

ONE MORE SOUL

CHRISTMAS NEWSLETTER 2015

❄ FOSTERING GOD'S PLAN FOR LOVE, MARRIAGE, AND PROCREATION ❄

Culture of Life from Liturgical Reform

by Steve Koob

We are in a war between the Cultures of Life and Death, between perfect good and intrinsic evil. What does the Liturgy (Mass) have to do with Culture Wars? Dr Lorna Cvetkovich, MD, NFP-Only Ob/Gyn said this to me 16 years ago, "Steve, we will never have a Culture of Life if we don't get the Liturgy right." There are other ways to say this:

- The better we worship God, the better our ability to "go forth, the Mass is ended" to love and serve our neighbors.
- The more focused the Liturgy is on God by removing distractions, the more graces we will receive from the Mass—including encouragement, wisdom, prudence, and collaboration that comes from a deep personal dialogue with God during Mass.
- The Mass is the source and summit of our Faith—THE most important part of our week (or day) and leads us to accept and follow God's will for our lives.

God is the source of all life. He is life's author and has final authority over all life—both beginning and ending. We must go to Him to find wisdom about life—its care and defense.

Monsignor Ignatio Barreiro's presentation at *Sacra Liturgia 2013*, "Sacred Liturgy and the Defense of Human Life", elucidates this truth

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Welcoming the Christ Child

Each Christmas we recall the birth of the Christ Child who came to dwell among us. At the same time the secular community enters a seasonal nostalgia of childhood in movies, plays, and productions. Although this is often for business purposes, it is an open door. Let's seize that cultural moment of openness to children and joyfully promote the culture of life in simple, easy ways.

First ask yourself, "What can I do to show my joy in the gift of children?" Well, how would you welcome the Christ Child? You'd smile, so smile at children and wave to them. Coo at babies; tell parents how beautiful their baby is. Encourage harried mothers with a good word and offer a helping hand, especially at the grocery.

Now look around, for nearly everyone of childbearing age is pressured by our culture to contracept. People simply don't know the dreadful things contraceptives do to human bodies and relationships. How can you help? Sow seeds of truth and speak about the blessings of children. The light of your gentle witness is needed in our dark world. Build strong relationships with those around you and at the right moment, speak the truth in love. Our website has abundant life-affirming resources and OMS is glad to assist you in spreading truth.

Finally, look at organizations. Newspapers, churches, and schools offer wonderful opportunities to share the message that children are a gift and contraceptives cause harm. So whenever the newspaper runs a

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Radio Maria

I am very grateful to Radio Maria for the privilege of hosting “The Quest for a Culture of Life in America” on Tuesdays at Noon ET. Our guests inspire the listener to take action, evangelize, pray and support pro-life/marriage/family/Catholic apostolates. A few of our topics are listed here.

The Liturgy is the “source and summit of our Christian

life” so to renew one’s life, family and parish, begin with the Liturgy. Several programs during 2015 were devoted to Liturgical reform.

Saints have also been a popular topic: Saints Maria Goretti, Patroness of Purity; Junipero Serra, founder of the California missions; and an enormous variety of saints in the making, like Chiara Corbella Petrillo, who lost her life to preserve the health of her preborn son.

Several guests have helped us discern what the *Synods on the Family* were trying to accomplish, and we have learned much about an array of pro-life organizations.

The “Quest for Life” programs are available live and are archived at <http://radiomaria.us/questforlifel>. Please join us every Tuesday at Noon ET!

From the Director

I am conflicted because I am FULL of JOY and SADNESS. Joy-filled for the pending birth of Jesus and the many blessings in my life—family, Faith, One More Soul, a slowly expanding Culture of Life—the list is endless. But my joy is tempered by sadness—also an endless list, including the growing Culture of Death. To say all I want to say would take many more pages than are available here.

I believe that One More Soul IS the leading edge of the Culture of Life. I have FAITH that more capable organizations will join us. I HOPE that what you find in this End-of-Year newsletter will warm your heart, challenge your thinking, and increase your pride in One More Soul as we step forward with new efforts to encourage new life.

