

**Diocese of Memphis
NFP Center**



**Mother/Daughter
and
Father/Son
Fertility Appreciation
and
Chastity Programs**



Diocese of Memphis NFP Center



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Diocese of Memphis Natural Family Planning Center

How to present Mother/Daughter and Father/Son Programs

God's Plan For Growing Up

Single Session
Fertility Appreciation and Chastity Programs
for
10 - 12 year old girls
13 - 16 year old girls
12 - 14 year old boys

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Revised 1991, 1992, 1999 Diocese of Memphis NFP Center

DIOCESE OF MEMPHIS NFP CENTER

Natural Family Planning Classes
Mother/Daughter and Father/Son Programs
Chastity Education, Chastity Materials, Pro-life Education

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Dear Natural Family Planning Friends,

Our Mother/Daughter and Father/Son Programs have been more successful than we ever dreamed possible, and I want to share this beautiful gift with you. We began the Programs in Memphis in 1986, and I truly believe they are a special gift from God to NFP Teachers because He knows how hard it has been for us, at times, to be able to spread the good news of NFP. I also think He knows that no one can present them with more love and honesty than people who understand, respect and appreciate their own fertility and sexuality. This is not about teaching NFP to the children, but it is about helping them recognize and appreciate the blessing of their fertility. I am overwhelmed by the response from people all over the U. S. who have presented the programs, and I encourage you to offer these unique and much needed Programs in your area too. You will discover that many families are thirsting for the information and spiritual values that they offer.

The Mother/Daughter and Father/Son Programs are large scale, single session, fertility appreciation and chastity programs that bring parents and children together to learn about God's plan for growing up, the physical and emotional changes of adolescence, and the virtue of chastity. The parents decide when their child is ready to attend such a program, and they attend it together. The Programs promote understanding, respect and reverence for our gifts of sexuality and fertility, and they have helped to open the doors of communication for many families. They are based on a strong spiritual foundation always recognizing God as our Creator and His plan for love and life.

Our Natural Family Planning background is truly a blessing because it has given us the knowledge and experience we need to present these Programs. I highly recommend that only NFP teachers and users present the Programs because they already respect and appreciate their own fertility and sexuality, and they live a lifestyle in harmony with their beliefs. It is very important that the people making the presentations believe in what they are saying, and NFP Teachers understand how to teach about sexuality and fertility.

I hope the information in this Manual will help you to plan and present Mother/Daughter and Father/Son Programs in your own area. When you begin, I would suggest that you start with a 10 - 12 year old Mother/Daughter Program. You will probably be surprised at the number of families who respond, and you can expect the crowds to increase each year.

I have tried to explain the Programs in as much detail as possible to help you, but your programs will never be exactly the same as ours, and they shouldn't be. It is so important that you allow the Holy Spirit to work in the people who make the presentations so they can speak from their hearts using their own individual gifts and talents. The talks are not scripted, but a summary of each presentation's content is included to help the person who will be making the individual presentation.

You will find copies of our program materials, articles, press releases, bulletin notices, ads and other items in the Manual that may be useful to you. I would love to have slides for you, but I still haven't been able to do that yet. All good NFP Teachers will have slides that are appropriate to explain fertility to young people. (March, 2008 – I finally have been able to make new slides on Power Point.)

The audio tapes included with this Manual are simply examples of some of our Programs here in Memphis. (March, 2008 - These are no longer included.) They are not professionally produced, but they should give you a good idea of how we have presented some of our Programs in the past. Each Program we present is different every year, so just use these tapes to give you some ideas about one way the Programs can be presented. You may adapt the format to fit your area's particular needs, but I would ask you to keep the spiritual values and the basic purpose of the Programs the same if you call them Mother/Daughter and Father/Son Programs.

The most important advice I can give you is to be sure to pray to the Holy Spirit before each Program! Always allow Him to inspire you and to speak through your hearts and minds. He takes away all our fears and anxieties. He plans wonderful things for our Programs, and we just cannot do it without Him. Right before every one of our Programs, all the presenters and helpers get together to pray: "Come Holy Spirit, fill the hearts of Your faithful. Enkindle in us the fire of Your love. Send forth Your Spirit, and we shall be created, and You shall renew the face of the earth." We ask the Holy Spirit to come and be with us, to speak through us so that His words become our words as we try to help all the families in the audience. He has never once let us down!

Let us always pray for one another and never become discouraged. May we always be faithful to God and allow Him to work through us as His instruments of love and truth. We thank Him for our special gifts and for being able to serve Him. He has given us so much. We must share it with others! And maybe some day, some of the young people in our audiences who hear that their fertility and sexuality are great gifts will remember that, and just maybe their lives will be different and our world will be a better place because of you.

God bless you,



Mary Pat Van Epps
Director

P.S. I would love to hear from you if you have any questions or if you need anything from me, and I would love to see your printed programs and hear about any new ideas you may use. There are so many creative people out there, and I have been blessed to see some of their work. Please send yours along too. Remember you CAN do this! God has given you very special gifts, and He is right there with you to help you use them! Do it for Him and for the children He loves so much!

We Can Do This!

If you have this Manual, you must be interested in trying to do a Mother/Daughter or Father/Son Program in your area. You can do it! I will try to give you some ideas on how to begin and what you need to do.

First of all, **meet with the Natural Family Planning Teachers and interested NFP users** in your area. Decide that you all want to work together to promote chastity and fertility appreciation and recognize that each person has special gifts to contribute to the success of a Mother/Daughter or Father/Son Program. Make sure you have people who are willing to be speakers to make the presentations and serve on the panel. Make sure you have some people who are willing to work to do other things that will be needed too. If you are part of a diocesan NFP Program, be sure to get the diocese involved and even let them sponsor it if they want.

Someone HAS to be in charge to coordinate the effort of the group. Decide on that person or co -persons and allow them to do the coordinating.

Decide on a date and time. Do this at least 4 - 5 months in advance. We have our Mother/Daughter Programs in the Spring on Sunday afternoons from 2:00 - 5:00 p.m. with a break for the Tea Party from 3:15 - 3:45 p.m. We have the Father/Son Program in the Fall on a Sunday evening from 4:00 - 7:00 p.m. with a break for Pizza and Refreshments from 5:15 - 5:45 p.m. We had the Father/Son Programs on Friday evenings from 7:00 - 10:00 p.m. for several years, but we have found Sunday afternoon/evening to work better for us. There is no perfect time or day for everyone, and some people will not be able to attend no matter when you do it, but pick a day and realize that those parents who make this a priority will be there.

Locate a site, preferably a free one. You should try to have a place big enough for at least 100 people the first time you do it. We need space for at least 300 right now, and I would love space for 400 if we could get it. An auditorium is best for comfortable seating and stage visibility, and you won't have to be moving and setting up chairs. Hospitals usually have an auditorium as well as a Food Service Department which can be very helpful with refreshments. Start with your local Catholic hospital(s) and remember that their Public Relations Department may see this as a golden opportunity to help offer and even sponsor a much needed and highly desired program to their community.

If a hospital doesn't work out, move on to churches or schools. Be sure to stay positive about the community need and the unique service you are offering when you approach the people in charge. If you have your Program at a church or school, be sure you have enough help to set up all the tables and chairs. It is also important to have a kitchen area to work in if you do the food service yourselves.

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We Can Do This! - Continued

Arrange for food service (Tea Party for the girls and Pizza and/or Refreshments for the boys.) If you acquire a hospital setting, ask about their Food Service Department providing the food. If they help sponsor the Program, they may even offer to provide it at their expense or you can pay them directly for the food and service, and that will relieve you of all those extra duties. You also can check on caterers or request help from a church group or even mothers who want to help. We have had very nice hospital food service in the past, but now we prepare and serve all the food ourselves which makes the cost much lower. We have pizza delivered for the boys and fix everything else ourselves. It helps to have someone or a committee in charge of all the food service arrangements.

The Tea Parties and Pizza/Refreshments are an important part of the Programs because they give the young people a chance to mingle with their peers, enjoy the food, and put their questions in the Question Box. We serve a lot of candy and fun food, and the young people always remember it as lots of fun with great food.

Arrange set up for tables and chairs for registration, displays, food and the panel on the stage. Hospitals have Housekeeping Departments which can provide this help. We are able to use a separate room for the refreshments, which really helps, and we line the walls with chairs for seating and extra tables to hold empty plates and cups. You will need extra waste cans too. If you don't use an auditorium, you will have to have enough chairs and have them set up too.

Arrange for audio-visual equipment for the slides and video and microphones for the stage. We use a podium with a portable microphone for the speakers and three or four table top microphones for the panel on the stage.

Be sure you will have access to the building you will be using on the day of the Program. Know where to get the keys or who will open the doors for you.

You will want to be sure all of these things can be arranged or provided at the location you use for the Program, so I suggest you check on them in the beginning before you make a final decision about the location.

Putting It All Together

The first thing your group will need to do is **decide on a Program**. What exactly do you want to do and what exactly are you able to do? Plan your Program well in advance to allow time for study, preparation and practice. The titles we use are general enough to be flexible for each speaker and yet specific enough to cover the most important areas. I will explain each part of our Programs under the content for the specific Program. Once your Program is planned, be sure to use a computer to type it and lay it out. Have it printed on colored paper to make it look as professional as possible.

You will need to **decide on who will do what**. Do you have enough people to make all the presentations, participate on the panel, take care of the registration table, display tables and serve the food? Remember, everyone has different talents, and everyone has something to contribute to the success of the overall Program. The person who doesn't want to get on the stage and make a presentation may be very happy and comfortable greeting people, serving the refreshments, or taking care of the evaluations. Each person can usually be assigned to more than one job. For example, once the registrations are over, those people who worked at the registration table can do something else. Each speaker who makes a presentation should also be on the panel. The person who opens the Program with a prayer can help serve the refreshments, etc.

You will need one person to **emcee** the Program and keep it running smoothly. This person should be a happy and exuberant person who likes to talk and is able to address the audience with love and a sense of humor and at the same time present this very important and intimate information with reverence. This person should be able to make introductions and improvise as the Program progresses picking up and commenting on the previous presentation to lead into the next presentation.

You will need at least **four experienced speakers**, who like to talk in front of a crowd and who can speak from their hearts, for each Program plus about **three other people** who will be comfortable offering the prayer, participating on the panel, reading a poem or making a short presentation based on their personal experiences.

You will need at least **two friendly people** to set up and take care of the **registration table** by putting out the name tags in alphabetical order and welcoming all the people as they enter. Put table cloths and decorations on the table to make it as special as possible. **Make the name tags** from the reservation forms, which should already be in alphabetical order, about two or three days before the Program. If you display the name tags in alphabetical order by the parent's last name on the registration table, it makes registration go very quickly and smoothly. The families can find their name tags pick them up along with a printed program and move on to their seats or to the display tables. It is so much easier not to have to fool with money on the day of the Program, and when all the people have paid ahead of time with their reservation forms, you don't have that problem and confusion. If the Program does not fill up beforehand, it is perfectly fine to accept walk-ins as long as you know you have enough food, handouts, etc.

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Putting It All Together - Continued

You will need about **four or five people** to set up and take care of the **display tables**. These people should be able to answer questions about your NFP Program as well as anything pertaining to the material displayed. They need to be able to encourage the young people and/or their parents to pick up the information and free handouts. The tables need to be manned by 2 - 3 people at all times from about 30 minutes before the Program begins until it is completely over. If you are offering anything for sale at the display tables, you will need a money box and someone to be in charge of it.

Since we have so many chastity promoting clothes now, we have a whole separate exhibit area just to sell the boxer shorts, t-shirts, etc. and other pro-life items. We have 4 people selling things and taking care of the money box. We have 2 display tables where everything is free with all our chastity promoting handouts (cards, stickers and pamphlets.) I have learned to put everything out on the display tables so the girls who love to “shop” can pick up whatever they want. If they choose it, there is a much better chance they will read it. If it is given to them in a packet, they may or may not even look at it because someone else chose it for them. The boys do not usually pick up as much because they don’t “shop” the same way the girls do. So, you may want to give them packets. I have never done that, but some other people do.

You will need about **six people**, maybe more, to **serve the Tea Party or Refreshments** depending on what you serve and how it is served. If you prepare the food yourselves and have to transport it with trays, plates, cups, etc., you will need a lot more help in this area. Plan this from the beginning so it doesn’t become a last minute problem. Being able to use a hospital Food Service Department is a tremendous asset in this area, but of course the cost is a lot higher.

You will need someone to **set up the stage area** with the slide projector, screen, VCR, TV, microphones, etc. before the Program begins, move the screen during the break, and set up the table, chairs and microphones for the panel.

You will need about **six people to serve on the panel** for questions and answers. These people should be all or most of the speakers. They need to be able to talk on a level appropriate to the age group in the audience and spontaneous enough to reply to a question quickly. They need to be knowledgeable and have a background in NFP so they can feel comfortable and confident responding to the questions from the Question Box. The NFP background gives them much more than just anatomy and physiology since the NFP lifestyle is about love, chastity, respect and appreciation for God’s gifts.

You will need about **four people** to distribute and collect the evaluation forms and pencils at the end of the Program. These are usually the people who served on the panel.

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Putting It All Together - Continued

Women should make the presentations and put on the Programs for the girls, and men should do the same for the boys. Since women are usually more willing to participate than men, you will probably have some women involved in the boys' Program too, but be sure to get as many men as you possibly can. The men should work at the registration and display tables as well as help with the refreshments. The men should have a NFP background, and they should make most of the presentations. The panel should be mostly men, but I like to have at least one woman on the panel with them, just in case they need a woman's perspective in answering a question.

If you add up all these numbers, it seems like a whole lot of people, but you really can present a Program with only eight to ten people. The same people just take care of all the tasks and do different jobs throughout the Program. The food service could be the only problem if you have to prepare it yourselves, but you can always enlist the help of your Advisory Board, family, friends and other NFP advocates. God always provides, so be sure to let Him handle some of it.

I always put together a “**Specific Duties**” sheet for everyone involved with the Programs letting them know exactly where they are assigned and what they are expected to do. This has to be flexible too because you want people to take care of whatever needs to be done when it is needed. The “Duties” sheet just gives them a place to begin.

So, you will need:

- Someone in charge
- An emcee
- 4 experienced speakers
- 3- 4 others who will make very short presentations
- 2 people at the registration table
- 4 - 5 people at the display tables
- 6 people to serve at the Tea Party or Refreshments break
- Someone to set up the stage area
- 6 people on the panel
- 4 people to pass out and collect evaluations

Most of the same people will do most of the jobs, for example all the speakers can serve on the panel and then pass out the evaluations at the end. Some of the speakers can man the registration table and display tables, and some will be serving the refreshments too. The emcee needs to be at the stage throughout the Program, but can do other things during the break. So, you see, it's really not so overwhelming after all.

Getting the Word Out

The Flyer/Reservation Form

Most of your publicity will be generated by the flyer with the reservation form at the bottom so be sure to **make it as attractive and professional as possible**. Use **colored paper** and **use a computer to type the copy and do the lay out**. You may be able to find a printer who will print it free or at cost so be sure to ask and look around. You should **print at least 1,000 copies** (we print 4,000 copies now), and you may need more than that depending on the number of schools and churches you will send them to for free publicity.

Have the flyer printed and ready for distribution at least 6 - 8 weeks before the Program.

Be sure the **necessary information is clear and easy to understand**. Give exact details about who, what, when, where and why. If the flyer clearly states the content and purpose of the Program, you won't have anybody surprised when they attend. Provide a phone number for people who need more information.

You must have reservations to know how many people will attend for food preparations and when to stop taking reservations. I have learned that about 10% of the people don't show up even if they have paid for something, so I usually over book 10 % more people than auditorium seats.

Set a deadline for reservations at least a week before the Program, otherwise people will wait until the last minute to send in their reservation form. You will still get calls after the deadline, so have an answer prepared for these callers as to whether or not you can accommodate them. You do want your food, seats and people to come out as evenly as possible.

Don't be afraid to **charge money for the Programs**. You need the money to buy the handouts and food and to cover your expenses, and it doesn't hurt to have some left over to buy things for the next Program. If you have enough, you can even give your speakers and helpers a stipend or take them all out to dinner to thank them. Most people are very happy to pay, and you can always give scholarships to those who really need them. We have raised our fee from \$ 5.00 to \$ 8.00 to \$ 10.00 to \$ 15.00 to \$20.00, and now it is \$ 25.00 per family, and I have never had any problems or complaints about the cost. I highly recommend that you **charge at least \$10.00 per family for the first time** so you don't have to increase it right away the next year. Remember, you are providing a service that no other group or organization in your area provides, and parents are usually thrilled to have other adults reinforce all the important spiritual values regarding human sexuality.

Put the reservation form at the bottom of the flyer where it can be cut or torn at the 1/3 fold of the paper. This just makes it easier when they tear it off. Make your lines long enough where they need to be long, and put enough space between the lines for writing. You need a work phone number in case you can't read the writing or you have other questions, and it's good to know what school the children attend to know how well your publicity has worked.

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Getting the Word Out - Continued

I **number the reservation forms** as I receive them to **keep an on-going count of people**, and I **send a confirmation postcard** to each family telling them we have received their reservation. I **keep the reservation forms in alphabetical order** and use them to make the **name tags** which also will be in alphabetical order at the registration table.

Contacts

You want to put the flyer into as many hands as possible. Local schools and churches are the largest and easiest way to advertise.

Write a letter to the principals of your local Catholic Schools and to the **Pastors** or the **Directors of Religious Education** in each parish explaining the Program and asking for their help in distributing the flyer to the families in their school or parish. Most of the schools will be happy to help distribute the flyer, and they can let you know how many flyers they will need for their children or you can just include a stack of the flyers and tell them to let you know if they need more. Send this letter out at least **5 weeks** before the Program. If you are working with a diocesan program, perhaps this letter could go out from the diocesan offices. (See sample letter at back of Manual.)

Send a short **bulletin announcement** to local parishes and other Christian churches who may be interested. Ask them to print it about 4 or 5 weeks before the Program. If this can go out from your diocesan offices, that's another big help. (See sample announcement at back of Manual.)

Purchase an **ad in your local diocesan newspaper** to appear each week for about five or six weeks before the Program. (See sample ad at back of Manual.)

Write an article for your diocesan newspaper explaining the Program and encouraging parents to bring their children. (See sample articles at back of Manual.)

Write a concise **press release** and send it with a flyer about one month before the Program to TV stations, Radio stations, newspapers, church papers, and any other contacts you know. Public Service Announcements (PSAs) are a great way to get free publicity, and the secular media will decide that you are having a "sex" education program, so they will probably be happy to help you advertise it. (See sample press release at back of Manual.)

Youth directors and other Christian groups should be informed about the program.

If you are aware of any **church newsletters, pro-life newsletters, hospital or organizational newsletters**, be sure to send them the information about the Program and ask them to help publicize it. Parent organizations at schools are another good contact. Crisis Pregnancy Centers have lots of volunteers who love these Programs. Doctors' offices, dentists' offices, beauty salons are some other ideas. Just be creative and look around for as many contacts as possible.

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Getting the Word Out - Continued

Be sure to TALK ABOUT IT. Tell everyone you know, family, friends and neighbors. Word of mouth will be your very best referral source over the years, and you will be surprised how many people will call you after they hear about it.

Once you get your publicity out, you can sit back and wait for the forms to come in. Most people will wait until just a few days before the deadline before they mail them, so don't worry! Always remember, even if you have only one person in the audience, that one person is the reason you're doing the Program! Don't be surprised if you have a lot more than just one person!

You will probably always have the largest crowd at the 10 - 12 year old Mother/Daughter Program. We have to have two programs every year for this age group to accommodate all the people who want to attend. We have almost 600 attend this Program every year, and we really need more space or more Programs. However, I think it is best to schedule only one Program for the 10 - 12 year old girls in the beginning to see what your response will be. You will know when you need to add another one.

Since we only do our Program once a year, and we have all our Programs for the girls close together, having one flyer saves us money. We list all the dates and let the mothers select the date they want. If they need to attend two programs because they have daughters in both age groups, we only charge them \$ 30.00 for the family for both Programs. If they send in only one flyer, you can just fill out an extra reservation form for them for the second date and keep the reservations forms in order in the right stack according to date.

The audiences at the Father/Son Program and the 13 - 16 year old Mother/Daughter will probably be close to the same size. We have around 175 -225 people at those each year. Unfortunately, as girls get older, they just don't want to go out with their mothers where they can be seen in public, but I always encourage the mothers to bring their daughters anyway despite any protests because the older girls' Program is so helpful and so strong in promoting chastity. Most of the girls are glad they came and some even admit that "It wasn't as bad as I thought it was going to be." We would love to have a Father/Son Program for boys 15 -17 too, but so far that hasn't happened. So many dads just don't see the need, but there really is a great need to encourage the boys to be chaste and men of integrity. Maybe someday.

Some Extra Details

One Week before the Program:

Pray a lot. Ask everybody you know to pray for your Program.

Check on your room or auditorium. You don't want any surprises!

Make sure the room will be set up with chairs and tables, etc.

Make sure you will have access to the building and to the room. Know how to get the key or who will open it for you.

Find out about thermostats and how to use them.

Check on your audio-visual equipment to be sure it will be there with someone who can run it.

Check on your food service. You should have a pretty accurate count by now. Be sure the food will be ready and on the serving tables when you need it for the Tea Party or Refreshments. The break is usually about 1 hour to ½ hours after the Program begins.

Check about your responsibilities for clean up.

Make sure your programs are printed.

Get your handouts together and other items for your display tables.

Have everything ready for the Registration table (decorations, programs, name tags)

Make the name tags about 3 -4 days before the program. Print them on a computer if possible.

Pray a lot.

Some Extra Details - Continued

The Day of the Program:

Pray a lot.

Arrive early to take care of all the things that should not have gone wrong because you had prepared so perfectly beforehand.

Set up the Registration table.

Set up the Display tables.

Set up the Question Box table with paper and pens and have a sign showing where it is.

Set up the stage with the podium, microphones, table for the panel, screen for slides, TV and VCR if needed.

Make sure everything is in order for the Tea Party or Refreshments. The food, serving trays, plates, cups, decorations, etc. should be ready for set up at the appropriate time.

Relax and pray a lot.

Some Extra Details - Continued

Another list.....I ALWAYS use this one! **On the day of the Program, be sure you have:**

Name tags in alphabetical order

Reservations forms of those who have paid

Table clothes and decorations

Printed Programs

Sign Up Sheets to be put on mailing list for future Programs and pens

Slides and pointer (slide projector, if you need to bring it)

Video or DVD (if needed)

Evaluation Forms and pencils

Question Box, paper and pens

Extra Reservation forms with extra name tags and felt markers

Specific Duties list for the helpers

Scissors, wide clear tape and push pins

Money box with change

Samples of sanitary pads and tampons

Tape recorder and blank tape (if you want to record yourselves)

Audio tape for background music (if you want)

All the food, trays, bowls, tongs, spoons, cups, etc, etc. if you do the food service yourselves.

Pro-life and chastity posters (to put on walls)

Directional posters (if you need them) and signs for the Question Box table and Registration Table

Door prizes

All the free handouts and items for sale.

Lots and lots of prayers to the Holy Spirit for sure!! God bless you so much!!!!

Some Extra Details - Continued

The Registration Table:

Be sure to have a table large enough to hold all the name tags. Drape it with **table cloths** and use **decorations** like flowers and ribbons for the girls and outdoor things for the boys.

Put the **name tags** in alphabetical order spread out on the table as much as possible. We put the tags in order of the parent's last name on top with the child's below it even if there are two different last names. This makes it easy for the family to pick up their name tags quickly and move away from the table.

The only people who will have name tags will be those people who have sent in their reservation forms and checks and made their reservations ahead of time. I always have some **extra reservation forms** and name tags with markers on hand just in case some people decide to be walk ins. If we have any space left, then they can pay and register at the door and make their name tags.

You will know exactly how many people didn't show up by the number name tags left on the Registration table, so you should have an accurate count of the number who actually did attend the Program. I always count on about 10% of the people who have paid and have reservations not to show up, so I always over book the Programs because I hate having to turn people away.

We put our **Programs** on the Registration table to be picked up along with the name tags. We also have a **sign up sheet** that can be filled out if the family wants to be put on the mailing list to receive reservation forms for future Mother/Daughter or Father/Son Programs.

Be sure to have friendly, outgoing people working at the Registration table because they will be the first contact most of the audience will ever have with a "NFP person." You want this entire program to be a positive, uplifting and memorable experience for the families who attend. Smiling faces can help a lot!

Some Extra Details - Continued

The Display Tables

Since I am a list maker, I make lists of everything I think I need to remember. It really helps when I am trying to pack everything up for these Programs too. We display lots of different things on our Display tables because it is a wonderful opportunity to reach people who have never heard of NFP or most of the other things we do, like chastity education! Actually, all of our chastity materials, the bookmarks, stickers and pamphlets originated because we needed free handouts for the Mother/Daughter and Father/Son Programs. The chastity promoting clothes came later, and we always offer the clothes for sale at an Exhibit table. They are a great way to get the chastity message out! I put all the free handouts on the Display table and let the participants pick up whatever they want. All of our bookmarks, cards, stickers, etc. are available in packs of 100. See www.cdom.org.

I will list most of the things we offer free as well as the things we offer for sale. It might give you some ideas. You can put out as much or as little as you feel is necessary.

Free Handouts

NFP Information:

NFP Brochures, Fact Sheets and Newsletters

“What Catholics Should Know About Natural Family Planning”

“A Protestant Minister’s Protest Against Birth Control.”

NFP Center Bookmarks and Cards:

A Hundred Years From Now

A Real Man

A Real Woman

Be A Family

Be An Example

Be Satisfied With Me

Chastity Is...

Do Not Fear What May Happen Tomorrow

Every Experience That God Gives Us

Fruits of the Holy Spirit

God Bless You, Dad

God Bless You, Mom

Headed for Heaven

I Know That I Am Special

It Takes A Lot of Courage

My Boyfriend’s Parents Trust Me

My Girlfriend’s Parents Trust Me

My Precious Child

Oh, Jesus

Second Chance

To Young People

Trust Him

25 Ways To Be A Happy Teenager

NFP Center Pamphlets:

Chastity Protects

I Want To Be Your Husband

I Want To Be Your Wife

Commitment Cards

True Love Waits For Marriage

Temporary Tattoos

True Love Waits for Marriage

All of these items are available from the ☐
Diocese of Memphis NFP Center.

<http://www.cdom.org/departments/nfp/nfpcatalog.htm>

NFP Center Stickers:

Be A Good Example

Chastity is Hot!

Chastity... It Does A Body and Soul Good

Chastity – That’s Real Love

I’m A Piece of God’s Love

I’m Headed For Heaven

I’m Worth Waiting For!

Princess Daughter of the King

Respect I’m Worth It

True Love Waits For Marriage

Some Extra Details - Continued

FREE HANDOUTS - continued

Vocabulary Glossaries for the appropriate Program

Note pads

Pens (I had some printed with Mother/Daughter Programs for the girls and Father/Son Program for the boys with the Diocese of Memphis NFP Center's phone number for future reference and referrals.)

Nail files (for the girls)

A Mother's Monologue With God (for the girls)

It's Your Move (for the girls)

A Mother/Daughter Story (for the girls)

The First Nine Months [Focus on the Family (800) 232-6459]

If He's Not Alive, Why Is He Sucking His Thumb? cards [Heritage House (800) 858-3040]

Business cards

Reservation forms for future Programs if applicable

Choose Life plastic bags (to put everything in!) [Right to Life of Michigan (616) 532-2300]

NFP/Chastity plastic bags (I have finally printed some here) [Diocese of Memphis NFP Center]

We have been blessed with the gifts of a set of fetal models, a medical model of a pregnant uterus with a baby, and a set of Touch of Life babies from Heritage House which we display at all the Programs near the Question Box. The Touch of Life babies are fabulous because they are soft and wonderful to touch and to hold.

Put out anything else you can find that is appropriate for the age group of the young people you are serving.

I am sure there are lots of other things that could be on the Display tables, so use your own creativity. Remember, you want this to be a promotion of chastity and good moral values, so put out everything you can, and you will be educating a lot of people.

Some programs display samples of pads and tampons on a table so the girls can get "up close and personal." We have never done that, but it is another idea to be considered.

Some Extra Details - Continued

Items Offered for Sale On The Exhibit Tables

Precious Feet pins	[Heritage House (800) 858-3040]
Precious Hand pins	[Heritage House (800) 858-3040]
Young One models or Precious Feet Babies	[Heritage House (800) 858-3040]
Contraception Why Not? CD's	[One More Soul (800) 307-7685]
Pro-Life Bumper Stickers	[Victory Won (800)767-7258]

NFP Center Clothes:

T-shirts:

Be a Good Example
Chastity is Hot!
Chastity...It Does a Body and Soul Good
Chastity – That's Real Love
Choose Life
Every child is a Gift From God
Fatherhood is a Noble Profession
I'm a Piece of God's Love
I'm Headed For Heaven
IWWF - I'm Worth Waiting For
Motherhood is a Proud Profession
Operation Integrity
Respect I'm Worth It
Princess Daughter of the King
TLWFM - True Love Waits For Marriage
Trust Him

I'm a Piece of God's Love Onesies

I'm a Piece of God's Love Bibs

Flannel Boxer Shorts:

Be a Good Example
I'm A Piece of God's Love
I'm Headed For Heaven
I'm Worth Waiting For
True Love Waits for Marriage

Long Pants:

I'm Headed for Heaven
I'm Worth Waiting For
True Love Waits for Marriage

Tote Bags:

Be a Good Example
Choose Life
Respect I'm Worth It
True Love Waits For Marriage

Baseball Caps:

Choose Life
Trust Him

All of these items are available from the ☐
Diocese of Memphis NFP Center.

<http://www.cdom.org/departments/nfp/nfpcatalog.htm>

The Mother/Daughter Program for 10 - 12 Year Old Girls

This Program is very basic and is geared toward the younger girls' anticipation of the changes that take place at puberty. Most of these girls will not have started ovulating or having periods yet even though many of them are experiencing some of the physical and emotional changes.

This is a sweet Program to help the girls appreciate their femininity, have some fun, laugh a lot and become comfortable with their changing bodies and personalities. They will change from little girls into women, even if they would rather not, and all the changes are part of God's wonderful design of women. The physical changes are preparing the girls' bodies to be able to be mothers in the future. God wants every new baby to grow inside his mother's uterus, and He has designed everything about a woman's body to take care of His babies. The Program really helps put the girls and their mothers at ease to talk about all these things.

We originally had the Program for 9 - 12 year old girls, but we found that way too many 9 year olds were coming when most of them did not need to be there. There certainly are some 9 year olds and even some 8 year olds who have already started having breast development, and they definitely need to attend the Program. I now put that information on the flyer so the mothers know to bring them even if they are not yet ten. Most mothers know when it's time, but some still want their children to know everything about everything, and I have told many mothers to let their children be children and not even worry about these things yet.

This age group is very free and open. They are willing to ask lots of questions, and they want and need answers. The Mother/Daughter Program will address some of their questions and the rest will continue to surface at home long after the Program is over. Their mothers are the perfect people to talk to about all these issues.

We decided at the very first Program in 1986 not to include sexual intercourse (I say the marriage act) in the presentations. The girls have consistently put questions about it in the Question Box, usually asking what is sex or how does the sperm get to the egg. When it is presented as a question from the girls, we can answer in response to them and not because we think they should know all about it. Most mothers are very happy with the way we answer the question by putting it all in the context of God's design of men and women and His calling to the vocation of marriage and parenthood. We talk a lot about love, respect, trustworthiness and commitment in marriage, not sex. A few mothers will say they wished it had not been discussed at all and others will want a more detailed description. There is no way to please everybody, and we are very comfortable answering it the way we do, very factually and very lovingly in the context of God's plan for marriage. Once the question has been answered, we are able to discuss the topic of chastity more clearly. We can talk about how precious our gifts of sexuality and fertility are and how we need to cherish them and protect them.

