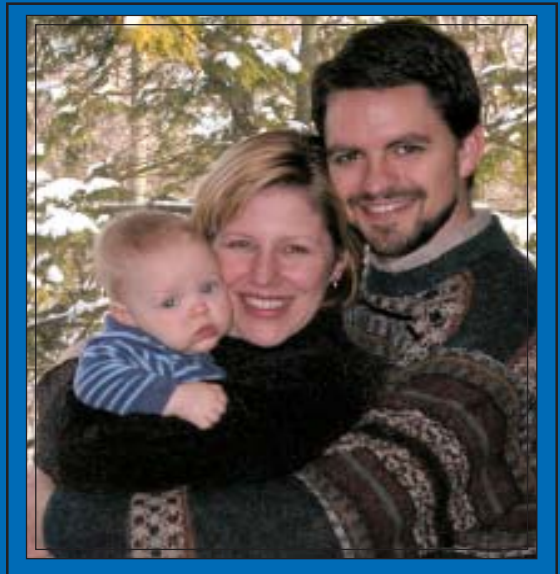


Contraception:



Why Not



Transcript & Study Guide

CONTRACEPTION: WHY NOT

by Prof. Janet E. Smith

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“Contraception: Why Not” is a lecture by Prof. Janet E. Smith that was recorded in May 1994, at a Catholic Physicians Guild meeting at the Pontifical College Josephinum in Columbus, Ohio.

The message in “Contraception: Why Not” has captivated audiences on national and international levels. Add this presentation to the list of “musts” for married couples, those considering marriage, their counselors, priests, seminarians and physicians. “Contraception: Why Not” is a rich source of ideas and guidance for any audience.

Janet E. Smith holds the Father Michael J. McGivney Chair of Life Ethics at Sacred Heart Major Seminary in Detroit, Michigan. She serves as a Consultor to the Pontifical Council for the Family. She authored *Humanae Vitae: A Generation Later* and edited *Why Humanae Vitae Was Right A Reader*. Dr Smith is highly regarded as an authority on *Humanae Vitae*, contraception, biomedical ethics, virtue ethics, and many other subjects.



Spreading the Message about Contraception

It's very hard to evangelize, especially one's own friends and family. But a good way of doing it is to start giving them tapes and documents. "Listen to this, read this," instead of talking yourself. And say, "After you've read this and listened to this, let's talk." I think that's the first step, just opening up a line of communication with a lot of people about this. Because, as I said, very few people have reflected on this, and understandably so, because nothing provokes them to reflect upon it. Few Catholics have ever read any encyclical, let alone *Humanae Vitae*. We are the most literate society in the history of mankind, but we read *Newsweek* and *Consumer's Report* and *People Magazine* and never a Church encyclical. Well, this is a good one to start with. And *Familiaris Consortio* is great. They're all great. Once you get started, you start to learn how to wade through them and they're wonderful. So, I would start with that. Study groups, you have friends and especially young people. Let's meet once every other week and go through *Familiaris Consortio* together. Get together and read it, page by page. Don't make people read it ahead of time. Get together, read two pages and talk about it. Married couples do the same thing. Invite some of your friends in and say, "Let's read this together." You'll be amazed at what emerges from sessions like that. That's only one small suggestion, but I'm sure seminarians like you are going to make the difference for us.

Thank you all very much.

"Contraception: Why Not"

SUGGESTIONS FOR CLASSROOM USE

Teachers may adapt this study guide to any time frame and setting. It has been designed for Religion, Health, Pre-Cana, RCIA, and CCD classes, and is especially suitable for marriage and family classes. The focus and questions are intended to evoke higher level thinking skills, at the high school and adult level. A five-day presentation is recommended (approximately 15-20 minutes of "Contraception: Why Not" each day followed by discussion).

Here is a suggested daily format:

	<u>Approximate Time</u>	
	<u>Cassette or CD</u>	<u>Video or DVD</u>
Day 1: "The Historical Context" and "The Church's Response"	11 mins	16 mins
Day 2: "Societal Impact"	14 mins	14 mins
Day 3: "The Church's Position"	19 mins	22 mins
Day 4: "Natural Family Planning" and the "Formula for Success"	10 mins	13 mins
Day 5: "Questions and Answers"	12 mins	13 mins

Before showing this video, distribute the Study Questions to the students and preview each set of questions before showing related sections of the video or before listening to related sections of the audio recording, respectively. To encourage active viewing, require students to record answers while viewing the video. Review these questions and answers. Divide into small groups for discussion. A recorder from each group may share responses with the entire class. Proceed with this format each day.