Our cupboard is bare—REALLY bare. We really need your CHARITY. Please pray for us. Please order our resources and distribute them in your parish and at other opportunities. We have great materials to encourage purity and chastity, marriage and openness to children, and acceptance of God’s direction in our lives.

Thank you for your generosity. May God bless you, your family, and those who care for you.

PS I also have HOPE and FAITH that you will support us with your CHARITY. One More Soul is a charitable organization and tax-exempt under section 501(c)(3) of the Internal Revenue Code We are eligible to receive your tax-deductible contributions. **Thanks!**

Celebrate the Annunciation & Incarnation of Jesus

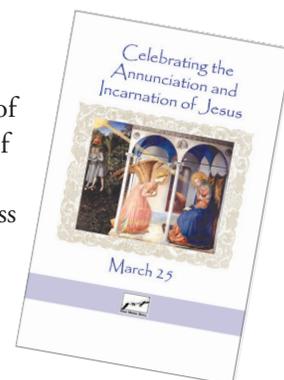
When the archangel Gabriel announced to Mary that she would be the Mother of God, Mary said YES and the universe experienced a new Big Bang; calendars were restarted; everything was different; Our Savior was among us! March 25th is a day to celebrate with great joy in your parish and home and heart. Here’s how:

Pray—Ask Jesus to give you a greater appreciation for His great love and sacrifice in leaving Heaven to live with us and die for our eternal life with Him.

Read—OMS has great resources for developing an appreciation for Mary and Her great love for us and Her Son. See p. 6 of this newsletter.

Meditate—Go before the Blessed Sacrament, before, during and after Mass. Where would we be without Jesus and Mary?

Act—Perform the **Joyful Mystery Rosary** as scripted in “Celebrating the Annunciation and Incarnation of Jesus”, order code **KCAI** (See p. 6 of this newsletter). You can do it with the family in your home, or as a class project in school, or as a school or CCD project for the parish. It is fun, educational, and will lead you to Jesus and Mary.



Sacrificial Parenthood

“Before I had children, I worried about what I would have to give up for them. Now that I have children, I realize there is nothing I would not be willing to give up for them.” from Jason Adams in *Called to Give Life*.

A child changes his parents. Parents become sacrificial without even knowing it because it is just plain natural to want this child you love more than life itself to have everything she needs. Sacrificial parenthood is more the norm than the exception. Making the ultimate sacrifice of life itself is the exception as in the cases of Italian mothers Saint Dr Gianna Molla and Chiara Petrillo.

Gianna was born in 1922, received her medical diploma at age 27, and married Pietro Molla 6 years later. Within three years she gave birth to three healthy children while continuing her practice of Pediatrics. Following two miscarriages, a sixth pregnancy was compromised by a uterine fibroid and Gianna was encouraged to abort or have a hysterectomy. She refused both, specifying that her child’s life was to be preferred to her own. Her daughter Gianna Emanuela was delivered by C-section and mother Gianna died one week later (April 28, 1962) of septic peritonitis. She was canonized in 2004.

Chiara Corbella and Enrico Petrillo met on a Medjugorje pilgrimage and married in September 2008. They entrusted their first baby to the blessed Virgin, but their baby was diagnosed with life-threatening abnormalities. Despite pressure to abort, Chiara gave birth to a beautiful girl who died within the hour. A year later, the death of their second child came even more quickly. God was preparing their hearts for more: more sorrow and more grace.

While pregnant a third time, Chiara developed a malignant tumor. She refused to jeopardize the life of her preborn son Francesco with her toxic cancer treatments, so she began intense radiation and chemotherapy after the baby’s birth. It was soon clear that her rare tongue cancer had spread, causing loss of sight in her right eye. Her condition became terminal and she died June 13, 2012 at age 28.

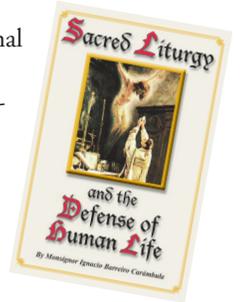
Chiara said “yes” to everything God sent her way, becoming a true child of God. As her days on earth came to an end, Enrico looked down on his wife and said, “If she is going to be with Someone who loves her more than I, why should I be upset?” To read more about these courageous mothers, please see the resource listings on p. 6 of this newsletter.