Even if some of the 11 or 12 year olds have already started their periods, the information in this Program still helps them to understand more clearly exactly what is happening to them and gives them confidence.

Content for 10 - 12 Year Old Mother/Daughter Program

There is no written script for the Program because each speaker needs to be as spontaneous as possible and leave enough room for the Holy Spirit to give inspirations, however, certain topics do need to be addressed in the specific areas of the Program. It is much better to refer to notes rather than to read an entire presentation. The individual speakers can develop their own style and delivery to include the necessary information integrated into a presentation that comes from their heart and makes them feel comfortable. It is always good to use humor to keep things lightened up and fun. Interesting and entertaining stories are another way of communicating important information.

It never ceases to amaze me how wonderful the Holy Spirit is and how different the presentations can be, and yet they all seem to get the necessary points across. Each personality is so different, and that is part of what makes the Programs so interesting. Some will be chatty and funny, others will be quieter and more serious. The personalities in the audience will be different too, so having speakers with different personalities appeals to all the different people in the audience and makes a better Program.

You will probably want to get all the speakers together to go over their plans for their talks, to be sure everyone has the same agenda and to practice answering questions for the panel.

You can copy the entire 10 - 12 year old Mother/Daughter Program section from the Manual and give it to each speaker who will be making the presentations and/or serving on the panel for questions and answers. This will give them an overall understanding of the total Program and what they will be doing.

I will take each section of the Program and give you the title of the talk and a summary of the important content that needs to be included in that presentation or in that part of the Program. I will start at the beginning and include the talks in the order they appear in our Programs.

The Welcome

The Emcee

This very important part of the Program needs to be upbeat and enthusiastic. It should portray a sense of excitement as well as reverence to establish the foundation for the rest of the Program. The emcee should introduce some of the topics that will be discussed especially the gifts of sexuality and fertility and growing up to become a woman. The stage should be set for talking about God's love and wisdom in His Plan for each young person to grow up. The positive attitude of the emcee emphasizing the goodness of being a girl and the fact that changes are supposed to happen will help put the children at ease and keep them ready for the presentations to follow.

It is good to remind the young people that the person who brought them to the Program is very important and loves them very much and wants them to know what is true and beautiful and good even if that person is not their mom. They may be adopted or with their stepmom, an aunt, a grandmother, even a sister, but the important thing is to remind them that they are loved, and this adult wants them to have the best life possible. Throughout the Program encourage the mothers and daughters to communicate with each other after they leave because it is impossible for a 2 ½ hour Program to give them everything they need. Encourage the girls to go to their mothers whenever they need information or have a question, and you might need to insist that they sit with their mothers at the Program too.

If you find a point in the Program where a little stretch break is appropriate, suggest that the mothers reach over and hug their daughter. It's a great thing to watch.

I love to play around a little with the young people at the beginning of the Programs just to make them laugh and relax so they can realize this is going to be fun as well as informative. Sometimes I ask for some girls to come up on the stage, and I get them to tell me something nice they have done for their mother lately. You can use your imagination and sometimes an idea just happens. I don't do this every single time. It just depends on the audience and what's going on at the time.

The Opening Prayer

Beginning each Program with a prayer is always appropriate, and most of the parents are very appreciative to have the focus placed on God and His plan for our lives. The more spontaneous and from the heart the prayer is, the better. It should include reference to God 's love for ea ch person and thankfulness for His design of our sexuality and fertility in men and women. Gratitude for the privilege to be able to be parents and the goodness of family and parent child relationships can be included.

Just ask a good, sincere person who can talk to God very easily to offer the prayer, and your Program will be in the right Person's hands. This really sets the tone for what follows.

When I Was Your Age

4 - 5 minutes

Learning Respect and Growing Up Section

This section includes “**When I Was Your Age**”, “It’s Great to be a Girl,” and “All in God’s Plan.” Since this is the first part of the Program, it needs to be very upbeat and positive. This is the time to catch the young people and make them want to keep listening. It should encourage self respect as well as respect for others. It should promote the development of a good, healthy self concept because God has created each girl in His image for a special purpose as a woman, and that gives her great dignity. This section can lay the foundation for the expectation of high ideals and standards for the young people. It should last about 25 - 30 with the time divided among the speakers who will be making the presentations.

When I Was Your Age

A young girl who is a few years older than the children in the audience (maybe in 9th or 10th grade) can begin the Program and help put everyone at ease. She can encourage the girls to listen to the speakers and to learn more about themselves. She can reassure the girls that growing up is good and wonderful even though it may seem confusing at times. She can remind them that there is always so much to learn, and that’s why they are at the Mother/Daughter Program.

A personal story can be very effective, and this young girl can be a great role model to the children in the audience who always admire and appreciate someone close to their own age who has the courage to get up and speak to them.

Once you have done the Mother/Daughter Program, you will have girls who have attended the Program in the past. Then you can ask one of these girls to talk about some of the things she learned at the Program when she attended and how much she appreciates what she learned. This young girl will be on the panel for the questions and answers, so be sure to choose a girl who is willing to speak up when needed. The stronger she is in her convictions to appreciate her sexuality and to practice the virtue of chastity, the better role model she will be. There are absolutely wonderful young people out there, just find them for your Program, and ask them to help you.

It's Great To Be A Girl

8 - 10 minutes

Learning Respect and Growing Up Section

This section includes “When I Was Your Age”, “**It’s Great to be a Girl,**” and “All in God’s Plan.” Since this is the first part of the Program, it needs to be very upbeat and positive. This is the time to catch the young people and make them want to keep listening. It should encourage self respect as well as respect for others. It should promote the development of a good, healthy self concept because God has created each girl in His image for a special purpose as a woman, and that gives her great dignity. This section can lay the foundation for the expectation of high ideals and standards for the young people. It should last about 25 - 30 with the time divided among the speakers who will be making the presentations.

It's Great To Be A Girl

Respect, Virtues and Responsibility

This should emphasize the goodness of the girls’ femininity and womanhood. They should be happy to be a woman and appreciate the special gifts God has given to them, especially the possibility of one day being able to become a mother. Their bodies are going to change to help prepare them for the future, and the more they can understand what is happening, the more prepared they will be.

Every young girl is unique and precious, and they should learn to cherish their uniqueness. They need to respect themselves and demand respect from others. The importance of establishing a personal value system should be covered here. How they see themselves will affect how they get along with others and how they treat themselves. They need to know who they are and how special they are because God has created them.

Understanding the importance of developing their gifts and talents and using them to serve God will help them to live a virtuous life. They need to know that being honest, trustworthy, dependable and unselfish will make them happy. The gift of modesty is so important, and the girls need to understand that modesty protects them and their gifts of sexuality and fertility. Modesty includes normal embarrassment and wanting to cover their bodies and close their doors as they get older. Modest dress should be discussed to help the girls understand that it is better to draw attention to their personalities and their personhood rather than to their bodies. When they wear skimpy clothes, they are saying a lot about themselves.

Responsibilities to themselves as well as to other people in their families, schools or peer groups should be discussed. Every person is responsible for their actions and words, so even when their moods make them feel a certain way, they still have the responsibility to control themselves. When they have certain jobs to do at home or school, it’s up to them to take the responsibility to perform them even when they don’t necessarily want to do them. This helps them mature and become responsible adults.

Social graces like good manners, courtesy, politeness, and thoughtfulness can also be discussed and encouraged.

All In God's Plan

10 - 15 minutes

Learning Respect and Growing Up Section

This section includes “When I Was Your Age”, “It’s Great to be a Girl,” and “All in God’s Plan.” Since this is the first part of the Program, it needs to be very upbeat and positive. This is the time to catch the young people and make them want to keep listening. It should encourage self respect as well as respect for others. It should promote the development of a good, healthy self concept because God has created each girl in His image for a special purpose as a woman, and that gives her great dignity. This section can lay the foundation for the expectation of high ideals and standards for the young people. It should last about 25 - 30 with the time divided among the speakers who will be making the presentations.

All In God's Plan

Physical and Emotional Changes

The emphasis here for the younger girls is the anticipation of the physical and emotional changes that will happen to them in the very near future if they haven’t started happening already. By reminding them that all the changes are good and necessary and part of God’s plan to help their bodies prepare for motherhood reassures them that God really does have everything under control. Each person is different, and each person will change and develop at different times and in different ways, and that is the way it’s supposed to be. Discovering who they are as a person and learning to like themselves for their own unique qualities will be more important to them than worrying about the fastness or slowness of their body changing.

Puberty is a time of change. Their little girl bodies will develop over time into adult women’s bodies. They will begin to produce hormones which are like chemical messengers that will prepare their bodies for ovulation and their first menstrual periods. When it is time for each individual girl to begin to change, her pituitary gland in her brain will send a hormonal message to her ovaries which are located in her abdomen inside her body. The ovaries contain egg cells which are the female reproductive cell, and girls are born with all the egg cells they will ever have. Her ovaries will begin to produce the hormone estrogen. The estrogen gets into her bloodstream and causes her body to begin changing.

Some of the physical changes that should be discussed include: accelerated growth spurts in height with an increased appetite to help keep up with the rapid growth; weight gain with the addition of body fat causing breast development and a rounding of the hips; growth of the reproductive organs; thickening of body hair on the arms and legs; growth of underarm and pubic hair; periodic appearance of a clear or cloudy mucus discharge from the vagina; body odor and acne. All these things are happening because their bodies are responding to the hormonal messages from their brains and reproductive organs. Their bodies are learning how to function as a woman and preparing for motherhood in the future.

(Continued on next page)

All In God's Plan 10 - 12 year old girls - Continued

This may be a time of awkwardness and clumsiness for the girls as their bodies adjust to their new shapes. The importance of good hygiene to keep their bodies clean and fresh, good nutrition to keep them healthy and adequate rest to help their bodies grow should also be discussed.

The early emotional changes might consist of moodiness - happy and laughing one minute, crying and sulking the next; confusion as to who and what they are - not really little girls and not really big girls; feeling inadequate; unsure of themselves; argumentative; needing lots of love and affection; needing assurance and acceptance from their parents (especially their Dads); needing acceptance by their peers who will become more and more important to them; and desiring to become independent. It can be a time of many confusing feelings, and Moms can help by listening to them, loving them and remembering how it felt to be eleven years old. Spending time with their daughters, talking with them and reminding them that they are wonderful can ease the transition from little girl into womanhood.

The Slide Presentation

The main thing here is to **keep it simple and keep it clear**. Each new word needs to be stated clearly, repeated and defined especially for the younger children. Make the presentation easy to understand for the young people, focus your vocabulary on them, and the parents will be able to understand and learn too.

Stress **preparation** for motherhood and the importance of the gift of human fertility and the gift of each new baby. The tremendous power of human fertility deserves reverence and protection because of its sacredness uniting us with God in His creation of a new person.

The slide presentations are an important part of the Mother/Daughter Programs because they help the girls and their mothers understand that God has designed their bodies in an awesome way. The gift of human fertility should never be taken for granted, and when they can learn about fertility, they can understand and appreciate it. They can know that fertility is a great gift, and they should never do anything to damage it. This includes immoral sexual activity and contraception, especially the synthetic hormones like Birth Control Pills and DepoProvera.

When young people are given honest information about their bodies and how they work, they very well may gain an appreciation and respect for themselves that they never had before. They may learn to see all these things as part of God's plan, and they may want to protect their gifts of fertility and sexuality.

The slide presentation for the 10 - 12 year old girls is very basic to give the girls an overall view of what takes place during normal growth and development.

The slides we use in Memphis are a real conglomeration of various NFP slides that I already had. I wish I had the ability and resources to create some just for these Programs, but so far that hasn't happened. You certainly do not need to have the exact same slides that we use. Just use whatever basic fertility and reproductive slides you have available to you in your NFP program, and I am sure you will do a great job! (March, 2008 – I now have new slides for all the Programs in Power Point, and all of them can be obtained on a CD from the Diocese of Memphis NFP Center, 5825 Shelby Oaks Dr., Memphis, TN 38134 for a donation of \$ 30.00.)

Remember, the beauty of the Program is not so much the body parts as it is the respect and appreciation for the wonders of God's gift of human fertility, and NFP Teachers are experts at relaying that information. Be sure to bring in God's design over and over to help the young people understand His plan for their bodies, and help them to see that all of this is to help prepare them for love, marriage and a family in the future.

Be sure the person making the slide presentations has a good solid NFP background, preferably with teaching experience. Choose someone who likes to talk to young people and who wants to teach them and help them learn about the marvelous way their bodies are made.

Our Bodies Prepare for Motherhood
Explanation of the Fertility Cycle, Ovulation and Menstruation
Slide Presentation

30 - 45 minutes

The Cycle (Billings) Wheel

Explain to the young girls that we will be talking about growing up and what it means for a woman to have a cycle which is called her fertility cycle or menstrual cycle. A cycle goes on and on, over and over repeating itself. As young girls growing into women, their bodies will begin to cycle to prepare over and over to become a mother in the future. The whole purpose of a woman's fertility cycle is to prepare for a baby. God has designed a woman's body to be a mother and to be able to nourish and take care of her babies. This is what fertility is all about, and God always prepares ahead of time for everything we need. There are different phases in a woman's cycle, and different things happen in each phase. The girls don't need to know everything about the phases at this point, but it's nice to know the whole cycle is not the same.

A Woman's Cycle (Comparing dry/wet/dry ground in nature)

You can discuss the seasons of the year and how even in nature God has planned a time of fertility and a time of infertility. The winter is a dry and cold time in the earth when seeds will die and not be able to germinate if they are planted. In the spring there is a time of moisture and warmth when the rains come to nourish the seeds when they are planted so they can grow. There is a time for planting and a time for growing. Just as the soil prepares for fertility, a woman's body prepares for fertility also. Nature always prepares ahead to be ready, and the young girls' bodies are changing now to prepare them for the future so that someday, after they are married, they may be able to become mothers.

Brain Interaction with Reproductive Organs (Boy and Girl)

Stress the importance of the hypothalamus and pituitary glands in the brain. They set everything into motion when each girl's body is ready to begin its own fertility cycle. The hypothalamus gland decides when each girl is ready, and every girl just has to wait on her brain to send the hormonal messages to her reproductive organs to begin the process of changing and growing up. Every person is different and has her own time clock. Some girls change early, and some girls change later. There is nothing anyone can do to make it work faster or slower.

It is always interesting to point out that both the boys and the girls have brains, (I love to call them boy brains and girl brains) and both of them have reproductive organs that respond to the messages from their brains. The boy's pituitary gland sends the messages to his testicles to begin the production of the male hormone, testosterone, as well as the male reproductive cells, the sperm cells. The girl's pituitary gland sends the messages to her ovaries to begin her fertility cycles and the maturing of the female reproductive cell, called the egg or ovum. Girl brains and boy brains are designed by God to function differently, so the girls should never expect them to be exactly the same, especially in the way men and women respond to the things around them.

Mother/Daughter 10 - 12 year old Slide Presentation - Continued

Cycle Variations

Every woman is different. Some women will have short cycles; some women will have long cycles, and some women will have average cycles lasting about a month in length. During each cycle the woman's body prepares for a baby, and the length of the cycle is not important. It is perfectly normal to be different, and when the girls first start having fertility cycles, their bodies are learning how to function, so they may not have all the messages between their brains and ovaries perfectly straight yet. Some girls may have irregular cycles, never seeming to be the same, but that is normal for them, and it is nothing to worry about. They certainly do not need to take medicine or chemical hormones to try to fix them because they are not broken. Their bodies are practicing and learning how to function as a woman.

Reproductive Anatomy and Physiology

You will spend some time here so don't try to rush through it. Point out each organ and discuss its purpose and function. This does not have to be terribly detailed, so just tell the girls what they need to know at this time in their lives. Please don't try to use everything I have put down here because it is way too much.

Since a woman's body is designed to be a mother, and her body prepares over and over to become a mother, her reproductive organs are located inside her body in the abdomen to protect and take care of her babies whenever she is able to have one.

A woman has two **OVARIES**, one on each side of the **UTERUS**. The ovaries contain the **EGG CELLS** or **OVA** which are the female reproductive cells. A little girl is born with all the egg cells she will ever have, close to a million at birth, and by the time she reaches puberty, she has about 400,000 egg cells waiting in her ovaries. She does not make new egg cells. Each egg cell is contained inside a **FOLLICLE** like a little sack to protect it. Each cycle her brain stimulates her ovaries to ripen or mature an egg cell for that fertility cycle. The follicle grows and pushes itself to the surface of the ovary in each cycle. When the egg cell pops out of the follicle in the ovary, it is called **OVULATION**, and this is the most important event of the whole cycle. If a sperm cell from the father unites with the egg cell from the mother, a brand new human life begins. This is called **CONCEPTION**, and each girl began her life this way. (We do not discuss sexual intercourse in the slide presentation for the 10 - 12 year old girls because it always comes up in the question box, and it can be handled a little more gently in response to a question from the girls themselves.)

The **UTERUS** is the large muscular organ where the baby grows. It is shaped like an upside down pear and is about the size of a woman's fist. The uterus is the baby's home, and it will grow and stretch as the baby grows inside of it. The uterus has a very special lining called the **ENDOMETRIUM** that grows thick and soft like a baby bed for the baby to nestle down into and implant. The baby sets up housekeeping in this new home where he or she will live and grow for the next nine months. This lining of the uterus prepares over and over in every cycle to nourish a new baby just in case there is one.

Mother Daughter 10 - 12 year old Slide Presentation - Continued

Reproductive Anatomy and Physiology

On each side of the uterus are the **FALLOPIAN TUBES**. Their job is to catch the egg cell when it comes out of the ovary at ovulation. Each tube has tiny little fingers on the end that reach out over the ovary to catch the egg cell. If conception does take place, it happens in the outer one third of the Fallopian tube, and the new little baby will travel through the tube toward the uterus where the lining will be just right for implantation. If conception does not take place, the egg cell will die within 24 hours in the Fallopian tube.

The **CERVIX** is the neck of the uterus or womb, and it helps to hold the baby inside the uterus. The cervix also produces a slippery mucus that lets the woman know that the egg cell is ripening in her ovary. She can feel the slipperiness and wetness at the outside of her body just walking around during the day. Some women also notice a clear or cloudy mucus discharge when they wipe. This mucus is perfectly normal, and it is a beautiful and healthy sign of good, normal fertility.

The **VAGINA** opens to the outside of the woman's body and becomes part of the birth canal when a baby is being born. The **LABIA** are folds of flesh on the outside of the body that help protect the reproductive organs on the inside. Pubic hair grows on the labia and helps prevent germs from entering the vagina.

Since a woman's body prepares over and over to be a mother, it builds up a brand new baby bed in every cycle just in case there will be a baby. God thinks every baby is so important that He wants every new baby to have a brand new soft baby bed. Most of the time there will not be a baby, so the nice soft lining will not be needed. Since it is not needed, it will break away from the walls of the uterus and will pass through the cervix and the vagina to the outside of the woman's body. This is called **MENSTRUATION or HAVING YOUR PERIOD**. It is perfectly good and normal and a beautiful sign of womanhood and femininity. A menstrual period usually lasts around 3 to 7 days, and only a small amount of bloody material will actually leave the body during menstruation.

Since the lush lining from the uterus is made up of blood that would have helped nourish the baby, it must be absorbed by a **SANITARY PAD** that is worn in the panties. These pads are made of soft absorbent paper that will catch the menstrual flow and protect the woman's clothes. It is very important for girls to know this is going to happen so they can be prepared and not afraid when they see the blood.

A woman's body will continue over and over in this cycling of fertility preparing for a baby in every cycle until she reaches menopause around the age of 50. Her cycles then come to an end, and she will no longer be able to have children.

Mother Daughter 10 - 12 year old Slide Presentation - Continued

Conception

Every human life begins at conception when a sperm cell from the father unites with an egg cell from the mother and God creates a brand new person. Each person is unique, and there has never been or ever will be another person exactly like the brand new baby just conceived.

Uterus Showing the Birth Canal

After the baby has grown in the uterus for nine months, it will be time for him or her to be born. The baby usually turns upside down so his head can push on his mother's cervix to make it soft so it will open. When the mother goes into **LABOR**, her cervix opens wider and wider. The baby pushes himself through the cervix and into the vagina which is made to stretch a lot so the baby can be born. This whole area is called the **BIRTH CANAL**, and most babies are born this way. Sometimes, the mother's body cannot have the baby born through the birth canal, and the doctor may have to perform a Cesarean section which is a surgical way to open the mother's uterus from the outside and lift the baby out.

Phases of the Cycle

Stress that ovulation is the main event of every cycle, and the length of each cycle is determined by the event of ovulation. The time before ovulation can vary a great deal thus causing the woman to have a long or short cycle. It is not unusual to have long irregular cycles when girls first begin ovulating and having periods. Their bodies are learning to function properly, and sometimes it takes a while for their ovaries to ripen and mature an egg cell. The time after ovulation is usually very stable, about 11 - 16 days from ovulation to the beginning of the next period.

Fertility Wheel

Review the phases of the cycle. Menstruation happens because an egg cell was released from the ovary 11 - 16 days beforehand. The pre-ovulatory phase may be long or short, then the fertile phase begins. Remind the girls about the importance of the cervical mucus that appears before the egg cell or ovum is released from the ovary. Reiterate that this is a beautiful, healthy part of their womanhood and the gift of their fertility. When they notice it, they will know their bodies are working well, just the way God intends for them to function. Once ovulation occurs, the lining of the uterus is built up just in case there will be a baby. This is the post-ovulatory phase, and it will last 11 - 16 days before the next period begins.

Mother Daughter 10 - 12 year old Slide Presentation - Continued

Hormones

Women have two major female hormones, **ESTROGEN and PROGESTERONE**, that actually control the events of their fertility cycles. Remind them that hormones are like chemical messengers that go through the blood to tell other organs or glands what to do. The estrogen comes before ovulation and causes the cervix to produce the mucus and the lining of the uterus to start getting ready in case there will be a baby. The progesterone rises very quickly after ovulation and usually stays dominant over the estrogen in the post-ovulatory phase of the cycle. Progesterone means in favor of gestation or in favor of the baby growing and being nourished, so the progesterone makes the lining of the uterus grow into the nice, soft, thick baby bed in case there is a new baby. It also makes the woman's body a little warmer, like an incubator, to take care of a new baby, and progesterone causes her cervix to produce a thick mucus that closes it off so germs cannot get to her reproductive organs. The rising and falling of these hormones can certainly affect the way a woman feels and acts because she does respond to them throughout her cycle, and they change a lot thus causing her to feel differently at different times in the cycle. A change in her moods could often be caused by her changing hormone levels.

The Ovary

When the pituitary gland tells the ovaries to begin preparing an egg cell for a cycle, it sends a hormone called FSH (follicle stimulating hormone) to stimulate some of the follicles that contain the egg cells. The follicles begin to grow and produce the hormone, estrogen, which causes the cervix to produce the cervical mucus and the lining of the uterus to start building up to get ready in case there will be a new baby.

Usually only one follicle ripens an egg cell enough for ovulation to happen, but there could be two as in the case of fraternal twins. Once the follicle releases the egg cell from the ovary, it collapses and becomes a hormone secreting gland called the **CORPUS LUTEUM**, which means yellow body. The corpus luteum produces estrogen as well as the hormone progesterone which rises very quickly after ovulation to build up the thick, lush baby bed in the lining of the uterus. The corpus luteum will function for 11 - 16 days, so when there is no baby, a woman can know when her next period will begin in every cycle, 11 - 16 days after ovulation.

Changes in the Endometrium

Show the importance of the endometrium building up properly to become very thick and lush and filled with blood so a new baby would be able to implant and to live. Before ovulation, the pre-ovulatory phase is the proliferating phase for the endometrium. That means it is getting ready for a baby, but it won't really be ready until the progesterone has its effect on the lining of the uterus. Looking at the first 7 letters of proliferating, we can see that the woman's body is pro-life, in favor of life for her babies. The secretory phase happens after ovulation under the influence of the progesterone which builds the lining nice and thick for a new baby and progesterone means in favor of gestation and the baby growing. The baby needs the nice deep nourishing crevices to nestle into so the placenta can be established.

Mother Daughter 10 - 12 year old Slide Presentation - Continued

Menstruation

Part of the lush lining of the uterus becomes the menstrual flow when there is no baby. It actually breaks away from the sides of the uterine wall and gradually flows out of the woman's body through her cervix and vagina to the outside of her body. It doesn't usually gush out all at once, so the gradual flow can be caught by the sanitary pads on the outside or by tampons on the inside. (We usually don't discuss tampons until they come up during the question time because we don't recommend tampon use for girls this young and especially when they are first beginning their cycles. They need to become familiar with their menstrual flow and understand the importance of changing their pads often enough. We tell them that there may be times when tampons are very useful and may be necessary if a girl is on a swim team or doing gymnastics.) There also may be a crampy feeling when the uterus is contracting to break the lining loose, and some girls have cramps during this time, but they are usually not severe. A mild pain reliever like ibuprofen may be all that is needed to relieve the cramps, and cutting back on salt, sugar, and caffeine including chocolate especially the week before the period may also help.

Unpregnant Uterus

Point out the internal organs and show the relationship of these organs especially the size and shape of the bladder so you can compare the large bladder with the one belonging to a pregnant woman. You can show the girls that they actually have three openings to the outside of their bodies, the urethra, the vagina and the rectum.

Pregnant Uterus

Show how much the uterus can stretch to take care of the baby. Show the flattened bladder and why a pregnant mother would have to run to the bathroom so often. Show how the mother's body adjusts so beautifully to nourish and take care of her babies.

The Unborn Baby

We show several slides of the unborn child to remind the young people about the sanctity of life in the mother's womb. Most young people are fascinated by the beautiful pictures, and they can't imagine ever having been so small. We talk about the baby as a baby both before and after birth.

We use a slide of the feet of an 8 week old, the unborn child at 16 weeks and another one at 18 weeks. We also have one of the 18 week old sucking his thumb, and we use this to remind the children that many of them probably sucked their thumbs when they were growing inside their own mothers' bodies. This is God's way of helping babies prepare their mouths and their facial muscles for nursing after they are born.

Being a Mother

3 - 6 minutes

This is a short personal witness to the joys as well as the sorrows of motherhood. It can be funny, sad, or very emotional, but it needs to be completely honest and directly from the heart of the person speaking. Telling a personal story is very effective, and it puts a human touch on what being a mother has meant to the person speaking. It is never easy being a parent, and there is no such thing as the perfect parent, so the speaker can encourage the mothers in the audience to just keep trying to do their best.

Encourage the mothers to love their daughters no matter what, to really listen to them, to be there for them and to make them know how important they are to their families. Encourage them to be sacrificial and to pray to be the best mother they can be because they are examples to their children, and they need to be good examples. Their children are watching them every day.

The girls need to know that being a mother is a great blessing from God, and hopefully, if marriage is their vocation, God will bless them with children too. Of course, they need to realize that their own children will probably treat them the same way they treat their mothers, so it is important that they remember to be kind and gentle to their mothers. Lots of love, respect and communication can go a long way in helping to keep the family happy.

It is a very good idea to acknowledge adoptive families here too and remind the audience how precious that child is to those parents who waited, hoped and prayed for her. We have found that the adoptive families are very appreciative when we recognize their existence.

Break for the Afternoon Tea Party

30 minutes

Be sure to tell the audience about the Question Box and encourage them to write their questions down during the break and put them in the box. We put the Question Box in a prominent place outside the auditorium with a sign pointing to it, and we put out plenty of paper and pens. Encourage the parents to put questions in the box too.

The Tea Party is a very important part of the Program, especially for the younger girls. Most of them will be all dressed up, and they actually enjoy acting like young ladies at a Tea Party. It also gives the parents a chance to mingle and get to meet other parents who share their values. Everybody needs this break, so please be sure to include it.

The food can be as simple or as elaborate as you need it to be. I like to have lots of fun food at all our Programs because the young people always remember it and tell me how much they enjoyed that part of the Program.

For the girls, we like to have punch made with ginger ale, cranberry and pineapple juices, cream puffs, miniature cheesecakes, donut holes, assorted cookies, chicken salad and crackers, nuts, mints, Goldfish crackers, cheese and crackers, strawberries, grapes, oranges, maraschino cherries, carrots, broccoli, celery and dip, chips and salsa, and lots of candy including, M & M 's, Skittles, chocolate covered raisins, jelly beans and hot tamales, coffee and ice water.

Whatever you decide on for the food will depend on the number of people attending, the amount of money you are able to spend, and who is preparing and serving it. Lots of people only serve cake and punch for the girls, and their programs work just as well.

When we have 300 people, we always set up three long serving tables for the "food" as well as one long table for the punch. It still takes a while to move that many people through the lines and get them served and back in their seats in only 30 minutes.

I have a lot of banners promoting chastity that were made by teenagers in my workshop at a Youth Convention several years ago, so we use those to decorate the room where we serve the food. They are very colorful and very creative, and they put the chastity message right out there on the walls. Some are not appropriate for the 10 - 12 year old girls, so we only use the ones that are. We also use several posters promoting the sanctity of life and the beauty of the unborn child.

Questions and Answers For the Panel

30 - 45 minutes

The young people really learn during this part of the Program because they are asking the things that they want to know. Be prepared for anything and everything! We usually have more questions than we have time to answer, but I still think it is always a good idea to put a few questions of your own in the Question Box just in case you have an extremely quiet audience. We put the panel on the stage sitting at a large draped table with table top microphones that they share. The Moderator stands at the podium, sorts the questions and reads them one by one to the panel for an answer.

We use a panel of 6 - 8 women, usually all NFP Teachers, for the Mother/Daughter Program. If you happen to have a doctor or nurse in your area who understands fertility and has a Godly understanding of sexuality, you might want to include them, but medical professionals are certainly not necessary. Sometimes they just don't know how to talk to children, and it is very important to have panel members who know they are talking to children and who can answer the questions appropriately in a way the children can understand. It is also very good for the parents in the audience to realize that most of the people on the stage are just plain old parents like them.

The Moderator should sort the questions, put them in some kind of logical order, set aside the duplicates, and ask the questions from the podium. The questions should begin with the most simple ones and lead up to the more complex ones. The panel members just answer a question when they know the answer. If they don't know an answer, they don't have to say anything. This eliminates the pressure of choosing a panel member who has to answer a random question. If one member of the panel doesn't give a complete answer, it is perfectly fine for someone else to add more information. You just don't want to have people repeating each other and babbling on and on.

There may be some inappropriate questions in the box, and those should not be read from the podium. Sometimes the girls who write those questions really do want an answer, so I usually make a comment that some questions in the box would be more appropriately answered one on one. So, whoever wrote the question is invited to come up after the program so she can get an answer.

We always have samples of several different sanitary pads and tampons to show the girls when those questions are answered. We even have an old sanitary belt and an old pad with the long panels that hook on the belt. Those always get a big laugh from the mothers, and the girls are really happy to see what wonderful products are available to them now. We encourage them to try the different products to find the ones most suited to their bodies and their menstrual flow. This is also a good time to remind the girls never to try to flush a pad in the toilet. We don't encourage the use of tampons because the girls need to learn about their menstrual flow. Using the pads will allow them to become familiar with its amount, and they will learn how often they need to change their pads.

It is a very good idea to get your panel together beforehand to answer some practice questions so they all won't go blank on the day of the Program. All of them should also read and study the whole 10 - 12 year old Mother/Daughter Program from the Manual beforehand. Some real questions from our Programs follow for you to use as sample questions when you practice. Have the Moderator practice sorting them so you can see how the duplicates can be eliminated and the simpler questions can be chosen first.

Sample Questions for the 10 - 12 year old Mother/Daughter Program

How old are you when you have a period?

If you have cramps, what do they feel like?

When does your period stop?

Will my daughter's puberty be similar to mine?

What signs make you know you are about to start your period?

Explain ovaries and tubes again.

Why are you telling us this?