We at One More Soul welcome your feedback with regard to the usefulness of these "Suggestions for Classroom Use." Please contact us at (800) 307-7685 or at OMSoul@OMSoul.com.

Note: All of these study materials are available at <http://www.omsoul.com/pamview.phtml?idnum=135>.

Please feel free to copy them for your own use.

“Contraception: Why Not”

by Prof. Janet E. Smith

STUDY QUESTIONS

HISTORICAL CONTEXT

1. *List reasons why contraception was less widely practiced (compared to today) prior to the 1960’s.*
2. *How was the issue of contraception viewed by Christian churches prior to the 1960’s?*
3. *How was the issue of contraception viewed by the Roman Catholic Church prior to the 1960’s?*
4. *What event revolutionized contraception in the early 1960’s?*
5. *In what ways did society think that the use of contraception would be beneficial?*

THE CHURCH’S RESPONSE

1. *What document issued by the Roman Catholic hierarchy has established our position on contraception after Vatican II? Name the author of the document and the year it was written.*
2. *Did the content of this document represent new thinking on the part of the Roman Catholic Church in relation to the use of contraception?*
3. *What did the author of this document predict would be the effects of widespread use of contraception?*

SOCIETAL IMPACT

1. *What effects has the widespread use of contraception had on society?*
2. *According to Dr. Smith, specifically how has the increased prevalence of premarital sex impacted marriage?*

Study Questions continued

3. *As presented by Dr. Smith, how did Pope Paul VI arrive at his predictions regarding widespread contraception?*

THE CHURCH'S POSITION

1. *What is the basis for the Roman Catholic Church's teaching on human sexuality?*
2. *According to Dr. Smith, what is the nature and meaning of sexual intercourse?*
3. *What are the three main objections of the Roman Catholic Church to the use of contraceptives?*

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NFP AND THE "FORMULA FOR SUCCESS"

1. *According to Dr. Smith, what are the main differences between Natural Family Planning and contraception?*
2. *State the four components of Dr. Smith's "Formula for Success in Marriage."*

AUDIENCE QUESTIONS AND ANSWERS

1. *Why have many older priests (over 40) permitted contraception by telling people that contraception is alright if their consciences tell them so?*
2. *How is there a loss of grace in marriages due to contraception?*
3. *Chastity is understanding what your sexual powers are for and, in a certain sense, ordering your life in such a way that those sexual powers will be reserved to the time when it's appropriate. How are chastity and NFP related?*
4. *What is a good way to evangelize (share) the message about contraception?*

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“Contraception: Why Not”

TEACHER’S GUIDE

HISTORICAL CONTEXT

CONTENT QUESTIONS:

- 1. List reasons why contraception was less widely practiced (compared to today) prior to the 1960’s.**
 - a. No good contraceptives were available.
 - b. Protestant legislators had passed laws banning contraceptive use. Contraceptives were regarded as aiding sexual license (Griswold v. Connecticut overthrew these laws based on a “right to privacy” in 1965).
 - c. Among Catholics, obedience was viewed as a virtue. In 1960, 66% of Catholics were obedient. Now only 4% comply with Church teaching.
- 2. How was the issue of contraception viewed by Christian churches prior to the 1960’s?**

Every Christian Church taught that contraception was wrong until the 1930 Anglican Church’s Lambeth Conference.
- 3. How was the issue of contraception viewed by the Roman Catholic Church prior to the 1960’s?**

In 1930, Pope Pius XI reiterated constant Church teaching that contraception was wrong in his encyclical Casti Connubii (“On Christian Marriage”). Pope Paul VI reaffirmed Church teaching in Humanae Vitae (1968).
- 4. What event revolutionized contraception in the early 1960’s?**

“The Pill” became available as a much more dependable and less intrusive contraceptive.
- 5. In what ways did society think that the use of contraception would be beneficial?**
 - a. Over-population scare – Malthus predicted a geometric increase in population vs. arithmetic increase in food.
 - b. Feminism – More women could enter the work force.
 - c. Better marriages – Contraception would eliminate the fear of pregnancy, thus promoting happier marriages.
 - d. There would be an enormous decrease in unwanted pregnancies and abortions.

FOR ADDITIONAL DISCUSSION:

- 1. Before 1960, why do you think Christian Churches and American legislators, who reflected society in general, thought that contraceptives aided sexual license?**

They thought contraception would make it far too easy to be involved in adultery, fornication, etc.

- 2. Dr. Smith stated that Catholics viewed obedience as a virtue in the past. How do you think most Catholics view obedience these days?**

Catholics used to accept what their Church taught simply because it taught it. Today many Catholics pick and choose what to obey of the Church’s teaching. They may rationalize the use of contraception, for instance, by stating that the Church is archaic and out of touch with the modern world. They don’t like the Church infringing on their lifestyles. Their rebellion often is due to the fact that they do not know about or understand the Church’s teaching on life-giving love and the marital bond.

