

OCTOBER

Oct 1 8:00 PM (Wednesday) *Emma Goff*
ONLINE SESSION emmamma.com/intro

Oct 3 10:15 AM (Saturday) *Meghan Pillow, FNP-C, NFPMC, FCP*
Our Lady of the Rosary Church (Greenville, SC) scnaprofnp@gmail.com

Oct 5 5:30 PM (Monday) *Kristie Killough, RN, FCP*
St. Elizabeth Ann Seton (Greenville, SC) 864-243-7800

Oct 8 6:00 PM (Thursday) *Courtney Webber, FCPI*
Our Lady of the Lake Church (Chapin, SC) courtney.nfp@gmail.com

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

Oct 8 7:00 PM (Thursday) *Nancy McGrath, RN, CFPC, CFCE*
St. Francis Eastside (Bon Secours)(Greenville) napronurse@aol.com

Oct 12 6:00 PM (Monday) *Monica Lara, FCP*
ONLINE SESSION (Spartanburg, SC) monicalara.fertilitycare@gmail.com

Oct 19 6:00 PM (Monday) (SPANISH) *Monica Lara, FCP*
ONLINE SESSION (Spartanburg, SC) monicalara.fertilitycare@gmail.com

Oct 21 6:00 PM (Wednesday) *Sally Zaleski, CFPC*
St. Joseph Church (Columbia, SC) naprogal@gmail.com

Oct 21 6:30 PM (Wednesday) *Janelle Florendo, CFPC*
ONLINE SESSION (Charleston, SC) janellenapro@gmail.com

Oct 26 5:30 PM (Monday) *Kristie Killough, RN, FCP*
St. Elizabeth Ann Seton (Greenville, SC) 864-243-7800

NFP PROVIDERS LIST

Creighton Model FertilityCare Practitioners

Anderson, SC (available online) *Lexie Sawonik, FCP*
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Anderson, SC *Molly Millerbernd, BSN, RN, FCPI*
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Charleston, SC (available online) *Janelle Florendo, CFPC*
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Charleston, SC *Karen Provost, FCP*
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Columbia, SC *Sally Zaleski, CFPC*
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Columbia, SC (available online) *Courtney Webber, FCPI*
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Fort Mill, SC *Trisha Brown, FCP*
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Fort Mill, SC (available online) *Bernadette Powell, NFPMC, FCP*
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Greenville, SC *Kristie Killough, RN, FCP*
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Greenville, SC (available online) *Nancy McGrath, RN, CFPC, CFCE*
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Greenville, SC (available online) *Karen Meyer, Ph.D, FCP*
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Greenville, SC *Meghan Pillow, MSN, APRN, FNP-C, NFPMC, FCP*
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Greer, SC *Miriam Miles, FCP*
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Myrtle Beach, SC *Susanna Bleyer, MD, FCP*
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Myrtle Beach/Conway, SC *Janet Galbo, RN, FCP*
janetgcrms@gmail.com

Spartanburg, SC *Monica Lara, FCP*
(English and Spanish) monicalara.fertilitycare@gmail.com

NFP PROVIDERS LIST

Couple to Couple League Teaching Couples

Mount Pleasant, SC *Joe and Michelle Shahid*
mjshahid@gmail.com

Aiken, SC *Stephen and Kimberly Platte*
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Greenville, SC *Richard and Maria Gallego*
mariaawersinger@hotmail.com

Instructores del Método Billings

Columbia, SC *Jesus Serrano and Francisca Martinez*
803-707-1494 chicaserrano1230@gmail.com
803-614-5607 jesusserrano080583@gmail.com

Summerville, *Israel Loa-Lujan and Ma. Angelica Saldana-Lizardi*
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704-200-6339 isloa06@gmail.com

SymptoPro Fertility Education Instructor

Charleston, SC *Emma Goff*
emmamma.com/intro

NFP DOCTORS / ADVANCED PRACTITIONERS

Creighton Model FertilityCare Medical Consultants

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Novant Health Triad OBGYN, 2909
Maplewood Ave, Winston-Salem, NC 27103
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Jordan O'Steen, NFPMC
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Palmetto Proactive (Spartanburg, Tues)
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Dr. Mark Shaffer, NFPMC
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ROMAN CATHOLIC
DIOCESE
OF CHARLESTON
NATURAL FAMILY PLANNING

NFP MATTERS

RESOURCE FOR CLERGY

Diocese of Charleston Family Life Office

NFP Ministry and Infertility

kmeyer@charlestdiocese.org
<https://www.facebook.com/NFPSC/>

Talking Points for Priest About NATURAL FAMILY PLANNING

credits to Diocese of St. Louis NFP

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 **First Tuesdays Seven Sorrows Rosary for Infertility** - <https://tinyurl.com/1stTueSevenSorrow>. **HOPE Prayer Requests** - tinyurl.com/HOPEprayrequest1

