

wanted. Or worse yet, they are told that this is so by the ones who should love them unreservedly—their parents! The vast majority of men and women in our corrections facilities have been affected by some perverted sexual act. That is to say that their parents (married or not), used sex as some act of recreation (casual sex) or domination (rape and incest) rather than love and family building. But their inhibitions about with whom they may have sex, and what sex is for, either were or were not present, or were worn down by the presumed "safety" of contraception.

In short, contraception is the cause of a number of divorces, crimes, abortions (the solution to failed contraception), perversion, and abuse. It has contributed to mental illness, to mistreatment and disrespect of spouses, to the decreasing value on life and love making. The tendency to think having sex is one's right outside of marriage as well as inside has added to unwanted children, infidelity and distrust in marriage.

Given these dire outcomes on marriage and these results from misused sexual self-understanding and faculties, how could any one who loves their girlfriend or boyfriend want to include contraception in their marriage plans.

### **What If You Aren't Married And Still Want To Have Sex?**

Aside from the obvious question of sin, there are other considerations that come into play here, too.

Anyone who has sex with someone with whom she or he is not married, obviously doesn't care for the heart and soul of the other half of the partnership because there is no commitment to the other partner other than "for now". Their concerns, health and eternal salvation are not even on the radar. This attitude of temporary commitment reveals the very purpose of contraception: pleasure without responsibility. In other words, the one pushing for sex outside of marriage is out for him or herself, and not interested in the effects of this one sexual liaison on the other. Sex works in marriage because it is freely embraced with-out fear of

being left, rejected, or the idea that a baby complicates one's single life and career. And because it is part of God's Plan, it contributes to the salvation of the husband and wife.

Marriage is ordered to the good of the spouses, which includes both children and mutual companionship with the endurance of the relationship "Til death do us part." Sex without this intention is rife with fear and defensiveness. It is hard to understand why anyone would want to expose themselves to that much personal, emotional, and psychological danger.

Having sex outside of marriage teaches both partners how to abandon their very selves. It trains us how to break up, not keep marriages together. It is a school for future infidelity and divorce. How could anyone think that someone who suggests that having sex before marriage is a good candidate for a spouse?

### **Why NFP?**

When we work with our Creator in His plan for lovers, and with His designs, we can be free indeed from these dire effects. This is what NFP does for spouses. It removes this fear. It enables us to time and space the arrival of children, and establish sinlessly the right size of our families for our situation. For more information contact the Couple to Couple League: Chris and Cecilia Reynolds, 719-375-8580



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*Saint Peter's  
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Serving the People of God

## **God, Family, Love, and Family Planning: An Intro to NFP**



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## What is the difference if they both prevent pregnancy?

This is the show-stopping question whenever the issue of contraception and the Catholic approach, Natural Family Planning (NFP), are discussed. What has to be understood before every-thing is what the sexual parts of our bodies are intended for from the beginning. In short, what are the sexual organs and mammary glands intended for by God?

The human sexual organs are intended most specifically for the furthering of the race and their use has the added benefit of pleasure together with one's spouse. They really don't make sense apart from that. The argument simply goes that if God intended that we only have pleasure, then he would not have added reproduction to the mix. This is called Natural Law—or Law that can be discerned from the natural use of things. Now we also know that not every act of lovemaking brings fertilization. Only those that happen during the woman's fertile period, which normally only lasts for 5-7 days. We also know that naturally, from 40-60% of all conceptions do not survive for one reason or another. So from this we can deduce that God didn't intend for every act of lovemaking bring forth a child.

### Sometimes Family Size Is An Issue

In these modern days, with all the complexities of life, we can and must responsibly control the size of our families. The Church and the Popes all agree with this premise. The issue for the Catholic Church is not so much that it is accomplished, but how it is accomplished. God has built into nature many kinds of cycles, and seasons. We discern these by natural phenomena which present

We can bring these to bear on our relationships with the world, with nature, and in our marriages as to how we create children for our family. NFP does just that. By paying attention to yourself, your spouse and your well-reasoned decisions for establishing family size, and without using any artificial

means, this can be accomplished. In point of fact, couples who practice NFP consistently say that the attention paid to their mutual desires and decisions are what makes their marriages stronger and their love more focused on each other.

### The NFP/Contraceptive Difference

When we propose the question about why one is using contraceptives, we hear many answers, but it all boils down to this: **we want the pleasure but not the responsibility that naturally goes with it..** Come to think of it, this is the same rationale that underlies some eating disorders.

The problem with artificial contraception is that it violates the gift of self that ought to be at the center of every act of physical love. When you take the pill or use a foam, diaphragm, condom, etc., you are, in effect, saying to your spouse, "In this, the most intimate act of our marriage, I am going to give myself to you, but only up to a point."

Or, to put it another way, you are saying, "I want you in this act to make a total gift to me of yourself, except that part of you which so deeply defines you as a sexual being, namely your fertility." The body has its own deep language, and when we add chemicals or latex to the act of love, when we deliberately destroy its potential for making new life, we falsify the nuptial meaning of its actions. We hold back the full gift of self which during the wife's fertile period must include an openness to new life.

A couple on artificial birth control is treating their fertility as though there were something wrong with it, something that has to be gotten rid of by medication or barrier. The word 'barrier' is a revealing term. It is like saying, "I want to make love to you, I want to give myself to you, but first let me put up my barrier." A pill is what you take when you have an illness: couples who use contraceptives are treating their fertility, whose depth and mystery they ought to revere, as a defect in need of a technological fix. Instead of being a blessing, a baby is perceived as a curse.

**But when you practice NFP**, you say to each other instead, "I love you, give myself fully to you and I want all of you. There is no artificial barrier between us. I know that now we are (or are not) fertile right now, and we have no fear in our love making. I accept

all the consequences of what this most intimate act of our marriage means—to have and to hold you for the rest of my life. If God should give us a child this time, I will love him or her as well."

### The Effects Of Contraception

Until the 1930's, no Christian Body or Church would condone the use of contraceptives, even for married couples with children. It was the Anglican Church (known as the Episcopal Church in the US) that first allowed that contraceptives could be used by couples who already had children. It was Protestant dominated (not Catholic) legislatures that passed laws in this country liberalizing the use of contraceptives for Americans. What has been the fruit of this advancement of the contraceptive agenda?

The contraceptive mentality and contraceptive practices have now been directly linked through investigation by the social sciences to the increase of infidelity, divorce, out of wedlock pregnancies, spread of Sexually Transmitted Viruses (STV's), increase in pornographic addiction, devaluing of life, loss of identity of both women and men, and an increased tolerance for perverted acts.

It is precisely because procreation (the making of babies) has been removed from the use of our sexual faculties that the last reasonable barrier between good and evil uses of sex has been destroyed. Pregnancies are now considered accidents, and children born of these perverted uses of our sexual faculty are commonly discarded or abused because they were un-



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