- 3. Were society’s predictions regarding contraception correct? Why or why not? Examine each prediction separately.**

Society’s predictions regarding contraception:

- a. Contraceptives would eliminate overpopulation problems—Population has increased greatly, but the problems from population have not materialized. We have more than enough food and resources to provide for the world’s population. Poor distribution of resources, not population, is the real problem.
- b. Contraceptives would afford women more opportunity in the work place—Women now outnumber men in the workplace, but single women with children are still our largest poverty class.
- c. Contraceptives would allow for happier marriages—Greatly increased rates of divorce are a strong indication of less happiness in marriage, not more.
- d. Contraceptive sex would result in fewer unwanted pregnancies—Although it seems plausible that there would be fewer unwanted pregnancies and subsequently fewer abortions, this has not been the case. Actually there have been significant increases in the numbers of unwanted pregnancies and abortions.

THE CHURCH’S RESPONSE

CONTENT QUESTIONS:

- 1. What document issued by the Roman Catholic hierarchy has established our position on contraception after Vatican II? Name the author of the document and the year it was written.**

Humanae Vitae – Pope Paul VI, 1968
- 2. Did the content of this document represent new thinking on the part of the Roman Catholic Church in relation to the use of contraception?**

No, it reiterated the Church’s constant teaching.

3. What did the author of this document predict would be the effects of widespread use of contraception?

- a. General lowering of morality (Example: crime, TV, promiscuity, etc.)
- b. General disregard for psychological and physical well-being of women by men (Example: pornography, increase in poverty, increase in sexual abuse).
- c. Governments' use of coercive means of family planning (Example: China, Cairo conference).
- d. Treating bodies as machines – lose respect for body as integral with soul (Example: “designer genes” – buy a baby, surrogate mothers, in-vitro fertilization).

“Tell me we’re not treating our bodies like machines.”
STOP - audio 11 mins/video 16 mins

FOR ADDITIONAL DISCUSSION:

1. Judge the accuracy of the Pope’s predictions by comparing the state of American society today to that of the 1960’s. For example, how is the content of TV shows different? Do you agree that he was on target? Why or why not?

Pope Paul VI’s predictions were accurate. The following have come to pass:

- a. the general lowering of morality in society, as exhibited by the acceptance of lewd and crude TV programming, rises in cohabitation and homosexuality, etc.
- b. the general disregard for the physical and psychological well-being of females by males, as exhibited by the huge outbreak of sexual abuse of women; a larger number of single women with children living at the poverty level; increased rates of divorce, abortion, out of wedlock sexual relations and consequent births.
- c. coercive contraceptive programs imposed by developed and lesser developed countries.
- d. the treatment of our bodies as machines by using reproductive technologies such as surrogate motherhood, in vitro fertilization, etc.

2. How did Dr. Smith tie in the predictions of Pope Paul VI to the use of contraceptives? Examine each prediction separately.

- a. Easier access to contraceptives did in fact cause huge increases in adultery, fornication, cohabitation, etc.
- b. Cohabitation and pre-marital sex have led to increases in unwanted pregnancies and divorce of married couples. More and more people are being scarred by sexual chaos in our society, including children devastated by divorce and

- the loss of their innocence. Contraception helps a man use a woman without regard to her needs or desires.
- c. Beyond replacement levels (on average 2.2 children per woman) additional children are seen as environmental hazards competing for limited resources. Therefore, contraception, sterilization, and abortion are touted as necessary (evils) to avoiding an overpopulation problem. Ready access to contraceptives made it easy for governments to create oppressive population control programs.
 - d. On one hand, our culture considers it OK to eliminate large portions of future generations through the use of contraceptives, sterilization, and abortion. On the other hand, many people suffering with infertility problems (often a result of using the Pill for a number of years or having abortions) are resorting to in vitro fertilization, etc. for the purpose of posterity. Once we are used to controlling our fertility with contraceptives, other dehumanizing reproductive processes are similarly attractive.

