

# THE LOVING CHOICE

ARCHDIOCESE OF DETROIT NATURAL FAMILY PLANNING NEWSLETTER

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[www.nfponline.org](http://www.nfponline.org)

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## Married Love and the Gift of Life

The United States Catholic Bishops will meet this November. One item on the agenda for discussion is the document *Married Love and the Gift of Life*.

This document is a teaching resource on marriage and family planning. The document is written in a question-and-answer format, and informs people of Catholic Church teachings on human sexuality and responsible parenthood. The document has been formulated over the last three years.

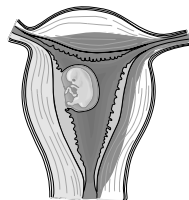
Please pray for the approval of this document. Future TLC issues will have details of this document after it receives the approval of the bishops. Until then, spread the word about natural family planning by referring people to our web page: [www.nfponline.org](http://www.nfponline.org). NFP brochures may be obtained by contacting Dorothy at [nfp@aod.org](mailto:nfp@aod.org) or 313-237-4679.

### TLC Mail

Dear TLC,  
When is the best time in a cycle to achieve a pregnancy?  
O W.



A woman is fertile during days of changing developing cervical mucus, and three days after this mucus stops. This mucus descends by gravity from the cervix to the outside of a woman's body. A woman usually ovulates when the mucus stops. Each cycle a couple desiring to achieve a pregnancy may choose to either 1) engage in sexual intimacy when the woman is fertile or 2) engage in sexual intimacy as mucus is ending and stops - these are the days when the sexual act will most likely result in a pregnancy.



Dear TLC,  
Now that I am pregnant should I stop receiving the blood of Christ from the chalice in the Eucharist?

P.T.

First ask your doctor if there is a medical reason for you not to receive from the chalice. When someone uses medication that does not allow the use of alcohol, or if someone has an addiction or a health concern that does not allow the use of alcohol, then that person should receive only the body of Christ. Most pregnant women can and do receive Jesus from the chalice.



## Thank You!!! Thank You!!! Thank You!!!



Thank you Mary Bieniasz, Dr. Daniel Greene, and Nicole Finkbeiner for helping with the ceremony. Thank you Deanna Bieniasz for taking the pictures.

Families who attended the October 15, 2006 Pregnancy and Infant Loss Mass sent the following emails:

Thank you very much for organizing the Pregnancy and Infancy Loss Mass last weekend. I really appreciated it. It was wonderful to have the blessings from the bishop, and to receive the medal of St. Gerard. I have been praying to him for quite some time.  
J.W.

Thank you to everyone who organized and oversaw it all. S.C.

We just want to extend our sincerest thank you for allowing us to be part of the celebration of such a touching and special Holy Mass. We realize that the Sacrifice of the Holy Mass is always touching and most special to us, but we both agree that yesterday's Mass allowed us to grieve with other families who have experienced similar losses, and also recognized our little Saint Michael in heaven as a child of God. Unfortunately, our society diminishes the dignity and uniqueness of souls such as our little one, and so we are forever grateful to the Church who does not and will not waiver in its stand on life. Our priests, family, friends, and people like each one of you, have been pillars of strength during this time of loss and confusion for us. Thank you for this beacon of light, and please feel free to share any of these comments. God bless! And may our little Saint Michael intercede for you all!  
R.H.W.

Thanks for the pictures! We all really enjoyed the day yesterday. What a great blessing to be a part of such an important and moving mass.  
D.G.

I joined a friend at the mass yesterday, and I think it was very helpful. They have had 3 miscarriages. It was a really nice service and a time for healing.  
S.W.

Thank you for including us. My husband and I were unable to attend but I was assured that our intentions were included in yesterday's mass. Again, thank you for sharing pictures of what I am sure was a wonderfully moving mass!  
K.A.B.



# National Pregnancy and Infant Loss Mass

October 15, 2006

Blessed Sacrament Cathedral



Thank you  
 Bishop Francis Reiss  
 For a memorable ceremony

Deacon Michael Chesley  
 For your assistance

Shayla Anderson (altar server)

Eucharistic Ministers

Ushers



Thank you

Dr. Norah Duncan IV  
 Ms Carole Mihalo  
 Mr. Brian Leduc  
 Cathedral Children's Choir

Msgr. Michael LeFevre  
 Ms. Donna Tschirhart



Liturgy of the Word



Prayer with parents of children who have died



Bishop Reiss blesses couples who desire a child



Bishop Reiss blesses couples who desire a child



Bishop Reiss teaches children to spread the word that "God loves you!"



Liturgy of the Word



Couples joined in the social gathering after the Mass and expressed their gratitude for God's many blessings