After you have gotten mucus, when will you get your period?

Does everybody have a period every month?

Do boys go through these things? Does this concern them?

Why don't you have a cycle when you are pregnant?

Why is the cord connected to the belly button?

Will the mucus happen each time before menstruation?

How do you keep from having a baby?

How do I convince my daughter not to be afraid?

When can a young girl use tampons?

What do you do when a boy wants to hold your hand but you don't want to and he gets mad?

Once I have my period, will I have one every month?

How long are periods and how many can you have?

Why do you have emotions when you start your period?

What do I do if I start my period at school?

How do you get twins?

Do twins come out at the same time?

10 - 12 Year Old Program Sample Questions - Continued

Does it hurt to have a baby?

Can you swim during your period?

How do you know when the baby is coming?

Can you feel the lining of your uterus getting larger?

Why do you have hair near your vagina?

What happens if the cord wraps around the baby?

What do you do when boys bug you about how you look?

How big are the eggs?

Do you have to have your period before having a baby?

How can a mother handle the disrespectful comments and angry looks from her daughter?

How does a tampon work? Please answer this!

How does a lady get pregnant?

How does the egg become a baby?

How does the sperm get into the woman?

How does the sperm get to the egg to cause a baby?

When is the best time to have sex? (After you are married!)

What does sexuality mean?

What does chastity mean?

Why are mothers always complaining about their daughter's behavior?

Why do your nipples get darker?

Do all women have at least one baby?

Why do you get bumps on your skin?

Why do I feel lumps in my breast?

10 - 12 Year Old Program Sample Questions - Continued

Why don't boys have periods instead of us?

Does it hurt to have a period?

What is abortion?

How long does it take from one period to another?

How long does a period last and how much blood comes out?

What do you do with the pads when they are dirty?

What causes a baby to die inside of you?

What is a virgin?

What is sex?

How does sex happen?

What is a douche?

What do you do if you don't want to have a baby?

How do you keep from being fat? I need to know!

What is the average age for menstruating because I haven't had any signs of puberty yet?

Why do you have breasts and nipples?

What happens if you skip a cycle?

Does it matter if you don't have big breasts?

How can I make the boys stop making fun of my body?

What if you don't want this to happen?

How many babies can a woman have?

Will everyone at school know when I am having my period?

What do I do if I start my period and I don't have a pad with me?

What if blood gets on my clothes?

10 - 12 year old Program Sample Questions - Continued

How does the baby keep from drowning inside the mother 's body?

I want/need to pluck my eyebrows but can't approach my mom. How do I do it?

Does the baby turn inside the mother's body?

What if you are scared about telling your mother about your period?

How many periods will we have in a lifetime?

How wide can the vagina expand?

How does the baby bed know when to collapse?

How do you feed the baby when he/she is in you?

What is a miscarriage?

How old do you have to be to be pregnant?

What does it mean when your water breaks?

What's the best age to get married?

How do you remember all this stuff?

How did the period get its name?

Why would one of my breasts be larger than the other?

Why do people want to have babies?

How many times a day should you change pads?

Could you start your period at age 17 and it would still be normal?

Do you have to go to the bathroom to have a period?

What is an ovulation?

When you go through puberty, do you lose baby fat?

What would cause a person not to have a period?

Does participating in sports cause your cycle to start later?

Poetic Tribute to Daughters

3 - 4 minutes

One of our Teachers found this beautiful poem by Helen Steiner Rice, “A Tribute to All Daughters,” and it was the perfect poem for our Mother/Daughter Programs. We have read it every year since the beginning. It can be found in the book, *Heart Gifts* by Helen Steiner Rice.

Colleen McNamara in Omaha passed along the information that people can write to the Helen Steiner Rice Foundation to request permission to re-print the poem in the program too. So, if you would like to re-print this poem in your program, please write to request permission to reprint it.

Helen Steiner Rice Foundation
Suite 2100, Atrium Two
221 East Fourth St.
Cincinnati, OH 45202

We reprint the poem on the inside of our program every year now.

When we read the poem at the end of the Mother/Daughter Programs, we usually ask the mothers to put their arms around their daughters while it is being read, and it always brings tears to most of the mothers' eyes. It's a wonderful way to end the Program.

Evaluations and Closing

We give out door prizes right before the instructions for the evaluations. We put a sticker on some of the programs, and the people who pick up those programs win the door prizes. The young people love winning something, so do have a few door prizes if possible.

Thank everyone for being a part of your program and ask them to fill out an evaluation form and turn it in as they leave the room. The people serving on the panel can go into the audience to pass out the evaluation forms and pencils and then wait at the doors to collect the completed forms. There is an evaluation form for the mothers and one for the daughters. We use different colored paper to keep them separate. The last question on the mother's form asks for the daughter to give her input to her mother who writes it on the form. This helps them both realize that they can communicate about their wonderful gifts of sexuality and fertility.

The evaluations are a very important part of the Program because they let you know one of two things. Either you have done a fantastic job because most of the forms will be thanking you and praising you for doing such a great job, or you have not done such a great job, and the forms will let you know that too. Don't worry about the one or two negative comments you may get from time to time. There are some people in the world who can never be pleased, so please don't let them ruin your day!

You will probably get some real good suggestions and also some really bad suggestions. If you need to practice more or improve in any area, the evaluations will let you know. Take what is good and worthwhile from them, learn from them, improve what you can, and don't worry one bit about the rest! Most of the people are going to love you for what you have done, and God loves you for sure!

While everyone is filling out their evaluations, we play the beautiful song, "*In His Time*" (God makes all things beautiful in His time) for background music. At one time we had two young girls who would sing the song for us, and the audiences loved it. You can find the song on a PRAISE 4 tape from Maranatha! Music, P. O. Box 1396, Costa Mesa, CA 92626 or check at a Christian bookstore in your area.

We have been able to give each girl a little mirror compact printed with "See the Precious Gift Inside" as they left the auditorium. The girls really did like them!

The Mother/Daughter Program for 13 - 16 Year Old Girls

Most of the girls at this Program will be in the 7th - 9th grades. Since most of them have already started ovulating and having periods, we are able to discuss the gifts of fertility and sexuality more in depth. This is an opportunity for them to hear that their fertility is a good and holy thing and that God gives us tangible signs to understand it. The cervical mucus is discussed as a natural sign of healthy fertility and knowing about it can help the girls understand their moods and even know when their next period will begin. Recognizing normal fertility can give them knowledge of its awesome power to bring new life into the world and the gift of their womanhood. Hopefully this knowledge will lead them to cherish and protect their gifts because of the wonderful way God had made them in His design and for His purpose.

We do discuss the marriage act (I love to call it the marriage act because it puts it in the proper context) during the slide presentation so we are ready to talk about chastity in the rest of the Program. By explaining that the marriage act is sacred and holy, and that it has a purpose to unite a married couple in their love, respect and commitment to each other as well as to bring new life into the world, we are talking much more about love and not just sex. Having speakers who are young women in high school or college who know, understand and believe in practicing chastity is a wonderful asset to the Program. They make terrific role models for the younger girls in the audience. They are able to convey the chastity message in a way that adults cannot do it. It is very important to talk about chastity a lot to this age group and witness to its goodness because they are under so much pressure from the world to believe that sexual activity outside of marriage is totally normal. Many of them believe that as long as complete intercourse does not take place, everything else is fine, and many girls are being hurt by this assumption. Chastity can protect them from so much pain and heartache.

It is important to be very clear in discussing sexual activity with this age group. Most of them are not sexually active, but they certainly know people their age who are. This is the time to help them make a commitment to be a virgin when they get married, and if they will commit to that now, the pressure is off to have to make a decision about it later on. We want them to know all the positive things chastity has to offer them.

We have been using the video "Sex Has a Price Tag" with Pam Stenzel for several years. It is one hour long which is really too long for our Program, but it is so excellent that we use it anyway. We added another 30 minutes to this Program to help accommodate the video. Any other good video about chastity could also be used. (March '08 – the new version is called "Sex Still Has A Price Tag.")

The older girls usually don't put as many questions in the Question Box as the younger girls, but their questions are usually more serious, and they deserve serious answers. This helps the mothers as well as the daughters because a lot of times the moms don't realize some of the pressures their children are facing. Questions about dating and refusal skills can be very helpful to everyone in the audience. Group dating is always encouraged to keep the pressure off and to learn how to communicate with the opposite sex and to be a real friend. Having friends of both sexes is sensible and very healthy for everyone involved.

This Program can be a very special bonding time for a "wanting to be independent - but not too much, yet" teenager and her mother. We encourage that bond and love between mother and daughter.

Content for 13 - 16 Year Old Mother/Daughter Program

There is no written script for the Program because each speaker needs to be as spontaneous as possible and leave enough room for the Holy Spirit to give inspirations, however, certain topics do need to be addressed in the specific areas of the Program. It is much better to refer to notes rather than to read an entire presentation. The individual speakers can develop their own style and delivery to include the necessary information integrated into a presentation that comes from their heart and makes them feel comfortable. It is always good to use humor to keep things lightened up and fun. Interesting and entertaining stories are another way of communicating important information.

It never ceases to amaze me how wonderful the Holy Spirit is and how different the presentations can be, and yet they all seem to get the necessary points across. Each personality is so different, and that is part of what makes the Programs so interesting. Some will be chatty and funny, others will be quieter and more serious. The personalities in the audience will be different too, so having speakers with different personalities appeals to all the different people in the audience and makes a better Program.

You will probably want to get all the speakers together to go over their plans for their talks, to be sure everyone has the same agenda and to practice answering questions for the panel.

You can copy the entire 13 - 16 year old Mother/Daughter Program section from the Manual and give it to each speaker who will be making the presentations and/or serving on the panel for questions and answers. This will give them an overall understanding of the total Program and what they will be doing.

I will take each section of the Program and give you the title of the talk and a summary of the important content that needs to be included in that presentation or part of the Program. I will start at the beginning and include the talks in the order they appear in our Programs.

The Welcome

The Emcee

This very important part of the Program needs to be upbeat and enthusiastic. It should portray a sense of excitement as well as reverence to establish the foundation for the rest of the Program. With this age group, you have to get their attention right away. The emcee should introduce some of the topics that will be discussed especially the gifts of sexuality, fertility, and chastity. The stage should be set for talking about God's love and wisdom in His Plan for each young person to grow up and become a woman. The positive attitude of the emcee emphasizing the goodness of being a woman and the responsibility each girl has to cherish and protect her femininity will help put the girls at ease and keep them ready for the presentations to follow.

It is good to remind the young people that the person who brought them to the Program is very important and loves them very much and wants them to know what is true and beautiful and good even if that person is not their Mom. They may be adopted or with their stepmom, an aunt, a grandmother, even a sister, but the important thing is to remind them that they are loved, and this adult wants them to have the best life possible. Throughout the Program encourage the mothers and daughters to communicate with each other after they leave because it is impossible for a 3 hour Program to give them everything they need. Encourage the girls to go to their mothers whenever they need information or have a question, and you might need to insist that they sit with their mothers at the Program too.

If you find a point in the Program where a little stretch break is appropriate, suggest that the mothers reach over and hug their daughter. It's a great thing to watch.

I love to play around a little with the young people at the beginning of the Programs just to make them laugh and relax so they can realize this is going to be fun as well as informative. You can use your imagination and sometimes an idea just happens.

The Opening Prayer

Beginning each Program with a prayer is always appropriate, and most of the parents are very appreciative to have the focus placed on God and His plan for our lives. The more spontaneous and from the heart the prayer is, the better. It should include reference to God's love for each person and thankfulness for His design of our sexuality and fertility in men and women. Gratitude for the privilege to be able to be parents and the goodness of family and parent child relationships can be included.

Just ask a good, sincere person who can talk to God very easily to offer the prayer, and your Program will be in the right Person's hands. This really sets the tone for what follows.

All In God's Plan

10 - 15 minutes

The older girls' Program begins with this section because most of them have already started ovulating and having their periods so we don't need to ease into all the physical changes. The positive enthusiasm about femininity and womanhood should be stressed as well as the importance of respect and setting high standards for themselves. They deserve to be cherished because each one is a precious creation of God, made in His image, with unique gifts and talents. He has a special purpose and plan for their lives, and His love for them gives them great dignity and worth. By developing their unique gifts and talents and using them to serve God, they will find their purpose in life, and it will bring them great joy and peace.

The physical changes should be discussed, but more in summary form since most of these girls have already experienced the growth spurts and breast development. More emphasis can be placed on their emotional changes, their need for love, assurance and acceptance by their parents and especially their peers, mood swings, the development of a stronger personality, and their desire for independence. All of these things are part of growing up and learning to know who they are and how they fit into their families, schools, churches and the world. They will search and question many things, and it is all part of gaining their independence and self assurance that they are worthwhile human persons.

Many girls in this age group are so worried about how they look and if they measure up or not to the usually unrealistic standards set by their peers and especially by the teen magazines that they fail to recognize their own beauty and goodness. Encouraging them to see who God sees, to be the best person possible and to trust God to lead the way can be a valuable lesson for everyone in the audience. The girls need to know that they are worth everything to God, to their parents and to their future husbands if marriage is their vocation. Having a father who loves his daughter and makes her his "special girl" can do wonders for a young woman's self concept and acceptance of her womanhood.

The slide presentation will emphasize respect and appreciation for the gift of fertility and the awesome power it holds, but modesty and chastity should be discussed as important aspects of God's plan in their preparation for marriage and motherhood. The girls should know that the way they dress can have a profound effect on the boys who see them. By dressing modestly, they can send a message of confidence, security and self respect, not desperation. Chastity can help protect the goodness of their sexuality and the integrity of their emotions. The virtue of chastity will be discussed a lot more in the rest of the program, so just introducing it and laying the groundwork for the rest of the Program is all that is needed here.

Good hygiene, good nutrition and adequate rest should be mentioned as well as the importance of sensitivity to the needs and feelings of the other people in their families. They can be reminded that when some of their "best" friends are no longer in their lives, their parents, brothers and sisters will still be there. Being part of a family is another great blessing from God, even though many teens may forget it for a while. The Moms can be encouraged to love a lot, laugh a lot, overlook the small stuff, and be there to listen and to care, especially during those times when it is most difficult. Their daughters will learn great lessons of patience, understanding, unconditional love, empathy and compassion from the women who love them the most.

The Slide Presentation

The main thing here is to **keep it simple and keep it clear**. Make the presentation easy to understand for the young people, focus your vocabulary on them, and the parents will be able to understand and learn too.

Stress **preparation** for motherhood and the importance of the gift of human fertility and the gift of each new baby. The tremendous power of human fertility deserves reverence and protection because of its sacredness uniting us with God in His creation of a new person.

The slide presentations are an important part of the Mother/Daughter Programs because they help the girls and their mothers understand that God has designed their bodies in an awesome way. The gift of human fertility should never be taken for granted, and when they can learn about fertility, they can understand and appreciate it. They can know that fertility is a great gift, and they should never do anything to damage it. This includes immoral sexual activity and contraception, especially the synthetic hormones like Birth Control Pills and DepoProvera.

When young people are given honest information about their bodies and how they work, they very well may gain an appreciation and respect for themselves that they never had before. They may learn to see all these things as part of God's plan, and they may want to protect their gifts of fertility and sexuality.

The slide presentation for the 13 - 16 year old girls is more detailed than the one for the younger girls and builds on the basic information from the 10 - 12 year old Program. It puts more emphasis on understanding and appreciating the normal signs of healthy fertility.

The slides we use in Memphis are a real conglomeration of various NFP slides that I already had. I wish I had the ability and resources to create some just for these Programs, but so far that hasn't happened. You certainly do not need to have the exact same slides that we use. Just use whatever basic fertility and reproductive slides you have available to you in your NFP program, and I am sure you will do a great job! (March, 2008 – I now have new slides for all the Programs in Power Point, and all of them can be obtained on a CD from the Diocese of Memphis NFP Center, 5825 Shelby Oaks Dr., Memphis, TN 38134 for a donation of \$ 30.00.)

Remember, the beauty of the Program is not so much the body parts as it is the respect and appreciation for the wonders of God's gift of human fertility, and NFP Teachers are experts at relaying that information. Be sure to bring in God's design over and over to help the young people understand His plan for their bodies, and help them to see that all of this is to help prepare them for love, marriage and a family in the future.

Be sure the person making the slide presentations has a good solid NFP background, preferably with teaching experience. Choose someone who likes to talk to young people and who wants to teach them and help them learn about the marvelous way their bodies are made.

Preparation For Motherhood
Understanding the Cycle, Fertility Appreciation, Effects of Hormones
Slide Presentation

30 - 40 minutes

Brain Interaction with Reproductive Organs (Boy and Girl)

Stress the importance of the hypothalamus and pituitary glands in the brain. Everything about human sexuality and fertility begins in the brain of both men and women. The hypothalamus gland decides when each girl is ready to begin her fertility cycles, and every girl is different and has her own time clock. Once the hypothalamus sends its messages to the pituitary gland to stimulate the girl's ovaries, she will begin the process of changing and growing into a woman.

It is always interesting to point out that both the boys and the girls have brains, (I love to call them boy brains and girl brains) and both of them have reproductive organs that respond to the messages from their brains. The boy's pituitary gland sends the messages to his testicles to begin the production of the male hormone, testosterone, as well as the sperm cells, the male reproductive cells. The girl's pituitary gland sends the messages to her ovaries to begin her fertility cycles and the maturing of the female reproductive cell, called the egg or ovum. Girl brains and boy brains are designed by God to function differently, so the girls should never expect them to be exactly the same, especially in the way men and women respond to the things around them. That's why girls usually cry at sad movies, and the boys don't. The emotional involvement and reaction is different because their brains are different. Girls understand this.

Men Are Always Fertile

Fertility is the ability to become a mother or father, and once a young boy reaches puberty and his testicles begin the production of the sperm cells, he is physically capable of becoming a father 24 hours a day, 7 days a week, 365 days a year. He is constantly producing the sperm cells, so he is constantly fertile.

Women Are At Most Times Infertile

God designed women's bodies to be totally unable to become pregnant most of the time. There is only a small window of time in each fertility cycle when she is fertile and capable of conceiving a child. She can know about her fertility in every cycle.

Woman's Cycles Comparing Dry/Wet/Dry Ground in Nature

This slide compares the time of fertility in a woman's cycle with the fertility of the earth in nature. The only time that seeds can germinate, grow and live is when there is moisture in the ground. The only time the woman is fertile is when the cervical mucus is present causing moisture and allowing the sperm cells to live.

Mother/Daughter 13 - 16 year old Slide Presentation - Continued

The Cycle (Billings) Wheel

A cycle goes on and on, over and over repeating itself. As young girls growing into women, their bodies cycle to prepare over and over to become a mother in the future. The whole purpose of a woman's fertility cycle is to prepare for a baby. God has designed a woman's body to be a mother and to be able to nourish and take care of her babies. This is what fertility is all about, and God always prepares ahead of time for everything we need.

There are different phases in a woman's cycle, and different things happen in each phase. Menstruation happens because an egg cell was released from the ovary 11 - 16 days beforehand and no baby was conceived. The lining of the uterus was not needed so it is sloughed off in menstruation. The pre-ovulatory phase may be long or short, then the fertile phase begins. The cervical mucus is like the moisture in the ground that is needed for seeds to germinate. Its purpose is to keep the sperm cells alive and move them toward the egg cell. They can see on the wheel that there is only a certain time in each cycle that a woman is fertile. This is God's sacred time for creating new life. The power and awesome gift of fertility can be respected, cherished and protected.

Once ovulation occurs, the lining of the uterus is built up just in case there will be a baby. This is the post-ovulatory phase, and it will last 11 - 16 days before the next period begins.

Reproductive Anatomy and Physiology

Since a woman's body is designed to be a mother, and her body prepares over and over to become a mother, her reproductive organs are located inside her body in the abdomen to protect and take care of her babies whenever she is able to have one.

A woman has two **OVARIES**, one on each side of the **UTERUS**. The ovaries contain the **EGG CELLS** or **OVA** which are the female reproductive cells. A little girl is born with all the egg cells she will ever have, close to a million at birth, and by the time she reaches puberty, she has about 400,000 egg cells waiting in her ovaries. She does not make new egg cells. Each egg cell is contained inside a **FOLLICLE** like a little sack to protect it. Each cycle her brain stimulates her ovaries to ripen or mature an egg cell for that fertility cycle. The follicle grows and pushes itself to the surface of the ovary in each cycle. When the egg cell pops out of the follicle in the ovary, it is called **OVULATION**, and this is the most important event of the whole cycle. If a sperm cell from the father unites with the egg cell from the mother, a brand new human life begins. This is called **CONCEPTION**, the beginning of a new human life. Sometimes there can be more than one egg cell released from the ovary, and that is why some women have fraternal twins. Identical twins are always the same sex because one egg cell was fertilized by one sperm cell, and then the new cell divided again.

Mother/Daughter 13 - 16 year old Slide Presentation - Continued

Reproductive Anatomy and Physiology

The **UTERUS** is the large muscular organ where the baby grows. It is shaped like an upside down pear and is about the size of a woman's fist. The uterus is the baby's home, and it will grow and stretch as the baby grows inside of it. The uterus has a very special lining called the **ENDOMETRIUM** that grows thick and soft like a baby bed for the baby to nestle down into and implant. The baby sets up housekeeping in this new home where he or she will live and grow for the next nine months. This lining of the uterus prepares over and over in every cycle to nourish a new baby just in case there is one.

On each side of the uterus are the **FALLOPIAN TUBES**. Their job is to catch the egg cell when it comes out of the ovary at ovulation. Each tube has tiny little fingers on the end that reach out over the ovary to catch the egg cell. If conception does take place, it happens in the outer one third of the Fallopian tube, and the brand new little baby will travel through the tube for 5 - 6 days toward the uterus where the lining will be just right for implantation. While the baby is traveling through the tube, the endometrium is growing and getting all ready for the new baby. If conception does not take place, the egg cell will die within 24 hours in the Fallopian tube.

The **CERVIX** is the neck of the uterus or womb, and it helps to hold the baby inside the uterus. The cervix also produces the cervical mucus that lets a woman know that the egg cell is ripening in her ovary. She can feel the slipperiness and wetness at the outside of her body just walking around during the day. Some women also notice a clear or cloudy mucus discharge when they wipe. This mucus is perfectly normal, and it is a beautiful and healthy sign of good, normal fertility.

The **VAGINA** opens to the outside of the woman's body and becomes part of the birth canal when a baby is being born. The **LABIA** are folds of flesh on the outside of the body that help protect the reproductive organs on the inside. Pubic hair grows on the labia and helps prevent germs from entering the vagina.

Since a woman's body prepares over and over to be a mother, it builds up a brand new baby bed in every cycle just in case there will be a baby. God thinks every baby is so important that He wants every new baby to have a brand new soft baby bed. Most of the time there will not be a baby, so the nice soft lining will not be needed. Since it is not needed, it will break away from the walls of the uterus and will pass through the cervix and the vagina to the outside of the woman's body. This is called **MENSTRUATION or HAVING YOUR PERIOD**. It is perfectly good and normal and a beautiful sign of womanhood and femininity. A menstrual period usually lasts around 3 to 7 days, and only a small amount of bloody material will actually leave the body during menstruation.

Since the lush lining from the uterus is made up of blood that would have helped nourish the baby, it must be absorbed by a **SANITARY PAD** that is worn in the panties or a tampon which is worn inside the body. These pads are made of soft absorbent paper that will catch the menstrual flow and protect the woman's clothes.

A woman's body will continue over and over in this cycling of fertility preparing for a baby in every cycle until she reaches menopause around the age of 50. Her cycles then come to an end, and she will no longer be able to have children.

Mother Daughter 13 - 16 year old Slide Presentation - Continued

Conception, Implantation And The Marriage Act

When conception takes place and a new life begins in the mother's Fallopian tube, it is because the egg cell from the mother has united with the sperm cell from the father, and God has created a new human person. God has designed such a very special, wonderful, holy and sacred way for this to happen. He has designed a special gift, called the marriage act or sexual intercourse, that is a gift for husbands and wives who are united in marriage. It is through the marriage act that new life can be conceived. God has given men and women the awesome privilege of cooperating with Him in the creation of His children. It is an marvelous gift to have the wonderful power of fertility to actually be able to become mothers and fathers with Him.

Long before marriage and before a baby is conceived, God is preparing His young people for the future. In His design of men and women, He made human sexuality so that men and women would be drawn each other as members of the opposite sex. Sexual desire and sexual attraction are very good and beautiful parts of human sexuality. That's why girls like to be around boys and to be with people their own age. Going out with lots of friends helps young people learn how to communicate and to have personal relationships with other people, especially people of the opposite sex. It also helps them learn how to be a real friend.

Since most young people want to start dating, the best idea is to date in groups - lots of friends going out together with no pressure, just a chance to have fun. Group dating helps young people discover their own values and the characteristics, virtues and qualities that are important to them in other people. As they discover those character traits that are important to them, one day in the future, if marriage is their vocation and calling from God, they will find that one special person God has created for them to be their spouse to marry and live with for the rest of their lives. Praying for that person during high school and college and looking for someone who will help them get to Heaven because that person loves God most of all are excellent things to do.

Because of their love for each other and their life time commitment they will make to each other in marriage, God draws these two people together in a very special way that unites and bonds them. God designed their bodies to fit perfectly together in the very sacred, very holy and beautiful gift of the marriage act or sexual intercourse. The husband's penis will fit perfectly inside his wife's vagina, and his sperm cells will leave his body and enter into her body. If she is in the fertile phase of her cycle, the sperm cells will be able to live in the cervical mucus, and there is a very good possibility that one sperm cell will join with her egg cell, and a new baby will be conceived. This is God's plan for love and marriage.

Human fertility is such an awesome power because a new life is possible, and it is very important that this power be used in the way God intended. His plan is for husbands and wives, one man and one woman, who love each other and are committed to each other in marriage, to enjoy this beautiful gift.

Unfortunately, many people do not realize how important God's plan is for their happiness, and they misuse their gifts of fertility and sexuality by engaging in the marriage act when they are not married to each other. Many problems are caused when people misuse these wonderful gifts, and so many people are suffering because of it. We will talk much more about this when we get to the chastity part of the Program.

Mother Daughter 13 - 16 year old Slide Presentation - Continued

Uterus Showing the Birth Canal

After the baby has grown in the uterus for nine months, it will be time for him or her to be born. The baby usually turns upside down so his head can push on his mother's cervix to make it soft so it will open. When the mother goes into **LABOR**, her cervix opens wider and wider. The baby pushes himself through the cervix and into the vagina which is made to stretch a lot so the baby can be born. This whole area is called the **BIRTH CANAL**, and most babies are born this way. Sometimes, the mother's body cannot have the baby born through the birth canal, and the doctor may have to perform a C-section which is a surgical way to open the mother's uterus from the outside and lift the baby out.

Phases of the Cycle

Stress that ovulation is the main event of every cycle, and the length of each cycle is determined by the event of ovulation. The time before ovulation can vary a great deal thus causing the woman to have a long or short cycle. It is not unusual to have long irregular cycles when girls first begin ovulating and having periods. Their bodies are learning to function properly, and sometimes it takes a while for their ovaries to ripen and mature an egg cell. The time after ovulation is usually very stable, about 11 - 16 days from ovulation to the beginning of the next period.

The older girls are probably already familiar with the cervical mucus so remind them about its importance and that it appears before the egg cell or ovum is released from the ovary. Reiterate that this is a beautiful, healthy part of their womanhood and a beautiful sign of their fertility that they can recognize and appreciate. Once they understand that they can be aware of their fertility just walking around and noticing the wet or slippery sensation outside their bodies, they can know that their next period will begin 11 - 16 days after the slipperiness goes away.

Hormones Influence the Events of the Cycle

Women have two major female hormones, **ESTROGEN and PROGESTERONE**, that actually control the events of their fertility cycles. Hormones are like chemical messengers that go through the blood to tell other organs or glands what to do. Estrogen is dominant before ovulation and causes the cervix to produce the mucus and the lining of the uterus to start getting ready in case there will be a baby. The estrogen has to rise to a certain high level before ovulation can happen. The progesterone rises very quickly after ovulation and usually stays dominant over the estrogen in the post-ovulatory phase of the cycle. Progesterone means in favor of gestation or in favor of the baby growing and being nourished, so the progesterone makes the lining of the uterus grow into the soft, lush baby bed in case there is a new baby. It also makes the woman's body a little warmer, like an incubator, to take care of a new baby, and progesterone causes her cervix to produce a thick mucus that closes it off so germs cannot get to her reproductive organs. The rising and falling of these hormones can certainly affect the way a woman feels and acts because she does respond to them throughout her cycle, and they change a lot thus causing her to feel differently at different times in the cycle. Many women feel very blue or sad right after their period, and some women have lots of energy as ovulation approaches, so a change in moods could often be caused by the changing hormone levels.

Mother Daughter 13 - 16 year old Slide Presentation - Continued

The Ovary

When the pituitary gland tells the ovaries to begin preparing an egg cell for a cycle, it sends a hormone called FSH (follicle stimulating hormone) to stimulate some of the follicles that contain the egg cells. The follicles begin to grow and produce the hormone, estrogen, which causes the cervix to produce the cervical mucus and the lining of the uterus to start building up to get ready in case there will be a new baby.

Usually only one follicle ripens an egg cell enough for ovulation to happen, but there could be two as in the case of fraternal twins. Once the follicle releases the egg cell from the ovary, it collapses and becomes a hormone secreting gland called the **CORPUS LUTEUM**, which means yellow body. The corpus luteum produces estrogen as well as the hormone progesterone which rises very quickly after ovulation to build up the thick, lush baby bed in the lining of the uterus. The corpus luteum will function for 11 - 16 days, so when there is no baby, a woman can know when her next period will begin in every cycle, 11 - 16 days after ovulation.

Mucus Production in the Cervix

The cervical mucus produced under the influence of high estrogen is very fluid and makes the woman feel wet and slippery outside her body at the vaginal opening. It is produced by cells in the upper area of the cervix. There are other glands in the cervix that produce mucus which acts as a filter system to trap weak or imperfect sperm cells.

The mucus produced under the influence of progesterone comes from the cells at the base of the cervix, and this mucus is very thick and sticky. It causes the cervix to close off so that no more sperm cells or bacteria can enter the cervix.

Cervix as a Biological Valve

The mucus secreted under the influence of estrogen opens up wide channels for the sperm cells to swim in and helps move them very quickly through the cervix so they can get to the Fallopian tube to fertilize the egg cell. The mucus secreted under the influence of progesterone prevents the sperm cells from entering the cervix. So, the cervical mucus allows the sperm cells to enter the cervix only when the woman is fertile and prevents their entry when she is infertile.

Hormone Composite

Show how all the hormones have to work together to cause the beautiful symphony of fertility to take place in every cycle. Their rising and falling causes all the events of fertility to occur.

Mother Daughter 13 - 16 year old Slide Presentation - Continued

Changes in the Endometrium

Show the importance of the endometrium building up properly to become very thick and lush and filled with blood and nutrients so a new baby would be able to implant and to live. Before ovulation, the pre-ovulatory phase is the proliferating phase for the endometrium. That means it is getting ready for a baby, but it won't really be ready until the progesterone has its effect on the lining of the uterus. Looking at the first 7 letters of proliferating, we can see that the woman's body is pro-life, in favor of life for her babies. The secretory phase happens after ovulation under the influence of the progesterone which builds the lining nice and thick for a new baby, and progesterone means in favor of gestation and the baby growing. The baby needs the nice deep nourishing crevices to nestle into so the placenta can be established.

Magnified Picture of the Endometrium

The endometrium becomes very vascular and blood filled with deep crevices for the baby to nestle down into and be able to implant. The baby would not be able to live or be nourished if the lining was smooth and thin.