SOCIETAL IMPACT

CONTENT QUESTIONS:

1. What effects has the widespread use of contraception had on society?

- a. Divorce rate doubled in 10 years (1965: 25% to 1975: 50%)—Demographer Robert Michael noted that the use rate of contraceptives paralleled the divorce rate. This only leveled off when contraceptives saturated the market. Michael claims that 45% of the increase in divorce is due to increased use of contraceptives.
- b. Fewer children later in marriage—(Children earlier in marriage help encourage couples to work out problems that arise in early marriage; children necessitate selflessness; makes each spouse a better person.)
- c. Much more adultery (easier to have affairs when the perception is that there’s no possibility of a baby)
- d. Women are more financially independent.
- e. More unwanted babies—In 1960, 6% of white babies were born out of wedlock, now it’s 22%. In 1960, 22% of black babies were born out of wedlock, now it’s 68%.
- f. More abortions—There are enormously more surgical abortions with reports from abortionists and pregnancy support centers indicating 50-70% of abortions are done for women who claim they were using contraception). According to the Supreme Court, “For two decades, couples have based their intimate relationships on the

availability of abortion should contraception fail (Planned Parenthood v. Casey, 1992)."

2. According to Dr. Smith, specifically how has the increased prevalence of premarital sex impacted marriage?

Pre-marital sex means that more people have been lied to and experienced broken promises. There is more loss of trust in others and self. (Can I keep a commitment?) Also, a sexual relationship obscures one's judgment in choosing a spouse.

3. As presented by Dr. Smith, how did Pope Paul VI arrive at his predictions regarding widespread contraception?

He had the history of Church teaching behind him. He was guided by Church teaching on Natural Law. In addition, the Holy Spirit guided him.

"It has turned out to be dead wrong."

STOP - audio 14 mins/video 14 mins

FOR ADDITIONAL DISCUSSION:

1. Why is a sense of trust so essential to marriage? How can pre-marital sex erode a sense of trust or the ability to make a commitment?

Trust is essential in a marriage because you must have faith that your spouse will be committed to you in a life-long relationship.

Pre-marital sex is not good for a marriage. Trust is broken after people have experienced lies and broken promises. People carry baggage of mistrust and broken relationship with them. Hence it becomes harder for people to commit to another person (in marriage) when they don't trust their partner or even themselves to live up to that commitment.

2. According to the Supreme Court (Planned Parenthood v. Casey), what is the link between contraception and abortion?

The Supreme Court decision Planned Parenthood v. Casey effectively stated that we must have abortion because we have contraception. In other words, the decision to contracept requires that abortion be the failsafe should contraceptives fail.

3. As defined in the video, contraception means "against the beginning." What similarities in attitude would you expect in those who favor the availability of contraception and abortion?

Most couples pursue "sex without consequence," believe that sex was made for pleasure instead of babies and

bonding, and that abortion is an acceptable form of birth control. They believe that too many children can be hazardous to the environment; hence they are treated as expendable resources. The availability of abortion signifies a devaluation of human life. Also, contraception excludes God from the sexual act.

THE CHURCH'S POSITION

CONTENT QUESTIONS:

1. What is the basis for the Roman Catholic Church's teaching on human sexuality?

Natural Law: If you want things to prosper, you have to act in accord with their nature.

2. According to Dr. Smith, what is the nature and meaning of sexual intercourse?

Sexual intercourse is for babies and bonding. The Catholic Church bases this idea on simple reasoning: Why do we have sex? What is its purpose? To bring husband and wife closer together (unitive) and to bring babies into the world (procreative). Each act of intercourse needs to be open to both. Pleasure is not the purpose of sex; it's the motive or consequence of sex, as pleasure is not the purpose of eating or sleeping.

3. What are the three main objections of the Roman Catholic Church to the use of contraceptives?

- Contraceptives do not let God perform His creative act in the "arena" he designed for it. New human life is His desire. Children are infinitely precious, not "options," "burdens," or "environmental hazards."
- The contraceptive mentality implies (and acts in) hostility to fertility. Pregnancy is treated as a disease for which we need "the Pill." Fertility, however, is a healthy state and the Pill often has unhealthy side effects for women. (Example: blood clots, heart disease, irritability, weight gain, depression, reduced libido).
- Contraception also violates the unitive meaning of the sexual act - "I love you, but not that part of you." You are withholding part of yourself, a part that belongs in an act meant to be totally self-giving.

"...when all of your acts of sexual intercourse leave open the ordination to procreation."

STOP - audio 19 mins/video 22 mins

FOR ADDITIONAL DISCUSSION:

1. From the videotape/audio, there seems to be a lack of concern in our society for women's health, especially when it comes to her fertility. Who do you think are more burdened with the consequences of contraceptive use and contraceptive failure, women or men? Why? If you add this to the negative consequences of divorce (sharp increase in poverty level for women and children), what can you conclude about the liberating effect of the Pill on women?

