

## Engaged Couples

**Continuing your work.** Did you know that some couples who cohabitate before engagement have decided to live chastely and even apart before the wedding once the Catholic Church's teaching on fertility and intimacy are explained completely and lovingly? You may be the first person to share the beauty of the teaching with them. Once you share the strong theology, refer them to the Office of NFP and we will help them actualize the theology.

**Why BEFORE the wedding?** Couples benefit when they attend an introductory session about six months before the wedding – AND continue to learn and practice that method – regardless of when they plan to have children. Why? Because it encourages communication and self-discipline, fosters appreciation of their mutual fertility, AND it can help to reveal potential health issues that may not be recognized otherwise. Not only does this lay a strong foundation for the relationship, but NFP is easier to learn before marriage and helps build confidence in the method

**Strong marriage.** NFP increases communication between husband and wife. They become more in tune with each other's needs, their family goals, and they can find strong bonding apart from sex. Communicating about fertility and intimacy is also good practice for discussing other important topics like money, career, family, etc.

## Touched by Infertility

**Medical, emotional, spiritual support.** Couples touched by infertility need much support in all these areas. The Office of NFP can help with the medical support and NFP methods, but we also have the HOPE Infertility Ministry to help with the emotional and spiritual support. We offer Holy Mass and Novena prayers for Couples struggling with Infertility. At the parish level, consider offering a support group, spiritual guidance, etc.

**NFP compared to artificial reproductive technologies.** Reproductive technologies such as IVF (Invitro fertilization), IUI (Intrauterine Insemination), surrogacy, etc., may be perceived as a reasonable solution to infertility, but they are considered immoral options by the Church. For one thing, they introduce a third party into the act of creation and, as with IVF, may be abortifacient. The use of NFP is morally permissible, cheaper and safer than these artificial technologies.

**The Role of NaProTECHNOLOGY.** NaProTECHNOLOGY (NaPro) is the medical practice of interpreting the Creighton Model System (CrMS) of charting to diagnose and treat reproductive issues including infertility. NaPro is over twice as effective for treating infertility as IVF. South Carolina is blessed to have several NaPro trained medical consultants.

**The issue of adoption.** A couple may or may not be ready to consider adoption. Adoption may seem like the next logical step for some couples, but for other couples, it may feel like giving up on being able to conceive. Encourage adoption.

**Secondary infertility.** Even a couple that has children can experience secondary infertility (the inability to become pregnant or carry a baby to term after previously giving birth to a baby) which can be just as frustrating and painful as primary infertility.

**Thoughtful touches.** Consider offering up Mass, rosary, and/or prayers for the couple to let them know that they are not forgotten. Send a personal card around Mother's/ Father's Day or holidays to let the couple know that they are in your prayers.

## Miscarriage and Stillbirth

**Accompany the grief.** A pregnancy loss, no matter when it happens, can be as painful and devastating as losing a child at any other time, even if the parents never held the child in their arms. Help the family through the process of grief. Connect them with others who have experienced a similar loss so they know they are not alone.

**Precious life lost.** Acknowledge the value of the tiny human life lost. Encourage them to name the child and offer to say a Mass or pray with them at the cemetery. Gone but never forgotten. The couple who lost a child during pregnancy likely thinks about the baby every day. Remembering the baby in conversation may bring comfort to the couple that their baby still matters.

**Rites and rituals bring healing.** Offer to hold a graveside service, Mass or other liturgical rite for their child. There are a variety of options available in the Order of Christian Funerals – Funeral Rites for Children. There is a comprehensive guide and list of available Liturgical Rites and uses available at [www.bostoncatholic.org/Offices-And-Services/Office-Detail.aspx?id=12540](http://www.bostoncatholic.org/Offices-And-Services/Office-Detail.aspx?id=12540).

**Medical care.** NFP can help diagnose and treat underlying causes of miscarriage. If the couple is seeking to understand what may have caused the miscarriage, refer them to the Office of NFP.

## Contracepting Couples

**Meet them where they are.** Couples may not know nor understand that contraception is morally incompatible with Catholic theology. In a society where such methods are commonplace, it is best to approach the couple with truth and with compassion.