CULTURE OF LIFE *Cont. from page 1*

with clarity and depth. It is available from One More Soul, order code **KSLD** (See p. 6 of this newsletter).

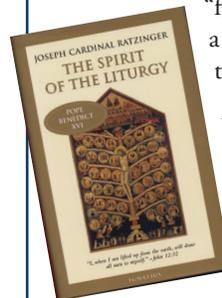
A year ago, Pope Francis asked Robert Cardinal Sarah to be the *Prefect of the Congregation for Divine Worship and the Discipline of the Sacraments*. Pope Francis asked him to *implement the liturgical reforms intended by the V&CII Fathers* and instructed him to follow the guidance of Pope Emeritus Benedict XVI. That would signal a return to receiving Holy Communion on the tongue while kneeling, and having the priest facing “Liturgical East” during those parts of the Mass directed toward God.



Some changes that would strengthen the Liturgy’s focus on God are as follows:

- Position the priest and deacon chairs to be in-line with the altar and facing the altar to demonstrate a proper focus on the altar.
- Hang the Crucifix above the altar to centralize the view of Christ on the cross, the altar of sacrifice, and the priest as persona Christi.
- Position the Tabernacle directly behind the altar, as requested by many bishops.

Providing communicants the option to receive while kneeling and presenting the host in a way that indicates preferred reception on the tongue would also be good. Using 100% beeswax candles at the altar is a simple way to demonstrate the practice of offering our “first fruits”, the best we have, in sacrifice to God. It is a subtle reminder that our *self-sacrifice* should also be the best we can be.



Any changes that are proposed or implemented need catechesis to explain the theology supporting the changes. See Cardinal Ratzinger’s *The Spirit of the Liturgy*, available from One More Soul, order code **BTSL**, on p. 6 of this newsletter.



WELCOMING *Cont. from page 1*

pro-contraceptive piece, write a rebuttal telling the truth. When the news reports the horror of a young mother abandoning or harming her child, write a letter recounting the supreme gift children are to all. Do what it takes to elect government officials who act according to truth, not whims. Support organizations such as Knights of Columbus and others who spread the message of life.

Yes, the task can be huge but an old adage applies: “Inch by inch life is a cinch, yard by yard it’s very hard.” There are many of us, and we are able to do many good deeds large and small. Inch by inch, and smile by encouraging word, we can all impact those around us. Through the grace of God we can sow seeds of truth and transform our culture to once again value children. So smile, and welcome the Christ Child in our midst.



Weakened Vows

Insights on the Contraception-Divorce Connection

by Steve Koob

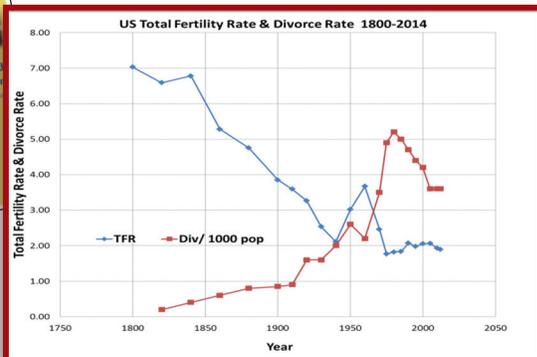
Just the Facts

Contraception separates life-giving from love-making. The sacred act of sexual intercourse is fundamentally altered by contraception. Our fallen nature inclines us to this disordered practice as we seek the pleasure of the act without the child-raising responsibility that naturally accompanies the act. But God created us male and female, in His own image. God told us to “be fruitful, multiply and fill the earth” (Gn 1:28). Disobeying this command by use of contraception not only lowers the birth rate, but it also has a negative effect on marriage and increases the risk of divorce. That this should be expected can be seen by considering the essential role that sexual intercourse plays in God’s creation and in marriage. If this marriage act is neutered—made counterfeit by contraception—the marriage itself will be compromised. Something that God intended to be part of marriage has been radically changed; the marriage must also be radically changed.