Menstruation

Part of the lush lining of the uterus becomes the menstrual flow when there is no baby. It actually breaks away from the sides of the uterine wall and gradually flows out of the woman's body through her cervix and vagina to the outside of her body. It doesn't usually gush out all at once, so the gradual flow can be caught by the sanitary pads on the outside or by tampons on the inside. There also may be a crampy feeling when the uterus is contracting to break the lining loose, and some girls have cramps during this time, but they are usually not severe. A mild pain reliever like ibuprofen may be all that is needed to relieve the cramps, and cutting back on salt, sugar, and caffeine including chocolate especially during the week before the period may also help. If someone is overcome with severe pain, she should consult a doctor who can find the cause of her pain and treat her, preferably one who will not prescribe birth control pills.

Ovulation Occurs on Only One Day In the Cycle

The high estrogen actually triggers ovulation to happen, and once it happens in a cycle, even if there are two eggs released from the ovary, it will not happen again on another day in that cycle. The rise in progesterone after ovulation actually suppresses the hormones that will cause ovulation in the next cycle.

Mother Daughter 13 - 16 year old Slide Presentation - Continued

The Egg Cell Lives 12 - 24 Hours

If the egg cell is not fertilized by a sperm cell, it will only live 12 - 24 hours, and then it dies. If it is fertilized by a sperm cell, then it is no longer an egg cell, but a new human person at the very early stages of life.

Sperm Must Have Mucus To Survive

The purpose of the cervical mucus is to keep the sperm cells alive and move them toward the egg cell.

Without the Mucus, Sperm Die Within Hours

When there is no cervical mucus present, sperm cells can only live for a very few hours.

Fertility Depends on Sperm, Ovulation and Cervical Mucus

In order for conception to take place, there has to be a good sperm cell from the father, a good egg cell from the mother and good cervical mucus to allow the sperm to enter through the cervix on their way to the Fallopian tube where conception occurs.

Conception, the Beginning of New Human Life

When everything works right and the sperm and egg meet, a new human life begins at the moment of conception. Everything about that person is determined at the moment of conception, as a unique human being is created by God.

Unpregnant Uterus

Point out the internal organs and show the relationship of these organs especially the size and shape of the bladder so you can compare the large bladder with the one belonging to a pregnant woman. You can show the girls that they actually have three opening to the outside of their bodies, the urethra, the vagina and the rectum.

Pregnant Uterus

Show how much the uterus can stretch to take care of the baby. Show the flattened bladder and why a pregnant mother would have to run to the bathroom so often. Show how the mother's body adjusts so beautifully to nourish and take care of her babies.

Mother Daughter 13 - 16 year old Slide Presentation - Continued

The Unborn Baby

We show several slides of the unborn child to remind the young people about the sanctity of life in the mother's womb. Most young people are fascinated by the beautiful pictures, and they can't imagine ever having been so small. We talk about the baby as a baby both before and after birth.

We use a slide of babies at 8, 11, 16 and 18 weeks after conception. We also use the one of the 18 week old sucking his thumb, and we use this to remind the young people that many of them probably sucked their thumbs when they were growing inside their own mothers' bodies. This is God's way of helping babies prepare their mouths and their facial muscles for nursing after they are born.

The more we talk about the humanity and sanctity of the unborn baby, the better chance there is for the girls to remember.

Challenge to Chastity

6 - 10 minutes

Having an enthusiastic young person present chastity as a desired and valuable virtue is a powerful witness to the girls in the audience. They always admire, respect and listen to someone close to their own age, and they even believe what is being said to them. The girls need to be reminded how precious they are and how much value they have just because they are created in the image and likeness of God to love and be loved the way God loves. They deserve the best, so challenge them never to sell themselves short or to settle for anything less than the best.

Since the power of human fertility is so great, the girls need to understand it and the responsibility it carries. Society does not place a high value on human sexuality, fertility or chastity. The young people live in a very promiscuous culture that glorifies pleasure and sexual activity outside of marriage as the norm. Society degrades marriage, children, commitment and responsibility. They need to know who they are as young women with great value so they can make a difference in the world.

The challenge to chastity includes a challenge to the girls to discover who they are as precious creations of God so they can know real freedom, real love and real intimacy. Chastity recognizes their sexuality as so good and such a great gift that it deserves to be loved, cherished and protected. Challenge the girls to learn about chastity, to know that it can help them respect themselves and the power of their sexuality. Chastity can help them wear clothes that are modest that draw attention to their personalities and their souls, but not their bodies. Chastity is a special grace from God to help them control their sexual desires and to use their sexual powers only in the way God intended. Chastity can help them learn to love unselfishly and to be a woman of strong moral character.

Chastity can protect them from the many harmful effects of using their sexual powers outside of God's plan. Chastity can give them the freedom to really love other people and to form deep bonding relationships based on respect instead of passion. Chastity is possible only with God's help, and He expects it of every person He has created.

The girls need to know that love is always wanting what is best for the other person. It is putting the good of another above their own wants and desires. It is unselfishness and sacrifice. Sexual activity outside of marriage is not loving another person. It is using the other person for pleasure, and it destroys the longing that every person has for intimacy and exclusive bonding in a lifelong marriage commitment.

Encourage the girls to plan for their future now. They can decide that sexual activity belongs only in marriage, and they can plan to be a virgin and to save the precious gift of themselves for their husband and to really celebrate their wedding day. They can begin praying for their future husband, for purity and sexual self control for him as well as for themselves. They can begin preparing for the future because the decisions they make now will affect them for the rest of their lives. When they are strong in their own commitment to chastity, in their understanding of themselves as precious gifts and in their desire to please God, their future will look bright and be free from worry about sexually transmitted diseases, pregnancy outside of marriage and emotional destruction.

Chastity Video

30 - 60 minutes

There are many good videos available now that promote chastity. Use one that you like and that is appropriate for your audience. Be familiar with the video before the Program because some of the questions for the panel may be generated by it.

We have used many different videos over the years, but we have found “ *Sex Has A Price Tag*” by Pam Stenzel to be our favorite. It is one hour long, which is really a little too long for the Program, but we use it anyway because it offers so much information in a concise way. You can order it from One More Soul (800) 307-7685. The mothers really appreciate this video, and I always have requests to borrow it after the Program is over.

Break for the Afternoon Tea Party

30 minutes

Be sure to tell the audience about the Question Box and encourage them to write their questions down during the break and put them in the box. We put the Question Box in a prominent place outside the auditorium with a sign pointing to it, and we put out plenty of paper and pens. Encourage the parents to put questions in the box too.

The Tea Party is a very important part of the Program. The girls still love to eat fun food, and it gives the parents a chance to mingle and get to meet other parents who share their values. Everybody needs this break, so please be sure to include it.

The food can be as simple or as elaborate as you need it to be. I like to have lots of fun food at all our Programs because the young people always remember it and tell me how much they enjoyed that part of the Program.

We like to have punch made with ginger ale, cranberry and pineapple juices, cream puffs, miniature cheesecakes, donut holes, assorted cookies, chicken salad and crackers, nuts, mints, Goldfish crackers, cheese and crackers, strawberries, grapes, oranges, maraschino cherries, carrots, broccoli, celery and dip, chips and salsa, and lots of candy including, M & M's, Skittles, chocolate covered raisins, jelly beans and hot tamales, coffee and ice water.

Whatever you decide on for the food will depend on the number of people attending, the amount of money you are able to spend, and who is preparing and serving it. Lots of people only serve cake and punch, and their programs work just as well.

When we have 300 people, we always set up three long serving tables for the "food" as well as one long table for the punch. It still takes a while to move that many people through the lines and get them served and back in their seats in only 30 minutes.

I have a lot of banners promoting chastity that were made by teenagers in my workshop at a Youth Convention several years ago, so we use those to decorate the room where we serve the food. They are very colorful and very creative, and they put the chastity message right out there on the walls. We also use several posters promoting the sanctity of life and the beauty of the unborn child.

Questions and Answers For the Panel

30 - 45 minutes

The young people really learn during this part of the Program because they are asking the things that they want to know. Be prepared for anything and everything! We usually have more questions than we have time to answer, but I still think it is always a good idea to put a few questions of your own in the Question Box just in case you have an extremely quiet audience. We put the panel on the stage sitting at a large draped table with table top microphones that they share. The Moderator stands at the podium, sorts the questions and reads them one by one to the panel for an answer.

We use a panel of 6 - 8 women, usually all NFP Teachers, for the Mother/Daughter Programs. If you happen to have a doctor or nurse in your area who understands fertility and has a Godly understanding of sexuality, you might want to include them, but medical professionals are certainly not necessary. Sometimes they just don't know how to talk to young people, and it is very important to have panel members who know they are talking to young people and who can answer the questions appropriately in a way the girls can understand. It is also very good for the parents in the audience to realize that most of the people on the stage are just plain old parents like them.

The Moderator should sort the questions, put them in some kind of logical order, set aside the duplicates, and ask the questions from the podium. The questions should begin with the most simple ones and lead up to the more complex ones. The panel members just answer a question when they know the answer. If they don't know an answer, they don't have to say anything. This eliminates the pressure of choosing a panel member who has to answer a random question. If one member of the panel doesn't give a complete answer, it is perfectly fine for someone else to add more information. You just don't want to have people repeating each other and babbling on and on.

There may be some inappropriate questions in the box, and those should not be read from the podium. Sometimes the girls who write those questions really do want an answer, so I usually make a comment that some questions in the box would be more appropriately answered one on one. So, whoever wrote the question is invited to come up after the program so she can get an answer.

We always have samples of several different sanitary pads and tampons to show the girls when those questions are answered. We even have an old sanitary belt and an old pad with the long panels that hook on the belt. Those always get a big laugh from the mothers, and the girls are really happy to see what wonderful products are available to them now. We encourage them to try the different products to find the ones most suited to their bodies and their menstrual flow. This is also a good time to remind the girls never to try to flush a pad or tampon applicator in the toilet. They won't want to meet the plumber!

It is a very good idea to get your panel together beforehand to answer some practice questions so they won't all go blank on the day of the Program. All of them should read and study the whole 13 - 16 year old Mother/Daughter Program from the Manual beforehand. Some real questions from our Programs follow for you to use as sample questions when you practice. Have the Moderator practice sorting them so you can see how the duplicates can be eliminated and the simpler questions can be chosen first.

Sample Questions for the 13 - 16 Year Old Mother/Daughter Program

What does it mean to dress like a sex object? How should a girl dress?

Is it unusual for a girl to start her period then miss it the next month?

Why do parents make such a big deal about having intercourse outside of marriage?

Does birth control always work?

How do you feel about the subject of abortion?

How old should you be to date?

How old should your child be to start birth control pills?

Can venereal diseases be identified by a blood test?

How do you show a teenager you still love her like when she was a baby?

If you are fat, you think boys don't like you, so do you have to do what they want?

Is it safe for a virgin to use tampons?

When is a good time to start having sex? (On your wedding night!)

How can a divorced mother talk to her daughter about dating when the mother is involved in a relationship and the daughter is just beginning to notice?

Discuss how a girl's actions can arouse a boy?

How do you count the days to ovulation?

Can you discuss the freedom issue more?

Discuss genital warts and chlamydia.

Should teenagers take birth control pills?

Why do some adults think all teenagers are having sex?

What difference does it make what kind of clothes I wear?

What usually causes teenage pregnancy?

When is the best time to have intercourse without getting pregnant?

13 - 16 Year Old Program Sample Questions Continued

What else affects your reputation besides having sex?

How do you tell a boy that you like him?

What about the girl's relationship with her father?

Does chastity mean not having sex?

What can teenagers do on dates?

What is menopause?

Are you ever supposed to shave your pubic hair?

How do the babies breathe when they are in your womb?

Is there such a thing as safe sex?

Do girls have as much sexual desire or drive as boys?

Can you get pregnant while on your period?

What about all the free sex on TV and in the movies?

If you are engaged, why can't you have sex?

How do you recognize true love from physical attraction?

Why is virginity so important?

Why is there hair under your arms and other places?

What exactly is herpes?

What happens to the egg when it is not fertilized?

Does the pill always work?

What is intimacy?

Can you get pregnant if you have sex before your period?

My mother has been bringing me here since I was 9, and I am 17 now. I just wanted to say how much this Program has helped me. Thanks. (This is what makes it all worth it!!!)

The Choice Is Yours

6 - 10 minutes

This part should be done by another young person a few years older than the girls in the audience who can be a good role model for them. After the girls have heard all the information in the Program, they will have to decide how they are going to use that information and incorporate it into their lives. This part should encourage the girls to make good decisions and help them understand that they are responsible for the choices they make. Once they make a choice, they have to be ready to accept the consequences that come with that choice.

Repeat some of the challenges in the video and remind the girls that they really are capable of making good decisions. Give them hints on dating and encourage them to go out in groups to keep the one on one pressure off and to have more fun. Help them understand how important it is to be a good friend and to have lots of friends of both sexes who share their values.

Practicing the virtue of chastity is not easy for anyone, but it is always possible with God's help. It is possible to be pure and chaste if the girls want to be because they are created in the image of God with a mind and a will, and they can make the right choices. God will be there with them all the time to help them. It is so important to have friends who believe in the same moral standards and who will help them uphold those standards. Encourage the girls to get involved in wholesome activities and youth groups where the people reach out and give of themselves to help others. Remind them that having a boyfriend does not make them more important or more worthwhile. They are worth everything already because God has created them and loves them and has a special purpose for their lives.

For those who have already been sexually active in the past, who have made mistakes and who want to change and live chastely from now on, there is secondary virginity. They can make up their minds to stay away from the temptations of the past and to find new friends who will support them in their decision to be chaste. God's mercy and forgiveness is far greater than anything they could ever imagine, and He is always ready to forgive them when they are sorry and want to change. Give them hope that they are precious and wonderful and loved beyond measure by God and their parents.

Remind the girls about the dangers of alcohol and drugs and how these things can weaken their resolve to be chaste. They need to love themselves enough to stay away from people, places and things that may cause them to be tempted. As they get older, there will be many more temptations, but if they learn at a early age how to make good decisions, those choices won't be so difficult later on.

This section should end on a positive note of hope and encouragement. The girls need to know how precious they are and how important they are to their families and to their future families. They need to understand their own sexuality and fertility as beautiful, wondrous and awesome gifts from God to be loved and cherished. They have to decide how they want to live their lives. The choice is theirs, and with God's help, they will be able to make really good choices and become the women He created them to be.

Being a Mother

3 - 6 minutes

This is a short personal witness to the joys as well as the sorrows of motherhood. It can be funny, sad, or very emotional, but it needs to be completely honest and directly from the heart of the person speaking. Telling a personal story is very effective, and it puts a human touch on what being a mother has meant to the person speaking. It is never easy being a parent, and there is no such thing as the perfect parent, so the speaker can encourage the mothers in the audience to just keep trying to do their best.

Encourage the mothers to love their daughters no matter what, to really listen to them, to be there for them and to make them know how important they are to their families. Encourage them to be sacrificial and to pray to be the best mother they can be because they are examples to their children, and they need to be good examples. Their children are watching them every day.

The girls need to know that being a mother is a great blessing from God, and hopefully, if marriage is their vocation, God will bless them with children too. Of course, they need to realize that their own children will probably treat them the same way they treat their mothers, so it is important that they remember to be kind and gentle to their mothers. Lots of love, respect and communication can go a long way in helping to keep the family happy.

It is a very good idea to acknowledge adoptive families here too and remind the audience how precious that child is to those parents who waited, hoped and prayed for her. We have found that the adoptive families are very appreciative when we recognize their existence.

Poetic Tribute to Daughters

3 - 4 minutes

One of our Teachers found this beautiful poem by Helen Steiner Rice, “A Tribute to All Daughters,” and it was the perfect poem for our Mother/Daughter Programs. We have read it every year since the beginning. It can be found in the book, *Heart Gifts* by Helen Steiner Rice.

Colleen McNamara in Omaha passed along the information that people can write to the Helen Steiner Rice Foundation to request permission to re-print the poem in the program too. So, if you would like to re-print this poem in your program, please write to request permission to reprint it.

Helen Steiner Rice Foundation
Suite 2100, Atrium Two
221 East Fourth St.
Cincinnati, OH 45202

We reprint the poem on the inside of our program every year now.

When we read the poem at the end of the Mother/Daughter Programs, we usually ask the mothers to put their arms around their daughters while it is being read, and it always brings tears to most of the mothers' eyes. It's a wonderful way to end the Program.

Evaluations and Closing

We give out door prizes right before the instructions for the evaluations. We put a sticker on some of the programs, and the people who pick up those programs win the door prizes. The young people love winning something, so do have a few door prizes if possible.

Thank everyone for being a part of your program and ask them to fill out an evaluation form and turn it in as they leave the room. The people serving on the panel can go into the audience to pass out the evaluation forms and pencils and then wait at the doors to collect the completed forms. There is an evaluation form for the mothers and one for the daughters. We use different colored paper to keep them separate. The last question on the mother's form asks for the daughter to give her input to her mother who writes it on the form. This helps them both realize that they can communicate about their wonderful gifts of sexuality and fertility.

The evaluations are a very important part of the Program because they let you know one of two things. Either you have done a fantastic job because most of the forms will be thanking you and praising you for doing such a great job, or you have not done such a great job, and the forms will let you know that too. Don't worry about the one or two negative comments you may get from time to time. There are some people in the world who can never be pleased, so please don't let them ruin your day!

You will probably get some real good suggestions and also some really bad suggestions. If you need to practice more or improve in any area, the evaluations will let you know. Take what is good and worthwhile from them, learn from them, improve what you can, and don't worry one bit about the rest! Most of the people are going to love you for what you have done, and God loves you for sure!

While everyone is filling out their evaluations, we play the beautiful song, "*In His Time*" (God makes all things beautiful in His time) for background music. At one time we had two young girls who would sing the song for us, and the audiences loved it. You can find the song on a PRAISE 4 tape from Maranatha! Music, P. O. Box 1396, Costa Mesa, CA 92626 or check at a Christian bookstore in your area.

We have been able to give each girl a little mirror compact printed with "See the Precious Gift Inside" as they left the auditorium. The girls really did like them!

The Father/Son Program for 12 - 14 Year Old Boys

Boys are so different from girls! I know that is an understatement! We finally decided that 12 - 14 was probably the best age group for the boys since most of them reach puberty after the girls, and most of them at this age are still willing to learn and ask questions. It seems that boys usually get so little information about their changing bodies and even less about the girls' changing bodies, and so many dads don't see the need for talking too much about it. It's usually the moms who insist the fathers bring their sons to the Programs, and once the boys reach 15 or 16, it is much more difficult to get them to come.

Originally we had the Father/Son Program for 10 - 14 year olds, then changed it to 11 - 14, and now we are at the 12 - 15 age group. The 10 year old boys were usually just babies and at 11, many of them were still too young, so by 12, they usually are a little more mature and more ready to listen and actually learn some of the things they may need and want to know. Certainly, any boy who is already starting to go through puberty before age 11 should be welcomed to attend.

Boys are curious about all the changes that occur to their bodies as well as to the girls' bodies. We want them to understand their changing bodies as part of God's plan for them to grow up into men and to prepare for fatherhood. Learning to understand why their bodies do what they do and how to deal with all the new feelings and emotions is very important for them.

We want the boys to understand what's happening to the girls they know and to gain respect for the power of fertility that both of them have. We want them to understand that no one should ever use another person for any reason. People are created by God to love and to be loved, and love is never selfish, demanding or controlling. We want them to have respect for themselves as well as the girls and to accept responsibility for their thoughts and actions.

Learning self control, self discipline and self mastery is a vital element to becoming a well balanced adult. The boys need to know that being a good man is more important than experiencing every urge that their bodies present to them. We want them to know that their sexual desires are part of God's plan, that they are good and holy, but they can and must be controlled. Having good, strong, faithful, happy men to make the presentations as well as young men in high school or college can give the boys excellent role models.

Many questions have been asked about what to do with boys who have no father in their lives. We have always insisted that these boys need to be there, and their mothers are always welcomed to bring them. If there is a strong, loving male figure in the boy's life like an uncle or grandfather, that's fine for him to bring the boy, but I would much rather see a boy there with his mother who loves him than with someone else like a neighbor just because he is a man. I always try to put the boys at ease who are present without a father because sometimes they feel very out of place. If they can get past that, they usually will listen and learn a lot of things that they need to know.

Most of the dads end up learning a lot of things they never knew, and they are very grateful for the opportunity to spend some time alone with their sons even if they thought it was going to be a little uncomfortable. The Father/Son Program can be a terrific bonding time for the men too, and hopefully it makes it a little easier to keep the conversations going long after the Program is over.

Content for The Father/Son Program

There is no written script for the Program because each speaker needs to be as spontaneous as possible and leave enough room for the Holy Spirit to give inspirations; however, certain topics do need to be addressed in the specific areas of the Program. It is much better to refer to notes rather than to read an entire presentation. The individual speakers can develop their own style and delivery to include the necessary information integrated into a presentation that comes from their heart and makes them feel comfortable. It is always good to use humor to keep things lightened up and fun. Interesting and entertaining stories are another way of communicating important information.

It never ceases to amaze me how wonderful the Holy Spirit is and how different the presentations can be, and yet they all seem to get the necessary points across. Each personality is so different, and that is part of what makes the Programs so interesting. Some will be chatty and funny, others will be quieter and more serious. The personalities in the audience will be different too, so having speakers with different personalities appeals to all the different people in the audience and makes a better Program.

You will probably want to get all the speakers together to go over their plans for their talks, to be sure everyone has the same agenda and to practice answering questions for the panel.

You can copy the entire Father/Son Program section from the Manual and give it to each speaker who will be making the presentations and /or serving on the panel for questions and answers. This will give them an overall understanding of the total Program and what they will be doing.

I will take each section of the Program and give you the title of the talk and a summary of the important content that needs to be included in that presentation or part of the Program. I will start at the beginning and include the talks in the order they appear in our Programs.

The Welcome

The Emcee

This very important part of the Program needs to be upbeat and enthusiastic. It should portray a sense of excitement as well as reverence to establish the foundation for the rest of the Program. The emcee should introduce some of the topics that will be discussed especially the gifts of sexuality and fertility and growing up to become a man. The stage should be set for talking about God's love and wisdom in His Plan for each young person to grow up. The positive attitude of the emcee emphasizing the goodness of being a boy and the fact that changes are supposed to happen will help put the boys at ease and keep them ready for the presentations to follow.

It is good to remind the young people that the person who brought them to the Program is very important and loves them very much and wants them to know what is true and beautiful and good even if that person is not their Dad. They may be adopted or with their step dad, an uncle, a grandfather, a brother, or even their mother, but the important thing is to remind them that they are loved, and this adult wants them to have the best life possible. Throughout the Program encourage the fathers and sons to communicate with each other after they leave because it is impossible for a 2½ hour Program to give them everything they need. Encourage the boys to go to their fathers whenever they need information or have a question, and you might need to insist that they sit with their dads at the Program too.

If you find a point in the Program where a little stretch break is appropriate, suggest that the fathers reach over and hug their son. It's a great thing to watch.

I love to play around a little with the young people at the beginning of the Programs just to make them laugh and relax so they can realize this is going to be fun as well as informative. You can use your imagination and sometimes an idea just happens.

The Opening Prayer

Beginning each Program with a prayer is always appropriate, and most of the parents are very appreciative to have the focus placed on God and His plan for our lives. The more spontaneous and from the heart the prayer is, the better. It should include reference to God's love for each person and thankfulness for His design of our sexuality and fertility in men and women. Gratitude for the privilege to be able to be parents and the goodness of family and parent child relationships can be included.

Just ask a good, sincere person who can talk to God very easily to offer the prayer, and your Program will be in the right Person's hands. This really sets the tone for what follows.

When I Was Your Age

4 - 5 minutes

Learning Respect and Growing Up Section

This section includes “**When I Was Your Age**”, “It’s Great to be a Boy”, and “All in God’s Plan.” Since this is the first part of the Program, it needs to be very upbeat and positive. This is the time to catch the young people and make them want to keep listening. It should encourage self respect as well as respect for others. It should promote the development of a good, healthy self concept because God has created each boy in His image for a special purpose as a man, and that gives him great dignity. This section can lay the foundation for the expectation of high ideals and standards for the young people. It should last about 25 - 30 with the time divided among the speakers who will be making the presentations.

When I Was Your Age

A young man who is a few years older than the boys in the audience (maybe in 10th or 11th grade) can begin the Program and help put everyone at ease. He can encourage the boys to listen to the speakers and to learn more about themselves. He can reassure the boys that growing up is good and wonderful even though it may seem confusing at times. He can remind them that there is always so much to learn, and that’s why they are at the Father/Son Program.

A personal story can be very effective, and this young man can be a great role model to the boys in the audience who always admire and appreciate someone close to their own age who has the courage to get up and speak to them.

Once you have done the Father/Son Program, you will have boys who have attended the Program in the past. Then you can ask one of these boys to talk about some of the things he learned at the Program when he attended and how much he appreciates what he learned. This young man will be on the panel for the questions and answers, so be sure to choose a boy who is willing to speak up when needed. The stronger he is in his convictions to appreciate his sexuality and to practice the virtue of chastity, the better role model he will be. There are absolutely wonderful young people out there, just find them for your Program, and ask them to help you.

It's Great To Be A Boy

8 - 10 minutes

Learning Respect and Growing Up Section

This section includes “When I Was Your Age”, “**It’s Great to be a Boy**”, and “All in God’s Plan.” Since this is the first part of the Program, it needs to be very upbeat and positive. This is the time to catch the young people and make them want to keep listening. It should encourage self respect as well as respect for others. It should promote the development of a good, healthy self concept because God has created each boy in His image for a special purpose as a man, and that gives him great dignity. This section can lay the foundation for the expectation of high ideals and standards for the young people. It should last about 25 - 30 with the time divided among the speakers who will be making the presentations.

It's Great To Be A Boy

Respect, Virtues and Responsibility

This should emphasize the goodness of the boys’ manhood and masculinity. They should be happy to be a man and appreciate the special gifts God has given to them especially the possibility of one day being able to become a father. Their bodies are going to change to help prepare them for the future, and the more they can understand what is happening, the more prepared they will be. Being a boy and doing “boy” things is very different from the things girls like to do, and God has designed men and women to be different so they can compliment each other in their sexuality.

Self respect and respect for others, especially girls, should be covered here as well as the importance of establishing a personal value system and building a strong moral character. Setting goals and working hard to achieve them should be covered here. Every boy is special and unique, and they need to understand themselves as precious creations of God. Understanding the importance of developing their gifts and talents and using them to serve God will help them to live a virtuous life.

They need to know that being honest, trustworthy, dependable and unselfish will help them become real men of integrity. The boys respond very quickly to a confident man talking to them who is happy being a man and who recognizes his responsibilities to himself and his family. The gift of modesty is as important for boys as it is for girls because modesty can protect their gifts of sexuality and fertility.

Responsibilities to themselves as well as to other people in their families, schools or peer groups should be discussed. Every person is responsible for their actions and words, and even when they don’t feel like doing something they are supposed to do, they have the responsibility to do what is right. This helps them mature and become responsible adults. Growing up to become husbands and fathers someday should be discussed, and how they prepare themselves now will make the difference in what kind of adult they will be.

Good manners, courtesy, politeness, thoughtfulness and tenderness can also be discussed and encouraged. Knowing that it’s okay to have feelings and to express them is also a good thing to discuss here.

All in God's Plan

10 - 12 minutes

Learning Respect and Growing Up Section

This section includes “When I Was Your Age”, “It’s Great to be a Boy”, and “**All in God’s Plan.**” Since this is the first part of the Program, it needs to be very upbeat and positive. This is the time to catch the young people and make them want to keep listening. It should encourage self respect as well as respect for others. It should promote the development of a good, healthy self concept because God has created each boy in His image for a special purpose as a man, and that gives him great dignity. This section can lay the foundation for the expectation of high ideals and standards for the young people. It should last about 25 - 30 with the time divided among the speakers who will be making the presentations.

All in God’s Plan

Physical and Emotional Changes

The emphasis should be on the normal changes the boys’ bodies go through in their preparation for the future. As the boys grow up, their bodies may become quite awkward and clumsy, and they will become much more aware of themselves and their bodies. They will usually notice an increased appetite along with sporadic growth spurts. They will start to sweat more and have body odor, so they will need to use deodorant. Body hair on their arms and legs will thicken and underarm and pubic hair will begin to grow. Their muscles and reproductive organs will grow larger, their voices will deepen and their beards will start to grow. They may develop acne, and they need to learn good hygiene habits to stay clean and remove bacteria from their skin. They need to eat balanced meals and get plenty of rest because their bodies are doing some major work as they grow up.

These changes are good and normal, and they will happen because the boys’ bodies are preparing them for manhood. Their brains will send chemical messengers, called hormones, to their reproductive systems, and their testicles will start producing the male hormone , testosterone. Testosterone gives men all their wonderful male characteristics like broad shoulders, hairy bodies and deep voices. The boys’ bodies will also begin the production of sperm cells which are the male reproductive cells. Once their bodies begin producing sperm cells, the boys will be physically able to become a father. In God’s plan, their bodies prepare them for the future in plenty of time, but they still have a lot of maturing to do before they are ready to accept the responsibilities of being a husband and father.

Most young men will have spontaneous erections, and they need to be reassured that this is perfectly normal. They can happen at any time for no particular reason, and the embarrassment usually subsides along with the erection. They will probably have nocturnal emissions or wet dreams that are also part of God’s plan to eliminate the excess fluid and sperm cells that their bodies produce. The slides will cover these topics more.

They will probably become moody and demand more privacy. They may be confused about just who they are, not really a little boy and not a man yet either. They will need lots of love, assurance and acceptance from their parents and peers. They may become distant from their families as they strive to discover themselves, and they need time to understand their changing bodies, feelings and moods.

The Slide Presentation

The main thing here is to **keep it simple and keep it clear**. Each new word needs to be stated clearly, repeated and defined especially for the younger boys. Make the presentation easy to understand for the boys, focus your vocabulary on them, and the dads will be able to understand and learn too.

Stress **preparation** for fatherhood and the importance of the gift of human fertility and the gift of each new baby. The tremendous power of human fertility deserves reverence and protection because of its sacredness uniting us with God in His creation of a new person.

The slide presentations are an important part of the Father/Son Program because they help the boys and their dads learn that God has designed their bodies in an awesome way. The gift of human fertility should never be taken for granted, and when they can learn about fertility, they can understand and appreciate it. They can know that fertility is a great gift, and they should never do anything to damage it or harm it. This includes immoral sexual activity.

When young people are given honest information about their bodies and how they work, they very well may gain an appreciation and respect for themselves that they never had before. They may learn to see all these things as part of God's plan, and they may want to protect their gifts of fertility and sexuality.

The slide presentation for the Father/Son Program is very basic to give the boys an overall view of what takes place during normal growth and development.

The slides we use in Memphis are a real conglomeration of various NFP slides that I already had. I wish I had the ability and resources to create some just for these Programs, but so far that hasn't happened. You certainly do not need to have the exact same slides that we use. Just use whatever basic fertility and reproductive slides you have available to you in your NFP program, and I am sure you will do a great job! (March, 2008 – I now have new slides for all the Programs in Power Point, and all of them can be obtained on a CD from the Diocese of Memphis NFP Center, 5825 Shelby Oaks Dr., Memphis, TN 38134 for a donation of \$ 30.00.)

Remember, the beauty of the Programs is not so much the body parts as it is the respect and appreciation for the wonders of God's gift of human fertility, and NFP Teachers are experts at relaying that information.

Be sure to bring in God's design over and over to help the young people understand His plan for their bodies, and help them to see that all of this is to help prepare them for love, marriage and a family in the future.

Be sure the person making the slide presentations has a good solid NFP background, preferably with teaching experience. Choose someone who likes to talk to young people and who wants to teach them and help them learn about the marvelous way their bodies are made.