**Natural and healthy.** NFP is simply the observation of a woman's natural cycle reflecting times of fertility and times of infertility. Understanding the signals the body is created to send is the most natural, healthy and moral way to plan and space children.

**Fertility is not a disease.** Fertility is a precious gift given to us as a way to participate with God in creation. Modern methods of contraception treat fertility like a problem to fix, or something that can be turned on and off at will.

**Just as effective.** Avoiding pregnancy is the goal of a contracepting couple. What they may not realize is that NFP, when practiced properly, can be equally as effective (99% effective) in avoiding pregnancy – without the side effects or moral complications of contraception.

**Unwanted side-effects.** Hormonal contraception may have increased risk of various side-effects. The Pill, even when prescribed for "health reasons," can cause depression, weight gain, headaches, irregular bleeding, etc. Often, if a couple decides to have children after using hormonal contraception, it may take a long time to return to a "normal" cycle.

**Group 1 carcinogen.** The World Health Organization's (WHO) International Agency for Research on Cancer (IARC) lists Estrogen-progestogen oral contraceptives (like the Pill, the Patch, or Vaginal Ring) as group 1 carcinogens.

**Barrier to the relationship.** By using contraceptive methods, the couple is putting a barrier between themselves and thereby withholding the total gift of self. Practicing self-discipline and self-sacrifice while practicing marital chastity strengthens the couple's relationship.

## NFP INTRO SESSION SCHEDULES

### JANUARY

<b>Jan 28:00 PM (Thursday)</b> ONLINE SESSION (Summerville, SC)	<i>Emma Goff</i> <a href="http://emmamma.com/foundations">emmamma.com/foundations</a>
<b>Jan 9 7:00 PM (Thursday)</b> ONLINE SESSION (Anderson,SC)	<i>Lexie Sawonik, FCP</i> lexiesawonik@gmail.com
<b>Jan 9 7:00 PM(Thursday)</b> St. Francis Eastside (Bon Secours)(Greenville, SC)	<i>Nancy McGrath, RN ,CFCP ,CFCE</i> napronurse@aol.com
<b>Jan 14 6:00 PM (Tuesday) SPANISH</b> <b>Jan 16 6:00 PM (Thursday) ONLINE SESSION</b> Jesus Our Risen Savior Church (Spartanburg,SC)	<i>Monica Lara, FCPI</i> monicalara.fertilitycare@gmail.com
<b>Jan 16 6:30 PM(Thursday)</b> ONLINE SESSION (Charleston, SC)	<i>Janelle Florendo, CFCP</i> janellenapro@gmail.com
<b>Jan 22 6:00 PM(Wednesday)</b> St. Joseph Catholic Church(Columbia, SC)	<i>Sally Zaleski, CFCP</i> naprogal@gmail.com
<b>Jan 21 6:00 PM (Tuesday)</b> Jesus Our Risen Savior Church (Spartanburg,SC)	<i>Monica Lara, FCPI</i> monicalara.fertilitycare@gmail.com

### FEBRUARY

<b>Feb 11:15 AM (Saturday)</b> Our Lady of the Rosary Church(Greenville, SC)	<i>Meghan Pillow,MSN, APRN, FNP-C, NFPMC, FCPI</i> scnaprofnp@gmail.com
<b>Feb 6 7:00 PM (Thursday)</b> ONLINE SESSION (Anderson,SC)	<i>Lexie Sawonik, FCP</i> lexiesawonik@gmail.com
<b>Feb 6 7:00 PM(Thursday)</b> St. Francis Eastside (Bon Secours)(Greenville, SC)	<i>Nancy McGrath, RN ,CFCP ,CFCE</i> napronurse@aol.com
<b>Feb 6 8:00 PM (Thursday)</b> ONLINE SESSION (Summerville, SC)	<i>Emma Goff</i> <a href="http://emmamma.com/foundations">emmamma.com/foundations</a>
<b>Feb 10 6:00 PM (Monday) SPANISH</b> <b>Feb 17 6:00 PM (Monday) ENG</b> Jesus Our Risen Savior Church (Spartanburg,SC)	<i>Monica Lara, FCPI</i> monicalara.fertilitycare@gmail.com
<b>Feb 19 6:00 PM(Wednesday)</b> St. Joseph Catholic Church(Columbia, SC)	<i>Sally Zaleski, CFCP</i> naprogal@gmail.com
<b>Feb 20 6:30 PM(Tuesday)</b> ONLINE SESSION (Charleston, SC)	<i>Janelle Florendo, CFCP</i> janellenapro@gmail.com
<b>Feb 24 6:00 PM(Monday)</b> ONLINE SESSION (Spartanburg, SC)	<i>Monica Lara, FCPI</i> monicalara.fertilitycare@gmail.com