In 1800, contraceptive options were few and the average American woman birthed 7 children. Her family had no inside water source, electricity or automobile. In 1839, the new vulcanization of rubber technology (Charles Goodyear) was applied to the making of high quality condoms and diaphragms. The birth rate (Total Fertility Rate or TFR) dropped 70% from 7 to 2, and the Divorce Rate (DR) increased 5 times—within 100 years.

The second birth control technology wave hit in 1960 with the Pill. The Pill took only 10 years to cut TFR in half, and increase DR 2.5 times.

A larger chart and detailed explanation may be found in “The Contraception—Divorce Connection”, order code **PCDC**. Please see p. 7 of this newsletter for ordering information.



A Canon Lawyer’s Observations

The effect of contraception on marriage is also documented by Canon Lawyer, Dr Edward Peters’ startling report of Marriage Tribunal experience. Excerpts are quoted here.

The antithesis which contraception poses to marriage is so serious and so common that responding to it vigorously should be among our highest pastoral priorities. As a first step for such response, though, one needs to recognize the prevalence of contraception among failed marriages.

...contraceptive use among Americans seems to be around 85%, with Catholics being statistically indistinguishable from the population at large. But among those divorced persons...coming before a diocesan tribunal as part of an annulment case, my estimate is that some form of contraception was used during all or a significant part of the failed marriage (and commonly, well before the wedding) in 99% of the cases.

...In my experience, no single factor as directly and as gravely injurious to marriage (as taught by the Church) occurs nearly as frequently in the histories of those who eventually divorce as does contraception. This applies whether the case involves non-Catholics...or Catholics.

After a decade of working on annulment cases, I have studied some 1,500 marriage and divorce histories, probably more. Yet, I can only recall only one, maybe two, cases where Natural Family Planning, as opposed to some form of artificial contraception, was seriously tried by the parties prior to their divorce...would it not be a grave pastoral disservice to avoid discussing the destructive nature of contraception in a deliberate way with those already in or preparing for marriage and, even better, with those not yet committed to a wedding?

...I have been repeatedly struck by depth of truth which supports the Church’s teaching against contraception and the importance of that teaching for healthy marriage and society. Certainly nothing in tribunal work has ever caused me to doubt this point.

So, the Church, and a few other voices [One More Soul], are right about the bane of contraception. They are right about the beauty and soundness of Natural Family Planning...Divorce rates among practitioners of NFP are demonstrably tiny. The frequency of contraceptive use among those divorcing is markedly elevated....serious NFP instruction should be required in every marriage preparation program. One is simply playing the odds.

Dr Peters convincingly documents the strong connection between contraceptive use and divorce. Bishops and priests need look

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WEAKENED VOWS *Cont. from page 4*

no further for the cause of marriage breakdown than their own marriage tribunal to confirm what Dr Peters reports!

One More Soul has many resources that can help the Church address the contraception problem, especially by encouraging openness to new life—the Supreme Gift of a baby.

Exerpts from “Contraception and Divorce: Insights from American Annulment Cases” by Edward Peters, *Couple to Couple League Family Foundations* (Nov-Dec 1998) pp. 28-29. Dr. Peters has held the Edmund Cdl. Szoka Chair at Sacred Heart Major Seminary in Detroit since 2005.



Taking Good Care of the Environment

by Liliana Cote de Bejarano, MD, MPH, CFCP

Pope Francis' Encyclical *Laudato Si* invites us to reflect on the beauty of God's creation and reminds us of our responsibility to care for the environment. The Holy Father draws attention not only to current environmental issues but also human ecology issues such as abortion, population control, experimentation on embryos, and other offenses against the sanctity of life.

Potent steroid hormones such as those from birth control pills contaminate our drinking water. The effects of steroid hormones on aquatic creatures is well-researched and documented.

To read the full article, please see <http://onemoresoul.com/news-commentary/taking-good-care-of-the-environment.html>.



Abortion Pill Reversal

A non-surgical abortion is accomplished by taking the abortion pill mifepristone (Mifeprex or RU-486) and then later taking Misoprostol. Mifepristone blocks the nurturing effects of progesterone which leads to the death of the developing baby. Misoprostol tablets cause contractions and expel the remains of the baby. This process may take anywhere from a few hours to a few days.

