Narrative Report of the National Family Life Commission of Pakistan from January to December 2014
Narrative & Financial Reports of the National Family Life Commission of Pakistan from January to December 2014

In the year 2014, from January to December, National Family Life Commission was engaged in different Diocesan and National level programs. Please find below the details of these programs.

Please find below the main activities of 2014.

1. Two-day BOM (Billings Ovulation Method) training program with the couples of Chak No. 36, Sargodha Parish
2. BOM training program with the couples of Chakwal Parish, Diocese of Islamabad-Rawalpindi
3. National Family Life Conference on Christian Life Program and BOM teachers training program
4. National program on marriage preparation and introduction of BOM with the youth of 7 dioceses of Pakistan
5. Workshop on BOM and TeenSTAR program at Asian Youth Ministers Meeting at Deajeon, Korea
6. An orientation of BOM with the Young Gynecologists from various hospitals of Islamabad at Pakistan Institute of Medical Sciences, Islamabad
7. Ongoing BOM teachers Training program with 3 couples of Rawalpindi Diocese on weekly basis
8. Ongoing NFP teachers training program with the students of Regional Training Institute, Ministry of Population Welfare, Islamabad
9. BOM training Program with the couples of Multan Diocese
10. BOM training program with the Couples of Faisalabad Diocese

1. Training program with the couples of Chak No. 36, Sargodha parish
Training program on Natural Family Planning (Billings Ovulation Method) was held at St. Joseph’s Church Chak 36/SB, Sargodha. **Eighteen (18) couples** of different nearby villages participated in this program. This training was in connection with our plan to produce some local couples as teachers of BOM in the parish to work with families as well as pre-marriage counselors. Most of the couples were illiterate or semi-literate; this is why national team adopted the simplest way to impart BOM to these couples.

2. **Billings Method teachers training program with the couples of Chakwal Parish, Diocese of Islamabad-Rawalpindi**

Training program Billings Ovulation Method (BOM) was held in St. Anthony’s Parish Chakwal on 28th February. Total **22 couples** participated in this training.

Fr. Sylvester started program with the prayer and briefly talked about the spirituality of marriage. As usual, the BOM training was also started with its Spiritual aspect; couples were informed by the social teachings of Church on various issues. There was a separate session of husbands and wives in which
they asked many questions. At the end of the program Billings material translated in simple Urdu was distributed among the couples.

3. Four-day National Family Life Conference on Christian Life Program

The National Family Life Commission organized 4-day training on Christian Life Program (CLP) of Couples for Christ Movement and Training on Natural Family Planning (Billings Ovulation Method) followed by the Household Leaders Training.

Twenty seven couples from 5 dioceses (Karachi, Hyderabad, Multan, Faisalabad and Islamabad-Rawalpindi) of Pakistan participated in this National Conference. The resource persons of CLP and Household leaders were two couples, representatives of Couples for Christ Movement from Philippines based in Abu Dhabi and training on Billings Ovulation Method was given by the
National team. Bishop Rufin Anthony, Chairman, National Family Life commission also imparted a talk on the importance of Family Life. He also mentioned that during the recent Bishops Conference in Multan, all Bishops were agreeing to strengthen and support the National Family Life Commission.

4. Six-day National program on marriage preparation and introduction of BOM with the youth of 7 dioceses of Pakistan

Training program on the theme of “Church’s teachings on Family Life & Marriage Preparation for the Youth” was held at National Youth Centre, Ayubia from 20th 26th July 2014. The training had following subtitles:

1. **Sacrament of Holy Matrimony and God’s plan for marriage** by Fr. Qaiser Feroze
2. **Family as First School** (responsible parenthood, education and formation of children) by Bro. Zafar Daud
3. **Family as “Domestic Church”** (Pastoral & spousal responsibilities in Catholic Marriage) by Fr. Khalid Rashid Asi.
4. “**How to face the challenges of marriage and family life in today’s world**” by Mr. Victor Shad
5. **Church’s teachings on sexuality of Christian Marriage** in the context of “Humane Vitae”, “Orientation of Natural Fertility Regulation, Billings Ovulation Method” (this will be separate session for Boys and Girls) by Mr. Pervez Roderick and team

There were 4 boys and 4 girls from each diocese together with their diocesan Youth director totalling 54 participants from the 7 dioceses of Pakistan. The feedback of the training was very encouraging as all participants unanimously
suggested that these kinds of programs should be organized for them on regular basis on national and diocesan levels.

