

## “How Natural Family Planning Changed My Life”

By Dawn Farias

As a child I was baptized Catholic, but essentially grew up with no religious practice. As a married adult, I reentered the Church, and soon after felt a tugging at my heart to stop practicing contraception. At that time, I did not know about Natural Family Planning (NFP). More basic, I did not know about Church teachings on the moral practice of family planning. What I would learn about God’s design for my married life and through the practice of NFP would change my life.

### True Freedom and Openness to Life

When my husband, Ariel and I took an NFP class, I have to admit that I was scared. Giving up control, was frightening! It was one thing to be committed to an ideal, but something quite different to follow through on it. It definitely involved a leap of faith! Over time and with some experience, I began to appreciate the gift and beauty of NFP.

In practicing NFP, my husband and I must decide if we, as a couple, are ready to embrace the possibility of a new life in each menstrual cycle. When we had used contraception, we ignored this reality. With NFP we could not ignore how God made us— as a man and a woman. NFP helped us understand the relationship that God designed between the marital act and procreation. It has made us “open to life.” It even brought our last two children into the family!

### The Gift of Self

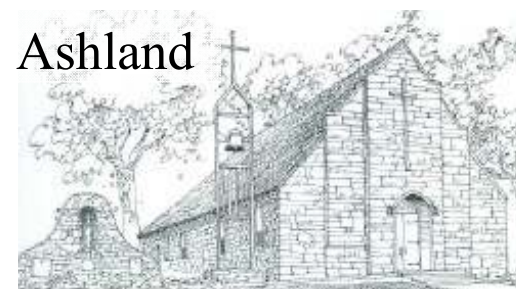
In using NFP over the years both my husband and I, now see that we give ourselves to each other fully in the marital act. For us, the idea of contraception has become almost vulgar. It cheapens the marital act. Contraception seems to say: “I love you, honey, but I don't love you THAT much.”

NFP also guards against the objectification of the woman in the relationship. Contraception often keeps the woman in a defensive position because it allows “intimacy on demand.” NFP does not allow this because of the practice of periodic abstinence when not seeking a pregnancy. A deeper equality between husband and wife can be nurtured with NFP. NFP begins the process of this awareness.

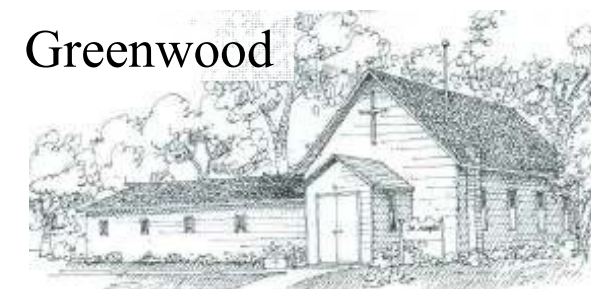
### Growing together in holiness

The sacrifices that NFP entails have only served to make me a better person and more devoted to the Lord. I am constantly forced to pray, change, make concessions and find solutions to the selfishness and laziness that come up often when meeting the needs of others.

## St. Mary & St. Joseph Catholic Churches



**Ashland**  
**1625 Adams Street, Ashland NE 68003**  
**Saturday Vigil Mass: 5:00 PM**  
**Sunday Mass: 8:30 AM**



**Greenwood**  
**7 Oak Street, Greenwood**  
**Sunday Mass: 10:30 AM**

Pastor: Father Gary Coulter      Rectory & Fax: 944-3554, CCD/Hall: 944-7509  
 View the weekly bulletin & monthly calendar      Cell: 202-3782, stmaryashland@windstream.net  
 at our **website: home.windstream.net/stmaryashland**

**Welcome to new parishioners,**  
 please call the rectory to register  
 or for information on any of our parish  
 activities and organizations.

**Confessions** a half hour before Masses  
 Saturday 4:00-4:50 PM St. Mary  
 Sunday 8:00-8:20 AM St. Mary  
 10:00-10:20 AM St. Joseph  
 Any time by calling the rectory.

