-406.

NEW PERSPECTIVES ON CONTRACEPTION by Donald DeMarco. Published by One More Soul, Dayton, OH: 1999. DeMarco provides many reasons why contraception degrades human dignity and human personhood. \$12 ppbk.

THE NUPTIAL MYSTERY, by Angelo Cardinal Scola. Eerdmans, Grand Rapids, MI: 2005.

ON LIFE AND LOVE: A Guide to Catholic Teaching on Marriage and Family by William Urbine & William Seifert. Published by Twenty-Third Publications, Mystic, CT: 1996. This concise reference work summarizes the key documents of the Roman Catholic Church on marriage and family life, from the time of Leo XIII to John Paul II. It includes statements by the popes, the USCC, canon law and Vatican congregations. Each chapter contains:

- a highlighted box showing the major areas of concern
- a brief paragraph giving an overview of the particular document
- key summary points, cross-referenced to the document itself
- a key quote from the document
- A list of suggested readings for further clarification.

OPEN EMBRACE: a Protestant Couple Rethinks Contraception, by Sam & Bethany Torode. Eerdmans, Grand Rapids, MI: 2002

A PREACHABLE MESSAGE: The Dynamics of Preaching NFP, edited by Fr. Thomas Knoblach. Published by The Billings Ovulation Method Association: 2000. In USA, P.O. Box 16206, St. Paul, MN 55116. 651-699 8139. Boma-usa@msn.com www.boma-usa.org

This is a collection of statements, **and actual homilies**, from bishops, priests and deacons who have preached on contraception from the pulpit.

Fifteen pages (pp. 131-45) are "Scriptural Opportunities, or ways to tie in God's plan for life-giving love to the scriptures of the Sunday.

SEX AND THE MARRIAGE COVENANT: A BASIS FOR MORALITY, by John F. Kippley. Cincinnati, Ohio: Couple to Couple League, 1991.

SMART SEX: Finding Life-Long Love in a Hook-up World, by Jennifer Roback Morse. Spence Publishing Co., Dallas: 2005

SEX AND THE SACRED CITY: Meditations on the Theology of the Body, by Steven Kellmeyer. Bridegroom Press, Peoria, IL: 2003. www.bridegroompress.com Phone: 309 685 4085.

SEX AND VIRTUE: an Introduction to Sexual Ethics, By John Grabowski. Catholic University of America Press, 2003.

STERILIZATION REVERSAL: A Generous Act of Love. Published by One More Soul, Dayton, OH: 2003. Twenty couples share their stories.

THE THEOLOGY OF THE BODY: A Simplified Version, by Msgr. Vincent M. Walsh, Key of David Publications, Post Office Box 153, Merion, PA 19066. \$15.00 Phone: 610 896 1970. Website: ww.libertynet.org/~revival

THEOLOGY OF THE BODY FOR BEGINNERS, by Christopher West. Ascension Press, West Chester, PA: 2004.

THEOLOGY OF THE BODY EXPLAINED: a Commentary on John Paul II's "Gospel of the Body," by Christopher West. Pauline Books and Media, Boston, MA: 2003.

THEOLOGY OF THE BODY, In Context: Genesis and Growth. By Wm E. May, Pauline: 2010. This has summaries of *Love and Responsibility*, *Familiaris Consortio*, *Theology of the Body*, *Mulieris Dignitatem* and *Letter to Families*.

WHAT GOD HAS JOINED: The Sacramentality of Marriage. By Peter J. Elliott, WIPF and Stock Publishers, Eugene, Oregon: 1990.

DIRECTORY of NFP Physicians, Teachers And Centers in Every State

www.OMSoul.com Click on **NFP Resources**, and then type in **area code**.

NFP WEEKEND for PARISHES

NFP Outreach provides a Weekend Parish Mission on the Issue of Birth Control. An NFP Outreach priest takes all the homilies for the weekend on the theme "God's Plan for Marriage, Spousal Love and Family. At the end of each Mass a couple who live NFP come to the pulpit and give a brief testimony about the many values that NFP has brought into their marriage and their relationship. A new class in NFP begins in the parish within three weeks. This is a very effective way to promote NFP in a parish. Our website is www.nfpoutreach.org

1-2 DAY CONFERENCE FOR PRIESTS & DEACONS

NFP Outreach (Fr. Dan McCaffrey and Fr. Matthew Habiger) offers a **1-2 day conference for priests and deacons** on the theme “How To Preach God’s Plan for Spousal Love from the Pulpit.” Topics include: “A Commentary on the *Vademecum for Confessors*,” “Where to Find your Resources for Preaching on This Topic,” “A Good Pedagogy: How to Lay a Foundation on the Topic of Spousal Love, and then How to Build upon It.” An NFP trained medical doctor explains how natural, effective and responsible NFP is. Witness couples give a testimony to the values that NFP have brought into their marriage and family life. Contact: www.nfpoutreach.org, or call 1 888 637 6383.

COUPLE TO COUPLE CLERGY CONFERENCES

CCL presents a 2½-day clergy conference three times a year. Its focus is to assist priests and deacons in understanding the theory of NFP, and how to apply it to their parish ministry. Visit their website: www.ccli.org. Or call Ginny Niehaus at 513-471-2000.

1-DAY CONFERENCE FOR CLERGY

Brian Murphy (God’s Plan for Life: www.godsplanforlife.org) offers a one-day conference for clergy. His presentations focus on the goodness and integrity of the Church’s teaching on marital love, and explain where objections to God’s plan for human love go wrong. He and I collaborate together with these conferences.

PARISH BULLETIN INSERTS

I write a regular column dealing with the many aspects of NFP, and the questions that people raise. Over 120 of these are posted at our website: www.nfpoutreach.org. Click on “NFP Q&As.” They make for very good parish bulletin inserts. They are free and copy ready. A printed insert can be passed around.

USEFUL ARTICLES

“The Foundations of the Church’s Doctrine concerning the Principles of Conjugal Life: a Memorandum composed by a group of moral theologians from Krakow,” Karol Cardinal Wojtyla, et al., **Nova et Vetera**, English Edition, Vol 10, No 2 (2012): 321-59. This article was written in 1966, and was undoubtedly used in the drafting of *Humanae Vitae* in 1968.

“Marriage, Society and the Common Good: Bringing the Catholic Perspective to the Public Square,” by Jennifer Roback Morse, found in the **Fellowship of Catholic Scholars’ Proceedings** of their 34th Annual Convention on the theme: “Catholic Social Teaching and Economics,” 2012, pp. 129-40.

“Significant Risks of Oral Contraceptives (OCPs), by Rebecca Peck, M.C., and Charles W. Norris, M.D., **The LINACRE Quarterly**, Feb 2012, vol. 79, No 1, pp. 41-57