

President's Remarks

The year of 2008 marks the 40th anniversary of Humanae Vitae. From 40 days to 40 years in a desert, the Bible uses the number 40 to describe a time of testing. Pope Paul VI's prophetic predictions about the effect of contraception on our society have been tested. Morgentaler's receipt of the Order of Canada, the introduction of Gardasil to nine year-old girls, and recent bizarre rulings by the Human Rights Commission show the results in our own country.

In Canada our 40 years in the desert is ending. Bishops such as Cardinal Ouellet, Archbishop Prendergast, and Bishop Henry are publicly reaffirming the need to plan families without contraceptives. I draw inspiration from these courageous leaders, but the greatest thanks belongs to the teachers of natural fertility regulation. Anyone can say that Natural Family Planning is good for couples, but only teachers can make it possible for couples to do it. Our teachers are few and yet they have done so much good. Not surprisingly, the greatest material needs facing the Natural Family Planning Association of Alberta are for more teachers followed by more funding.

I would like to end with the words of Blessed Mother Teresa of Calcutta :

I know that couples have to plan their family, and for that there is natural family planning. The way to plan the family is natural family planning, not contraception. In destroying the power of giving life, through contraception, a husband or wife is doing something to self. This turns the attention to self, and so it destroys the gift of love in him or her. In loving, the husband and wife must turn the attention to each other, as happens in natural family planning, and not to self, as happens in contraception. Once that living love is destroyed by contraception, abortion follows very easily. I also know that there are great problems in the world - that many spouses do not love each other enough to practice natural family planning. We cannot solve all the problems in the world, but let us never bring in the worst problem of all, and that is to destroy love. This is what happens when we tell people to practice contraception and abortion.

May the peace of the Lord be with you all, Richard Wan, President, NFP (AB)

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A Laborer is Worth Her Wages....

Effective March 2008, NFP (AB) has moved to a fee for service model of charging clients for instruction. The new fee is set at \$125 which covers supplies, initial instruction and all follow-ups. If the fee causes undue hardship or concern for the client it can be waived at the discretion of the teacher. No one will be denied instruction in the Billings Ovulation Method. The fee includes \$15 for supplies, a \$35 donation to NFP (AB), and \$75 for the instructor to compensate her for her time. Income Tax Receipts will be issued for the \$35. Your donations are greatly appreciated and Income Tax Receipts are available for any donation greater than \$10. We will continue to reimburse instructors for mileage and babysitting costs, and will still require yearly statistics to be submitted.



Welcome Deanne Donovan!

In August Deanne joined our Association as the new Office Manager. We are thrilled to welcome her on board, and since she lives in Stettler, we anticipate that she and LeeAnn, our Director of Education and Public Relations, will make a great team! All the best to Danielle Cailliau, our previous Office Manager, and thank you for all your hard work over the years and perseverance hanging in until July!

Donate AirMiles to NFP (AB)



NFP (AB) recently opened an Airmiles account in the hopes of defraying some of the travel expenses involved in attending national meetings, advanced training, and updates. This is a free and easy way to contribute to the Association. Just call 1-866-796-3722 or email info@BillingsNaturalFamilyPlanning.org to get an Airmiles collector card. If you want to start collecting right away, use collector number 8008 003 0945.

Please Note our Contact Information and update your records:

4811 53 Street

Stettler AB, T0C 2L2

1-866-796-3722

info@BillingsNaturalFamilyPlanning.org

www.BillingsNaturalFamilyPlanning.org

Learn The Billings Ovulation Method

The Billings Ovulation Method is over 99% effective for avoiding pregnancy when used according to the guidelines, and is also very effective for helping couples achieve pregnancy.

Accredited Instructors and trainees available in:

- Airdrie
- Barnwell
- Brooks
- Calgary
- Camrose
- Canmore
- Drayton Valley
- Edmonton
- Enchant
- Gainford
- Grande Prairie
- Lethbridge
- Pincher Creek
- Smoky Lake
- Spruce Grove
- St. Albert
- Stettler
- Trochu
- Flin Flon, Manitoba

Services Offered by our Accredited Instructors:

- Individual, Confidential Instruction
- Fertility Education
- Pregnancy Avoidance
- Infertility
- Fertility Awareness
- Youth groups, Women's groups
- Pre-Marriage and Marriage Programs
- Breastfeeding and return to Fertility
- Perimenopause
- Post-Pill
- Teacher Training Workshops
- Priest Study Days
- RCIA
- Instruction for teens, singles, people in all stages of life.

Call 1-866-796-3722 to find the instructor closest to you.

Who can become an Instructor?

If you are interested in the Billings Method and want to help women understand and appreciate their fertility then you could be a Billings instructor. Call 1-866-796-3722 or email info@BillingsNaturalFamilyPlanning.org for more information.

Join our Association
and help us reach our goal
of providing every woman
in Alberta with knowledge
of her fertility.

\$15/year

1-866-796-3722

Important Dates and Upcoming Events

Basic Training Workshop 1

Fri Oct 3 to Sun Oct 5

Misericordia Hospital, 16940-87 Avenue, Edmonton, AB
3rd Floor, North Room 351 \$200/couple, \$150/single

Friday evening session only is open to anyone wanting to learn more about the Billings Ovulation Method or any couple wanting to learn to use the method, \$15 per couple or per single.

Fri-Sun October 3-5

Basic Teacher Training Workshop Part I, cost \$150
Misericordia Hospital, 16940-87 Avenue, Edmonton

Wed October 22, 5-6pm

Annual General Meeting and dinner, \$10
11 Edgeland Mews NW, Calgary RSVP by Oct 15

Wed October 22, 7-9pm

Fr. Hogan NFP Mission, cost \$15
St. Luke's, 1566 Northmount Dr NW, Calgary

Thurs October 23, 7-9

Fr. Hogan NFP Mission, cost \$15
St. Bonaventure, 1600 Acadia Drive SE, Calgary

Fri November 7,8,9

Basic Teacher Training Workshop Part II
Vancouver, BC (call for more information)

For more information, or to register, call 1-866-796-3722

*You are Cordially invited to the **Annual General Meeting**
of the Natural Family Planning Association of Alberta*

Wednesday, October 22

5-6 pm

Cost: \$10 (includes dinner)

11 Edgeland Mews NW, Calgary AB

RSVP by Oct 15

1-866-796-3722