5. Workshop on BOM and Teen STAR program at Asian Youth Ministers Meeting (AYMM) at Deajeon, Korea

The ceremonies of Asian Youth Day were held from 13th to 21st August, 2014 in Deajeon Korea. Participants from **22 Asian countries** were gathered here including 5 delegates from Pakistan. Pakistan was also honored to impart one of the workshops on the theme of “Preparing Youth for Family Life”. Mr. Pervez Roderick and Mr. Richard Shahzad conducted this **4-hour workshop** on the introduction of **Billings Ovulation Method** and program for youth called **Teen STAR (Sexuality teachings in context of adult responsibility)**. There were Bishops, priests, nuns and youth leaders of various Asian Countries, including Thailand, India, Philippines, China, Laos, Timor Leste, Cambodia, Malaysia and Korea, **totaling 26 participants**.
6. An Introduction of Billings Ovulation Method to the Gynecologists of various hospitals of Islamabad at PIMS (Pakistan Institute of Medical Sciences)

National Family Life Commission was especially invited to present an introductory session of Billings Ovulation Method on August 26th at PIMS. This program was in collaboration with the Ministry of Population Welfare. A multi-media presentation of Billings Ovulation Method was presented. Total 22 Doctors were present there. They showed a great interest in this method and asked various questions. It was a good opportunity to promote Billings Ovulation Method in medical circles of Islamabad. At the end various material of BOM in English and Urdu was distributed among the participants.

7. One-year Billings Method teachers training program with 3 couples of Rawalpindi diocese

The National Family Life Commission recently accredited 3 couples of Rawalpindi diocese as teachers of BOM. From last one and a half year, these couples are coming to the National Family Life Office on weekly basis. They are now accredited teachers of Billings Method in the diocese who will render their services in various colonies and slums of Rawalpindi.

8. One-year teachers training program on Billings Method with the Lady Health visitors (LHVs) of Regional Training Institute (RTI) of the Ministry of Population Welfare, Islamabad

From last one year, National Family Life team had worked with LHVs of Regional Training Institute of Ministry of Population Welfare, Islamabad, on weekly basis. The total 34 LHVs have now become the teachers of Billings Ovulation Method. They are from different parts of Pakistan. Some belong from Sindh, some are from Gilgit, Chitral and also from the Punjab and Khyber Pukhtoonkhwa province near Afghanistan border.
All of them are Family Planning Service provider who provides their services to promote contraceptives in Government hospitals as well as door to door services in the far flung villages and towns. They are the most strategic group and after getting training in Billings Ovulation Method, they will now provide Billings Method as one of the alternative Method to those couples who do not want to take contraceptives for medical or religious or any other reason.
Training programs on Natural Family Planning (Billings Ovulation Method) was held at Boland Hall, Bishop’s House, Multan on 20\textsuperscript{th} September 2014. Total 16 selected couples from various parishes of the diocese participated in this training. The purpose of this training was to trained couples in each parish of the diocese who can cater the family life apostolate in their respected parishes’ in future as pre-marriage counselors. In his speech, Fr. Benny Traves, apostolic administrator of the diocese especially focused on the importance of this program for families and urged that this should continue on regular basis.

As follow-up of the training, it was decided that Fr. Emmanuel Shareef, Rector, of the Cathedral and diocesan family life director will hold monthly meeting with all couples and the national team will again visit the same couples after 3 months.

At the end of the program, certificate of participation were distributed among the participants by Fr. Benny Travas, followed by words of gratitude by Fr. Emmanuel Sharif.
10. BOM training program with the Couples of Faisalabad Diocese

Training program on BOM was held in Caritas Hall, Faisalabad on 21st November 2014. Six (6) couples from various parishes of the diocese, 2 priests and a nun were present in this program. Newly appointed Director of Family Life Commission, Fr. John Joseph, vowed to continue these programs in 2015. In a separate meeting, Bishop Arshad Joseph assured National Family Life team for his full cooperation in organizing different family life programs in his diocese on regular basis in 2015.

Catherine Roderick
Executive Secretary
National Family Life Commission

Pervez Roderick
National Coordinator
Billings Ovulation Method