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. <https://charlestandiocese.org/family-life/grief-support/loss-of-a-child/>

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. "Providing Pastoral Support When a Child Dies Shortly Before or Just After Birth." <http://www.odwphiladelphia.org/sacred-liturgy/>

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

AUGUST

Aug 1 10:15 AM (Saturday)	Meghan Pillow, MSN, FNP-C, NFPMC, FCP
Our Lady of the Rosary Church (Greenville, SC)	scnaprofn@gmail.com
Aug 3 5:30 PM (Monday)	Kristie Killough, RN, FCP
St. Elizabeth Ann Seton (Greenville, SC)	864-243-7800
Aug 6 7:00 PM (Thursday)	Lexie Sawonik, FCP
ONLINE SESSION (Anderson, SC)	lexiesawonik@gmail.com
Aug 6 8:00 PM (Thursday)	Emma Goff
ONLINE SESSION (Summerville, SC)	emmamma.com/intro
Aug 10 5:30 PM (Monday)	Kristie Killough, RN, FCP
St. Elizabeth Ann Seton (Greenville, SC)	864-243-7800
Aug 10 6:00 PM (Monday)	Monica Lara, FCP
ONLINE SESSION (Spartanburg, SC)	monicalara.fertilitycare@gmail.com
Aug 13 6:00 PM (Thursday)	Courtney Webber, FCPI
Our Lady of the Lake Church (Chapin, SC)	courtney.nfp@gmail.com
Aug 13 7:00 PM (Thursday)	Nancy McGrath, RN, CFCE, CFCE
St. Francis Eastside (Bon Secours)(Greenville)	napronurse@aol.com
Aug 17 5:30 PM (Monday)	Kristie Killough, RN, FCP
St. Elizabeth Ann Seton (Greenville, SC)	864-243-7800
Aug 19 6:00 PM (Wednesday)	Sally Zaleski, CFCE
St. Joseph Church (Columbia, SC)	naproga@gmail.com
Aug 19 6:30 PM (Wednesday)	Janelle Florendo, CFCE
ONLINE SESSION (Charleston, SC)	janelleapro@gmail.com
Aug 24 5:30 PM (Monday)	Kristie Killough, RN, FCP
St. Elizabeth Ann Seton (Greenville, SC)	864-243-7800
Aug 27 6:00 PM (Thursday)	Courtney Webber, FCPI
Our Lady of the Lake Church (Chapin, SC)	courtney.nfp@gmail.com
Aug 31 5:30 PM (Monday)	Kristie Killough, RN, FCP
St. Elizabeth Ann Seton (Greenville, SC)	864-243-7800

SEPTEMBER

Sep 3 7:00 PM (Thursday)	Lexie Sawonik, FCP
ONLINE SESSION (Anderson, SC)	lexiesawonik@gmail.com
Sep 3 8:00 PM (Wednesday)	Emma Goff
ONLINE SESSION	emmamma.com/intro
Sep 5 10:15 AM (Saturday)	Meghan Pillow, FNP-C, NFPMC, FCP
Our Lady of the Rosary Church (Greenville, SC)	scnaprofn@gmail.com
Sep 9 6:00 PM (Wednesday)	Sally Zaleski, CFCE
St. Joseph Church (Columbia, SC)	naproga@gmail.com
Sep 10 6:00 PM (Thursday)	Courtney Webber, FCPI
Our Lady of the Lake Church (Chapin, SC)	courtney.nfp@gmail.com
Sep 10 7:00 PM (Thursday)	Nancy McGrath, RN, CFCE, CFCE
St. Francis Eastside (Bon Secours)(Greenville)	napronurse@aol.com
Sep 14 6:00 PM (Monday)	Monica Lara, FCP
ONLINE SESSION (Spartanburg, SC)	monicalara.fertilitycare@gmail.com
Sep 14 5:30 PM (Monday)	Kristie Killough, RN, FCP
St. Elizabeth Ann Seton (Greenville, SC)	864-243-7800
Sep 16 6:30 PM (Wednesday)	Janelle Florendo, CFCE
ONLINE SESSION (Charleston, SC)	janelleapro@gmail.com
Sep 21 5:30 PM (Monday)	Kristie Killough, RN, FCP
St. Elizabeth Ann Seton (Greenville, SC)	864-243-7800
Sep 28 5:30 PM (Monday)	Kristie Killough, RN, FCP
St. Elizabeth Ann Seton (Greenville, SC)	864-243-7800