NFP PROVIDERS LIST

Creighton Model FertilityCare Practitioners

Anderson, SC (available online) — Lexie Sawonik, FCP, lexiesawonik@gmail.com

Anderson, SC — Molly Millerbernd, BSN, RN, FCP, molly.fertilitycare@gmail.com

Charleston, SC (available online) — Janelle Florendo, CFCP, janellenapro@gmail.com

Charleston, SC — Karen Provost, FCP, Keprovost63@gmail.com

Columbia, SC — Sally Zaleski, CFCP, naprogal@gmail.com

Columbia, SC (available online) — Courtney Webber, FCPI, courtney.nfp@gmail.com

Fort Mill, SC — Trisha Brown, FCP, TLCBrownBusiness@gmail.com

Greenville, SC — Kristie Killough, RN,FCP, Advocate.RN.killough@gmail.com

Greenville, SC (available online) — Nancy McGrath, RN,CFCP, CFCE, napronurse@aol.com

Greenville, SC (available online) — Karen Meyer, Ph.D, FCP, karenmeyer.napro@gmail.com

Greenville, SC — Meghan Pillow, MSN, APRN, FNP-C, NFPMC, FCP, scnaprofnp@gmail.com

Myrtle Beach, SC — Susanna Bleyer, MD, FCP, bleyernfp@gmail.com

Myrtle Beach/Conway, SC — Janet Galbo, RN, FCP, janetgcrms@gmail.com

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

Couple to Couple League Teaching Couples

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

Aiken, SC — Stephen and Kimberly Platte, sjplatte@bellsouth.net

Greenville, SC — Richard and Maria Gallego, mariawersinger@hotmail.com

SymptoPro Fertility Education Instructor

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

NFP PROVIDERS LIST

Instructores del Método Billings

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

Summerville,
843-270-9719
704-200-6339
Israel Loa-Lujan and Ma. Angelica Saldana-Lizardi
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NFP DOCTORS/ADVANCED PRACTITIONERS

Creighton Model FertilityCare Medical Consultants

Dr. Jully Aguirre, FACOG, NFPMC (bilingual -telehealth)
Novant Health Triad OBGYN
2909 Maplewood Ave, Winston-Salem, NC 27103
Phone: (336) 277-0340

Jordan O'Steen, NFPMC
Palmetto Proactive (Greenville, M,W,Th,Fr)
1120 N Pleasantburg Dr Suite 301, Greenville, SC 29607
Phone: (864) 252-4808

Palmetto Proactive (Spartanburg, Tues)
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Dr. Mark Shaffer, NFPMC
John A. Martin Primary Health Care Center
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Beth Joseph, PA, NFPMC, FCP
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Bernadette Powell, PA, NFPMC, FCP
https://mycatholicdoctor.com/resources/doctors/bernadette-powell-pa-c/
bernapowell97@gmail.com

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Phone: (773) 220-1578 | scnaprofnp@gmail.com

ROMAN CATHOLIC DIOCESE OF CHARLESTON
NATURAL FAMILY PLANNING

NFP MATTERS

RESOURCE FOR CLERGY

Diocese of Charleston Family Life Offiice
NFP Ministry and Infertility
kmeyer@charlestondiocese.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/HOPE1stTue.*
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://charlestondiocese.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

NOVEMBER

Online

Nov 5 7:00 PM (Thursday) — *Lexie Sawonik, FCP*
Anderson — lexiesawonik@gmail.com

Nov 5 8:00 PM (Thursday) — *Emma Goff*
Summerville — emmamma.com/intro

Nov 9 6:00 PM (Monday) — *Monica Lara, FCP*
Spartanburg — monicalara.fertilitycare@gmail.com

Nov 19 6:30 PM (Wednesday) — *Janelle Florendo, CFCP*
Charleston — janellenapro@gmail.com

In Person

Nov 2 5:30 PM (Monday) — *Kristie Killough, RN, FCP*
St. Elizabeth Ann Seton (Simpsonville) — 864-243-7800

Nov 7 10:15 AM (Saturday) *Meghan Pillow, MSN, FNP-C, NFPMC, FCP*
Our Lady of the Rosary Church (Greenville) — scnaprofnp@gmail.com

Nov 9 5:30 PM (Monday) — *Kristie Killough, RN, FCP*
St. Elizabeth Ann Seton (Simpsonville) — 864-243-7800

Nov 12 6:00 PM (Thursday) — *Courtney Webber, FCPI*
Our Lady of the Lake Church (Chapin) — courtney.nfp@gmail.com

Nov 12 7:00 PM (Thursday) *Nancy McGrath, RN ,CFCP ,CFCE*
St. Francis Eastside (Bon Secours/Greenville) — napronurse@aol.com

NOV 18 6:00 PM (Wednesday) — *Sally Zaleski, CFCP*
St. Joseph Church (Columbia) — *naprogal@gmail.com*

DECEMBER

Online

Dec 3 7:00 PM (Thursday) — *Lexie Sawonik, FCP*
Anderson — lexiesawonik@gmail.com

Dec 3 8:00 PM (Thursday) — *Emma Goff*
Summerville — emmamma.com/intro

Dec 9 6:30 PM (Wednesday) — *Janelle Florendo, CFCP*
Charleston — janellenapro@gmail.com

In Person

Dec 5 10:15 AM (Saturday) *Meghan Pillow, MSN, FNP-C, NFPMC, FCP*
Our Lady of the Rosary Church (Greenville) — scnaprofnp@gmail.com

Dec 18 7:00 PM (Thursday) *Nancy McGrath, RN ,CFCP ,CFCE*
St. Francis Eastside (Bon Secours/Greenville) — napronurse@aol.com