The abortion pill can be reversed by natural progesterone that counteracts the effects of the mifepristone, which can help continue a healthy, developing pregnancy. The goal is to start the reversal treatment within 24 hours of taking the mifepristone.

Cachet's story: “Not following through with the abortion pill has been a tremendous blessing. My little girl is the joy of my life and I truly don't know what I would do without her. I am so thankful God placed people in my path who were able to make sure my little angel had a chance at life.”

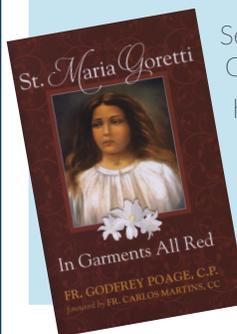
For more information go online to <http://www.abortionpillreversal.com/> or call (877) 558-0333.



Promoting Purity with Mary and St Maria Goretti

St Maria Goretti is the Patroness of Purity. She earned that title by defending her own purity from Alessandro's attack in 1903. She said to him, “No, it is a sin.” He was so angry with her that he stabbed her repeatedly, causing her death the following day. She was only 11 years old, the youngest of the canonized saints, and a perfect role model for young people in our over-sexualized culture.

Our Lady of America, the Immaculate Virgin, appeared to Precious Blood Sister Mary Mildred Ephrem in the 20th Century. She asked Sister Mildred to promote purity in America's youth. So, now we have a purity-promoting team in Saint Maria and Our Lady of America. Please pray that their common mission will bear abundant fruit.



See Fr Edward Looney's article about Maria Goretti on our website:

<http://onemoresoul.com/news-commentary/drawn-to-maria-goretti.html>

One More Soul carries a lovely, informational book on St Maria Goretti. Please see p. 6 for ordering information.

Fetal Tissue in Vaccines

Fetal tissue derived vaccines—What should you do? Theresa Deisher, PhD, was at Eucharistic Adoration when God told her to start AVM Biotechnology and Sound Choice Pharmaceutical Institute to: a) encourage adult stem cell research and applications, b) develop and promote vaccines that are not contaminated by fetal cells, and c) educate parents, the public, Big Pharm and medical personnel about the benefits of adult stem cells and vaccines derived without exploiting vulnerable humans. Company web sites are <http://soundchoice.org/> and <http://avmbiotech.com/>.

Theresa was our Radio Maria guest on “The Quest” on November 24, 2015, archived at <http://radiomaria.us/questforlife/>.



CHECK OUT SOME OF THE NEW AND UPDATED

❄️ ❄️ ❄️ ❄️ ❄️ Building Faith and Family ❄️ ❄️ ❄️ ❄️ ❄️

NEW! Chiara Corbelle Petrillo: A Witness to Joy

by Simone Roisi

Book BCCP 161 pp. \$18.95

Saint Gianna Molla: Wife, Mother, Doctor

by Pietro Molla and Elio Guerriero

Book BSGM 153 pp. ~~\$41.95~~ \$8.39

No Greater Love: St. Gianna Beretta Molla

by Ann M Brown

Booklet KNGL 33 pp. \$3.95

Celebrating the Annunciation and Incarnation of Jesus

Booklet KCAI 24 pp. \$2.00

St. Maria Goretti: In Garments All Red

by Fr Godfrey Poage

Book BSMG 89 pp. ~~\$12.95~~ \$9.06

OMS Marriage Preparation Collection

"One More Soul's Marriage Packet is the best marriage preparation resource I have found."

—Father Patrick Egan, OSB, Pastor of Sacred Heart Parish, Cullman Alabama.

Collection SMAR 13 items \$29.95



The Spirit of the Liturgy

by Joseph Cardinal Ratzinger

Cardinal Ratzinger (future Pope Benedict XVI) is considered by many to be the finest liturgist of modern times. This profound and beautifully written treatment of the "great prayer of the Church" will help readers rediscover the Liturgy in all its hidden spiritual wealth and transcendent grandeur as the very center of our Christian life.

Book BTSL 232 pp. \$21.95

NEW! Sacred Liturgy and the Defense of Human Life

by Msgr Ignacio Barreiro

Sacred Liturgy and the Defense of Human Life is an important resource in ongoing liturgical formation for clergy, religious and laity, and makes a significant contribution to the renewal which embraces the riches of liturgical tradition as a valuable treasure.

