

ONE MORE SOUL

Christmas Newsletter

2014

✧ Fostering God's Plan for Love, Marriage, and Procreation ✧

Radio Maria's "Quest for a Culture of Life in America"

by Steve Koob

I am very grateful to Radio Maria for allowing me to host this weekly (Tuesday Noon ET) program that permits me to chat with and learn from really wonderful guests that include bishops, priests and deacons, physicians, pro-life leaders, and "extraordinary" mothers and dads.

Part I—Synod

The recently completed Extraordinary Synod on the Family was our subject for 3 1/2 programs, beginning with Fr. Daniel McCaffrey of *NFP Outreach* on October 21st. Father was very emphatic about the need for preaching *Humanae Vitae* from the pulpit so all can know what the Church teaches regarding marriage sexuality. He told us how he does this with a love and clarity that brings a standing ovation. He prays that the Synod will spur bishops, priests and deacons to follow his example and reap the rewards that faithful and fruitful families bring to parishes and dioceses.

Synod Auditors Jeff & Alice Heinzen, from Wisconsin, contributed to the Synod by sharing their experiences as a married couple and as Director and NFP Coordinator, respectively, for the Diocese of LaCrosse. They also helped make the Final Report a more accurate accounting of Synod deliberations. They were on RM November 4th.

Cont. on page 2

IN THIS ISSUE:

The Synod and OMS - p. 3

Get the FACTS about
Breast Cancer Risk - p. 4

Spiritual Laryngitis - p. 5

New Resources - pp. 6 - 7

Our Lady of America News
and Prayer Request - p. 8

Three Great OMS Resources for Deacons and Priests

When I showed *Called to Give Life* to Msgr Richard Colletti, Chancellor for the Diocese of Winona (MN), he exclaimed, "This is exactly what we have been looking for!" Then he ordered 140 copies for their priests and deacons.

We mailed *Called to Give Life* to all 295 bishops for arrival during the Extraordinary Synod. Also, I have been visiting dioceses to share *Called to Give Life* and other resources with Directors of Priest and Deacon Formation, Marriage and Family Life, and Pro-Life Offices. It is hunting season, and we are hunting for bishops/dioceses that want to attack the culture of death. I am confident that One More Soul has the weapons and ammunition they need. PLEASE pray for our clergy—bishops, priests AND deacons. And please consider ordering copies of *Called to Give Life* and other OMS resources for those members of the clergy that will appreciate your gifts and encouragement.

The mailing to the bishops included Msgr. Charles Mangan's new brochure, "Our Lady, Catholics and Contraception". Monsignor says this: "As a priest, I am conscious of my sacred responsibility to adhere to Catholic teaching, to proclaim it fully and to bring understanding to those who do not presently have it." This brochure could be the encouragement your pastor or deacon needs to do likewise.

Cont. on page 2





RADIO MARIA

Cont. from page 1

On November 25th, we had the special honor of Louisville Archbishop Joseph Kurtz on the program. As President of the US Conference of Catholic Bishops, he led the US delegation at the Synod. Archbishop Kurtz was very hopeful for great good to come from both Synods. He

expects that efforts would be made to improve access to and expediency of the annulment process. This initiative would address the pastoral needs of many divorced Catholics. Father Matthew Habiger offered commentary during the latter part of the program, emphasizing the need to promote God's plan for marriage and families.

Diocese of Lincoln Bishop James Conley offered additional important comments on the Synod, stating that contraception is the root of the problem in families and must be addressed—December 9th.

Programs are archived at radiomaria.us/questforlife/

Part II—Saintly Mothers

I suggested that motherhood is an almost certain path to sainthood in two programs with three mothers (and one dad) of large families. In the November 18 program, Darlene Duke and Kimberly (KC) Schnikter told of the great happiness they get from raising a larger than average number of kids (12 and 7, respectively). Darlene is married to engineer Ron, and their children range from 12 to 34, with a 6th marriage coming in March. Most of their 11 grandchildren live near them. Darlene says, "Children are blessings from the Lord, so even though your money will be spread thin with a large family, God will provide for all your needs. And you will receive many blessings by having these precious children."

KC admits that her parents did not provide a very good model of family life. She and Ed had to learn by trial and error. The latest family adventure is operating a small farm where all but newborn Eric help with gardening and raising animals.