Our Bodies are Changing and Preparing for Fatherhood Slide Presentation

20 - 25 minutes

Transparent Truck

Several men wanted to use this slide to show the insides of a truck as a cut away so the boys could picture and understand the cut away slides of the internal male reproductive system since we will be talking about things that go on inside the body. Also, the insides of most trucks function about the same way, but just as the outer part of the truck is different, so each boy is different, not only in the way he looks, but in his personality as well. Just as the engine of a truck makes it run, the boys' brains actually control everything about their sexuality and fertility and the way their reproductive organs work. At puberty their pituitary gland sends hormonal messages to their testicles to cause puberty to begin, and over time, their bodies change from little boys into men.

Anatomy of the Male Reproductive System

This is a cross section picture of the male reproductive system showing the general structure of the male reproductive organs. Identify each organ to put everything into perspective. Most of the male reproductive system is located outside the body. The **SCROTUM** is like a small bag that contains the two **TESTICLES**. The **VAS DEFERENS** is a tube that goes from the testicles to connect with the **URETHRA**. The urethra is the tube that leads out of the **BLADDER** to carry urine and sperm cells out of the body through the **PENIS**.

Development of the Testicles

This slide shows a drawing of an unborn baby boy with his testicles still inside his abdomen and another drawing after they have descended into the scrotum. This is interesting since most boys probably have never thought about their testicles being inside their bodies at one time unless they had undescended testicles themselves. It is very important that the testicles descend into the scrotum, and most of them usually do before birth or shortly afterwards, but if they don't descend, surgery will probably be required; otherwise the testicles would never be able to function. The testicles of a boy baby are very similar in size, shape and location to the ovaries of a girl baby inside the abdomen before they were born.

Father/Son Slide Presentation - Continued

Functions of the Testicles

When the boy's pituitary gland in his brain begins to send hormonal messages to his reproductive system, his testicles begin to produce the male hormone, **TESTOSTERONE**. This is like a chemical messenger that gets into his blood stream and starts to cause all the masculine changes in his body. Testosterone gives men their masculine characteristics like large muscles, broad shoulders, hairy bodies and deep voices. Once the production of testosterone begins, it will continue to be produced every day on a regular basis pretty much for the rest of the man's life.

The testicles also produce the **SPERM CELLS** which are the male reproductive cell. Once the boy's body begins the production of the sperm cells, he will usually continue to produce them for the rest of his life. When a sperm cell from the father unites with an egg cell, the female reproductive cell, from the mother, a brand new human life is created by God.

The testicles are located in the scrotum outside the body because they need to be a little cooler than the normal body temperature in order to produce sperm cells. The scrotum keeps them away from the body when it is hot outside and close to the body when it is cold. Most men produce trillions of sperm cells during their lifetime because the testicles are constantly making sperm cells. The sperm cells are made to leave the man's body so he does not store them for long periods of time. After the sperm cells are formed, they are collected in the **EPIDIDYMIS** which is a coiled, winding tube on top of each testicle, and they are able to mature in the epididymis until they are ready to be released from the body.

After the sperm cells leave the epididymis, they travel up through the vas deferens and are stored for a short time in a wider area called the **AMPULLA**, which is outside the **SEMINAL VESICLE**. They wait in the ampulla until they are ready to leave the body, and then they collect special fluids from the seminal vesicles, the **PROSTATE GLAND**, and the **COWPER'S GLANDS**. These special fluids combine to form the **SEMINAL FLUID**. The seminal fluid contains sugars and other nutrients for the sperm cells to keep them alive and help them to move. When the seminal fluid mixes with the sperm cells, it is called **SEMEN**. Semen is a milky fluid that contains millions of sperm cells.

At the time of **EJACULATION**, which means to burst forth suddenly, the semen leaves the body through the urethra in the penis. Both urine and semen leave the body through the urethra, but a special valve in the urethra makes it impossible for urine to mix with the semen.

Sometimes after puberty, a boy may have a spontaneous emission or ejaculation of the semen when it leaves his body during the night. This is called a **NOCTURNAL EMISSION** or **WET DREAM**, and it is a perfectly normal function of his body. He may wake up to find the wet, milky semen on his underwear or sheets and be confused, but he needs to be reassured that this is totally normal. It is nature's way of releasing the excess sperm cells from his body. God designed the male body to produce way more sperm cells than would ever be needed, and the wet dreams are one of His ways to allow the excess cells to leave the body. Boys should not be ashamed or afraid that they have done something wrong to cause the wet dream when it happens spontaneously during the night.

Father/Son Slide Presentation - Continued

Cross Section - Internal Structure of the Testicles

The sperm cells are produced inside the tiny, tightly coiled tubules that look a lot like spaghetti inside the testicles. Once they are formed, they move to the epididymis where they can mature. Then they travel through the vas deferens and are stored in the ampulla until they are ready to be released and ejaculated from the body.

Magnified Sperm Cells

Sperm cells are very tiny, and a microscope must be used to actually see them. They look like tiny tadpoles wiggling and swimming around very quickly, but they carry an enormous amount of information inside each one.

Single Sperm Cell

As the male reproductive cell, the structure of the sperm cell makes it very streamlined so it can move very fast. The top part contains the nucleus of the cell which can join with the nucleus of the mother's ovum or egg cell, and the 23 chromosomes from each parent will join together to form a new person. This is the genetic code that makes each person different from every other person. Part of the body of the sperm cell contains an energy pack, similar to a back pack with food supplies for a long hike. The bottom part of the sperm cell is the long, whipping tail that moves very quickly to propel the sperm cell forward in its search for the egg cell.

Male Anatomy Again

The scrotum acts like a thermostat and elevator to regulate the temperature of the testicles. When it is cold outside, the scrotum pulls the testicles up close to the man's body, and when he is warm, it allows the testicles to lower away from his body. This is God's way of making sure the sperm cells can be produced by keeping the testicles at the best temperature for sperm production. Once a young man reaches puberty, his body is constantly producing sperm cells, and he will be fertile, that is, physically capable of being the father of a new baby, every day, all day for the rest of his life.

As a young boy grows, his penis becomes very sensitive. The penis is made of a spongy tissue that can fill with blood making the penis become bigger, firmer and erect. This can happen for no apparent reason, sometimes when he least expects it, and it is called a **SPONTANEOUS ERECTION**, because it happens spontaneously. Sometimes it can happen because his pants are too tight and the pressure causes his penis to become erect. Sometimes it can happen because he sees a pretty girl or because his mind is thinking about girls in general. If he tries not to become too obsessed and upset when this happens, the erection will usually go away in a short time. He needs to be encouraged not to spend too much time thinking about it.

Girls' Bodies Change Too And Prepare For Motherhood

Explanation of the Fertility Cycle, Ovulation and Menstruation

Slide Presentation

20 - 25 minutes

It is important for the young men to have some idea about girls and the changes their bodies are going through at this time too. If the boys can understand some of the changes and the reasons for those changes, hopefully, they will have more respect and understanding for the young ladies in their classes. They won't have to feel so puzzled by all the new things they hear from their friends. They will have the knowledge they need to begin understanding what a beautiful mystery a woman is, and since most of them will marry one some day, the more they know about their future wife, the better.

We use the same slides for this presentation that we use for the 10 - 12 year old Mother/Daughter Program, but we do not spend nearly as much time on each slide. This presentation is to help the boys have a better understanding of how a woman's body actually works so just use the information for each slide that is appropriate for the boys. The dads usually learn a lot of things about their wives and the gift of fertility that they never knew before too, and that is always a good thing.

The Cycle (Billings) Wheel

Explain to the boys that girls are growing up too and that they have a cycle which is called their fertility cycle or menstrual cycle. A cycle goes on and on, over and over repeating itself. As young girls grow into women, their bodies will begin to cycle to prepare over and over to become a mother in the future. The whole purpose of a woman's fertility cycle is to prepare for a baby. God has designed a woman's body to be a mother and to be able to nourish and take care of her babies. This is what fertility is all about, and God always prepares ahead of time for everything we need. There are different phases in a woman's cycle, and different things happen in each phase.

A Woman's Cycle (Comparing dry/wet/dry ground in nature)

You can discuss the seasons of the year and how even in nature God has planned a time of fertility and a time of infertility. The winter is a dry and cold time in the earth when seeds will die and not be able to germinate if they are planted. In the spring there is a time of moisture and warmth when the rains come to nourish the seeds when they are planted so they can grow. There is a time for planting and a time for growing. Just as the soil prepares for fertility, a woman's body prepares for fertility also. Nature always prepares ahead to be ready, and the young girls' bodies are changing now to prepare them for the future so that someday, after they are married, they may be able to become mothers.

Father/Son Program “Girls’ Bodies Change Too” Slide Presentation - Continued

Brain Interaction with Reproductive Organs (Boy and Girl)

Stress the importance of the hypothalamus and pituitary glands in the brain. They set everything into motion when each girl’s body is ready to begin its own fertility cycle. The hypothalamus gland decides when each girl is ready, and every girl just has to wait on her brain to send the hormonal messages to her reproductive organs to begin the process of changing and growing up. Every person is different and has her own time clock, and there is nothing anyone can do to make it work faster or slower. The boys can be reminded that they should never make fun of any girl or even other boys whose bodies have not yet started to change. They also should not make fun of those whose bodies have changed before anyone else’s. Everyone is very sensitive about the way they look, and being made fun of is always painful.

It is always interesting to point out that both the boys and the girls have brains, (I love to call them boy brains and girl brains) and both of them have reproductive organs that respond to the messages from their brains. The boy’s pituitary gland sends the messages to his testicles to begin the production of the male reproductive cell, the sperm, and the girl’s pituitary gland sends the messages to her ovaries to begin her fertility cycles and the maturing of the female reproductive cell, called the egg or ovum. Girl brains and boy brains are designed by God to function differently, so the boys should never expect them to be exactly the same especially in the way men and women respond to the things around them.

Cycle Variations

Every woman is different. Some women will have short cycles; some women will have long cycles, and some women will have average cycles lasting about a month in length. During each cycle the woman’s body prepares for a baby, and the length of the cycle is not important. It is perfectly normal to be different, and when the girls first start having fertility cycles, their bodies are learning how to function, so they may not have all the messages between their brains and ovaries perfectly straight yet. Some girls may have irregular cycles, never seeming to be the same, but that is normal for them, and it is nothing to worry about. They certainly do not need to take medicine or chemical hormones to try to fix them because they are not broken. Their bodies are practicing and learning how to function as a woman.

Reproductive Anatomy and Physiology

Point out each organ and discuss its purpose and function. This does not have to be terribly detailed, so just tell the boys what they need to know at this time in their lives. Please don’t try to use everything I have put down here because it is way too much.

Since a woman’s body is designed to be a mother, and her body prepares over and over to become a mother, her reproductive organs are located inside her body in the abdomen to protect and take care of her babies whenever she is able to have one.

Father/Son Program “Girls’ Bodies Change Too” Slide Presentation - Continued

Reproductive Anatomy and Physiology

A woman has two **OVARIES**, one on each side of the **UTERUS**. The ovaries contain the **EGG CELLS** or **OVA** which are the female reproductive cells. A little girl is born with all the egg cells she will ever have, close to a million at birth, and by the time she reaches puberty, she has about 400,000 egg cells waiting in her ovaries. She does not make new egg cells. Each egg cell is contained inside a **FOLLICLE** like a little sack to protect it. Each cycle her brain stimulates her ovaries to ripen or mature an egg cell for that fertility cycle. The follicle grows and pushes itself to the surface of the ovary in each cycle. When the egg cell pops out of the follicle in the ovary, it is called **OVULATION**, and this is the most important event of the whole cycle. If a sperm cell from the father unites with the egg cell from the mother, a brand new human life begins. This is called **CONCEPTION**, and each boy began his life this way. (We do not discuss sexual intercourse in the slide presentation because it always comes up in the question box, and it can be handled a little more gently in response to a question from the boys themselves.)

The **UTERUS** is the large muscular organ where the baby grows. It is shaped like an upside down pear and is about the size of a woman’s fist. The uterus is the baby’s home, and it will grow and stretch as the baby grows inside of it. The uterus has a very special lining called the **ENDOMETRIUM** that grows thick and soft like a baby bed for the baby to nestle down into and implant. The baby sets up housekeeping in this new home where he or she will live and grow for the next nine months. This lining of the uterus prepares over and over in every cycle to nourish a new baby just in case there is one.

On each side of the uterus are the **FALLOPIAN TUBES**. Their job is to catch the egg cell when it comes out of the ovary at ovulation. Each tube has tiny little fingers on the end that reach out over the ovary to catch the egg cell. If conception does take place, it happens in the outer one third of the Fallopian tube, and the new little baby will travel through the tube toward the uterus where the lining will be just right for implantation. If conception does not take place, the egg cell will die within 24 hours in the Fallopian tube.

The **CERVIX** is the neck of the uterus or womb, and it helps to hold the baby inside the uterus. The cervix also produces a slippery mucus that lets the woman know that the egg cell is ripening in her ovary. She can feel the slipperiness and wetness at the outside of her body just walking around during the day. This mucus is perfectly normal, and it is a beautiful and healthy sign of good, normal fertility.

The **VAGINA** opens to the outside of the woman’s body and becomes part of the birth canal when a baby is being born. The **LABIA** are folds of flesh on the outside of the body that help protect the reproductive organs on the inside. Pubic hair grows on the labia and helps prevent germs from entering the vagina.

Father/Son Program “Girls’ Bodies Change Too” Slide Presentation - Continued Reproductive Anatomy and Physiology

Since a woman’s body prepares over and over to be a mother, it builds up a brand new baby bed in every cycle just in case there will be a baby. God thinks every baby is so important that He wants every new baby to have a brand new soft baby bed. Most of the time there will not be a baby, so the nice soft lining will not be needed. Since it is not needed, it will break away from the walls of the uterus and will pass through the cervix and the vagina to the outside of the woman’s body. This is called **MENSTRUATION** or **HAVING A PERIOD**. It is perfectly good and normal and a beautiful sign of womanhood and femininity. A menstrual period usually lasts around 3 to 7 days, and only a small amount of bloody material will actually leave the body during menstruation.

Since the lush lining from the uterus is made up of blood that would have helped nourish the baby, it must be absorbed by a **SANITARY PAD** that is worn in the panties. These pads are made of soft absorbent paper that will catch the menstrual flow and protect the woman’s clothes. Some women use tampons which are worn inside the body to absorb the menstrual flow. It is good for boys to know about pads and tampons so they are not so perplexed when they hear people talk about these things.

A woman’s body will continue over and over in this cycling of fertility preparing for a baby in every cycle until she reaches menopause around the age of 50. Her cycles then come to an end, and she will no longer be able to have children.

Conception

Every human life begins at conception when a sperm cell from the father unites with an egg cell from the mother and God creates a brand new person. Each person is unique, and there has never been or ever will be another person exactly like the brand new baby just conceived.

Uterus Showing the Birth Canal

After the baby has grown in the uterus for nine months, it will be time for him or her to be born. The baby usually turns upside down so his head can push on his mother’s cervix to make it soft so it will open. When the mother goes into **LABOR**, her cervix opens wider and wider. The baby pushes himself through the cervix and into the vagina which is made to stretch a lot so the baby can be born. This whole area is called the **BIRTH CANAL**, and most babies are born this way. Sometimes, the mother’s body cannot have the baby born through the birth canal, and the doctor may have to perform a Cesarean section which is a surgical way to open the mother’s uterus from the outside and lift the baby out.

Father/Son Program “Girls’ Bodies Change Too” Slide Presentation - Continued

Phases of the Cycle

Stress that ovulation is the main event of every cycle, and the length of each cycle is determined by the event of ovulation. The time before ovulation can vary a great deal thus causing the woman to have a long or short cycle. It is not unusual to have long irregular cycles when girls first begin ovulating and having periods. Their bodies are learning to function properly, and sometimes it takes a while for their ovaries to ripen and mature an egg cell. The time after ovulation is usually very stable, about 11 - 16 days from ovulation to the beginning of the next period.

Fertility Wheel

Review the phases of the cycle. Menstruation happens because an egg cell was released from the ovary 11 - 16 days beforehand. The pre-ovulatory phase may be long or short, then the fertile phase begins. The cervical mucus appears before the egg cell or ovum is released from the ovary. Reiterate that this is a beautiful, healthy part of womanhood and the gift of fertility. Once ovulation occurs, the lining of the uterus is built up just in case there will be a baby. This is the post-ovulatory phase, and it will last 11 - 16 days before the next period begins.

Hormones

Women have two major female hormones, **ESTROGEN and PROGESTERONE**, that actually control the events of their fertility cycles. Remind them that hormones are like chemical messengers that go through the blood to tell other organs or glands what to do. The estrogen is dominant before ovulation and causes the cervix to produce the mucus and the lining of the uterus to start getting ready in case there will be a baby. The progesterone rises very quickly after ovulation and usually stays dominant over the estrogen in the post-ovulatory phase of the cycle. Progesterone means in favor of gestation or in favor of the baby growing and being nourished, so the progesterone makes the lining of the uterus grow into the nice, soft, thick baby bed in case there is a new baby. It also makes the woman’s body a little warmer, like an incubator, to take care of a new baby, and progesterone causes her cervix to produce a thick mucus that closes it off so germs cannot get to her reproductive organs. The rising and falling of these hormones can certainly affect the way a woman feels and acts because she does respond to them throughout her cycle, and they change a lot thus causing her to feel differently at different times in the cycle. The more men can understand women’s hormonal changes, the more they will be able to understand women.

Father/Son Program “A Girls’ Bodies Change Too” Slide Presentation - Continued

The Ovary

When the pituitary gland tells the ovaries to begin preparing an egg cell for a cycle , it sends a hormone called FSH (follicle stimulating hormone) to stimulate some of the follicles that contain the egg cells. The follicles begin to grow and produce the hormone, estrogen, which causes the cervix to produce the cervical mucus and the lining of the uterus to start building up to get ready in case there will be a new baby.

Usually only one follicle ripens an egg cell enough for ovulation to happen, but there could be two as in the case of fraternal twins. Once the follicle releases the egg cell from the ovary, it collapses and becomes a hormone secreting gland called the **CORPUS LUTEUM**, which means yellow body. The corpus luteum produces estrogen as well as the hormone progesterone which rises very quickly after ovulation to build up the thick, lush baby bed in the lining of the uterus. The corpus luteum will function for 11 - 16 days, so when there is no baby, a woman can know when her next period will begin in every cycle, 11 - 16 days after ovulation.

Changes in the Endometrium

Show the importance of the endometrium building up properly to become very thick and lush and filled with blood so a new baby would be able to implant and to live. Before ovulation, the pre -ovulatory phase is the proliferating phase for the endometrium. That means it is getting ready for a baby, but it won't really be ready until the progesterone has its effect on the lining of the uterus. Looking at the first 7 letters of proliferating, we can see that the woman's body is pro -life, in favor of life for her babies. The secretory phase happens after ovulation under the influence of the progesterone which builds the lining nice and thick for a new baby and progesterone means in favor of gestation and the baby growing. The baby needs the nice deep nourishing crevices to nestle into so the placenta can be established.

Menstruation

Part of the lush lining of the uterus becomes the menstrual flow when there is no baby. It actually breaks away from the sides of the uterine wall and gradually flows out of the woman's body through her cervix and vagina to the outside of her body. It doesn't usually gush out all at once, so the gradual flow can be caught by the sanitary pads on the outside or by tampons on the inside.

Unpregnant Uterus

Point out the internal organs and show the relationship of these organs especially the size and shape of the bladder so you can compare the large bladder with the one belonging to a pregnant woman. You can show the girls that they actually have three opening to the outside of their bodies, the urethra, the vagina and the rectum.

Father/Son Program “Girls’ Bodies Change Too” Slide Presentation - Continued

Pregnant Uterus

Show how much the uterus can stretch to take care of the baby. Show the flattened bladder and why a pregnant mother would have to run to the bathroom so often. Show how the mother’s body adjusts so beautifully to nourish and take care of her babies.

The Unborn Baby

We show several slides of the unborn child to remind the young people about the sanctity of life in the mother’s womb. Most young people are fascinated by the beautiful pictures, and they can’t imagine ever having been so small. We talk about the baby as a baby both before and after birth.

We use a slide of the feet of an 8 week old, the unborn child at 16 weeks and another one at 18 weeks. We also have one of the 18 week old sucking his thumb, and we use this to remind the children that many of them probably sucked their thumbs when they were growing inside their own mothers’ bodies. This is God’s way of helping babies prepare their mouths and their facial muscles for nursing after they are born.

Break for the Refreshments

30 minutes

Be sure to tell the audience about the Question Box and encourage them to write their questions down during the break and put them in the box. We put the Question Box in a prominent place outside the auditorium with a sign pointing to it, and we put out plenty of paper and pens. Encourage the parents to put questions in the box too.

The Break and Refreshment time is a very important part of the Program. The boys love refreshments and food, and it gives the parents a chance to mingle and get to meet other parents who share their values. Everybody needs this break, so please be sure to include it.

The food can be as simple or as elaborate as you need it to be. I like to have lots of fun food at all our Programs because the young people always remember it and tell me how much they enjoyed that part of the Program.

The boys usually like to eat as much as possible, and they enjoy fun food too. We have lots of pizza, brownies, assorted cookies, fruit, cheese and crackers, chips and salsa, chicken salad and crackers, Goldfish crackers, nuts, lots of candy especially Gummy worms along with M & M's, Skittles, and Hot Tamales, chocolate covered raisins, soft drinks, coffee and ice water for them. I never buy individually wrapped candy because I don't want to pick up all the paper when the Program is over.

Whatever you decide on for the food will depend on the number of people attending, the amount of money you are able to spend, and who is preparing and serving it. Lots of people only serve cookies and juice for the boys, and their programs work just as well.

We separate the pizza tables from the other "food" tables, and we put the soft drinks on another separate table for the boys, and that helps to move them through the serving lines pretty quickly and get them back in their seats in 30 minutes.

I have a lot of banners promoting chastity that were made by teenagers in my workshop at a Youth Convention several years ago, so we use those to decorate the room where we serve the food. They are very colorful and very creative, and they put the chastity message right out there on the walls. We also use several posters promoting the sanctity of life and the beauty of the unborn child.

Being a Father

3 - 6 minutes

This is a short personal witness to the joys as well as the sorrows of fatherhood. It can be funny, sad, or very emotional, but it needs to be completely honest and directly from the heart of the person speaking. Telling a personal story is very effective, and it puts a human touch on what being a father has meant to the person speaking. It is never easy being a parent, and there is no such thing as the perfect parent, so the speaker can encourage the dads in the audience to just keep trying to do their best.

Encourage the fathers to love their sons no matter what, to really listen to them, to be there for them and to make them know how important they are to their families. Encourage them to be sacrificial and to pray to be the best father they can be because they are examples to their children, and they need to be good examples. Their children are watching them every day.

The boys need to know that being a father is a great blessing from God, and hopefully, if marriage is their vocation, God will bless them with children too. Of course, they need to realize that their own children will probably treat them the same way they treat their dads, so it is important that they remember to be kind and gentle to their fathers. Lots of love, respect and communication can go a long way in helping to keep the family happy.

It is a very good idea to acknowledge adoptive families here too and remind the audience how precious that child is to those parents who waited, hoped and prayed for him. We have found that the adoptive families are very appreciative when we recognize their existence.

If you want to reprint *To My Son* that appears inside our Father/Son program that each person gets at the Registration table, you are welcome to do so. Please just show credit by printing the following:
“Used with permission of the Diocese of Memphis NFP Center.”

Questions and Answers For the Panel

30 - 45 minutes

The young people really learn during this part of the Program because they are asking the things that they want to know. Be prepared for anything and everything! We usually have more questions than we have time to answer, but I still think it is always a good idea to put a few questions of your own in the Question Box just in case you have an extremely quiet audience. We put the panel on the stage sitting at a large draped table with table top microphones that they share. The Moderator stands at the podium, sorts the questions and reads them one by one to the panel for an answer.

We use 4 - 6 men and at least 1 woman on the panel for the Father/Son Program. Some of the men feel better having their wives there with them just in case they don't know an answer, and this has worked very well over the years. They like to give the "girl" questions to the woman, but it is best for the men to answer all the questions if they can.

If you happen to have a doctor or nurse in your area who understands fertility and has a Godly understanding of sexuality, you might want to include them, but medical professionals are certainly not necessary. Sometimes they just don't know how to talk to children, and it is very important to have panel members who know they are talking to children and who can answer the questions appropriately in a way the children can understand. It is also very good for the parents in the audience to realize that most of the people on the stage are just plain old parents like them.

The Moderator should sort the questions, put them in some kind of logical order, set aside the duplicates, and ask the questions from the podium. The questions should begin with the most simple ones and lead up to the more complex ones. The panel members just answer a question when they know the answer. If they don't know an answer, they don't have to say anything. This eliminates the pressure of choosing a panel member who has to answer a random question. If one member of the panel doesn't give a complete answer, it is perfectly fine for someone else to add more information. You just don't want to have people repeating each other and babbling on and on.

There may be some inappropriate questions in the box, and those should not be read from the podium. Sometimes the boys who write those questions really do want an answer, so I usually make a comment that some questions in the box would be more appropriately answered one on one. So, whoever wrote the question is invited to come up after the program so he can get an answer.

We usually have samples of sanitary pads and tampons to show the boys if questions are asked about them. Many young boys have never seen these products, and once they see what they look like, they are no longer so mysterious to them.

It is a very good idea to get your panel together beforehand to answer some practice questions so they won't all go blank on the day of the Program. All of them should also read and study the whole Father/Son Program from the Manual beforehand. Some real questions from our Programs follow for you to use as sample questions when you practice. Have the Moderator practice sorting them so you can see how the duplicates can be eliminated and the simpler questions can be chosen first.

Sample Questions for Father/Son Program

How do you know if the baby will be a boy or a girl?

What happens to the egg cell if it is not fertilized?

What happens to the sperm if a baby is not conceived?

How many sperm are in the testicles?

How can twins grow in the mother's uterus?

What is the meaning of life?

Is it true that the way you sleep is the way you were inside your mother?

How big is the vagina when a baby is in it?

What is the first sign of fertility?

Why does the penis stick up?

Does menstruation hurt the female?

Why do some women get mad when they have periods?

When will hair begin to grow around the penis and under the arms?

Why aren't some women able to have babies?

How does the sperm get to the egg?

How do you deal with the issue of masturbation?

When are you going to give us more of this?

How many times can a man ejaculate?

Distinguish between love and sexual passion.

Describe how and why a male becomes sexually aroused.

Explain the course a sperm cell takes while it is in the woman's body. Please!!

What is circumcision?

How does the penis grow?

Father/Son Program Sample Questions - Continued

What about birth control for young people?

What causes a miscarriage?

How many times can a girl ovulate in a cycle?

How many eggs does a lady produce in a year?

What is safe sex?

Do girls become interested in sexual activity like boys do at this age?

Why can't some men father a child?

What is chastity?

How should the issue of pornography be discussed with our sons?

Define peer pressure and how it relates to teenage sexuality.

What does it mean to have sex?

Could you explain lumps in your chest like puffy tissue?

Why are girls so stupid?

If the male keeps producing sperm, what happens if it is not ejaculated?

Why do we have to grow up?

It seems some people are more interested in sex than others. Is this chemical, cultural or what?

What is 2050698 times 90000? (Don't you just love boys!)

How does the sperm get together with the egg?

How big can the penis get?

Why does the baby come out head first?

Since girls mature earlier, are they more aggressive earlier?

What is pornography?

How do you keep from having sexual thoughts?

Father/Son Program Sample Questions - Continued

What happens to the rest of the sperm after one has already gotten inside of the egg cell?

How can you get diseases during intercourse?

What does the Catholic Church teach about vasectomy?

Why do girls complain about everything?

What are the dangers of premarital sex?

What is real love?

How do you respect girls?

What letter is not in the name of any state? (Another boy question!)

How does a man and a woman know when the egg cells are ready?

What is the best reason that I should wait until I'm married to have sex?

At what age should you date?

Why shouldn't girls call me?

How long does a lady's period last?

What does PMS stand for?

What will impress a girl?

Can women ever run out of eggs?

Why am I so short?

Why can't kids watch R rated movies?

Does a woman know when she ovulates?

How does the baby get through the vagina?

How does the baby breathe inside the mother?

Why is there so much pressure on winning or losing?

How can so many sperm be made?

It's Up to You

6 - 10 minutes

This is the wrap up for the boys to help them put everything in God's hands and to trust Him to love them and help them to be men of integrity. Remind the boys that everything that is happening to their bodies as they grow into manhood is good, holy and part of God's plan for them. God expects them to take good care of their bodies, to accept their responsibilities and to be accountable for their actions.

After the boys have heard all the information in the Program, they will have to decide how they are going to use that information and incorporate it into their lives. This part should encourage the boys to make good decisions and help them understand that they are responsible for the choices they make.

Being an obedient child of God will make them real men, and they can learn to be unselfish and to really love by practicing self control and chastity. They are capable of making good choices, and they will be better and stronger men when they grow up if they can learn to practice the virtue of chastity at a young age.

Practicing the virtue of chastity is not easy for anyone, but it is always possible with God's help. It is possible to be pure and chaste if the boys want to be because they are created in the image of God with a mind and a will, and they can make the right choices. God will be there with them all the time to help them. They need to respect themselves and their gift of masculinity and never use themselves or another person for their own pleasure. By showing respect for themselves and the girls that they know now, they are respecting their future wives, and they are preparing themselves to be the protectors of their families when they grow up.

Give them hints on dating and encourage them to go out in groups to keep the one on one pressure off and to have more fun. Help them understand how important it is to be a good friend and to have lots of friends of both sexes who share their values, who believe in the same moral standards and who will help them uphold those standards. Encourage the boys to get involved in wholesome activities and youth groups where the people reach out and give of themselves to help others.

For those who have made mistakes in the past, and who want to change and live chastely from now on, there is secondary virginity. They can make up their minds to stay away from the temptations of the past and to find new friends who will support them in their decision to be chaste. God's mercy and forgiveness is far greater than anything they could ever imagine, and He is always ready to forgive them when they are sorry and want to change.

Remind the boys about the dangers of alcohol and drugs and how these things can weaken their resolve to be chaste. They need to love themselves enough to stay away from people, places and things that may cause them to be tempted. As they get older, there will be many more temptations, but if they learn at an early age how to make good decisions, those choices won't be so difficult later on.

This section should end on a positive note of hope and encouragement. The boys need to know how precious they are and how important they are to their families and to their future families. They need to understand their own sexuality and fertility as beautiful, wondrous and awesome gifts from God to be loved and cherished. It is up to them how they will live their lives, and they will be responsible for the choices they make. By staying close to God, they can become the men He created them to be.

Evaluations and Closing

We give out door prizes right before the instructions for the evaluations. We put a sticker on some of the programs, and the people who pick up those programs win the door prizes. The young people love winning something, so do have a few door prizes if possible.

Thank everyone for being a part of your program and ask them to fill out an evaluation form and turn it in as they leave the room. The people serving on the panel can go into the audience to pass out the evaluation forms and pencils and then wait at the doors to collect the completed forms. There is an evaluation form for the fathers and one for the sons. We use different colored paper to keep them separate. The last question on the father's form asks for the son to give his input to his father who writes it on the form. This helps them both realize that they can communicate about their wonderful gifts of sexuality and fertility.

The evaluations are a very important part of the Program because they let you know one of two things. Either you have done a fantastic job because most of the forms will be thanking you and praising you for doing such a great job, or you have not done such a great job, and the forms will let you know that too. Don't worry about the one or two negative comments you may get from time to time. There are some people in the world who can never be pleased, so please don't let them ruin your day!

You will probably get some real good suggestions and also some really bad suggestions. If you need to practice more or improve in any area, the evaluations will let you know. Take what is good and worthwhile from them, learn from them, improve what you can, and don't worry one bit about the rest! Most of the people are going to love you for what you have done, and God loves you for sure!



2008 MOTHER/DAUGHTER PROGRAMS

Sundays, March 9 or March 16
for 10* - 12 year old girls
2:00 - 5:00 p.m.