Women are more burdened with the consequences of contraceptive use and contraceptive failure because they are the ones harmed physically, emotionally, and spiritually by chemicals, STDs, and relationships that relegate them to being used as sexual objects. When contraceptives fail and children are conceived, abortion becomes an unfortunate and devastating option. Women who choose to parent alone are more likely to live in poverty with their children. Hence the Pill actually enslaves women to an unhealthy lifestyle, though it is touted as "liberating" women.

2. How does the Pill work as an abortifacient? What ramifications does this fact alone have on the morality of its use?

The Pill inhibits implantation of the fertilized ovum (by thinning the uterine lining) or irritates the endometrium so that the embryo sloughs off. Use of hormonal contraception therefore causes unacceptable danger to the lives of very young children.

NATURAL FAMILY PLANNING

CONTENT QUESTION:

According to Dr. Smith, what are the main differences between Natural Family Planning and contraception?

NFP

*Open to God during intercourse
No bad social consequences*

*Enhances relationship
Respects fertility*

CONTRACEPTION

*Prevents God's creative power during act
Increased divorce, more unwanted babies,
more abortions, unhealthy side effects*

*Interferes with bonding aspect of sex
Hostile to fertility*

FOR ADDITIONAL DISCUSSION:

Dr. Smith compares contraceptive use to bulimia, and NFP to dieting. What comparisons can you draw between each of these?

NFP, like dieting, involves postponing gratification at times. Contraception, like Bulimia involves gratification at any

time, but the results of that gratification must be avoided at all costs. Using this analogy, you could say that most couples would rather lose weight by making themselves vomit rather than by dieting, thus employing more risky and unnatural behavior.

"FORMULA FOR SUCCESS"

CONTENT QUESTION:

State the four components of Dr Smith's "Formula for Success in Marriage."

- No sex before marriage. If you are sexually active, stop for a year or two years before getting married.
- Get married in a church, and go to church regularly.
- Use NFP, not contraceptives.
- Tithe. (Give 10% of your income to charities and/or church)
- "If you get God, sex, and money in the right place, everything else is easy."

"So I promised them this."

STOP - audio 10 mins/video 13 mins

FOR ADDITIONAL DISCUSSION:

1. Is each component of Dr. Smith's "Formula" essential? Why?

Dr. Smith's formula for a successful marriage is a sure-fire way of assuring that the marital bond is life-giving and sacramental, leaving little possibility for divorce. Each component is like a leg on a table—offering great strength and stability.

2. Do you think she'll be paying out many \$1000 bills?

No, if couples adhere to this formula, divorce would be improbable and Dr. Smith would not be paying out \$1000 to couples.

AUDIENCE QUESTIONS AND ANSWERS:

1. Why have many older priests (over 40) permitted contraception by telling people that contraception is alright if their consciences tell them so?

Those older priests have been doing what they've been taught, for the most part. After 1968, when dissenters the Catholic Church's teaching on contraception got control over most of the Catholic seminaries, most priests were taught that the Church was going to change its teaching on

this someday. Hence they taught that Catholics in good conscience could dissent from the Church if their consciences told them this was alright.

2. How is there a loss of grace in marriages due to contraception?

Those who contracept do not fully embrace the Church and so cannot participate as truly enthusiastic members. There is a loss of grace on their marriages, with about 50% of marriages ending in divorce among Catholics as well as the rest of the population. Contraception often makes a couple's sex life flat. NFP couples generally have fulfilling sex lives built on trust and open communication.

3. Chastity is understanding what your sexual powers are for and, in a certain sense, ordering your life in such a way that those sexual powers will be reserved to the time when it's appropriate. How are chastity and NFP related?

John Paul II says NFP brings about the virtue of self-mastery, which is the same as the virtue of chastity. He believes it makes people better lovers because now they're making love to the person they love rather than to some fantasy. Instead of satisfying some sexual urge, they can control those sexual urges, and now they're acting upon a love impulse and not a sex impulse.

4. What is a good way to evangelize (share) the message about contraception?

One good way to start is to give people tapes/CDs to listen to and literature they can read, instead of talking to them yourself. Later open up a line of communication with them and reflect on what they've listened to or read. Another suggestion is to encourage the formation of study groups that could meet and read a Church encyclical, for instance, a few pages at a time and talk about it.

"Thank you all very much."
STOP - audio 12 mins/video 13 mins

CWN Questions for Marriage Preparation

These are reflection questions for the talk, "Contraception: Why Not." We have tried to provide a question to cover each major point that Professor Smith makes, and focus these questions on concerns of couples preparing for marriage. We encourage the teachers and presenters to select questions that would work best for their groups.

These questions can be copied from the One More Soul website at <http://www.omsoul.com/pamview.phtml?idnum=135>. They are in the study materials after the end of the talk.

