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: USSCB 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
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
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 LIFE AND HUMANAE 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  
These videotapes are available through Our Father’s Will Communications. Phone: 866 333 OFMC. Website: [www.theologyofthebody.net](http://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](http://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](http://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 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


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


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.


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


**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.


**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.


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.


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.


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.


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

“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 them: “Catholic Social Teaching and Economics,” 2012, pp. 129-40.