Sunday, March 2
for 13 - 16 year old girls
2:00 - 5:30 p.m.

(These two programs fill up very quickly. Please make reservations early.)

Saint Francis Hospital Auditorium
5959 Park Avenue

The Mother/Daughter Programs explore God's special gift of human fertility and the beauty and wonder of God's plan for growing up and becoming a woman. Topics include: the changes in a young woman's body as it prepares for motherhood; the onset of ovulation and subsequent menstrual periods; the functions of the female reproductive system; the sacredness of human life; the virtue of chastity; and a question and answer segment. Healthy dating ideas with a strong emphasis on chastity and reverence for our sexuality are also discussed with the older girls. It is good to come to both programs at the age appropriate time for each girl since the older girls' program is an extension of the first one.

The purpose of the programs is to provide an atmosphere of love and learning to discuss the important topic of growing up and to establish a foundation for continued communication between parent and child. The programs are presented by Natural Family Planning Teachers who will emphasize respect, understanding and appreciation for God's gifts. T-shirts and boxer shorts promoting chastity and pro-life materials will be offered for sale at each program.

***Girls younger than 10 who are already developing and showing signs of puberty are also welcome to attend. Refreshments will be served. Seating is limited and reservations are required.**

Discount fee is \$25.00 per family (non-refundable) if RECEIVED 6 days PRIOR to selected program. Within 6 days of each program, the fee is \$30.00 per family (non-refundable.)

(If you have daughters in both age groups and need to attend two programs, the cost is \$40.00 per family for both programs if RECEIVED 6 days prior to the first selected program. Within 6 days of first selected program, the fee is \$45 per family.)

Please complete the reservation form below and mail it with your check to the NFP Center at least 6 days prior to program.

Diocese of Memphis Natural Family Planning Center

5825 Shelby Oaks Dr. ♥ Memphis, TN 38134-7389 ♥ (901) 373-1285 ♥ www.cdom.org ♥ marypat.vanepps@cc.cdom.org

2008 Mother/Daughter Program Reservation Form



We want to attend the program for 10 - 12 year olds on: March 9 OR March 16

We want to attend the program for 13 - 16 year olds on: March 2 (Please check one.)

Mother's Name _____ Daughter's Name _____ Age _____

(Please PRINT and use names as you want them to appear on the name tags.)

Address: _____ 2nd Daughter's Name _____ Age _____

City/State/Zip _____ E-mail Address _____

Home Phone _____ Work or Cell Phone _____ School(s) _____

Please make \$25.00 check (\$40.00 for two programs) payable to NFP CENTER and mail with the reservation form to:

Diocese of Memphis NFP Center
5825 Shelby Oaks Dr.
Memphis, TN 38134-7389

Seating is limited. Reservations must be RECEIVED at least 6 days prior to your selected program for the discount fee.

Confirmation of your reservation will be sent by E-mail or post card. Please call if you do not receive a confirmation. (901) 373-1285



2007 FATHER/SON PROGRAM

For 12 - 15 year old boys

(Must be accompanied by a parent or other supportive adult.)

SUNDAY, OCTOBER 21, 2007

4:00 - 7:00 p.m.

**Saint Francis Hospital Auditorium
5959 Park Avenue**

The Father/Son Program explores God's special gifts of human sexuality and fertility as well as the goodness and wonder of His plan for growing up and becoming a man of integrity. Topics include: the physical changes in a young man's body as it prepares for fatherhood; emotional changes; acceptance of responsibility; the functions of the male and female reproductive systems; the sacredness of human life; appreciation and reverence for the gift of sexuality; the virtue of chastity; and a confidential question and answer segment. Healthy dating relationships with a strong emphasis on friendship, respect and chastity are also discussed.

The purpose of the program is to provide an atmosphere of love and learning to discuss the important topic of growing up and to establish a foundation for continued communication between parent and child. The program is presented primarily by male NFP Center volunteers who have set high moral standards for themselves. They will emphasize respect, strong character, integrity, understanding and appreciation for God's gifts. T-shirts and boxer shorts promoting chastity as well as pro-life materials will be offered for sale.

Pizza and refreshments will be served.

Cost is \$25.00 per family (non-refundable) and reservations are required.

Seating is limited so reservations must be received by Wednesday, October 17, 2007.

Please complete the reservation form below and mail it with a check for **\$25.00** to the NFP Center.

Diocese of Memphis Natural Family Planning Center

5825 Shelby Oaks Dr. ♦ Memphis, TN 38134-7389 ♦ (901) 373-1285 ♦ www.cdom.org ♦ marypat.vanepps@cc.cdom.org



2007 Father/Son Program Reservation Form

We want to attend the Father/Son Program on Sunday, October 21, 2007.

Father's Name _____ Son's Name _____ Age _____
(Please PRINT and use names as you want them to appear on the name tags.)

Address _____ 2nd Son's Name _____ Age _____

City/State/Zip _____ E-Mail address _____

Home Phone _____ Work or Cell Phone _____ School(s) _____

Please make **\$25.00** check payable to NFP CENTER and mail with the reservation form to:

NFP Center
Diocese of Memphis
5825 Shelby Oaks Dr.
Memphis, TN 38134-7389

Seating is limited. Reservations must be received by Wednesday, October 17, 2007.

Confirmation of your reservation will be sent either by E-mail or post card. Please call (901) 373-1285 if you do not receive a confirmation.



The 2007 Father/Son Program

For 12 - 15 Year Old Boys

Presented By

The Diocese of Memphis
Natural Family Planning Center



SUNDAY, OCTOBER 21, 2007
Saint Francis Hospital Auditorium
4:00 - 7:00 p.m.

To My Son

For everything that you are,
For everything you have brought to our family,
I thank God.

For all the laughter and joy,
For all the goodness and kindness,
I thank God.

For the times of unhappiness,
For the times when correction was needed,
I thank God.

Both of us have grown and changed because
God has given us each other.

May I always be a good example to you.
May I always strive to do what is best for you.
May you grow and develop
Into the man God desires you to be.
May you always know that
You are loved and appreciated.

As the years pass by, always remember that
You are a treasure to our family.
We will love you and stand by you and
Hopefully lead you into Heaven.

You are my son, and I love you very much.
I am so proud of you for just being you.
Every day of my life I thank God for creating you
And blessing me so richly with the gift of you!



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The Diocese of Memphis Natural Family Planning Center 2007 Father/Son Program For 12 –15 Year Old Boys

Welcome.....Mary Pat Van Epps

Opening Prayer.....Ken Thomas

LEARNING RESPECT AND GROWING UP

When I Was Your Age.....Brad Lockett

It's Great To Be A Boy.....Mike Price
Respect, Values and Responsibility

All In God's Plan.....Chris Fay

OUR BODIES ARE CHANGING AND PREPARING FOR FATHERHOOD

Slide Presentation.....Deacon Chip Jones

GIRLS' BODIES CHANGE TOO AND PREPARE FOR MOTHERHOOD

Slide Presentation.....Mary Pat Van Epps

Being a Father.....Mark Sauser

◆◆ BREAK FOR PIZZA AND REFRESHMENTS ◆◆

*Please put confidential questions into the **question box** in the lobby,
and please visit the display and sales tables.*

QUESTIONS AND ANSWERS.....Panel

Chris Fay
Deacon Chip Jones
Brad Lockett
Mike Price

Mark Sauser
Carol Thomas
Ken Thomas
Michael Van Epps

Mary Pat Van Epps, Moderator

It's Up To You.....Michael Van Epps

Evaluations and Closing.....Mary Pat Van Epps

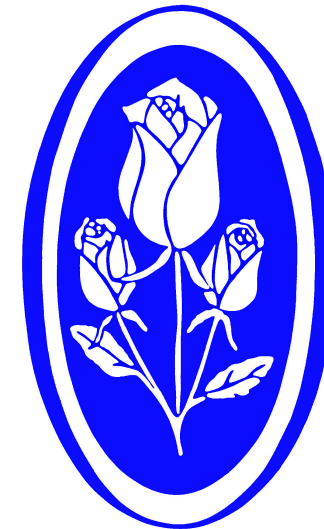
2008 MOTHER/DAUGHTER PROGRAM

For 10 - 12 Year Old Girls

Presented by
The Diocese of Memphis NFP Center



Diocese of Memphis



Sunday, March 9, 2008

or

Sunday, March 16, 2008

Saint Francis Hospital Auditorium
2:00 until 5:00 p.m.

A Tribute to All Daughters

By
Helen Steiner Rice

Every home should have a daughter, for there's nothing like a girl
To keep the world around her in one continuous whirl...
From the moment she arrives on earth, and on through womanhood,
A daughter is a female who is seldom understood...
One minute she is laughing, the next she starts to cry,
Man just can't understand her and there's just no use to try...
She is soft and sweet and cuddly, but she's also wise and smart,
She's a wondrous combination of a mind and brain and heart...
And even in her baby days she's just a born coquette,
And anything she really wants she manages to get...
For even at a tender age, she uses all her wiles,
And she can melt the hardest heart with the sunshine of her smiles...
She starts out as a rosebud with her beauty unrevealed,
Then through a happy childhood, her petals are unsealed...
She's soon a sweet girl graduate, and then a blushing bride,
And then a lovely woman as the rosebud opens wide...
And some day in the future, if it be God's gracious will,
She, too, will be a Mother and know that reverent thrill
That comes to every Mother whose heart is filled with love
When she beholds the "angel" that God sent her from above...
And there would be no life at all, in this world or the other,
Without a darling daughter who, in turn, becomes a Mother!

*Used with permission of the Helen Steiner Rice Foundation
Suite 2100, Atrium Two, 221 East Fourth Street, Cincinnati, OH 45202*

The Diocese of Memphis
Natural Family Planning Center

MOTHER/DAUGHTER PROGRAM

For 10 — 12 Year Old Girls
Sundays, March 9 or March 16, 2008

Welcome.....Mary Pat Van Epps

Opening Prayer.....Doris Fragale

LEARNING RESPECT AND GROWING UP

When I Was Your Age.....Kendall Cozart
Kimberly Lynch

It's Great To Be A Girl.....Tracy Price
Respect, Virtues and Responsibility

All In God's Plan.....Tina Heindel
Physical and Emotional Changes

OUR BODIES PREPARE FOR MOTHERHOOD

Explanation of the Fertility Cycle, Ovulation and Menstruation

Slide Presentation.....Mary Pat Van Epps

Being A Mother.....Katie Sauser

BREAK FOR AFTERNOON TEA PARTY

*During the break, please put your questions (Mom's too)
into the confidential **Question Box** in the lobby, and
please visit the display and sales tables in the lobby.*

QUESTIONS & ANSWERS.....Panel

Kendall Cozart Tina Heindel Tracy Price
Doris Fragale Kimberly Lynch Katie Sauser Carol Thomas

Mary Pat Van Epps, Moderator

Poetic Tribute to Daughters.....Carol Thomas

Evaluations and Closing

Mary Pat Van Epps

A Tribute to All Daughters

By
Helen Steiner Rice

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She's a wondrous combination of a mind and brain and heart...
And even in her baby days she's just a born coquette,
And anything she really wants she manages to get...
For even at a tender age, she uses all her wiles,
And she can melt the hardest heart with the sunshine of her smiles...
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Then through a happy childhood, her petals are unsealed...
She's soon a sweet girl graduate, and then a blushing bride,
And then a lovely woman as the rosebud opens wide...
And some day in the future, if it be God's gracious will,
She, too, will be a Mother and know that reverent thrill
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The Diocese of Memphis
Natural Family Planning Center

MOTHER/DAUGHTER PROGRAM

For 10 — 12 Year Old Girls
Sundays, March 9 or March 16, 2008

Welcome.....Mary Pat Van Epps

Opening Prayer.....Doris Fragale

LEARNING RESPECT AND GROWING UP

When I Was Your Age.....Kendall Cozart
Kimberly Lynch

It's Great To Be A Girl.....Tracy Price
Respect, Virtues and Responsibility

All In God's Plan.....Tina Heindel
Physical and Emotional Changes

OUR BODIES PREPARE FOR MOTHERHOOD

Explanation of the Fertility Cycle, Ovulation and Menstruation

Slide Presentation.....Mary Pat Van Epps

Being A Mother.....Katie Sauser

BREAK FOR AFTERNOON TEA PARTY

*During the break, please put your questions (Mom's too)
into the confidential **Question Box** in the lobby, and
please visit the display and sales tables in the lobby.*

QUESTIONS & ANSWERS.....Panel

Kendall Cozart Tina Heindel Tracy Price
Doris Fragale Kimberly Lynch Katie Sauser Carol Thomas

Mary Pat Van Epps, Moderator

Poetic Tribute to Daughters.....Carol Thomas

Evaluations and Closing

Mary Pat Van Epps



Diocese of Memphis



2008 MOTHER/DAUGHTER PROGRAM

For 13 - 16 Year Old Girls

Presented by
The Diocese of Memphis NFP Center



Sunday, March 2, 2008

Saint Francis Hospital Auditorium
2:00 until 5:30 p.m.

A Tribute to All Daughters

By
Helen Steiner Rice

Every home should have a daughter, for there's nothing like a girl
To keep the world around her in one continuous whirl...
From the moment she arrives on earth, and on through womanhood,
A daughter is a female who is seldom understood...
One minute she is laughing, the next she starts to cry,
Man just can't understand her and there's just no use to try...
She is soft and sweet and cuddly, but she's also wise and smart,
She's a wondrous combination of a mind and brain and heart...
And even in her baby days she's just a born coquette,
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For even at a tender age, she uses all her wiles,
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She starts out as a rosebud with her beauty unrevealed,
Then through a happy childhood, her petals are unsealed...
She's soon a sweet girl graduate, and then a blushing bride,
And then a lovely woman as the rosebud opens wide...
And some day in the future, if it be God's gracious will,
She, too, will be a Mother and know that reverent thrill
That comes to every Mother whose heart is filled with love
When she beholds the "angel" that God sent her from above...
And there would be no life at all, in this world or the other,
Without a darling daughter who, in turn, becomes a Mother!

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Suite 2100, Atrium Two, 221 East Fourth Street, Cincinnati, OH 45202*

The Diocese of Memphis
Natural Family Planning Center
MOTHER/DAUGHTER PROGRAM
For 13 — 16 Year Old Girls
Sunday, March 2, 2008

Welcome.....Mary Pat Van Epps
Opening Prayer.....Doris Fragale
All In God's Plan.....Tina Heindel
PREPARATION FOR MOTHERHOOD
Understanding the Cycle, Fertility Appreciation, Effects of Hormones
Slide Presentation.....Mary Pat Van Epps
Challenge to Chastity.....Deanna Jones
Sex Still Has A Price Tag.....Video featuring Pam Stenzel

BREAK FOR AFTERNOON TEA PARTY
*During the break, please put your questions (Mom's too)
into the confidential **Question Box** in the lobby, and
please visit the display and sales tables in the lobby.*

QUESTIONS & ANSWERS.....Panel

Doris Fragale Nicole Jordan Katie Sauser
Deanna Jones Tina Heindel Carol Thomas

Mary Pat Van Epps, Moderator

The Choice is Yours.....Nicole Jordan
Being a Mother and Tribute to Daughters.....Carol Thomas
Evaluations and Closing.....Mary Pat Van Epps

FATHER'S EVALUATION

**Diocese of Memphis Natural Family Planning Center
Father/Son Program**

Today's date _____

Your son's age _____ Name of school he attends _____

How did you learn about this program? _____

Was the content of the program appropriate for your son's age group? _____

What did you like most?

Was any information omitted that you would like to see included? _____

If yes, what? (Please be specific)

Will this program be helpful to you in future discussions with your son? _____

Comments:

What did you like least?

Will you recommend this program to your friends? _____

Comments:

Do you have any additional comments or suggestions for future Father/Son Programs?

What is one suggestion your SON has for improving the program?

SON'S EVALUATION

Diocese of Memphis Natural Family Planning Center
Father/Son Program
Ages: 12 - 15

Today's date _____

Your age _____

Your School _____

Did you like the Father/Son Program? _____

What did you like best?

Do you feel more comfortable talking with your parents about growing up now? _____

Will you tell your friends to come to a Father/Son Program? _____

What did you think about the talks you heard today? (Please check ONE column for each talk.)

	REAL GOOD	JUST OKAY
When I Was Your Age	_____	_____
It's Great to Be a Boy	_____	_____
All In God's Plan	_____	_____
Slide Presentation about Boys	_____	_____
Slide Presentation about Girls	_____	_____
Being a Father	_____	_____
Questions/Answers	_____	_____
It's Up to You	_____	_____

What can we do to make the Father/Son Program better?

**Diocese of Memphis NFP Center Father/Son Program
for 12 - 14 Year Old Boys
GLOSSARY**

Abortifacient: a substance or device that causes abortion before or after implantation.

Abortion: the direct destruction of the life of an unborn child at any stage of development following conception.

Adolescence: the period between the awakening of one's fertility (puberty) and physical maturity or adulthood.

Adoption: taking on the legal responsibility of parenting another person's child as one's own.

Blastocyst: a stage in human development, occurring 7 - 9 days after conception. See Zygote, Embryo and Fetus.

Chromosome: one of the rod-like bodies of a cell nucleus that contains genes. There are 46 chromosomes in a human cell.

Circumcision: the surgical removal of the foreskin from the penis.

Conceive: to become pregnant.

Conception: the beginning of a new human life when a sperm cell from the father unites with an ovum (egg cell) from the mother; the moment when pregnancy begins; fertilization.

Cowper's glands: two small glands in the male which secrete lubricative fluid as part of the seminal fluid.

Ejaculation: the forceful ejection of semen from the penis.

Embryo: an early stage in the development of a baby from the second to eighth week of life. See Zygote, Blastocyst and Fetus.

Endometrium: the inner lining of the uterus which prepares for pregnancy during each cycle (the baby bed) and is shed in menstruation if pregnancy does not occur.

Epididymis: a small organ on the testicle where sperm cells mature before moving on to the vas deferens.

Erection: the rigid condition when the erectile tissue in the penis becomes congested with blood.

Estrogen: the female sex hormone produced in the ovaries; causes the production of the cervical mucus and female characteristics.

Fallopian tubes: two tube-like structures opening from the sides of the uterus and extending toward the ovaries.

Fertility: the ability to become a parent.

Fetus: a baby from the eighth week of development until birth. See Zygote, Blastocyst and Embryo.

Foreskin: the loose skin that covers the head of the penis and removed by circumcision.

Gene: the basic unit of heredity carried by the chromosomes.

Heredity: the physical characteristics passed on from parents to children.

Hormone: a complex chemical substance produced by a gland and carried by the bloodstream to influence other organs or body parts.

Hypothalamus: a major control center of the body located in the brain above the pituitary gland with which it interacts.

Implantation: embedding of the newly conceived baby (blastocyst) in the endometrium.

Infertility: the inability to become a parent.

Masturbation: stimulating one's own genitals to achieve sexual pleasure.

Menstrual cycle: the reproductive cycle in women measured from the beginning of one menstruation to the beginning of the next.

Menstruation: the shedding of the endometrium about 11 -16 days after ovulation if pregnancy does not occur; the period.

Miscarriage: a pregnancy that ends prematurely through some natural cause.

Natural Family Planning: (NFP) method of achieving or postponing pregnancy based on knowledge of the signs of human fertility.

Nocturnal emission: wet dream; involuntary, normal periodic spontaneous release of semen during sleep in men.

Ovaries: the female reproductive glands which contain ova (eggs) and produce estrogen and progesterone.

Ovulation: the release of a mature ovum (egg) from the follicle in the ovary.

Ovum: the female reproductive cell developed in the ovaries.

Penis: the male reproductive organ which releases semen into the vagina during sexual intercourse or urine from the bladder.

Pituitary gland: the master hormonal gland of the human body located at the base of the brain.

Pornography: any writing, pictures, actions, etc. that are used to arouse sexual passion as an end in itself; degrading and destructive image of human sexuality.

Pregnancy: the time of the baby's growth in the mother's uterus from conception to birth.

Progesterone: the female sex hormone secreted by the corpus luteum after ovulation.

Prostate gland: organ that surrounds the neck of the bladder and urethra in the male; secretes a milky, alkaline fluid as part of the semen.

Puberty: the time when one first becomes fertile and capable of becoming a parent.

Reproduction, human: the process by which new human life is generated; procreation.

Scrotum: the external pouch suspended behind the base of the penis containing the testicles.

Semen: the mixture of sperm cells and seminal fluid.

Seminal vesicles: part of the male reproductive organs that secrete a thick fluid high in sugar that contributes to the semen.

Seminal fluid: the secretions from the prostate and Cowper's glands and seminal vesicles which join sperm cells to produce semen.

Sexual intercourse: the bodily union of husband and wife in marriage as a sign of their mutual love and commitment; the marriage act.

Sexuality, human: the sum of the physical, mental, emotional and spiritual traits and values that make up an individual person.

Sexually transmitted disease (STD): an infection spread by genital relations or genital contact.

Sperm: the male reproductive cell produced in the testicles.

Testicles: the male reproductive glands which produce sperm cells and testosterone; located in the scrotum.

Testosterone: the male sex hormone produced by the testicles; causes development of male sex characteristics.

Urethra: the tube through which urine flows from the bladder to the outside of the body; in men it also transports semen.

Uterus: the womb: the hollow pear-shaped female organ in which an unborn baby grows during the period of pregnancy.

Vagina: the passageway of the female reproductive system from the uterus to the outside of the body; the birth canal for the baby.

Value: a belief that makes a difference in a person's behavior; a principle by which a decision is made.

Vas deferens: the tubes that transport semen from the epididymis to the urethra in men.

Wet dream: See Nocturnal emission.

Zygote: the newly conceived baby from the moment of conception until implantation, about the first seven days of life. See Blastocyst, Embryo and Fetus.

MOTHER'S EVALUATION

Diocese of Memphis Natural Family Planning Center
Mother/Daughter Programs

Today's date_____

Your daughter's age_____ Name of school she attends_____

How did you learn about this program?_____

Was the content of the program appropriate for your daughter's age group?_____

What did you like most?

Was any information omitted that you would like to see included?_____

If yes, what? (Please be specific)

Will this program be helpful to you in future discussions with your daughter?_____

Comments:

What did you like least?

Will you recommend this program to your friends?_____

Comments:

Do you have any additional comments or suggestions for future Mother/Daughter Programs?

What is one suggestion your DAUGHTER has for improving the program?

DAUGHTER'S EVALUATION

**Diocese of Memphis Natural Family Planning Center
Mother/Daughter Program
Ages: 10-12**

Today's date _____

Your age _____

Your School _____

Did you like the Mother/Daughter Program? _____

What did you like best?

Do you feel more comfortable talking with your mother about growing up now? _____

Will you tell your friends to come to a Mother/Daughter Program? _____

What did you think about the talks you heard today? (Please check ONE column for each talk.)

	REAL GOOD	JUST OKAY
When I Was Your Age	_____	_____
It's Great to Be a Girl	_____	_____
All In God's Plan	_____	_____
Slide Presentation about Girls	_____	_____
Being a Mother	_____	_____
Questions/Answers	_____	_____

What can we do to make the Mother/Daughter Program better?

DAUGHTER'S EVALUATION

Diocese of Memphis Natural Family Planning Center
Mother/Daughter Program
Ages: 13 - 16

Today's date _____

Your age _____

Your School _____

Did you like the Mother/Daughter Program? _____

What did you like best?

Do you feel more comfortable talking with your mother about sexuality issues now? _____

Will you tell your friends to come to a Mother/Daughter Program? _____

What did you think about the talks you heard today? (Please check ONE column for each talk.)

	REAL GOOD	JUST OKAY
All In God's Plan	_____	_____
Slide Presentation	_____	_____
Challenge to Chastity	_____	_____
Video	_____	_____
The Choice is Yours	_____	_____
Questions & Answers	_____	_____
Being A Mother	_____	_____

What can we do to make the Mother/Daughter Program better?

**Diocese of Memphis NFP Center Mother/Daughter Program
for 10 - 12 year old girls
GLOSSARY**

Abortion: the direct destruction of the life of an unborn child at any stage of development following conception.

Adolescence: the period between the awakening of one's fertility (puberty) and physical maturity or adulthood.

Adoption: taking on the legal responsibility of parenting another person's child as one's own.

Blastocyst: a stage in human development occurring 7 - 9 days after conception. See Zygote, Embryo and Fetus.

Cervix: the lower, narrow part or neck of the uterus; contains delicate glands that produce cervical mucus.

Chromosome: one of the rod-like bodies of a cell nucleus that contains genes. There are 46 chromosomes in a human cell.

Conceive: to become pregnant.

Conception: the beginning of a new human life when a sperm cell from the father unites with an ovum (egg cell) from the mother; the moment when pregnancy begins; fertilization.

Corpus luteum: the "yellow body" or structure that forms from the ruptured follicle in the ovary and produces both estrogen and progesterone after ovulation.

Cycle: a series of events that recurs with some regularity.

Embryo: an early stage in the development of a baby from the second to eighth week of life. See Zygote, Blastocyst and Fetus.

Endometrium: the inner lining of the uterus which prepares for pregnancy during each cycle (the baby bed) and is shed in menstruation if pregnancy does not occur.

Estrogen: the female sex hormone produced in the ovaries; causes the production of cervical mucus.

Fallopian Tubes: two tube-like structures opening from the sides of the uterus and extending toward the ovaries.

Fertility: the ability to become a parent.

Fertilization: see conception.

Fetus: a baby from the eighth week of development until birth. See Zygote, Blastocyst and Embryo.

Follicle: a tiny sac-like structure in the ovary where the ovum (egg) develops.

Gene: the basic unit of heredity carried by the chromosomes.

Heredity: the physical characteristics passed on from parents to children.

Hormone: a complex chemical substance produced by a gland and carried by the bloodstream to influence other organs or body parts.

Hypothalamus: a major control center of the body located in the brain above the pituitary gland with

which it interacts.

Implantation: embedding of the newly conceived baby (Blastocyst) in the endometrium.

Menarche: a woman's first menstruation; usually occurs between ages 10 and 17.

Menopause: the time in a woman's life when she ceases to experience menstruation.

Menstrual cycle: the reproductive cycle measured from the beginning of one menstruation to the beginning of the next.

Menstruation: the shedding of the endometrium about 11 - 16 days after ovulation if pregnancy does not occur; the period.

Miscarriage: a pregnancy that ends prematurely through some natural cause.

Mucus, cervical: a slippery, lubricative substance produced by glands in the cervix under the influence of estrogen; necessary component of female fertility.

Ovaries: the female reproductive glands which contain ova (eggs) and produce estrogen and progesterone.

Ovulation: Release of a mature ovum (egg) from the follicle in the ovary.

Ovum: the female reproductive cell developed in the ovaries.

Penis: the male reproductive organ.

Pituitary gland: the master hormonal gland of the human body located at the base of the brain.

Pregnancy: the time of the baby's growth in the mother's uterus from conception to birth.

Progesterone: the female sex hormone secreted by the corpus luteum after ovulation.

Puberty: the time when one first becomes fertile and capable of becoming a parent.

Reproduction, human: the process by which new human life is generated; procreation.

Sex hormone: those hormones secreted by the reproductive glands of the body.

Sexual intercourse: the bodily union of husband and wife in marriage as a sign of their mutual love and commitment.

Sexuality, human: the sum of the physical, mental, emotional and spiritual traits and values that make up an individual person.

Sperm: the male reproductive cell produced in the testicles.

Testicles: the male reproductive glands which produce sperm cells and testosterone.

Testosterone: the male sex hormone.

Urethra: the tube through which urine flows from the bladder to the outside of the body.

Uterus: womb; pear-shaped female organ in which an unborn baby grows during the period of pregnancy.

Vagina: part of the female reproductive system through which menstrual fluid flows; also the canal through which a baby passes at birth.

Value: a belief that makes a difference in a person's behavior; a principle by which a decision is made.

Womb: See Uterus.

Zygote: the newly conceived baby from the moment of conception until implantation, about the first seven days of life. See Blastocyst, Embryo and Fetus

**Diocese of Memphis NFP Center Mother/Daughter Program
for 13 - 16 Year Old Girls
GLOSSARY**

Abortifacient: a substance or device that causes abortion before or after implantation.

Abortion: the direct destruction of the life of an unborn child at any stage of development following conception.

Adolescence: the period between the awakening of one's fertility (puberty) and physical maturity or adulthood.

Adoption: taking on the legal responsibility of parenting another person's child as one's own.

Adultery: voluntary sexual intercourse between a married person and one who is not the spouse.

Anatomy, human: the study of the physical structures of the body and their relationships.

Birth control: see Contraception.

Blastocyst: a stage in human development, occurring 7 - 9 days after conception. See Zygote, Embryo and Fetus.

Cervical mucus: see Mucus.

Cervix: the lower, narrow part or neck of the uterus.

Chromosome: one of the rod-like bodies of a cell nucleus that contains genes. There are 46 chromosomes in a human cell.

Conceive: to become pregnant.

Conception: the beginning of a new human life when a sperm cell from the father unites with an ovum (egg cell) from the mother; the moment when pregnancy begins; fertilization.

Contraception: the use of mechanical devices or chemical substances to prevent the union of sperm and ovum.

Corpus luteum: the "yellow body" or structure that forms from the ruptured follicle in the ovary and produces both estrogen and progesterone after ovulation.

Cycle: a series of events that recurs with some regularity.

Cyst: a sac-like structure in the body.

Ejaculation: the forceful ejection of semen from the penis.

Embryo: an early stage in the development of a baby from the second to eighth week of life. See Zygote, Blastocyst and Fetus.

Endometrium: the inner lining of the uterus which prepares for pregnancy during each cycle (the baby bed) and is shed in menstruation if pregnancy does not occur.

Epididymis: a small organ on the testicle where sperm cells mature before moving on to the vas deferens.

Estrogen: the female sex hormone produced in the ovaries; causes the production of the cervical mucus.

Fallopian tubes: two tube-like structures opening from the sides of the uterus and extending toward the ovaries.

Fertility: the ability to become a parent.

Fertilization: see Conception.

Fetus: a baby from the eighth week of development until birth. See Zygote, Blastocyst and Embryo.

Fimbria: the delicate tissue fingers at the outer end of a Fallopian tube.

Follicle: a tiny sac-like structure in the ovary where the ovum (egg) develops.

Fornication: genital activity and intercourse between unmarried persons.

FSH: follicle stimulating hormone; a hormone secreted by the pituitary gland causing development of ova (eggs) in women and sperm in men.

Gene: the basic unit of heredity carried by the chromosomes.

Genital activity: behavior involving the genital organs.

Genital organs: (genitals) in a general sense the reproductive organs, more commonly, the external reproductive organs.

Heredity: the physical characteristics passed on from parents to children.

Hormone: a complex chemical substance produced by a gland and carried by the bloodstream to influence other organs or body parts.

Hypothalamus: a major control center of the body located in the brain above the pituitary gland with which it interacts.

Implantation: embedding of the newly conceived baby (blastocyst) in the endometrium.

Infertility: the inability to become a parent.

Intercourse: See sexual intercourse.

LH: luteinizing hormone; secreted by the pituitary gland triggering ovulation and the formation of the corpus luteum.

Masturbation: stimulating one's own genitals to achieve sexual pleasure.

Menarche: a woman's first menstruation; usually occurs between ages 10 and 17.

Menopause: the time in a woman's life when she ceases to experience menstruation because ovulation has ceased.

Menstrual cycle: the reproductive cycle measured from the beginning of one menstruation to the beginning of the next.

Menstruation: the shedding of the endometrium about 11 - 16 days after ovulation if pregnancy does not occur; the period.

Miscarriage: a pregnancy that ends prematurely through some natural cause.

Mittelschmerz: lower abdominal pain associated with ovulation.

Mucus, cervical: a slippery, lubricative substance produced by glands in the cervix under the influence of estrogen; necessary component of female fertility.