INTRODUCTION: PRECURSORS TO ACCEPTANCE OF CONTRACEPTION

1. Is contraception one of the best things that ever happened to humans or the worst? Why?
2. Before 1930, what did Christian Churches teach about contraception?
3. Do Catholics and other Christians mostly follow this teaching or mostly not? Why, do you suppose?

SOCIETY'S HOPES FOR THE PILL

4. When the Pill first came out, what good things did people hope would come from its use?
5. Have horrible predictions about the "population explosion" come true or not? Why?
6. Do women need to work outside the home to be fulfilled? Why?
7. Why do some people think sex before marriage is good preparation for marriage?
8. Has the Pill helped people have fewer unwanted pregnancies and fewer abortions or more of both? Why?

PROBLEMS PREDICTED BY POPE PAUL VI, AND THEIR REALIZATION

9. What problems did Pope Paul VI predict from use of the Pill?
10. How has public morality changed since the Pill was introduced? Why?
11. Has respect for women increased or decreased since the Pill was developed?
12. Where and how are women's rights being abused by governments that force contraception, sterilization, and abortion?
13. How does reproductive technology (cloning, in vitro fertilization, surrogate motherhood, etc.) change the way children are valued?

INCREASE OF DIVORCE

14. What happened to the US divorce rate when the Pill was introduced? Why?
15. Why do marriages with children tend to last longer?
16. What changes have you noticed in friends or relatives when their first child was born? If they were married, did these changes help their marriages?
17. Why does adultery become more common in a contraceptive society? How does adultery affect marriage?
18. In our culture of sexual freedom, do people trust each other less? trust themselves less? How might past sexual experiences affect a marriage?
19. Does sex before marriage (with one's spouse or with someone else) help or hurt the marriage? How?
20. Could living together before marriage hurt the marriage? If so, why?

INCREASE OF UNWANTED PREGNANCIES

21. As contraceptives have become more available in our culture, the number and percentage of unwanted pregnancies have grown enormously. Why do you think this happened?
22. Have you ever heard someone speak of a pregnancy as "accidental?" What do you think they meant?

INCREASED ABORTIONS

23. When people contracept, are they really setting themselves up for an abortion if the contraceptives fail? How would an abortion affect a marriage?

NATURAL LAW

24. What is natural law? How might following or rejecting natural law help or hurt a marriage?
25. Do you think sex has some meaning in itself, apart from what the partners might think? What meaning and why?
26. What difference does it make whether sex means anything or not?
27. What are the two main results that sexual intercourse has for couples?
28. It's obvious that having babies outside of marriage causes many problems. How would forming a sexual bond outside of marriage be a problem?
29. Why can't sex be just for fun?

30. Our culture thinks of babies simply as burdens on their parents, on society, and on the environment. Is that really what babies are?
31. Why would God want us to have babies?
32. What is God's role in sex? How does contraception change this?
33. Why is our culture so opposed to fertility?

HARMFUL ASPECTS OF CONTRACEPTION

34. The health risks from contraception fall almost completely on women. Why?
35. What health problems are caused by the Pill (physical and psychological)?
36. Does it matter whether the Pill causes abortions that people don't even notice? Why?
37. How does the body language of condoms, spermicides, etc. change a couple's relationship?
38. Pope John Paul II says that contraception prevents "total self-giving" in a marriage. What does that mean?
39. What is the difference between wanting to have sex with a person and wanting to have a child with him or her?

THE DIFFERENCE BETWEEN NATURAL FAMILY PLANNING AND CONTRACEPTION

40. What is the difference between contraception and Natural Family Planning?

FEAR OF NFP

41. Are you afraid of Natural Family Planning?
 - a) Afraid of an unplanned pregnancy?
 - b) Afraid of abstaining from sex for several days each month?
 - c) How can you deal with these fears?

BLESSINGS OF NFP

42. Professor Smith claims that the abstinence part of NFP helps a couple show affection for each other in more ways than just sex, helps them grow in respect for each other, and leaves more room for God in the relationship. How would this work for you?
43. Natural Family Planning strongly moves couples to talk to each other about the things that matter most to their lives. How would that work for you?

CLOSING: JANET'S \$1000 OFFER

44. What are the four parts of Professor Smith's marriage formula? Do you think it would really work?
45. (For couples who are already sexually involved with each other) What would happen if you stopped having sex until you are married? How would that make your marriage different?

PRIESTS AND CONTRACEPTION

46. Why are most priests reluctant to talk about contraception?

LOSS OF GRACE IN MARRIAGE DUE TO CONTRACEPTION

47. If a couple is contracepting, how would that affect their faith life?
48. Janet tells a story of a NFP couple with several children whose sex life was much more fulfilling than the experiences of their contracepting relatives who had no children. How could this be?