KC still finds time to help Mercedes Wilson, Founder of the Family of the Americas Foundation (October 28), by teaching the Ovulation Method (Moral Family Planning) to couples and new teachers. We spent time discussing "feminism" and whether it was dying a slow death.

In our second Saintly Mothers program (December 2nd), we chatted with Christine and Joe Geniesse. They are expecting number 11 in Oshkosh, WI. Since Christine is 50, they were more than a little shocked (though the entire family is elated) by this latest gift from God. They remained faithful to their pre-marriage commitment to welcome every child He sends them, including this Down's baby with a broken heart.

Seven years ago, the family felt the call to leave Joe's secure law enforcement position, move to a new city, and operate and live in a mission that served the poor with shelter, health care and a food bank. The whole family participated and worked together as a team. This year brought major change as Joe became disabled with Lyme Disease and the family lost their mission job (income, housing, food, and health insurance). Christine responds to the "how are they doing?" question:

"Our parish gave us the empty St. Mary rectory; friends and strangers have provided a steady flow of support. Meals, food, clothing, transportation, appliances, gift cards and all kinds of tokens of love have made their way to our door. God is loving us through His people! Our children are blanketed with goodness, kindness, and learning to receive many blessings. We are learning to forgive and persevere." Three saintly mothers from three very different families and situations are each accepting the graces, sacrifices, uncertainties and blessings that are part of all families, and multiplied with large families.

Please pray for families and the mothers that are usually the glue that keeps everything (most of the time) running, though not necessarily on time.

And, please listen to Radio Maria 24/7, particularly the "Quest for a Culture of Life in America", Tuesday Noon. Just browse for radiomaria.us.

RESOURCES Cont. from page 1

We are very grateful for those bishops who have encouraged us to reformat and print similarly helpful resources like Bishop of Lincoln James Conley's pastoral letter on contraception, *The Language of Love*. There is much wisdom in this 14 page booklet, including a quote from former Lincoln Bishop Glennon P Flavin: "Dear married men and women: I exhort you to reject the use of contraception in your marriage...I know that in this openness to life, you will find the rich adventure for which you were made."

The Language of Love will soon be included in a mailing to all the bishops.

Yes, marriage can (and should) be an adventure. It should also be a mystery—a mystery and adventure under God's control is guaranteed to be exciting, joy filled, and saturated with love.



For ordering information, please see page 6.

Synod Hopes and Expectations

Last Fall's announcement of the Extraordinary Synod on the Family, and Pope Francis' questionnaire that was circulated world-wide, indicated recognition of contraception as a disease long in need of treatment by clergy and laity, and a problem that needed to be addressed from the pulpit. We were full of hope that the Church was recognizing contraception and sterilization as the root causes for the moral crisis that we experience, not just in the USA, but throughout most of the world. The answers to these questions led to the Synod's INSTRUMENTUM LABORIS—Working Document—which said,

"three main areas are under discussion in the Church:

- how the Gospel of the Family can be preached in the present-day;
- how the Church's pastoral care program for the family might better respond to the new challenges today; and,
- how to assist parents in developing a mentality of openness to life..."

The first and last of these are exactly where many of the Body of Christ see a great need. This message was greatly appreciated. Unfortunately, the final Synod document does not offer any ideas for how the Gospel of the Family can be preached or how to assist parents in developing a mentality of openness to life. The focus appears to have been on "pastoral considerations" for couples in irregular relationships. Maybe the good news is that those "pastoral" concerns have been adequately aired *and the Ordinary Synod will be able to focus on preaching the Gospel of the Family and encouraging openness to life.*

One More Soul Uniquenesses

- We encourage married couples to accept all the children God wants them to bring to His earthly and Heavenly kingdoms—one more soul(s). I often read of the regret that women feel for having intentionally limited their family size. Being open to life is being open to great joy—and yes, sacrifice, but I have never read a mother's serious wish that she not have had the children God gave her.
- We help couples use fertility awareness to conceive a child, and find Natural Family Planning resources for those times when serious difficulties make conception unwise. OMS has great resources for helping achieve pregnancy by natural means, postponing conception, and reversing sterilizations. Go to our Directory of NFP-Only Physicians, Centers and Teachers.
- We send resources to the US bishops to encourage them to "preach and teach what the Church preaches and teaches" about sexual morality (from Archbishop Daniel Pilarczyk's endorsement of *Called to Give Life*).
- We create, find, and distribute multi-media and bilingual resources that: a) show the connection between contraception and abortion; b) promote the message that children are a

blessing—the Supreme Gift of Marriage; c) document the harmful effects of birth control in many pamphlets, both English and Spanish; and d) promote a Culture of Life by articles and resources at www.OneMoreSoul.com and on Radio Maria's "The Quest for a Culture of Life in America" every Tuesday Noon ET.