Natural Family Planning: (NFP) method of achieving or postponing pregnancy based on knowledge of the signs and symptoms of human fertility.

Nocturnal emission: (wet dream) in men, periodic spontaneous release of semen during sleep.

Ovaries: the female reproductive glands which contain ova (eggs) and produce estrogen and progesterone.

Ovulation: the release of a mature ovum (egg) from the follicle in the ovary.

Ovum: the female reproductive cell developed in the ovaries.

Penis: the male reproductive organ which releases semen into the vagina during sexual intercourse or urine from the bladder during urination.

Period, menstrual: see Menstruation

Physiology, human: the study of the function and activities of bodily organs.

Pituitary gland: the master hormonal gland of the human body located at the base of the brain.

Placenta: the organ that forms from the blastocyst and attaches to the endometrium during an early stage of pregnancy and provides nourishment to the developing baby.

Pornography: any writing, pictures, actions, etc. that are used to arouse sexual passion as an end in itself; degrading and destructive image of human sexuality.

Pregnancy: the time of the baby's growth in the mother's uterus from conception to birth.

Progesterone: the female sex hormone secreted by the corpus luteum after ovulation.

Promiscuity: the practice of engaging in genital relations with different partners.

Puberty: the time when one first becomes fertile and capable of becoming a parent.

Rape: forcing another person to submit to genital intercourse against his or her will.

Reproduction, human: the process by which new human life is generated; procreation.

Scrotum: the external pouch suspended behind the base of the penis containing the testicles.

Semen: the mixture of sperm cells and seminal fluid.

Seminal fluid: the secretions from the prostate and Cowper's glands and seminal vesicles which join sperm cells to produce semen.

Sex hormone: those hormones secreted by the reproductive glands of the body.

Sexual intercourse: the bodily union of husband and wife in marriage as a sign of their mutual love and commitment; the marriage act.

Sexuality, human: the sum of the physical, mental, emotional and spiritual traits and values that make up an individual person.

Sexually transmitted disease (STD): an infection spread by genital relations or genital contact.

Sperm: the male reproductive cell produced in the testicles.

Sterility: abnormal condition of permanent infertility.

Testicles: the male reproductive glands which produce sperm cells and testosterone; located in the scrotum.

Testosterone: the male sex hormone produced by the testicles; causes development of male sex characteristics.

Tubal ligation: the surgical procedure to bind or close the Fallopian tubes so as to cause permanent sterility in women.

Urethra: the tube through which urine flows from the bladder to the outside of the body; in men it also transports semen.

Uterus: the womb: the hollow pear-shaped female organ in which an unborn baby grows during the period of pregnancy.

Vagina: the birth canal for the baby; the passageway of the female reproductive system from the uterus to the outside of the body through which the menstrual fluid flows.

Vaginitis: an infection of the vagina; may cause itching, odor or unusual discharge.

Value: a belief that makes a difference in a person's behavior; a principle by which a decision is made.

Vas deferens: the tubes that transport semen from the epididymis to the urethra in men.

Vasectomy: the surgical excision of the vas deferens to produce permanent sterility in men.

Virginity: the state of not having freely engaged in genital activity or relations.

Vulva: the external parts of a woman's genital organs.

Womb: See uterus.

Zygote: the newly conceived baby from the moment of conception until implantation, about the first seven days of life. See Blastocyst, Embryo and Fetus.

We are all created to His glory ~ we are created to do His will. I am created to do something or to be something for which no one else is created; I have a place in God's counsels, in God's world, which no one else has; whether I be rich or poor, despised or esteemed by man, God knows me and calls me by name.

God has created me to do some definite service. Some work has been entrusted to me which has not been given another. I have my mission ~ I may never know it in this life but I shall be told it in the next... I am a link in a chain, a bond of connection between persons. He has not created me for naught. I shall love as Christ has loved. I shall do His work: I shall be an angel of peace, a preacher of truth in my own place while not intending it, if I do but keep His commandments and serve Him in my calling.

Therefore I will trust Him. Whatever, wherever I am, I can never be thrown away. If I am in sickness, my sickness may serve Him. In perplexity, my perplexity may serve Him. If I am in sorrow, my sorrow may serve Him. My sickness or perplexity or sorrow may be necessary causes of some great end, which is quite beyond me. He does nothing in vain. He may prolong my life. He may shorten it. He knows what He is about. My friends may be taken from me. I may be thrown among strangers. I may feel desolate. My spirits may sink. The future may be hidden from me. Still He knows what He is about.

I am born to serve Thee, to be Thine, to be Thy instrument. Let me be Thy blind instrument. I ask not to see ~ I ask not to know ~ I ask simply to be used. Somehow, I am necessary for God's purpose, as necessary in my place as an Archangel in his.

~Cardinal John Henry Newman



A Mother/Daughter Story

by Sharon Dausman, Chicago, IL

Like all mothers, I wanted my daughter to be prepared for life. I saw in her many qualities that would enable her to be successful in life and that included Christian qualities. I knew she would be fair, kind and sensitive to others. But I wanted her to be able to take care of herself as well and not be taken advantage of when it came to matters of the heart.

This was my youngest and last. We had many conversations through the years about how her body would change. We discussed the cycle long before she knew what it would really mean for her. And then discussed it again every time she asked questions and then again when one of her friends would go through menarche. I watched her face and her body language as she began to tell me all about her experience of her fertility and how it related to what she was feeling about herself. I thought at the time I wish I had felt this confident when I was her age. I knew the gift of knowledge I was able to give her about her fertility gave her some of that confidence and it had a profound effect on our respect for one another.

The summer after she graduated from grammar school I felt was the time to set aside a weekend for us to be together. I knew that the years of high school would be a time of walking further down the road of independence for her and finalizing her thoughts of "What does it mean to be a woman for me?" I had been saving money for something just like this. I wanted it to be special and for just us. I wanted to have a special time for sharing, for fun and to have a memory she would have long after I was gone and that I'd hope she would repeat with her own daughter(s).

So we packed our bags and went away for a weekend. We stayed at a hotel. It was one of those incredible weekend prices for get away weekends. We went sight seeing, stayed up late, talked, laughed and ate all sorts of fattening foods! It was a great weekend, and we didn't want it to end. On Sunday morning we took a boat ride.

Meals were served on board the boat. While we were sitting at our table and waiting to be served, I placed a box and card in front of her as she looked out the window as the boat pulled away from the dock. In the box was a ring - a ring she had wanted for a long time and traditionally that only a friend can give you. The symbol of that ring was that I wanted my daughter to know that when we were through parenting her, I would like us to be friends as well as always being her parents.

The letter I wrote told of my love for her, what I thought about when I was carrying her, and our family. I wrote her that I knew high school years would be challenging at times and that we would be there for her. I wrote that we always needed to work at keeping communication lines open between us. I wrote her that she was a child of the light and that she was a gift to us from God. I wrote her that I wanted the ring to remind her of all that and that she should wait until God put her and the special man God had intended for her together.

Well, there were tears in our eyes and it blurred the sights outside. But, they would never compare to the love in my daughters eyes!

It's Your Move

I gave you life, but I cannot live it for you.

I can teach you things, but I cannot make you learn.

I can give you direction, but I cannot always be there to lead you.

I can show you faith, but I cannot make you believe.

I can teach you right from wrong, but I cannot always decide for you.

I can buy you nice clothes, but I cannot make you nice inside.

I can offer you advice, but I can't accept it for you.

I can give you love, but I can't force it on you.

I can teach you to be a friend, but I can't make you one.

I can teach you to respect, but I can't force you to show honor.

I can grieve about your report card, but I cannot doubt your teacher.

I can advise you about friends, but I can't choose them for you.

I can teach you about sex, but I can't keep you pure.

I can teach you the facts of life, but I can't build your reputation.

I can tell you about drinking, but I can't say no for you.

I can warn you about drugs, but I can't prevent you from using them.

I can show you lofty goals, but I can't achieve them for you.

I can allow you freedom, but I cannot be responsible for your actions.

I can teach you kindness, but I can't force you to be gracious.

I can warn you about sins, but I can't make your morals.

I can love you as my child, but I cannot place you in God's family.

I can pray for you, but I can't make you walk with God.

I can teach you about Jesus, but I cannot make Him your Savior.

I can teach you to obey, but I can't make Jesus your choice.

I can teach you how to live, but I cannot give you eternal life.

Thanks for listening. I love you!

Your Mother

Monologue of a Mom to God

by Carol Thomas

March 15, 1998

Mother/Daughter Program

"A Being a Mother"

*This is the day my child is born.
Oh, thank you, Father, she is healthy,
10 fingers, 10 toes, breathing very well.
Her eyes - can she see me?*

*Dear God, help me to guide her - not in the way I want her to go,
but the path You want her to follow.
Help her to speak with charity towards others
and wise in her choice of words*

*How can I already love her so much?
She's only a few minutes old.
Please help me, Lord.*

*Oh, Sweet Son of God, she's now in 1st grade.
How she has grown!
She's reading stories to me now.
Please be with her, Jesus,
and direct her eyes towards that which is right and pure for her age.*

*She's so pure and innocent. I don't want that to change.
The world around us is like a strong wind -
pushing us and chafing our cheeks.
How can I protect her?
I have to.*

I'm her mother. I'm worried. Please help me, Lord.

*Oh, Holy Spirit, how she is changing.
She's not a little girl anymore. It happened so fast.
She's softer, more feminine.
I'm so proud; I'm so scared.
What lies ahead?
Will she make the best choices?
Will she be of strong character?
Have I done all I can?
It seems as if there are more questions than answers.*

*Oh, Holy Spirit, keep her holy and protected from all harm and danger.
You love her; I love her. If she only understood what that means.
We want the best for her.
The best is living according to God's plan.
That's what will protect her.*

*Where has all the time gone?
Time: What time is it?
She should have been here an hour ago.
There's the phone ringing. Oh, dear God, please....
Help me, Lord.*

*Oh, Holy Trinity, This is truly ~~A~~the day the Lord hath made.@
Thank you, God, for bringing me to this wonderful moment in my life.
I am so happy for today my granddaughter was born.*

*Oh, but what is that I'm hearing? My daughter's voice.
What is she saying?
AThank you, Father, she is healthy,
10 fingers, 10 toes.
Help me to guide her along the path you choose for her.@*

*A mother's monologue - a mother's prayer.
Never ceasing - always with You in the center.
Please help me, Lord. Amen*

**\$10.00 Coupon
to use at
NFP Center Exhibit**

**\$10.00 Coupon
to use at
NFP Center Exhibit**

Please put all the dirty trays together in plastic bags. Put the tote cases for trays with the dirty ones, but do not put the dirty trays in the tote cases.

Please put all the dirty bowls together in plastic bags. Put the tote case for bowls with them.

Please put all the dirty table clothes, aprons, and towels together in a plastic bag or box. Put the tote case for table cloths with it.

Please put all the dirty utensils together in a plastic bag.

The dirty coffee pot goes home with me too and its box.

Everything on
this table is FREE!

Registration Table

Put a **table cloth** on the table. The table cloth will be either with the Fetal Model table things or with the other Exhibit area table cloths. Do not use the table cloths from the Table Cloth plastic container. Those are for the food area.

Name tags should be in alphabetical order according to mother's (or father's) last name. Put them on the table in this order. Use the **A-F, G-M, & N-Z signs** to make them easy to find for the adults. The **Programs** should also be displayed on this table and given to each person when they pick up their name tags.

Use any **decorations** you like that will fit after all the name tags are displayed.

If the **program is full** and over-booked, there will be no registrations at the door. If the name tags are not on the table, the person is not registered. You can look through the reservation forms for that day just to be sure, but more than likely, it was never received and therefore there are no name tags printed for them. (If there are any empty seats after the program begins, they can register, pay the registration fee, make name tags and stay for the program.)

If there is **space available**, people can register at the table. Have them fill out a reservation form and make their name tags. Attach their money or check to the form with a paper clip. I will have extra forms at the table with paper clips attached to each one along with extra name tags. Collect all the forms and get them to the money box at the exhibit table.

Some people will have **called ahead**, and I will have their reservation forms already filled out and their name tags made, but their name tags will be separate from the others. They will bring their money on the day of the program. Collect their money and attach it to their form with a paper clip and get it in the money box at the exhibit table.

Put out the **sign up sheets** to receive the flyers for the next year's Mother/Daughter programs or Father/Son Program as well as to receive the NFP Center newsletter. There are small **tent cards, pens** and **Sharpie markers** in the **question box**. Put the small tent card above each sign up sheet. Put **pens** with them. You will need an extra half round table with a table cloth at the end of the registration table for these. Leave all the sign up sheets and pens out until the end of the program. Use the Sharpie markers to make name tags if needed.

When the **program begins**, move all the remaining name tags into one area of the table, keeping them in alphabetical order. Some people will be late, and some people won't come at all. **Before the break**, collect the remaining name tags and put them with the reservation forms for this program. They can go under the exhibit table and will be returned to the NFP Center. The little tent signs, A-Z signs, pens and markers will go back into the question box at the end of the program.

Be sure the **Registration Table** sign is on the wall above the table.

Question Box and Fetal Model Table

Put a **table cloth** on the table. The table cloth will be either in the box with the Fetal Models or with the other Exhibit area table cloths. Do not use the table cloths from the Table Cloth plastic container. Those are for the food area.

Put out the **7 fetal models** in the uteruses. Be sure to hand **tighten** each bolt on the bottom of each one to keep them from wiggling.

Put out the **Touch of Life soft fetal models** on a blanket. Put the ages **plates** above each one to indicate the age of development. Put the **sign** showing they were a donation given in memory of Fr. Silk near the models. Put out the **sign** saying "Pick up the babies..."

Put out the **9 month pregnant model**.

Put the **Question box** on the table with sheets of **paper** and **pens** for the questions. Take the pens and paper and signs out of the question box so that it is empty on the table. Use pink paper for the girls and green for the boys. Put the Registration table things (A-Z cards, tent cards for sign up sheets, Sharpie pens) on the Registration table.

Put anything not being used into the boxes to be stored under the table.

Put all the **boxes** under the table so everything can be put back into them when the program is over. When packing up, be sure to put **rubber bands** around the fetal models in the uteruses so the babies won't fall out and will be in the correct uterus the next time.

Be sure the Question box **sign** is above the table.

Free Exhibit Table(s)

If the **crowd is huge**, there needs to be 2 exhibit tables with the free things on them.

Put the NFP Center **exhibit table cloth** on the main table which needs to face the hallway. Use another table cloth on the other table. The table cloths will be either with the Fetal Model table things or with the other Exhibit area table cloths. Do not use the table cloths from the Table Cloth plastic container. Those are for the food area.

Be sure the **signs** indicating everything on this table is free is above each table.

The free items will be in **boxes**, one for each table. Take all the items out of the boxes and put on each table. Take the rubber bands off each stack and put the rubber bands back in the boxes. Put the empty boxes under the table. When packing up, put all the remaining cards and things back into the boxes, one for each table. Put a rubber band around each stack, but **do not double** the rubber bands because that makes them too tight. Do not put the cards on their sides. **Stack them flat.**

Some of the handouts will be sheets of colored paper. They will be in separate boxes in a larger box. Do not store them with all the bookmarks, cards, stickers and brochures. Put them back into their separate boxes.

Plastic bags should be on the side closest to the flow of traffic. These bags are for putting the free items into. The free **pens** and nail **files** should be in baskets near the back of the table above the bags. The **note pads** can be near these. The **glossary** should be near the bags too.

It is important to put the most appropriate items at the **beginning** of the line. NFP information can go at the end at the back of the table. Pro-life information can go near the end too. Put the printed sheets of paper toward the back of the table because those will be mostly for the adults to pick up.

Put the most appropriate cards at the beginning of the line. The small cards and stickers can go toward the front. Just try to make the things appropriate for the age group and try to make it all fit.

At the end, I need to know the items we are out of or running low on, so I can replenish them for the next week (M/D's only). Either write out on a note pad the items needed and about how many we have left or give me one of each item with a list of approximately how many are left.

Food Room Set Up

The serving room needs to be set up appropriate to the program and the number of people attending. For large **Mother/Daughters**, we need three long (3 tables each) serving tables, a coffee service table and a long table for serving punch as well as a small table behind the punch table for making the punch.

For the **Father/Son**, we need three long tables at one end to serve the pizza and several small tables behind them up against the wall to stack the empty pizza boxes. We need a coffee service table, and two tables for drinks. We need three long tables in the center of the room for all the other food items.

The food area **table cloths** should be in the plastic container that says Table Cloths. Put the table cloths on all the tables and put a **paper** table cloth on the **punch table**.

Paper table cloths can be used at the Father/Son for the **pizza** and **drinks** too.

Put out the **candles** and whatever **decorations** you like and try to make it look nice and pretty and feminine for the girls. The boys' decorations can be whatever you find and use. They don't usually care. They just want the food.

Put **plates and napkins** at the beginning of each serving line.

Do not put the candy as the first item to be served because the kids will fill up their plates with candy if you do, and it will all be gone before everyone gets served.

Put as many **chairs** as possible all around the room with a few **small tables** behind some of the chairs to put plates or cups on. Several **garbage cans** need to be around the room and accessible.

There are two **door stops** in the Coffee Table plastic container. They can be used to hold the doors open when serving the food. Be sure to **put the door stops back** in the Coffee Table plastic container at the end of the program

Chastity banners should be hung on the walls that are appropriate for the age group.

Just try to make the room look nice and inviting...even tho there a re never enough seats for all the people.

Food

All the **food items** should be brought in in boxes. All the **serving trays, bowls, spoons, utensils,** etc should be brought in in **plastic containers**. Each container is **marked** with its contents.

Depending on the number of serving tables, put **one of each item on each table**, either on **trays** or in **bowls**. **Spoons or tongs** should be in each food item for serving.

The candy, gold fish and nuts should be in bowls. The cookies, donuts and fruit should be on trays. The chips and salsa, cheese and crackers, chicken salad and crackers, vegetables and dip should be on trays with a bowl in the center for the things that are not dry.

Just use **common sense** on how to serve the food items, but make sure all **items can be reached** from both sides of the serving table.

Do not put the candy first in the serving line.

The **punch or drinks** will be at a **separate table** for serving. Be sure there are enough **cups** on the table. For the boys, if the **drinks** are in cans, be sure they are **iced down** in the ice chests before the program begins. If they are to be poured, be sure there are enough cups and ice.

The **coffee** will be at its own table too. Be sure to put a **pitcher of water** with **cups** out on the coffee table. Put the **sugar, cream, and sweet 'n lo** in the **small glass bowls** that are in the coffee table container. Put **stirrers** in a cup. Put small **spoons** in the cream and sugar bowls. Put out the **coffee cups**.

Make enough coffee, more for the men usually. Use one scoop of coffee for each two cups of coffee being made. Be sure the **pot is plugged in an hour** before serving.

All the **perishable food** items should be put out right before the serving begins.

Replenish when things run low, especially the chips, salsa, dip and crackers .

Encourage the young people to put questions into the question box while they are eating.

Clean Up

After the food part is over, **consolidate** all the same food items into one or two bowls or trays.

Do not leave food and crumbs in the table cloths. Take them outside to shake out or shake them into a garbage can, not on the floor. If there is a **stain** on a table cloth, tie a knot in it so I can see it.

For the **non-perishables**, things that can be used again the next week (M/D's) or as refreshments at NFP classes, put them into the **large plastic bags** to be used again, or things like the nuts can be put back into their original containers.

For the **perishable items**, things that cannot be held over to be used again (fruit, cream puffs, donuts, cheese, vegetables, etc.), put into **small plastic bags** for all the wonderful workers to divide up and take home with them.

Once everything has been packaged up, put the things to be taken home on one table and put all the things that can be used again on another table. Make a **list of the items that are left** with an approximate amount of each thing that is left, so I will know how much to bring the next week.

(At the last M/D, you don't have to do this.)

Put all the **reusable food** into boxes. These will go home with me, and I will replenish them and bring them all back for the next program.

Put all the **dirty dishes together by item**, keeping all the **bowls** together, all the **round trays** together and **all the other trays** together. Put all the **spoons** together and all the **tongs** together and all the **utensils** together. Pull all the **punch preparation supplies** together. Empty the **coffee pot** and keep it all together.

Put all the **dirty serving bowls together in a large plastic bag**. Put the plastic container for bowls with the dirty bowls, but do not put the dirty bowls in the plastic container. These will go home with whomever is going to wash the bowls and bring them back the next week. If the plastic bag is not leaking at all, the bag can go into the plastic container to be transported home, but please don't let there be bits of food or sticky stuff in the plastic container when the clean things are put back into it.

Put all the **dirty round trays** together in a plastic bag with the plastic container for round trays. Do the same thing for the **other trays, the utensils, spoons and tongs**, and the **punch preparation things** putting the plastic bag near the plastic container that is marked for each item. These will go home with different people to wash and dry well and bring back the next week.

Put the dirty **coffee pot** with the coffee pot box and be sure the cord is in the box. The **bowls** from the coffee table and the water pitcher can go with the coffee pot too to be washed, dried and returned.

Put all the **dirty table cloths**, aprons and towels into a plastic bag with the plastic container for the table cloths, but not in the container. These will be washed, dried and returned. Put all **garbage** into the big plastic garbage bags and close all the tops. Break down any boxes as much as possible and put them into the garbage bags. We want to leave the room as clean as possible. All the **tables** and **chairs** in the hallway or auditorium need to be put back into the serving room.

?? Question??

?? BOX ??

These are paid.

Name tags are on the table.

If they are not in here, they are not
registered.

These are NOT paid.

Collect money,
give them name tags,
and attach money to form.

WALK IN REGISTRATIONS

Have them fill out the form.

Collect money and attach to form.

Put in money box at display table

Make name tags.

Registration Table

SERVICE HOURS OPPORTUNITY

The Diocese of Memphis NFP Center needs smart students to help set up, work and clean up at the Mother/Daughter Programs on 3 Sundays: March 2, March 9 and March 16 from 10:00 a.m. to 7:00 p.m. at Saint Francis Hospital Auditorium, 5959 Park Ave.

Please Email: marypat.vanepps@cc.cdom.org or call Mary Pat Van Epps at (901) 373-1285 to volunteer your help.

Diocese of Memphis NFP Center

- ❖ *Natural Family Planning Classes*
- ❖ *Mother/Daughter and Father/Son Programs*
- ❖ *Chastity Education, Chastity Materials, Pro-Life Education*

5825 Shelby Oaks Dr.
Memphis, TN 38134
Phone (901) 373-1285 Fax: (901) 373-1269
E-mail: marypat.vanepps@cc.cdom.org

MEMO

TO: Brent Baugus

FROM: Mary Pat Van Epps, Director

DATE: January 15, 2008

RE: 2008 Mother/Daughter Programs

Once again, the Diocese of Memphis NFP Center will present the annual **Mother/Daughter Programs** at Saint Francis Hospital in the Auditorium on

Sunday, March 2 from 2:00 - 5:30 p.m.

and

Sundays, March 9 and March 16 from 2:00 - 5:00 p.m.

I will need: **Microphones (I will bring the ones I have too)**

Overhead projector and DVD player on March 2 only

I can turn on all the equipment when I get there. Just please call me if anything is different or if the overhead projector is not working.

Thanks as always for all your help, Brent, and God bless you!

Mr. Brent Baugus
Saint Francis Hospital
5959 Park Avenue
Memphis, TN 38119

Specific Duties for Mother/Daughter Programs Sundays, March 11, March 18 and March 25, 2007

We will begin unloading, furniture set up, exhibit set up and food preparation at 10:00 a.m. each Sunday.
Everyone needs to be at the auditorium by 1:00 p.m. at the latest to greet the families.

Registration table

Welcome people with a **real friendly greeting**. Help them **find their name tags** and **give them a program**. (Name tags will be in alphabetical order by mother's last name.)
Only those with name tags have paid and have reservations. If any others show up, they will have to wait to be sure there is space available at 2:00 p.m.

Jordan

Tracy

Nicole

Doris

Display Table (Free stuff)

Encourage the girls to pick up the free bookmarks and stickers, etc.
One person needs to **Aman@** the table from 1:15 to beginning of Program, during the Tea, and from 5:00 until everybody leaves.

Doris

Katie

Deanna

Display table (For Sale stuff)

Two people need to always be present to sell the t-shirts, boxers, precious feet, etc.
SOMEONE NEEDS TO BE IN CHARGE OF THE MONEY BOX.
Be there from 1:15 to beginning of program; during the Tea; and from 5:00 till leaves.

Carol

Libby

Tina

MP everybody

Question box table

Encourage girls to put questions in the box during the break.

Everybody

Serve at food tables

Encourage movement in the lines. Try to keep them from stacking up.

Doris Carol

Katie Deanna

Tina Tracy

Serve and replenish punch and food.

Nicole Jordan

Any other free ones

Panel for questions and answers

Sit on stage and answer the questions you know the answer to. Try to be as concise as possible, and keep the answer geared to the 10 year old girl. Keep it clear, simple and accurate. It's fine to add on to another person's answer but please don't ramble, and please don't try to take all the questions.

Everybody

On program

Pass out and collect evaluation forms .

Give one to each mother and girl and a pencil if needed. Collect the completed forms and pencils at the doors.

Everybody

Pass out mirrors to each girl

Jordan Tracy

Nicole

Deanna

As always, please just do whatever needs to be done when you see that it needs to be done. This sheet will just give you a place to begin. Switch whenever you need to. **God bless you all! Thank you!!!!**

Please be sure to SMILE A LOT!!!!!! God loves you!!!

Diocese of Memphis NFP Center



- ❖ *Natural Family Planning Classes*
- ❖ *Mother/Daughter and Father/Son Programs*
- ❖ *Chastity Education, Chastity Materials, Pro-Life Education*

5825 Shelby Oaks Dr.
Memphis, TN 38134

Phone (901) 373-1285 Fax: (901) 373-1269

E-mail: marypat.vanepps@cc.cdom.org

MEMO

TO: Environmental Services - Saint Francis Hospital

FROM: Mary Pat Van Epps, Director

DATE: January 15, 2008

RE: 2008 Mother/Daughter Programs

I will need your help again setting up the foyer outside the Auditorium, The St. Catherine Rooms and the stage for the 2008 Mother/Daughter Programs on

Sundays: March 2, March 9, and March 16

I will need everything set up by 10:00 a.m. each Sunday because the programs begin at 2:00 p.m., and we have a lot of work to do in preparation for the programs.

I will need: **5 large display tables (2 tables each)** in the foyer.

1 long table and 8 chairs on the stage for a panel.

3 large long serving tables (each one with 3 tables) in the St. Catherine Rooms for food. See illustration attached.

As **many chairs as possible and several tables** around all the walls

1 half round table on east wall in St. Catherine for coffee service.

3 long tables on east wall in St. Catherine room

Extra waste cans around St. Catherine Rooms.

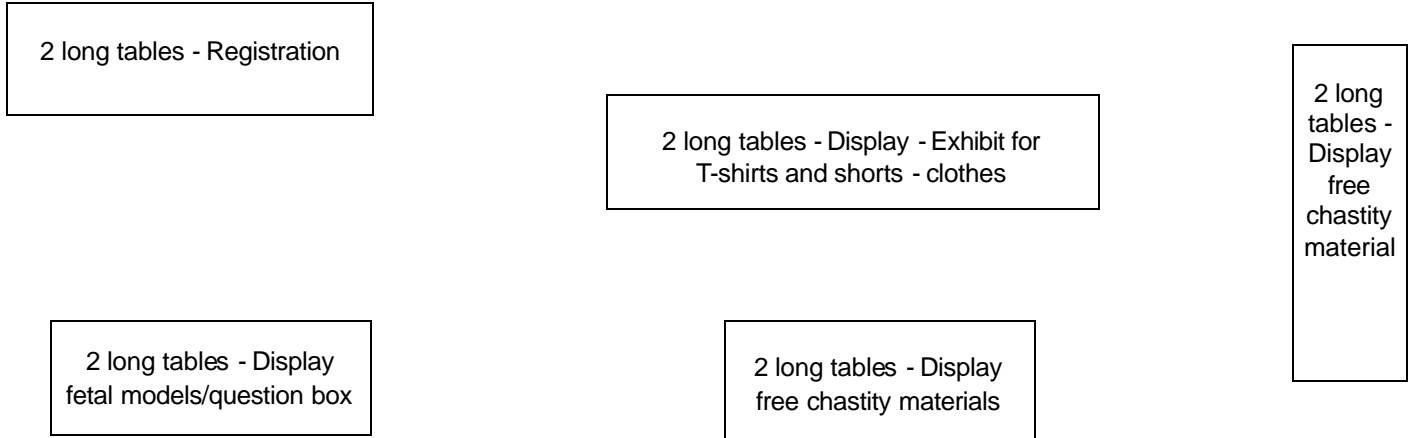
Waste cans in the foyer outside the Auditorium

Please let me know exactly how to pay you for this. I should have a \$25 credit from the Father/Son Program last October. Please send me an E-mail at marypat.vanepps@cc.cdom.org to let me know to whom the check should be made payable. Thank you so much for all your help!!

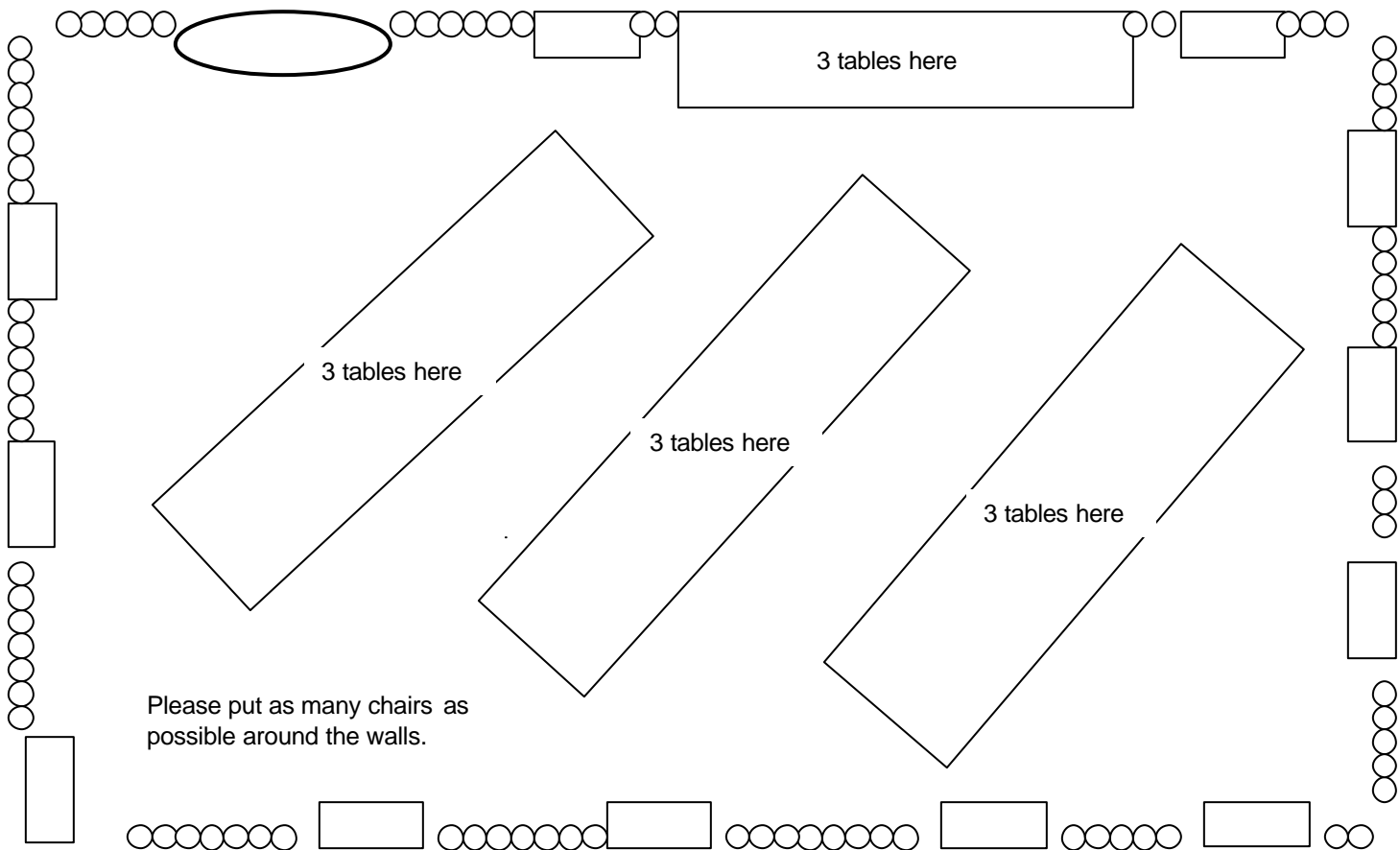
Set Up for Mother/Daughter Programs

Sundays, March 2, March 9 and March 16, 2008
by 10:00 a.m.