### MARCH

<b>March 11:15 AM (Saturday)</b> Our Lady of the Rosary Church(Greenville, SC)	<i>Meghan Pillow,MSN, APRN, FNP-C, NFPMC, FCPI</i> scnaprofnp@gmail.com
<b>March 3 6:00 PM (Monday) SPANISH</b> Jesus Our Risen Savior Church (Spartanburg,SC)	<i>Monica Lara, FCPI</i> monicalara.fertilitycare@gmail.com
<b>March 6 7:00 PM(Thursday)</b> St. Francis Eastside (Bon Secours)(Greenville, SC)	<i>Nancy McGrath, RN ,CFCP ,CFCE</i> napronurse@aol.com
<b>March 6 8:00 PM (Tuesday)</b> ONLINE SESSION (Summerville, SC)	<i>Emma Goff</i> <a href="http://emmamma.com/foundations">emmamma.com/foundations</a>
<b>March 10 6:00 PM (Monday)</b> Jesus Our Risen Savior Church	<i>Monica Lara, FCPI</i> monicalara.fertilitycare@gmail.com
<b>March 13 7:00 PM (Thursday)</b> ONLINE SESSION (Anderson,SC)	<i>Lexie Sawonik, FCP</i> lexiesawonik@gmail.com
<b>March 17 6:00 PM(Monday)</b> ONLINE SESSION (Spartanburg, SC)	<i>Monica Lara, FCPI</i> monicalara.fertilitycare@gmail.com
<b>March 19 6:00 PM(Wednesday)</b> St. Joseph Catholic Church(Columbia, SC)	<i>Sally Zaleski, CFCP</i> naprogal@gmail.com
<b>March 21 6:30 PM(Thursday)</b> ONLINE SESSION (Goose Creek,SC)	<i>Janelle Florendo, CFCP</i> janellenapro@gmail.com

## A P R I L

**April 3** 8:00 PM (Wednesday)  
ONLINE SESSION (Summerville, SC) [emmamma.com/foundations](http://emmamma.com/foundations) Emma Goff

**April 9** 6:00 PM (Wednesday)  
St. Joseph Catholic Church (Columbia, SC) [naprogal@gmail.com](mailto:naprogal@gmail.com) Sally Zaleski, CFCP

**April 10** 7:00 PM (Thursday)  
ONLINE SESSION (Anderson, SC) [lexiesawonik@gmail.com](mailto:lexiesawonik@gmail.com) Lexie Sawonik, FCP

**April 10** 7:00 PM (Thursday)  
St. Francis Eastside (Bon Secours)(Greenville, SC) [npronurse@aol.com](mailto:npronurse@aol.com) Nancy McGrath, RN, CFCP, CFCE

**April 10** 6:30 PM (Thursday)  
ONLINE SESSION (Goose Creek, SC) [janelleapro@gmail.com](mailto:janelleapro@gmail.com) Janelle Florendo, CFCP

## M A Y

**May 18** 8:00 PM (Thursday)  
ONLINE SESSION (Summerville, SC) [emmamma.com/foundations](http://emmamma.com/foundations) Emma Goff

**May 3** 10:15 AM (Saturday)  
Our Lady of the Rosary Church (Greenville, SC) [scnaprofnp@gmail.com](mailto:scnaprofnp@gmail.com) Meghan Pillow, MSN, APRN, FNP-C, NFPMC, FCPI