Mass Schedule for this week				
Sat.	July 10	5:00 PM	Ashland	+ Charles Danaher
Sun.	July 11	8:30 AM	Ashland	For the People
		10:30 AM	Greenwood	+ Donald Hummell
Mon.	July 12	9:00 AM	Ashland	+ John Tafoya
Tues.	July 13	9:00 AM	Ashland	Nicholson Fathers
Wed.	July 14		No Mass	
Thurs.	July 15	9:00 AM	Ashland	
		6:30 PM	Greenwood	+ Idella Lorenz
Fri.	July 16	9:00 AM	Ashland	+ Gerhard Groenjes
Sat.	July 17		No morning Mass	
		5:00 PM	Ashland	+ Jose Fuentes
Sun.	July 18	8:30 AM	Ashland	+ Jerome Van Hoenecker
		10:30 AM	Greenwood	For the People

<p><b>Scholl's Lawn Service</b>                  Lawn Mowing • Aeration                  Commercial • Residential  <b>Rob Scholl</b> St. Joseph Parishioner  <b>304-0813</b> Free Estimates</p>	<p><b>BARN DOOR</b>                  Restaurant &amp; Lounge  <i>Eat In - Carry Out</i>  <i>7 Days a week!</i>                  440 East Elm                  Ceresco NE  <b>402-665-2500</b>  <i>Catholic Owners</i></p>	<p><i>Advertise Here</i>                  Discounts for Parishioners                  944-3554                  stmaryashland@windstream.net</p>
---	---	--

July 11, 2010

Fifteenth Sunday in Ordinary Time

Ministries for Next Weekend

Sat. July 17 - 5:00 PM
Servers: Issacson, Survil
Acolyte: Todd Survil
Lector: Mary Logsdon
Sun. July 18 - 8:30 AM
Servers: Kasuske, Kresak
Acolyte: Kevn Broz
Lector: Rod Reisen
Sun. July 18 - 10:30 AM
Lector: Dian Hofferber
Offertory: Chaffin

Our Return to the Lord, July 3-4

Table with 3 columns: Category, St. Mary, St. Joseph. Rows include Adult, Plate, Children, Weekly Budget, and Masses.

Readings and Celebrations this week:

July
12 Mon Is 1:10-17 / Mt 10:34-11:1
13 Tue Is 7:1-9 / Mt 11:20-24 [Saint Henry]
14 Wed Is 10:5-7, 13b-16 / Mt 11:25-27 Blessed Kateri Tekakwitha, virgin
15 Thu Is 26:7-9, 12, 16-19 / Mt 11:28-30 Saint Bonaventure, bishop and doctor of the Church
16 Fri Is 38:1-6, 21-22, 7-8 / Mt 12:1-8 [Our Lady of Mount Carmel]
17 Sat Mi 2:1-5 / Mt 12:14-21 [BVM]
SIXTEENTH SUNDAY IN ORDINARY TIME
Gn 18:1-10a / Col 1:24-28 / Lk 10:38-42

Stewardship Thought
The good Samaritan was also a good steward, giving his time and his treasure to meet his neighbor's need. At the end of this familiar story, Jesus urges His hearers — and us — to go and do the same!

Congratulations
Anniversaries this week:
Kevin & Dian Hofferber
Dave & Deb Hoffman
Joe & Colleen Crnkovich
George & Winnie von Rentzell
Happy 50th Anniversary!!!
Birthdays this week:
Haley Lyons
Jules Nelson
Larry Rhodus
Maddie Egeberg
Tom Lindhorst
Kevin Fuller
Charissa Kenny
Heather Pease
Nicole Starns
Francis Reinke
Bev Ziegenbein
Tim Ortiz

Calendar for this Week
Sun. July 11, 6 PM Summer Catechism Class
Wed. July 14, No daily Mass
11:30 AM Funeral of Msgr. Charles Keenan at Lincoln Cathedral
Sat. July 17, Ashland Stir-Up Days
No morning Mass
11:00 AM Youth Group Food Stand
1:00 PM Altar Society Cake Walk
7:00 PM Knight's Bingo (6 PM Setup)

Parish Announcements

Please Pray for the repose of the souls of Msgr. Charles Keenan; and Donna Glanz, mother of Staci Ortiz, former of Greenwood parishioner.