•AND, 50-60% of our income comes from donations that we receive from dioceses, parishes, pregnancy support centers and individuals in return for those resources mentioned above.



One More Soul Needs YOUR Support

I omitted one other unique characteristic of OMS—we only ask for financial help when we need it—once or twice per year. What you give at the end of the year usually sustains us through much of the coming year.

Now is the time to re-sustain OMS; the cupboard is near bare, and we have some new needs.

We are in the process of upgrading (from no longer supported MS XP era) computer hardware and software. All of our OMS team members are part-time and underpaid. I really need to add a couple more part-time people and provide a modest raise for a very faithful and capable staff. We are working with immigration to hire Dr Lili Bejarano, MD, MPH, CFCP. She and Daniel (MD, MS ENGx3, RN, BSN) are long-time legal immigrants from Colombia, here on Daniel's student visa. Daniel has been our web master for years and Lili is a translator and resource developer, as well as serving Fertility Care clients. They have been working as consultants, but really need employment (Green Card) to get their family (with three young children) on the citizenship track.

We need \$100,000 --> 10 x \$10,000, or 20 x \$5000, or 100 x \$1000, or 10,000 x \$100.

Please do the best you can. I and those we serve will be very grateful. And, I believe the Holy Family will also be very pleased. Thank you very much for your prayers and your financial support.

May God bless you abundantly!

Steve

My cell # is 937-626-0027. Call me any time!

PS Our apostolic work and your prayers for the Ordinary Synod next October are essential. Please HELP!

Get the **FACTS** about Breast Cancer risk



by Liliana Cote de Bejarano, MD, MPH

What are the primary risk factors for breast cancer?

According to the National Cancer Institute, the risk factors for breast cancer include older age, genetic abnormalities, hormonal therapy, radiation therapy to the chest, alcohol consumption and obesity. Although it has been shown that the use of hormonal contraceptives increases the risk of breast cancer, this risk factor is almost always ignored in breast cancer information.

Synthetic estrogen was ranked by the World Health Organization in 2005 as a “Group 1 carcinogen.” Hormonal contraceptives contain synthetic estrogen and increase the risk of not only breast cancer, but also liver and cervical cancer. According to a meta-analysis published in the *Mayo Clinic Journal*¹, using hormonal contraceptives before first pregnancy increases the risk of breast cancer by 44%.

Another preventable risk factor that is not mentioned in breast cancer awareness campaigns is induced abortion. Recent studies published in India and Bangladesh² report that induced abortion increases the risk of breast cancer 6 to 20 times in these populations. Although 53 studies (out of 73 in the world) confirm the association between breast cancer and induced abortion, medical organizations continue to claim otherwise.

These studies show that termination of a pregnancy during the first trimester alters the maturation of cells in the breast, which may trigger the development of cancerous cells. Conversely, full-term pregnancy and breastfeeding make breast cells mature and are factors that reduce breast cancer risk.

How common is the problem of breast cancer?

Breast cancer is the most common type of cancer in women worldwide. In the US, one in eight women develop this type of cancer. According to statistics reported by the CDC, 211,731 women were diagnosed with breast cancer in the United States in 2011. During that same year, 40,676 women died from this cancer. If we calculate the

ratio between women who received a diagnosis of breast cancer and women who died, the survival ratio is 5:1, which means that there is 1 death per 5 cases diagnosed. In some countries survival is lower. For example, in India in 2008, 115,000 new cases of breast cancer corresponded with 53,000 deaths. In this case the ratio is 2:1, or one death in 2 cases.

Can breast cancer be prevented?

There are some risk factors for breast cancer that can not be changed, such as age, female gender, and genetic factors. Some changes in lifestyle can reduce the risk of breast cancer. Regular exercise, healthy diet, avoidance of smoking, reduction of alcohol consumption and radiation therapy to the chest all can reduce the risk of this disease.