ABSTINENCE AND CHASTITY

49. Our culture puts great pressure on a man to treat his wife as a sex object instead of as a person. How can he overcome this?
50. Why do our physical desires (eating, sleeping, sex, etc.) constantly pull us toward things that will cause us trouble?
51. Is sex something sneaky or dirty for you? If so, how can you clean it up?

SPREADING THE MESSAGE ABOUT CONTRACEPTION

52. Why would it be wise to study the Church's teaching about marriage?

"Contraception: Why Not"

SUGGESTED USES AND BIBLIOGRAPHY

Marriage Preparation and Enrichment

- ✓ Formula for a happy marriage
- ✓ Contraception as cause of divorce
- ✓ Role of children in strengthening marriage
- ✓ How chastity and NFP make stronger marriages

Also available from One More Soul:

- "God's Instruction Book on Love and Sex,"* cassette tape by Dr. Kim Hardey, MD, One More Soul, Dayton, OH, 1999.
- Good News about Sex & Marriage* by Christopher West, Charis Books, Cincinnati, OH, 2000.
- Life-Giving Love: Embracing God's Beautiful Design for Marriage* by Kimberly Hahn, Servant Publications, Ann Arbor, MI, 2001.
- "Marriage: A Communion of Life and Love"* by Bishop Victor Galeone, One More Soul, Dayton, OH, 2003.
- Marriage Is for Keeps: Foundations for Christian Marriage (Wedding Edition)* by John F. Kippley, Foundation for the Family, Cincinnati, OH 1994.
- New Perspectives on Contraception* by Donald DeMarco, PhD, One More Soul, Dayton, OH, 1999.
- "Of Human Life"* by Most Rev Charles J. Chaput, OFM Cap, One More Soul, Dayton, OH.
- "Stretch Marks: Making Room for One More Soul"* by Fran Heider, One More Soul, Dayton, OH, 2004.
- "Birth Control/Marriage Problems"* by Bishop Fulton Sheen, St. Joseph Communications, Tehachap, CA.

High School and Adult Education

- ✓ Connection between bonding and babies, sex and marriage
- ✓ Consequences of a contracepting culture
- ✓ Message of *Humanae Vitae*, predictions

Also available from One More Soul:

- Boy Meets Girl* by Joshua Harris, Multnomah Publishers, Sisters, OR, 2000.
- Humanae Vitae: A Challenge to Love* by Pope Paul VI, translated by Janet E. Smith, PhD, New Hope Publications, New Hope, KY, 1993.
- Humanae Vitae: A Generation Later* by Janet E. Smith, PhD, Catholic University of America Press, Washington, DC, 1991.

I Kissed Dating Goodbye by Joshua Harris, Multnomah Publishers, Sisters, OR, 1997.
Real Love by Mary Beth Bonacci, Ignatius Press, 1996.
 "Sex Has a Price Tag," video by Pam Stenzel, 2001.
Sex, Love, and You by Tom and Judy Lickona with William Boudreau, MD, Ave Maria Press, Notre Dame, IN, 2003.
The Truth and Meaning of Human Sexuality: Guidelines for Education within the Family, by the Pontifical Council for the Family, Daughters of St. Paul, Boston, 1996.
Why Humanae Vitae Was Right: A Reader edited by Janet E. Smith, PhD, Ignatius Press, San Francisco, 1993.

Family Life

- ✓ All of the above
- ✓ Benefits of Natural Family Planning
- ✓ Contraception's role in divorce, out of wedlock births, poverty, and crime

Also available from One More Soul:

"The Blessings of Children" from *Called to Give Life* by Jason T. Adams, One More Soul, Dayton, OH, 2003.
Covenant of Love: Pope John Paul II on Sexuality, Marriage, and Family in the Modern World by Richard M. Hogan and John M. LeVoir, Ignatius Press, San Francisco, 1985.
 "Discerning Just and Serious Reasons for Postponing Pregnancy," from *Called to Give Life* by Jason T. Adams, 2003.
Familiaris Consortio (The Role of the Christian Family in the Modern World) by Pope John Paul II, Daughters of St. Paul, Boston, 1981.
Letter to Families from Pope John Paul II, Daughters of St. Paul, Boston, 1994.
 "What Is Natural Family Planning? Safe, Healthy, Effective," One More Soul, Dayton, OH, 2002.
 "Why Is Contraception Immoral?" from *Called to Give Life* by Jason T. Adams, One More Soul, Dayton, OH, 2003.
 "Why Use Natural Family Planning" from *Called to Give Life* by Jason T. Adams, One More Soul, Dayton, OH, 2003.