**May 8** 7:00 PM (Thursday)  
ONLINE SESSION (Anderson, SC) [lexiesawonik@gmail.com](mailto:lexiesawonik@gmail.com) Lexie Sawonik, FCP

**May 15** 7:00 PM (Thursday)  
St. Francis Eastside (Bon Secours)(Greenville, SC) [npronurse@aol.com](mailto:npronurse@aol.com) Nancy McGrath, RN, CFCP, CFCE

**May 21** 6:00 PM (Wednesday)  
St. Joseph Catholic Church (Columbia, SC) [naprogal@gmail.com](mailto:naprogal@gmail.com) Sally Zaleski, CFCP

## J U N E

**June 5** 8:00 PM (Thursday)  
ONLINE SESSION (Summerville, SC) [emmamma.com/foundations](http://emmamma.com/foundations) Emma Goff

**June 7** 10:15 AM (Saturday)  
Our Lady of the Rosary Church (Greenville, SC) [scnaprofnp@gmail.com](mailto:scnaprofnp@gmail.com) Meghan Pillow, MSN, APRN, FNP-C, NFPMC, FCPI

**June 9** 6:00 PM (Monday) **SPANISH**  
Jesus Our Risen Savior Church (Spartanburg, SC) [monicalara.fertilitycare@gmail.com](mailto:monicalara.fertilitycare@gmail.com) Monica Lara, FCPI

**June 12** 7:00 PM (Thursday)  
ONLINE SESSION (Anderson, SC) [lexiesawonik@gmail.com](mailto:lexiesawonik@gmail.com) Lexie Sawonik, FCP

**June 16** 6:00 PM (Monday)  
Jesus Our Risen Savior Church [monicalara.fertilitycare@gmail.com](mailto:monicalara.fertilitycare@gmail.com) Monica Lara, FCPI

**June 18** 6:00 PM (Wednesday)  
St. Joseph Catholic Church (Columbia, SC) [naprogal@gmail.com](mailto:naprogal@gmail.com) Sally Zaleski, CFCP

**June 19** 6:30 PM (Thursday)  
ONLINE SESSION (Goose Creek, SC) [janelleapro@gmail.com](mailto:janelleapro@gmail.com) Janelle Florendo, CFCP

**June 19** 7:00 PM (Thursday)  
St. Francis Eastside (Bon Secours)(Greenville, SC) [npronurse@aol.com](mailto:npronurse@aol.com) Nancy McGrath, RN, CFCP, CFCE

**June 23** 6:00 PM (Monday)  
ONLINE SESSION (Spartanburg, SC) [monicalara.fertilitycare@gmail.com](mailto:monicalara.fertilitycare@gmail.com) Monica Lara, FCPI

## N F P P R O V I D E R S L I S T

### Creighton Model FertilityCare Practitioners

**Anderson, SC** (available online) [lexiesawonik@gmail.com](mailto:lexiesawonik@gmail.com) Lexie Sawonik, FCP

**Charleston, SC** (available online) [janelleapro@gmail.com](mailto:janelleapro@gmail.com) Janelle Florendo, CFCP

**Charleston, SC** [keprovost63@gmail.com](mailto:keprovost63@gmail.com) Karen Provost, FCP

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**Clemson, SC** [TLCBrownBusiness@gmail.com](mailto:TLCBrownBusiness@gmail.com) Trisha Brown, FCP

**Columbia/Orangeburg, SC** [naprogal@gmail.com](mailto:naprogal@gmail.com) Sally Zaleski, CFCP

**Fort Mill, SC** (available online) [bernardettepowell97@gmail.com](mailto:bernardettepowell97@gmail.com) Bernadette Powell, NFPMC, FCPI

**Greenville, SC** [kristie.killough@gmail.com](mailto:kristie.killough@gmail.com) Kristie Killough, RN, FCP

**Greenville, SC** (available online) [npronurse@aol.com](mailto:npronurse@aol.com) Nancy McGrath, RN, CFCP, CFCE

**Greenville, SC** (available online) [karenmeyer.napro@gmail.com](mailto:karenmeyer.napro@gmail.com) Karen Meyer, Ph.D, FCP