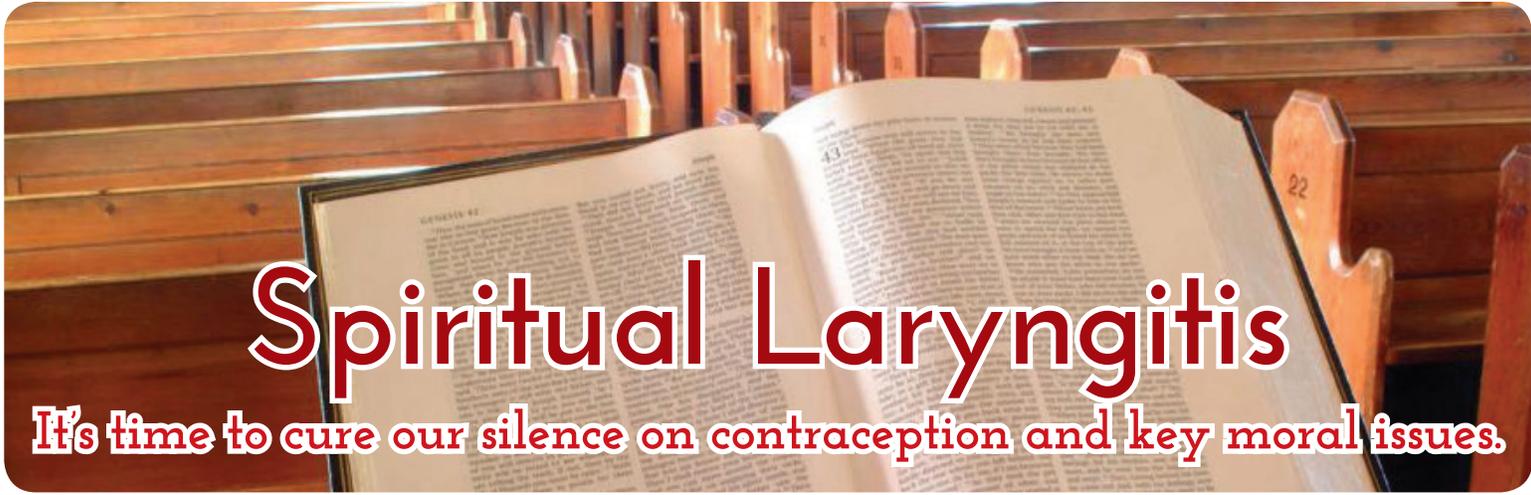
Another important way to reduce the risk of breast cancer is to avoid the use of potent steroids such as those contained in hormonal contraceptives and hormone replacement therapy. Natural family planning is a safe, healthy and effective way to plan your family. Breastfeeding is the healthiest way to feed a baby and has a protective effect against breast cancer. There are also alternative treatments with bio-identical hormones and natural approaches for women in menopause. For single women, chastity is the only certain way to prevent unplanned pregnancies and abortion.

One More Soul joins the Breast Cancer Awareness Campaign to educate women and girls about the risks of breast cancer from hormonal contraception and abortion. Visit our online store (www.OneMoreSoul.com) to see the wonderful resources we have on the subject. Please consider ordering some of our brochures and books for yourself or to share with your family, doctors and friends about these preventable risk factors for a disease that has become an epidemic.

Endnotes

1. Kahlenborn C, Modugno F, Severs WB. Oral contraceptives and breast cancer. *Mayo Clin Proc.* 2008 Jul; 83(7): 849-50.
2. Jabeen S, Haque M Islam J Hossain Mz. Breast Cancer and some epidemiological factors: A Hospital Based Study. *J. Dhaka Med Coll.* 2013; 22(1): 61-66.





Spiritual Laryngitis

It's time to cure our silence on contraception and key moral issues.

We think it's time to call attention to a key issue, one we think underlies virtually all of the malaise currently affecting the family. We firmly believe that contraception is a root cause for the rampant ailments of divorce, cohabitation, and even our culture's acceptance of homosexual behavior. The cure can be (and should be) clear teaching *from the pulpit* of the Church's doctrine on all these matters.

Cardinal Timothy M Dolan, in an interview from March of 2012, stated that the church's sex-abuse scandal "intensified our laryngitis over speaking about issues of chastity and sexual morality." This "laryngitis" has endured to the present day. It extends from the bishops down to the parishes and also to much of the Catholic media. Cardinal Dolan continues, stating he "sees a hunger, especially among young adults, for a more authoritative church voice on sexuality."