Booklet KSLD 18 pp. \$2.00

The Life of Jesus in the Womb: A Meditation and a Prayer

by Kathleen Curran Sweeney

Meditation and a prayer, the life of Jesus in the womb. A nine month journey explaining the life of carrying a child.

Booklet KLJW 12 pp. \$2.00

Unborn Jesus Our Hope

by George A Peate

Unborn Jesus, Our Hope is a meditation upon the hidden first nine months of Jesus's life, from the moment of conception within Mary's body to his birth in Bethlehem. The author thoughtfully explores the glories, mysteries, and graces found in Jesus's as he grows from fertilized ovum to newborn baby.

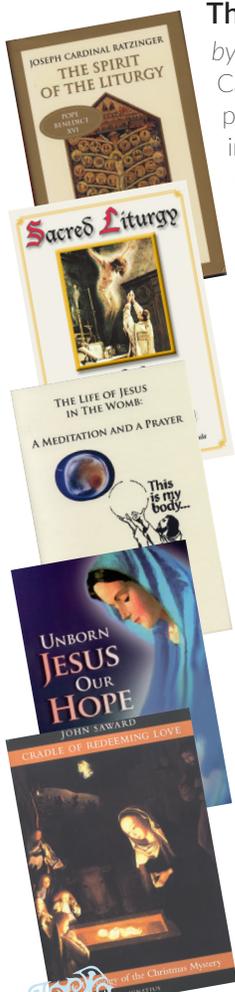
Book BUJH 173 pp. \$16.95

Cradle of Redeeming Love: The Theology of the Christmas Mystery

by John Saward

A wonderful presentation of the divine-human reality of Christmas, which draws from Chistian liturgies ancient and modern, from the Fathers and Doctors of the Church, and from wonderful ancient Christian songs. This work is poetic, insightful, almost overwhelming.

Book BCOR 404 pp. ~~\$24.95~~ \$17.46



VISIT US AT WWW.OMSOUL.COM TO ORDER

RESOURCES WE'VE ADDED TO OUR INVENTORY!

❄️ ❄️ ❄️ ❄️ ❄️ The Culture of Life ❄️ ❄️ ❄️ ❄️ ❄️

NEW! Sign of Contradiction NEW!

by Anthony J Digmann

One More Soul is proud to present this wonderful, new resource for understanding and responding to the current crisis in contraception. Starts with a detailed review of Natural Family Planning and Contraception use in the twenty first century, and follows with an extensive analysis of Catholic Church doctrine on contraception throughout Church history. Contains a wealth of solid information.

Book BSOC 322 pp. \$12.95

The Bible and Birth Control

by Charles D Provan

Book BBAB 97 pp. \$5.00

Sterilization Reversal: A Generous Act of Love

edited by John L Long

Book BSRA 296 pp. ~~\$12.00~~ \$8.40

Fertility Cycles and Nutrition

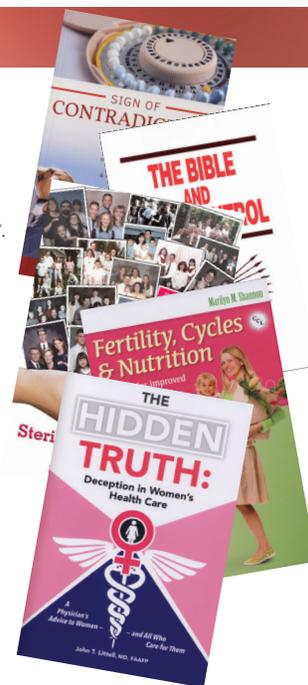
by Marilyn M Shannon

Book BFCN 204 pp. \$24.95

The Hidden Truth: Deception in Women's Health Care

by John T Littell MD

Book BTHT 174 pp. \$16.95



❄️ ❄️ Check out our NEW pamphlets! ❄️ ❄️

NEW! Life-Limiting Prenatal Diagnosis: Hard Cases Close to Home

Pamphlet PLPD \$.35

NEW! Just Look

Pamphlet PJLE \$.35

NEW! The Contraception-Divorce Connection

Pamphlet PCDC \$.35

❄️ ❄️ Same Excellent Content. Fresh look ❄️ ❄️

Breast Cancer Risk from Abortion

Pamphlet PBCA \$.35

What a Woman Should Know About Birth Control

Pamphlet PWWS \$.35

The Challenge of Contraception for Those Who Respect Life

Pamphlet PCOC \$.35

The "Morning After Pill" and Other Types of "Emergency Contraception"

Pamphlet PMAP \$.35

What Do We Do Now?