**Greenville, SC** [scnaprofnp@gmail.com](mailto:scnaprofnp@gmail.com) Meghan Pillow, MSN, APRN, FNP-C, NFPMC, FCPI

## N F P P R O V I D E R S L I S T

**Greer, SC** [milesbmaggie@gmail.com](mailto:milesbmaggie@gmail.com) Miriam Miles, FCP

**Myrtle Beach, SC** [bleyerfnfp@gmail.com](mailto:bleyerfnfp@gmail.com) Susanna Bleyer, MD, FCP

**Myrtle Beach/Conway, SC** [janetgcrms@gmail.com](mailto:janetgcrms@gmail.com) Janet Galbo, RN, FCP

**Spartanburg, SC** (English and Spanish) [monicalara.fertilitycare@gmail.com](mailto:monicalara.fertilitycare@gmail.com) Monica Lara, FCPI

### Couple to Couple League Teaching Couples

**Mount Pleasant, SC** [mjshahid@gmail.com](mailto:mjshahid@gmail.com) Joe and Michelle Shahid

**Aiken, SC** [sjplatte@bellsouth.net](mailto:sjplatte@bellsouth.net) Stephen and Kimberly Platte

**Greenville, SC** [mariaawersinger@hotmail.com](mailto:mariaawersinger@hotmail.com) Richard and Maria Gallego

### Instructores del Método Billings:

**Columbia, SC** [jesuserrano080583@gmail.com](mailto:jesuserrano080583@gmail.com) Jesus Serrano and Francisca Martinez  
803-707-1494 [chicaserrano1230@gmail.com](mailto:chicaserrano1230@gmail.com)  
803-614-5607 [jesusserrano080583@gmail.com](mailto:jesusserrano080583@gmail.com)

**Summerville, SC** [israeloalujana@gmail.com](mailto:israeloalujana@gmail.com) Israel Loa-Lujan and Ma. Angelica Saldana-Lizardi  
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704-200-6339 [isloa06@gmail.com](mailto:isloa06@gmail.com)

### Natural Family Planning International (NFPI) Instructors

**Spartanburg, SC** [agrieshop@gmail.com](mailto:agrieshop@gmail.com) Ted and Angie Grieshop  
St. Paul the Apostle Catholic Church

**Marquette Instructor** [curtis.samantha.4115@gmail.com](mailto:curtis.samantha.4115@gmail.com) Samantha Curtis  
**Travelers Rest, SC**

### SymptoPro Fertility Education Instructor

**Charleston, SC** [info@emmamma.com](mailto:info@emmamma.com) Emma Goff

## N F P D O C T O R S

### Creighton Model FertilityCare Medical Consultants

**Dr. JULY Aguirre, FACOG, NFPMC (bilingual)**  
Lexington Women's Care Sandhills  
3016 Longtown Commons Drive, Suite 400  
Columbia, SC 29229  
803-788-0268

**Dr. Faith Daggs, OBGYN, CFCMC (Telehealth available)**  
Novant Health Triad OBGYN, 2909 Maplewood Ave, Winston-Salem, NC 27103  
Phone: 336.277.0340

**Dr. Mark Shaffer, NFPMC**  
John A. Martin Primary Health Care Center  
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**Beth Joseph, PA, NFPMC, FCP**  
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**Caitlin Connelly Corneroli, CNM, NFPMC, FCP**  
Greenville Midwifery Care  
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**Bernadette Powell, PA, NFPMC, FCP**  
<https://mycatholicdoctor.com/resources/doctors/bernadette-powell-pa-c/>  
[bernardettepowell97@gmail.com](mailto:bernardettepowell97@gmail.com)

**Meghan Pillow, MSN, APRN, FNP-C, NFPMC, FCPI**  
Bon Secours Occupational Health  
773-220-1578  
[scnaprofnp@gmail.com](mailto:scnaprofnp@gmail.com)



# NFP MATTERS

## RESOURCE FOR CLERGY

Diocese of Charleston Family Life Office  
NFP Ministry and Infertility

[jflorendo@charlestondiocese.org](mailto:jflorendo@charlestondiocese.org)  
<https://www.facebook.com/NFPSC/>