Rummage Sale (Part 2): with the large number of leftover items, especially clothing, the Youth Group will have a Bag Sale in the education center during Stir-Up. All the items you can fit in a bag for \$5 or less.

Our parish groups have a number of activities for Ashland Stir-Up Days on Sat. July 17: Youth Group Sloppy Joe Lunch 11 AM to 2 PM. St Mary Altar Society will again have a Cake Walk from about 1:00-3:00 PM. Knights of Columbus will sponsor Bingo with set-up at 6:00 PM, Bingo from 7:00-10:00 PM.

All ladies are requested to donate cakes for the Altar Society Cake Walk next Sat.

Last year, the parishes in our diocese received planned gifts of nearly \$670,000. Yet 50% of parishes did not receive a planned gift in 2009. Will you leave a legacy? If you missed the Planned Giving Seminar, informational packets are available, such as the guide for writing a will, see Fr. Coulter.

Peter's Pence Collection for the Holy Father to help the most disadvantaged and needy worldwide. Thank you for your generosity. Collection to date: St. Mary \$485, St. Joseph \$60. Extra envelopes in back of Church.

An Informational Night for Fr. Coulter's Holy Land Pilgrimage will be this Friday July 16, 7 PM at St Peter Church, Omaha (27th and Leavenworth). Find out about our pilgrimage Nov. 7-17, 2010. Refreshments served. Contact Fr. Coulter at 944-3554 to carpool. Sign-up by Aug. 1 to guarantee the low price of \$2,835.

Communion Announcements

Spirit Squad Burger Bash at American Lutheran Church 5-7 PM on Fri. July 16, followed by Stir-Up Coronation 7 PM at Lutheran Church.

Ashland Stir-up Days this Fri-Sun Jul 16-18 - see the entire schedule of events online at www.historicashland.com/stir-up-days

Ashland VFW Food Pantry needs: crackers, dish soap, Jello, cream soups, pork & beans.

Diocesan Announcements

Natural Family Planning (NFP) Introductory Session in Lincoln Thurs. Tues. July 20. Info and pre-registration: 488-2040.

Couple-to-Couple League will bring a new NFP class on Sun. July 18, 2 PM in Lincoln. Go to www.ccli.org or call 328-8063.

St. Michael, Cheney will host a national speaker on Bioethics, Dr. Elena Lugo, Wed. July 21, 7-8 PM talk. Free, Refreshments provided.

Thursday Night Forum lecture on July 22, 8:00 PM at Omaha Gloria Deo, 13065 W Center Rd. Sebastion Carnazzo on "666 and the Mark of the Beast: What the Bible Really Says."

You Can Help Your Marriage - feel alone? frustrated or angry? Do you argue ... or have you just stopped talking? Retrouvaille (pronounced retro-vi) has helped tens of thousands of couples through difficult times in their marriages. For confidential information about or to register for a weekend on August 6-8, 2010 call 1-888-317-5654 or see www.HelpOurMarriage.org.

Twelve Day Pilgrimage to Italy with Fr. Rand Langhorst, Apr. 25-May 6, 2011. Rome and the Vatican, Monte Cassino, Shrine of St. Philomena, Eucharistic Miracles of Lanciano, Cascia and Orvieto, Shrine of St. Rita, Padre Pio's Tomb, Pompeii, Assisi, and more. \$3,855 per person. Call Fr. Rand at 402-643-3421.

Save the Date: Catholic Social Services memorial Golf Classic & Auction on Fri. Aug. 13 at Hillcrest Country Club. www.csisus.org

Pray for our Seminarians

This week: Cyrus Rowan, from Falls City. College 3 at St. Gregory the Great Seminary.