Father Daniel McCaffrey of the Archdiocese of Oklahoma City is a traveling preacher on the topics of marriage, contraception, and Natural Family Planning. Fr. McCaffrey comments: "For four decades and more, the people have not heard the message of the Church on marriage." He goes on to say that unless the Synod on the Family addresses this point, "We're going to have a dark, cold winter ahead of the Church."

To be fair to the hierarchy, this deafening silence has not stood totally unbroken. In 2004, the bishops published a Pastoral Letter, *Marriage: Love and Life in the Divine Plan* in order to communicate from the riches of our Catholic faith the meaning and value of marriage and to offer support and practical assistance for it to flourish both in society and in the Church. In 2006, the USCCB published an outstanding booklet called "Married Love and the Gift of Life" that clearly states Church teaching regarding contraception, particularly contraception's negative effect on marriage, health, and relationship with the Creator. All that is missing is a pastoral plan for moving this teaching to the masses of Catholics.

Janet E. Smith, PhD, didn't pull any punches in her article in November's National Catholic Register article "Wages of the Sexual Revolution",

Again, what is the job? The job is convincing people that sex outside of marriage is stupid, wrong and against their happiness and the well-being of their children. That requires that we teach them that contraception is stupid, wrong and against their happiness and the well-being of their children.

...There is one institution [the Catholic Church] on the face of the earth that has the answers to the problems we face; if it does not use the resources available to it, the family will continue to fragment—and then woe be to us all.

Mercedes Arzu Wilson is the founder and long time leader of the Family of the Americas Foundation, an organization which teaches Natural Family Planning in the United States, and in many other countries of the world. Mercedes makes the point forcefully:

They [the forces of evil] have succeeded in turning men and women into slaves of their passions and vices, like sexual robots without a properly formed conscience, who are deprived from experiencing true love and the gift of becoming pro-creators with God of a new human life.

The other main culprits within the Hierarchy of the Catholic Church in the Western World have been those whose silence in defense of moral principles, human values, and imparting responsibility for our actions has been remiss. They have deprived the laity from the teachings of the Magisterium, in particular, the wisdom of *Humanae Vitae*.

Charles E. Rice, professor emeritus of the University of Notre Dame Law School, has much to say on this subject. In his book *Contraception and Persecution*, he notes (regarding widespread acceptance of contraception):

The bishops themselves have admitted their failure to explain *Humanae Vitae* and other matters. The admission itself was an act of courage. We outline the dimensions of their acknowledged failure of leadership, not to criticize them, but to encourage them in their return to renewed efforts to do their job.

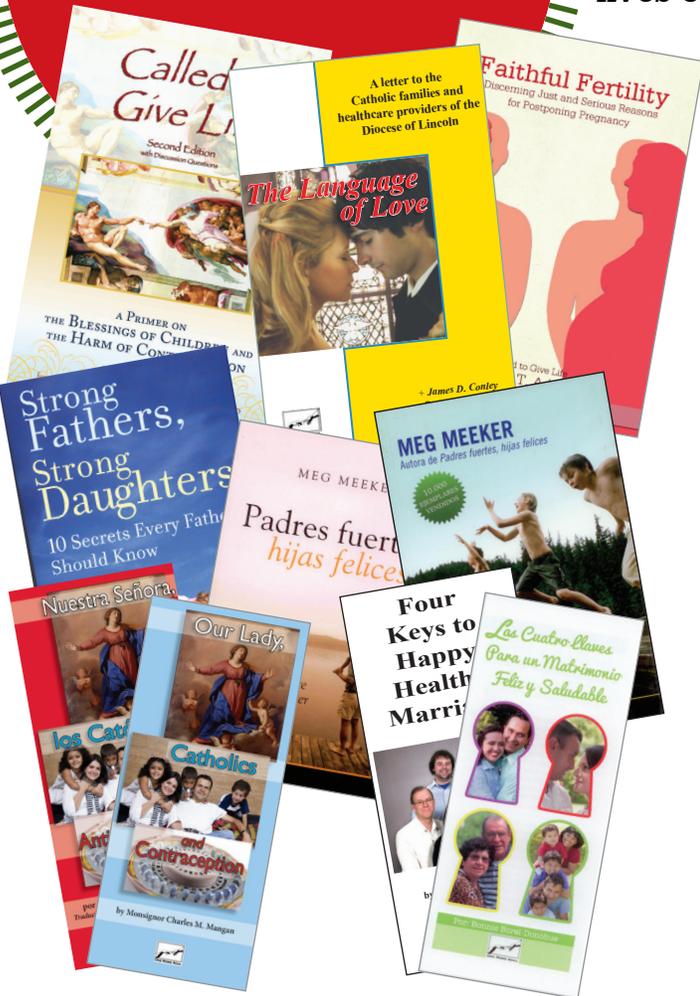
What can we do? Encourage your priests and bishop. Bishops need to be alerted to the needs in this area and the means of meeting those needs. Also, educate yourself on these issues. One More Soul's book *Called to Give Life* is a sourcebook of resources for promoting the truth on matters of married sexuality, particularly from the pulpit. The resources for bringing these truths home to the people are varied and numerous.