Parish Priests, DREs, RCIA Coordinators, Deacons and Teachers

- ✓ Very practical reasons to support Church teaching on contraception

Also available from One More Soul:

"An Ob-Gyn Talks Straight to Priests about Sex and Marriage" by Kim Hardy, MD, cassette, One More Soul, Dayton, OH, 1999.
Called to Give Life: A Sourcebook on the Blessings of Children and the Harm of Contraception by Jason T. Adams, One More Soul, Dayton, OH, 2003.
 "Contraception: Why Not" study guide, teacher's guide, suggestions for classroom use, and bibliography.
 "Perceiving the Contraception Connection" by Fr. Raymond Suriani, One More Soul, Dayton, OH.
 "Marriage: A Communion of Life and Love" by Bishop Victor Galeone, One More Soul, Dayton, OH, 2003.
 "Parish Renewal: New Insights into Age-Old Truths" (4 CDs/cassettes) presented by Fr. Daniel McCaffrey, STD, St. Joseph Radio, Orange, CA, 2001.
 "Parish Talk on Contraception" given by Joseph and Elsy Arlinghaus, November 11, 1995.
 "Promoting *Humanae Vitae* and Natural Family Planning in the Parish" by Janet E. Smith, PhD, One More Soul, Dayton, OH, 2002.
Sterilization Reversal, A Generous Act of Love (20 couples share their stories) edited by John L. Long, One More Soul, Dayton, OH, 2003.
 "The Challenge of Contraception for Those Who Respect Life" by Teresa Menart, MD, One More Soul, Dayton, OH, 2002.
Totally Yours: Commentary and Reflections on Humanae Vitae by Rev. Joseph Hattie, OMI, WOOMB Canada, revised 1999.

Catholic Physicians

- ✓ Health problems associated with hormonal contraceptives
- ✓ Differences between NFP and contraception

Also available from One More Soul:

"A Physician's Pro-Life Journey" by Dr. Ann Moell, MD, One More Soul, Dayton, OH, 2003.
Breast Cancer, Its Link to Abortion and Birth Control by Chris Kahlenborn, MD, One More Soul, Dayton, OH, 2000.
 "Faith and Medicine" audiotope/CD by Dr. Michelle Rabideau and Dr. Philip V. Fleming, MD, One More Soul, Dayton, OH, 2003.
 "Morality, Medicine and Marriage," 3 CD set, St. Joseph Communications, Tehachapi, CA, 2003.
 NFP-Only Physicians Directory (Visit www.OMSoul.com for up-to-date information).

Physicians Healed (15 compelling stories of conversion) edited by Cleta Hartman, One More Soul, Dayton, OH, 1998.
Sexual Wisdom: A Guide for Parents, Young Adults, Educators, and Physicians by Richard Wetzell, MD, Proctor Publications, Ann Arbor, MI, 1998.
The Doctor and Christian Marriage by H.P. Dunn, MD, Society of St. Paul, Staten Island, NY, 1992.

Seminarians

- ✓ Rich source of ideas for discussion in theology, philosophy, and morality
- ✓ Strong support for Church teaching on marriage and family life

Also available from One More Soul:

One More Soul has a standing practice of giving **free** copies of the audio “Contraception: Why Not” to any seminarian who requests it. (See also suggested resources for Parish Priests, DREs, RCIA Coordinators, Deacons, and Teachers in this document.)

“Of Human Life,” pastoral letter by Charles J. Chaput, O.F.M. Cap, Archbishop of Denver, July 22, 1998.
“NFP Talks for Clergy” by Rev Randall Moreau and others, 3 CD set, One More Soul, Dayton, OH.
“Creating a Culture of Life Within a Parish: Begin with NFP” by Frs. Marcos Gonzalez and Roberto Pirrone, California Association of NFP, Los Angeles, CA, 2000.

Pro-Life Groups

- ✓ Understanding the link between contraception and abortion

Also available from One More Soul:

“An Open Letter to the Pro-Life Movement,” by Steve Koob, One More Soul, Dayton, OH, 2003.
“How Faith Communities Can Create an NFP Culture Liberated from Contraception and Open to the Blessings of Children” from *Called to Give Life* by Jason T. Adams, One More Soul, Dayton, OH, 2003.
“The Challenge of Contraception for Those Who Respect Life” by Teresa Menart, MD, One More Soul, Dayton, OH, 2002.
“The Connection between Contraception and Abortion” by Janet E. Smith, PhD, One More Soul, Dayton, OH, (revised).2003.
“The Cure” by Steve Koob, One More Soul, Dayton, OH, 2003.