Pamphlet PWDW \$.35

Why Use Natural Family Planning

Pamphlet PWUN \$.35

What is Natural Family Planning

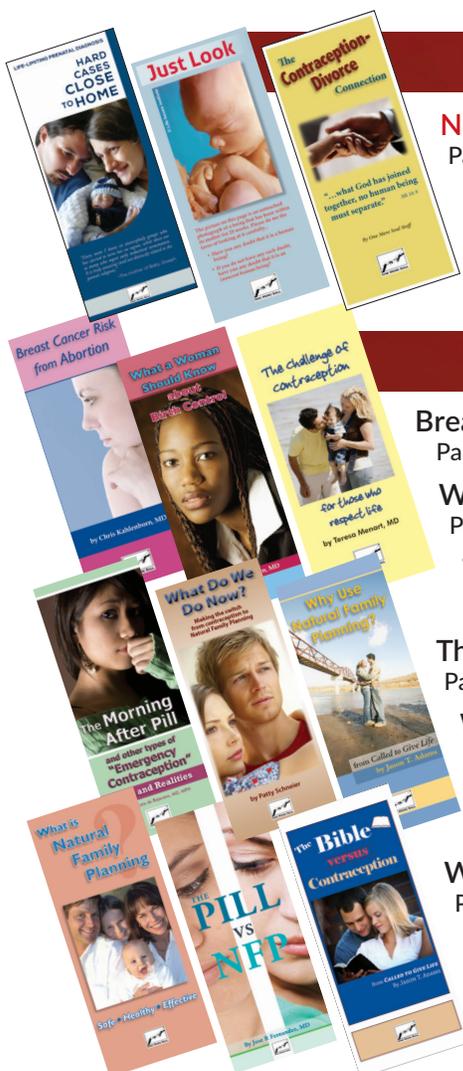
Pamphlet PNFP \$.35

The Pill vs NFP

Pamphlet PPVN \$.35

The Bible vs Contraception

Pamphlet PBVC \$.50



CALL US AT 1-800-307-7685 TO ORDER





Blessings of Children: Gifts that Keep Giving

By Vincent Sacksteder and Maureen Pierce

1. A child is an eternal and unrepeatable human soul whom the parents and God bring forth.
2. A child renews the human race in a unique way. Each child has the potential to spread God's goodness and bring future generations into God's family, thereby increasing the kingdom of God on earth and in heaven!
3. A child helps the parents grow in Christian virtues. Raising a child teaches the parents sacrificial love, like Christ's love.
4. Each child increases the chances of a couple staying together. Couples who have children within the first 1-2 years of marriage are statistically more likely to stay together than couples who have no children. Each additional child lowers the chance of divorce even more as couples work to stay together.
5. A child is wonderfully entertaining and multiplies joy in a family. New parents and grandparents are thrilled to cuddle each new baby, delighting in every tiny smile. Toddlers and growing children can be quite hilarious at times, so the family stories get better and better.
6. A child is God's opinion that life should go on. Children are a source of hope, a reason to make the neighborhood and the world a better place.
7. A child helps socialize others. Sisters help their brothers learn to respect and cherish women. Brothers help their sisters learn to respect and value men. Younger siblings help older siblings learn the need for patience, kindness, and sharing vs selfishness.
8. Children insure against loneliness in old age. Traditions continue when children and grandchildren visit elders; joy and respect multiply through the generations.
9. Children boost the economy. Raising children means buying clothes, food, shelter, education and more, which makes diverse jobs for others.
10. Children help the population get up to replacement levels. Contrary to popular myth, the US birthrate has been below replacement level for 75 years. Children build up the nation, and future workers strengthen the Social Security system.