Let us begin!

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Librito KBCRsp 28 pp. \$3.00

Complications: Abortion's Impact on Women

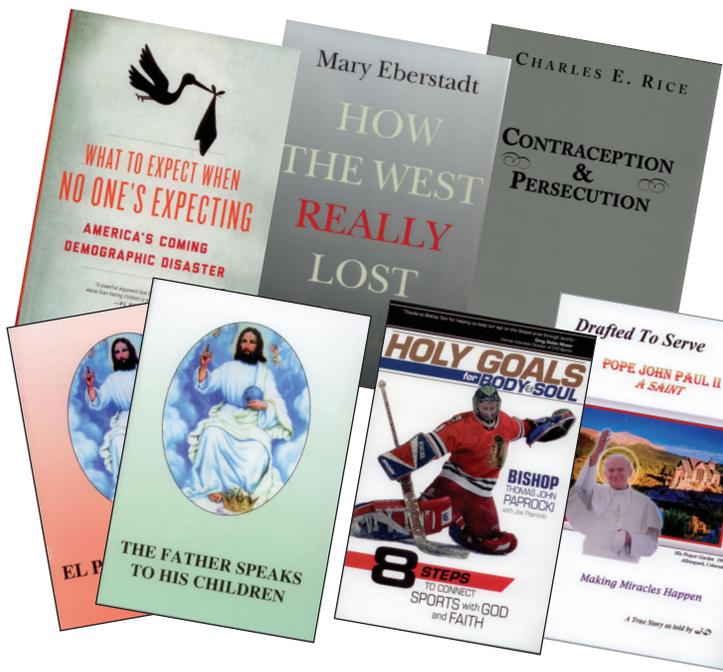
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Our Lady of America News and Prayer Request

Certain devotional materials referred to in court documents were determined by the jury to be in the "public domain", and thus not subject to the specific copyright claims made by Patricia Fuller. The jury also determined that none of the devotional items at issue infringed any of Patricia Fuller's asserted trademarks. We are all very pleased with that outcome.

Also, the Honorable Judge Lawrence has affirmed these findings in the Amended Judgment issued on September 18, 2014. However, the defendants (Patricia Fuller and Mr Hartman) have filed an appeal with the 7th Circuit Court of Appeals requesting a retrial. Thus, the copyright and trademark issues are not resolved until the appeal is denied or (God forbid) a new trial is ordered.

We the supporters of universal access to OLoA devotional materials, subject to the ecclesiastical



governance of the Catholic Church, are being asked to **pray for a favorable (denial of appeal) response from the 7th Circuit Court of Appeals.**

Beginning on December 17th, 2014, the day on which the Church begins the prayers of the "O Antiphons", running through December 23rd, while continuing to pray for the intention of this novena, **please pray these ancient prayers of the O Antiphons** [<http://www.usccb.org/prayer-and-worship/prayers-and-devotions/prayers/the-o-antiphons-of-advent.cfm>], also continuing to recite these two (2) short prayers with the Rosary.

"Hail and Blessed be the hour and moment in which the Son of God was born of The Most Pure Virgin Mary, at Midnight, in Bethlehem, in piercing cold. In that hour vouchsafe, O My God, to hear my prayers and grant my desires, through the merits of Our Savior, Jesus Christ, and His Blessed Mother. Amen."

After The Rosary: *"By Thy Holy and Immaculate Conception, O Mary, deliver us from evil!"*

Blessed Christmas
from all of us at

Steve

Julia

Daniel

Dalena

Vince

Joanna

Sili

Ariane

**ONE
MORE
SOUL**