Foyer outside Auditorium:



St. Catherine Rooms Set up:



Environmental Services
Saint Francis Hospital
5959 Park Avenue
Memphis, TN 38119

Diocese of Memphis NFP Center



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MEMO

TO: Information Systems – Hospital Operators, Saint Francis Hospital

FROM: Mary Pat Van Epps, Director

DATE: January 15, 2008

RE: 2008 Mother Daughter Programs

The Diocese of Memphis NFP Center will present the annual **Mother/Daughter Programs** at Saint Francis Hospital in the Auditorium on

Sunday, March 2 from 2:00 – 5:30 p.m. and

Sundays, March 9 and March 16 from 2:00 – 5:00 p.m.

There may be calls coming in to the hospital asking about the Mother/Daughter Programs.

Please refer the calls to me at the Diocese of Memphis Natural Family Planning Center at **373-1285** because everyone who attends the programs must have a reservation. You can also refer them to the diocesan web site, www.cdom.org, where they can print out the reservation form.

Callers may not know to call the programs the **Mother/Daughter@** programs, but they may ask you about the program at Saint Francis about teen sexuality or growing up.

Thanks so much for your help.

Information Services/Hospital Operators
Saint Francis Hospital
595 Park Avenue
Memphis, TN 38119

Mother's comments: liked the most

How the entire program incorporated all we strive to teach her; modesty, respect, love, God's plan, our love for her, etc.

Relaxed atmosphere and references to God's plan & great comfort foods!

Time with my daughter

Candid and honest information carefully presented to age appropriateness

This was a wonderful day. Thank you. I wish they were available when I was young. I watched my daughter mesmerized the entire time.

Advertise more outside of Catholic publications. Every mother and daughter should be here.

You did a wonderful job of describing a girl's body as God's perfect plan to prepare her for motherhood. It put a beautiful touch to a monthly cycle.

I appreciate that everything was based on God's Word and His plan. I also appreciated the discussion about modesty.

The panel of women was very informative and they tackled the tough questions.

The program was very God centered.

Now she will understand better why her body is changing and why I make the decisions I do for her.

It's great to continually address modesty and appropriate dress.

A great reminder that ovulation is the key to the cycle.

The humor and fun with which the information was given.

Very well done. Thank you for your time and work. God bless you!

The food was spectacular!

I thoroughly enjoyed this program and appreciate the time and effort involved. The speakers were all wonderful, and the information was great.

Humor, easy going nature used by presenters...excellent information..not too technical.

Great discussion points. I'll remember to use humor in dealing with this too.

She was very scared and uncomfortable before we came today, but now she feels good about the program and wants to attend again in a couple of years.

I love how the panel of ladies share the necessary info in such a humorous yet informative way. I really appreciate the spiritual emphasis and the honor you give to the Lord by confirming His plan.

Thanks for your willingness to be a part of this Mother/Daughter program. We appreciate each one of you. God bless you all!

My daughter asked me two questions during the presentations. I was thrilled!

The information about the menstrual cycle and the fact that we must love our bodies. It naturally introduces sexuality, and it will be easier to continue talking about this subject.

Introducing chastity.

Thank you so much for this program. No one ever talked with me about growing up, and I spent most of my life feeling embarrassed about these things. I am determined to overcome this and be open with my daughter. I want her to avoid the pitfalls I encountered because of my lack of knowledge. May God continue to bless ALL of your efforts in this area.

We had already talked together at home, but it was very important to have it reinforced. I think it helped her to see everyone else having the same questions.

It opens up things so it won't be so hard to start the discussion

Very organized, informative and helpful

It will help me feel more comfortable discussing these issues in the future.

It has already started opening the doors to more questions.

Great info and humor made it a very comfortable situation.

Being able to talk about periods without her being embarrassed.

Talking about girls respecting their bodies and explaining ovulation and menstruation.

The whole program was education and entertaining for both of us.

She enjoyed it more than I thought she would because of the humor you added.

The humor that went along with the valuable information. Also, the group setting was nice...made the girls feel more comfortable.

I look forward to the 13 - 16 year old program. My daughter did not want to come and ended up having a great time. Thank you!

The facts about menstruation and the chastity and prolife agenda of the program.

Everything was presented from a Christian worldview and prolife. Everything was God's Plan and how He made us.

This was done so excellently and to God's glory. Thank you so much.

The grace in the way it was presented.

The talks were short and simple, easy for the girls to understand.

Girls: Liked best

The way the people taught us with happiness and humor. It is just perfect!

I liked how you can have an honest question and nobody knew who asked it.

I liked it too much. Thanks to all of you!!!

Learning about what is going to happen to me. It was great. Thank you!

Getting the info I need

Getting to spend time with my mom

I like that now I understand A LOT more than I did about women and puberty. I also liked they made it humorous.

Getting to spend time with my mom. It is perfect.

Learning how to deal with periods and why we have them. It was great!

It is awesome!

I don't think you can make it better because it was so great!

I now understand puberty A LOT BETTER!

Learning what to expect so basically ALL of it!

Talking about being a girl and how we are different from boys.

It helped me to understand about my changes. Thank you for everything.

I liked that I was able to understand what was going to happen to my body.

The part where you explained everything further and made sure we understood it.

When we talked about babies and when you told us to give our moms a hug.

When people made jokes about these things and that I was able to learn all these things. It was perfect enough.

Mother/Daughter

Program

We have received your reservation for the
2008 Mother/Daughter Program
for 10 - 12 year olds
on Sunday, March 16, 2008
2:00 - 5:00 p.m.

Saint Francis Hospital Auditorium
5959 Park Avenue

The Program will begin promptly at 2:00 p.m.

The Auditorium is located at the southwest corner of the hospital. Enter the west driveway near the Emergency Room and proceed to the rear of the hospital. When the driveway curves to the left, the Auditorium is on the left. We look forward to having you with us. Please call me at (901) 373-1285 if you have any questions. Thank you and God bless you!

Mary Pat Van Epps, Director
Diocese of Memphis NFP Center

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Mary Pat Van Epps, Director
Diocese of Memphis NFP Center

M/D Tea Party Recipes

Pink Lady Punch

Makes 1 gallon (128 oz.)

1 quart cranberry juice
1 quart pineapple juice
1 2 liter bottle ginger ale
1/2 cup sugar

To make 4 gallons (512 oz.)
Makes 64 8 oz. servings

1 gallon cranberry juice
3 46 oz. cans pineapple juice
4 2 liter bottles ginger ale
2 cups sugar

Have it all ingredients cold, mix together and serve over ice rings in punch bowls.

Mini Cheese Cakes

Makes about 30 - 35 cheese cakes

1 package (48) Bakers Choice
2" Midget cake foils
40 vanilla wafers
2 8 oz. packages cream cheese
1/2 cup sugar
1 tsp. vanilla
2 eggs
1 can cherry or blueberry pie filling

To make about 90 - 100 cheese cakes

2 packages (96) Bakers Choice
2" Midget cake foils
100 vanilla wafers (1 lb.)
1 3 lb. package cream cheese
1 1/2 cup sugar
3 tsp. vanilla
6 eggs
1 30 oz. can cherry or blueberry pie filling

Soften the cream cheese and mix all ingredients with electric mixer. Put a vanilla wafer upside down in each foil cup, spoon cheese mixture into each foil about 2/3 full. Bake at 325 degrees for 25 minutes. Keep refrigerated and top with pie filling before serving.

DIOCESE OF MEMPHIS NFP CENTER

D

Natural Family Planning Classes
Mother/Daughter and Father/Son Programs
Chastity Education, Chastity Materials, Pro-Life Education

5825 Shelby Oaks Drive
Memphis, TN 38134-7389
(901) 373-1285
Fax: (901) 373-1269

March 10, 2004

Dear Phyllis,

I am so sorry to have to return your check and reservation form for the Mother/Daughter Program on March 14, 2003, but there is just no more room in the Auditorium, and I cannot take any more reservations. We already have more than 300 people who plan to attend.

I have put your name on the mailing list for the 2005 programs which will be in March, and you will be one of the first ones to receive the reservation forms in January of 2005. Be sure to register early so you can be assured of a seat.

If you have any questions, please call me at 373 -1285.

Again, I wish I could accommodate all the people who wanted to attend, and I do hope you will make reservations to attend the program next year.

God bless you,

Mary Pat Van Epps
Director

Diocese of Memphis NFP Center

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Memphis, TN 38134
Phone (901) 373-1285 Fax: (901) 373-1269
E-mail: marypat.vanepps@cc.cdom.org

MEMO

TO: Security, Saint Francis Hospital

FROM: Mary Pat Van Epps, Director

DATE: January 15, 2008

RE: 2008 Mother/Daughter Programs

The Diocese of Memphis NFP Center will present the annual **Mother/Daughter Programs** at Saint Francis Hospital in the Auditorium on

Sunday, March 2 from 2:00 - 5:30 p.m.
and Sundays, March 9 and March 16 from 2:00 - 5:00 p.m.

The Auditorium doors and AV room door will need to be **opened by 10:00 a.m. each Sunday**. We will also need the St. Catherine and St Clare rooms opened at that time.

All the doors will need to be locked again after 6:00 p.m.

I expect to have large crowds on March 9 and March 16, so the parking lots will probably be more congested on those days.

Thanks for all your help!

Security

Saint Francis Hospital

5959 Park Avenue

Memphis, TN 38119

Worked at the Mother/Daughter Program on

for the Diocese of Memphis NFP Center.

_____Service Hours

**Mary Pat Van Epps, Director
Diocese of Memphis NFP Center
(901) 373-1285**

Worked at the Mother/Daughter Program on

for the Diocese of Memphis NFP Center.

_____Service Hours

**Mary Pat Van Epps, Director
Diocese of Memphis NFP Center
(901) 373-1285**

Shopping list for Tea Parties

Coffee
Cream
Sugar
Sweet n lo
stirrers

Coffee cups
Punch cups
Plates
Napkins

Cranberry Juice cocktail (gallons) 3, 2, 3
Pineapple juice (46 oz cans) 9, 6, 9
Ginger Ale (2 liters) 12, 8, 12

Crackers

Club (32 oz) 1, 1, 1
Ritz (48 oz) 1, 1,
Wheat Thins (40 oz) 1,1,
Triscuit (40oz) 1,1,
Gold Fish crackers (58 oz) 1, 1, 1

Chips 3, 2, 3
Salsa 2, 1, 2

Salad dressing for dip 2 gals.

Maraschino cherries (1/2 gal) 2, 1, 2

Nuts

Mixed nuts (3.5 lb) 1, 1, 1
Cashew pieces (46oz) 1,1,1
Honey Roasted Peanuts (40oz) 1,1,1
Almonds (48 oz) 1,1,1
Trail Mix

Candy

M & M's (52 oz) 2, 2, 2
M & M's Peanut 1,1,1
Skittles (3 lbs) 1, 1, 1
Hot tamales 1, 1, 1
Gummy Bears (5 lb) 2, 1, 2

Chocolate Covered Raisins 1, 1, 1

Cookies

Butter (6 lb) 1
Oreos (52 oz) 1, 1, 1
Chips Ahoy (48oz) 1, 1, 1
Martinique (34oz) 2, 2, 2
Rolled wafers (26oz) 1,1,1

Donut Holes 36 doz., 30 doz., 36 doz.

Cream puffs 4, 3, 4

Tuna or chicken Salad (2 lb) 4, 3, 4

Cheese cubes (2 lb) 4, 3, 4

Broccoli (3 lbs) 1, 1, 1

Celery hearts (3 in pkg) 2,1,2

Paper Table cloths

Powdered sugar

Zip Lock bags

Paper towels

Plastic gloves

Garbage bags

Plastic wrap

Door prizes

Grapes 15 lbs, 8 lbs., 15 lbs.

Oranges 10 lbs., 7 lbs., 10 lbs.

Carrots 10 lbs., 8 lbs., 10 lbs.

For 250- 300 people:

3 - 4 recipes of punch (4 cranberry juice)

(12 pineapple)

(16 ginger ale)

2 bags oranges

12 -16 lbs. grapes

4 chicken salad

6 stalks celery

1 bag broccoli

10 lbs. carrots

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E-mail: marypat.vanepps@cc.cdom.org

MEMO

To: Tina, Katie, Carol, Doris, Tracy, Jordan, Deanna and Nicole

From: Mary Pat

Re: 2007 Mother/Daughter Programs on Sundays, **March 11, 18 and 25 at 2 p.m.**, at Saint Francis Hospital Auditorium

Date: February 5, 2007

Thank you all so very much again for saying yes and agreeing to help!! You are very greatly needed!!!! If we just put the whole program into God's hands, it will all work out and be a success, and hopefully it will help these young girls become closer to God and to their moms too.

The programs will be on **Sundays, March 11 and 18 for the 10 – 12 year olds and March 25 for the 13 – 16 year olds at Saint Francis Hospital Auditorium. They all begin at 2:00 p.m. and will last until 5:00 or 5:30 p.m. I need you to arrive at Saint Francis at least by 1:00 p.m.** because I will need you to help with greeting people, the registration table and the display tables and to help with serving during the refreshment time. It's real important to have all of you mingle with the girls and their moms because you will be the excellent role models that day. Some of the families may get there as early as 1:15 p.m. We will be there by 10:00am each Sunday, so please come early if you can to help set it all up.

The line up will be:

For the 10 – 12 year olds on the 11th and 18th.

Doris	Opening Prayer
Jordan	When I was your age
Tracy	It's great to be a girl
Tina	All in God's plan
Mary Pat	Girls' bodies change too and prepare for motherhood - slide presentation
Katie	Being a Mother
Everybody	Panel for the questions and answers
Carol	Tribute to Daughters

For the 13 – 16 year olds on the 25th.

Doris	Opening Prayer
Tina	All In God's Plan
Mary Pat	Preparation for Motherhood Slide Presentation
Deanna	Challenge to Chastity
Everybody	Panel for the questions and answers
Nicole	The Choice is Yours
Carol	Being a Mother and tribute

The enclosed copy of the program is the draft that will go to the printer.

I have also enclosed a copy of all the pages from the Mother/Daughter Program Manual so you can see the entire program and what is supposed to be presented.

Please read over all the pages from the Manual because I think they will give you some valuable information that may be helpful to you not only for your part, but also for answering the questions.

Please be sure to let the Holy Spirit and your own creativity develop the style you use to make your own presentation. Just try to include most of the content material and ideas from your section of the manual.

Do try to use humor. The girls need it!

Please be sure to talk loud enough and slow enough to be speaking clearly, and do have some enthusiasm in your voice and presentation. For the younger girls' program, be sure you are talking to 10 year olds and keep it on their level. Remember that we are talking about the gift of sexuality, and not SEX. If we need to talk about "sex" at all in the questions and answers, we need to refer to the marriage act instead of sex and put it into God's perspective instead of what the world tells them.

Just be yourself and know that you can really be helping some girls out there in the audience. Try to remember how you felt when you were 10 -16 years old and some of your own questions and insecurities.

Please **don't read** your presentation. The girls will respond much better if your heart speaks to them because you really do know how they feel. Try not to be nervous. They are just like you were at 10 or 13. Just try to help them. Remember to talk to the girls, and their mothers will be able to understand too.

Please call me if I can help or if you just want someone to listen to your presentation.

I need **EVERYONE** to be on the panel for the question and answer part of the program because it is so important. This is our chance to really give **Godly answers on the moral issues**. We have to **be very clear in our answers** for the girls and also very sensitive to their age and needs. Remember they are 10 -16 years old. They are not adults. We're talking to the girls, not their mothers necessarily. They have not had adult experiences. **We have to gear our presentations and answers to the 10 -16 age levels.**

Please read over the enclosed samples of questions and try to have a correct answer for them. I do not know exactly what questions we will get at the program this year, but they are usually similar to the ones on the list. There may be more questions now about oral sex and homosexuality though, so please know the right answers. Check out the Catechism of the Catholic Church if you need help.

The questions will be read from the podium. Please answer any question whenever you know you have the correct answer. Do not hesitate to add something to someone else's answer if you feel like an important point was left out. Just **please don't ramble on and on and please don't repeat over and over** something that has already been said. Please don't let too much time lapse between the question and an answer either, and be sure to take part in the answers. One person should not be trying to answer all the questions. All of you have good information to impart, so don't be shy, but **please do be right**.

I have included the Duties sheet where I need you to help on the outside of the auditorium. Like it says, please just start where you are assigned and move if you are needed more some place else. Just be friendly and helpful to the moms and girls, and it will all be wonderful.

Call me if you have any questions too. God will bless it if we put it in His hands. You all are wonderful!! Thank you!!!!

mp

Time Line for M/D Programs

April: Reserve rooms for the following year.

December: Have flyer printed

January: Send flyer to mailing lists, letter and flyer to schools and parish DRE's

Put flyer on web page with hot button on main page

Write article for WTC and include entire reservation form

Prepare notices for parish bulletins

Prepare ads for West TN Catholic newspaper

Print confirmation post cards and make Email postcards

Get speakers for all the programs

Send speakers letter, program info from Manual and Duties sheet

Send memo to schools for service hour helpers

February: Bulletin notices

Ads in WTC

Put article in WTC with reservation form

Press Release and PSA

Send memos to St. Francis Hospital AV, Security, Operators and Housekeeping

Print programs

Print Shopping list and do shopping

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E-mail: marypat.vanepps@cc.cdom.org

MEMO

TO: Brent Baugus

FROM: Mary Pat Van Epps, Director

DATE: September 20, 2007

RE: 2007 Father/Son Program

The annual Father/Son Program will be in the Auditorium at Saint Francis Hospital on Sunday, October 21, 2007 from 4:00 - 7:00 p.m.

I will need your help with:

Any microphones available

I will bring the two that I have, and I know how to plug them in on the floor or the side walls

I will also bring a laptop and LCD projector, so if there is a table available for them, that would be great, otherwise, I will find one.

Please let me know if anything is different in the AV booth or Auditorium that I need to know before I get there.

Thanks as always for all your help!

Brent Baugus
Saint Francis Hospital
5959 Park Avenue
Memphis, TN 38119

Specific Duties for Father/Son Program

Sunday, October 21, 2007

4:00 - 7:00 p.m.

Saint Francis Hospital Auditorium

Please try to **arrive by 3:00 p.m.** even earlier if possible to help with all the last minute set up.

I need several extra ice chests. If you can bring one, please let me know.

Registration table

Welcome people with a real friendly greeting. Help them find their name tags and give them a program. (Name tags will be in alphabetical order by father's last name.)

Only those with name tags have paid and have reservations.

Brad
Chris
Chip
Mike

Display tables

Four people need to always be present to sell things, give out information, etc.

SOMEONE NEEDS TO BE IN CHARGE OF THE MONEY BOX.

Be there from 3:30 p.m. to the beginning of program; during the refreshment break and from end of program til everybody leaves. Be sure to encourage the boys to pick up all the free handouts.

MP
Carol
Ken
Michael
Doris
Mark

Question Box

Encourage boys to put questions in the box - especially during the break.

Everybody on program

Serve at refreshment tables

Encourage movement in the lines. Try to keep them from stacking up.

Serve and replenish (if necessary) whatever food we have.

We should be in there to eat around 5:15 – 5:30pm

Ken
Mark
Michael
Brad
Doris
Mike
Chip
Chris

Panel for questions and answers

Everybody on program

Sit on stage and answer the questions you know the answer to. Try to be as

Concise as possible, and **keep the answer geared to the 12 year old boy.**

Keep it clear, simple and accurate. It's fine to add on to another person's answer but **don't ramble and repeat** the same thing over and over.

Pass out and collect evaluation forms .

Give one to each father and boy and a pencil if needed. Collect the completed forms and pencils at the doors.

Everybody on program

As always, please just do whatever needs to be done when you see that it needs to be done. This sheet will just give you a place to begin. Switch whenever you need to. Thank you for saying yes to be a part of this very special ministry to these families!!!!!! God bless you all!!!!!! Please smile as much as possible!

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MEMO

TO: Saint Francis Hospital Environmental Services

FROM: Mary Pat Van Epps, Director

DATE: September 20, 2007

RE: 2007 Father/Son Program on Sunday, October 21

Your help will be needed again to set up the foyer outside the Auditorium, the stage and the St. Catherine Rooms for the Father/Son Program on Sunday, October 21, 2007

Everything needs to be set up by 12:00 noon.

We will need: (See illustrations on following page.)

A long Registration table and 3 long Display tables in the foyer

A long table and 7 chairs on the stage for a panel

3 Large serving tables in the St. Catherine rooms for food

One large serving table against east wall of St. Catherine

One half round table against the east wall of St. Catherine for coffee service

As many small tables and chairs around the walls in St. Catherine as possible

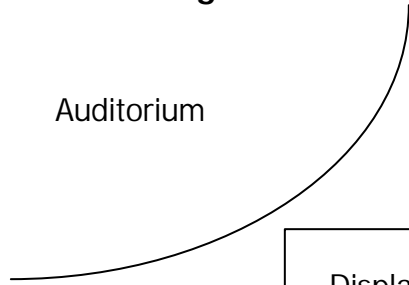
Extra waste cans around St. Catherine Room

Please let me know exactly how to pay for this for your petty cash. I will send you the check right away. Please just send me an email to let me know. Thanks!
marypat.vanepps@cc.cdom.org

**Environmental Services
Mr. William Hayswood
Saint Francis Hospital
5959 Park Avenue
Memphis, TN 38119**

Father/Son Program

Auditorium



Registration

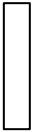
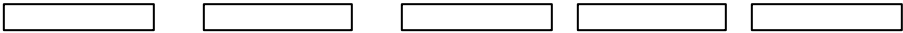
Display Table

Display Table

Display Table

St. Catherine Rooms

Coffee



Serving Table



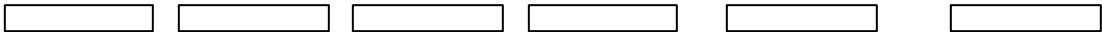
Serving Table

Serving Table

Serving Table



Enter



Hallway in front of Auditorium

Father/Son

Program

We have received your reservation for the

**2007 Father/Son Program
on Sunday, October 21, 2007**

4:00 - 7:00 p.m.

**Saint Francis Hospital Auditorium
5959 Park Avenue**

The program will begin promptly at 4:00 p.m. The Auditorium is located at the southwest corner of the hospital. Enter the west driveway near the Emergency Room and proceed to the rear of the hospital. When the driveway curves to the left, the Auditorium is on the left. We look forward to having you with us. Please call me at (901) 373-1285 if you have any questions. Thank you and God bless you!

Mary Pat Van Epps,
Director Diocese of Memphis NFP Center

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**2007 Father/Son Program
on Sunday, October 21, 2007**

4:00 - 7:00 p.m.

**Saint Francis Hospital Auditorium
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Mary Pat Van Epps,
Director Diocese of Memphis NFP Center

Be loud enough

Talk with enthusiasm

Speak slow enough to be understood and clearly

Talk about sexuality ...not sex

Talk about theology of the body (as in gift), not about the body as a machine

Talk about the physical changes and growing bodies

Talk about the brain and how it affects the body

Talk about the emotional struggles

NFP doesn't need to come up really unless it's in the Q & A

Remind them about the importance of prayer

Diocese of Memphis NFP Center



- ❖ *Natural Family Planning Classes*
- ❖ *Mother/Daughter and Father/Son Programs*
- ❖ *Chastity Education, Chastity Materials, Pro-Life Education*

5825 Shelby Oaks Dr.
Memphis, TN 38134
Phone (901) 373-1285 Fax: (901) 373-1269
E-mail: marypat.vanepps@cc.cdom.org

MEMO

TO: Saint Francis Hospital Information Services
FROM: Mary Pat Van Epps, Director
DATE: September 20, 2007
RE: Father/Son Program, Sunday, October 21, 2007

The 2007 Father/Son Program will be on Sunday afternoon, October 21, 2007 from 4:00 - 7:00 p.m. in the Auditorium at Saint Francis Hospital.

There may be calls coming to the hospital asking about the program.

Please refer the calls to me at the Diocese of Memphis NFP Center at 373-1285.

Everyone must have a reservation in order to attend.

Thanks for your help!

Information Services
Saint Francis Hospital
5959 Park Avenue
Memphis, TN 38119

Diocese of Memphis NFP Center



- ❖ *Natural Family Planning Classes*
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Phone (901) 373-1285 Fax: (901) 373-1269

E-mail: marypat.vanepps@cc.cdom.org

MEMO

TO: Saint Francis Hospital Security

FROM: Mary Pat Van Epps, Director

DATE: September 20, 2007

RE: Father/Son Program on Sunday October 21, 2007

The Diocese of Memphis NFP Center will hold the annual Father/Son Program at Saint Francis Hospital in the Auditorium on Sunday, October 21, 2007, 4:00 - 7:00 p.m.

The Auditorium doors, the AV Room, both St. Catherine rooms, and St. Clare room will need to be opened by 12:00 p.m.

There will probably be an extra 75 - 100 cars in the parking lots that night too.

Thanks for all your help!

Security
Saint Francis Hospital
5959 Park Avenue
Memphis, TN 38119

Worked at the Father/Son Program on

for the Diocese of Memphis NFP Center.

_____Service Hours

**Mary Pat Van Epps, Director
Diocese of Memphis NFP Center**

Worked at the Father/Son Program on

for the Diocese of Memphis NFP Center.

_____Service Hours

**Mary Pat Van Epps, Director
Diocese of Memphis NFP Center**

Father/Son Shopping List Year _____
Approximate Number of people _____

Coffee
Cream
Sugar
Sweet n Lo

Coffee cups
Water cups
Coke cups if bottled

Plates
Napkins
Paper table cloths

ICE
Ice Chests (need 4 or 5)

Cokes

Pizza (2.5 slices per person)

Brownies or cookies

Nuts
Gold fish
Chocolate covered raisins

Crackers
Cheese cubes

Chips
Salsa

Candy
 M & M=s Plain & Peanut
 Skittles
 Gummy worms

Fruit
 Grapes

Door Prizes

Diocese of Memphis NFP Center



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Memphis, TN 38134

Phone (901) 373-1285 Fax: (901) 373-1269

E-mail: marypat.vanepps@cc.cdom.org

www.cdom.org

To: Ken Thomas, Chris Fay, Deacon Chip Jones, Brad Lockett, Mike Price, Mark Sauser, Carol Thomas, Michael Van Epps

From: Mary Pat Van Epps

Re: 2007 Father/Son Program on Sunday, **October 21, 4:00 - 7:00 p.m.**,
at Saint Francis Hospital Auditorium

Date: September 18, 2007

Thank you all again for saying yes again and agreeing to help again!! You are very greatly needed!!!! If we just put the whole program into God's hands, it will all work out and be a success, and hopefully it will help these young men become closer to God and to their dads too.

The program will be on **Sunday, October 21 at Saint Francis Hospital Auditorium. It begins at 4:00 p.m. and will last until 7:00 p.m. I need you to arrive at Saint Francis by 3:00 p.m.** because I will need you to help with greeting people, the registration table and the display tables and to help with serving during the refreshment time. It's real important to have all of you mingle with the boys and their dads because you will be the excellent role models that day. Some of the families may get there as early as 3:15 p.m.

The line up will be:

Ken	Opening Prayer
Brad	When I was your age
Mike	It's great to be a boy
Chris	All in God's plan
Chip	Our bodies are changing and preparing for fatherhood - slide presentation
Mary Pat	Girls' bodies change too and prepare for motherhood - slide presentation
Mark	Being a Father
All	Panel for the questions and answers (Carol is a NFP teacher, she will help on the panel)
Michael	It's up to you

These are all the same talks you did last year (and the year before and the year before!).

I will also attach the Father/Son Program from the manual so you can see the **entire** program and what is supposed to be presented. **Please read over the pages** because I think they will give you some valuable information that may be helpful to you not only for your part, but also for answering the questions too.

Please be sure to let the Holy Spirit and your own creativity develop the style you use to make your own presentation. Just try to include most of the content material and ideas from your section of the manual. **Do use humor.** The boys need it! If you have anything you want to use with Power Point, just send it to me and I will put it on the laptop.

Please be sure to talk loud enough and slow enough to be speaking clearly, and do have some enthusiasm in your voice and presentation. Remember that we are talking about the **gift** of sexuality, and **not about SEX.** If we need to talk about "sex" at all, we need to refer to the **marriage act** instead and put it into God's perspective instead of what the world tells them.

Just be yourself and know that you can really be helping some boys out there in the audience. Try to remember how you felt when you were 12 - 15 and some of your own questions and insecurities.

Please **don't read** your presentation. The boys will respond much better if your heart speaks to them because you really do know how they feel. Try not to be nervous. They are just like you were at 12 or 13. Just try to help them. Remember to talk to the boys, and their fathers will be able to understand too.

I need **EVERYONE** to be on the panel for the question and answer part of the program because it is so important. This is our chance to really give **Godly answers on the moral issues.** We have to **be very clear in our answers** for the boys and also very sensitive to their age and needs. Remember they are 12 - 15 years old. They are not adults. We're talking to the boys, not their fathers necessarily. They have not had adult experiences. **We have to gear our presentations and answers to the 12 - 15 age level.**

Please read over the samples of questions from the manual and try to have a correct answer for them. I do not know exactly what questions we will get at the program this year, but they are usually similar to the ones on the list. There may be more questions now about oral sex, masturbation; pornography and homosexuality though, so please know the right answers. The Catechism of the Catholic Church is always very helpful here.

The questions will be read from the podium. Please answer any question whenever you know you have the correct answer. Do not hesitate to add something to someone else's answer if you feel like an important point was left out. Just **please don't ramble on and on and** please **don't repeat over and over** something that has already been said. Please don't let too much time lapse between the question and an answer either, and be sure to take part in the answers. One person should not be trying to answer all the questions. All of you have good information to impart, so don't be shy, but **please do be right.** I also need to be sure we are not promoting a "locker room atmosphere" as one dad wrote to me last year. He thought some of the answers to the questions were evasive and some of us were not all that comfortable answering them. I did write him back and told him this is not what you all do every day and that I thought you did a fine job! But just be aware of that.

I have also attached the Duties sheet where I need you to help on the outside of the auditorium. Like it says, please just start where you are assigned and move if you are needed more some place else. Just be friendly and helpful to the dads and boys, and it will all be wonderful.

Call me if you have any questions too. God will bless it if we put it all in His hands. You all are wonderful!! Thank you!!!! Thank you!!!! Thank you!!!!
mp

Time Line for F/S Program

April: Reserve rooms for the following year.

July: Have flyer printed

August: Send flyer to mailing lists, schools, parish DRE's

Write article for WTC and include entire reservation form

Prepare notices for parish bulletins

Prepare ads for WTC

September: Bulletin notices

Ads in WTC

Article for WTC

Send memos to St. Francis Hospital AV, Security, Housekeeping, Operators

Write to speakers

Make programs

Print Shopping list and purchase food

Order pizzas

8/23/07

I do want to print the whole Father/Son flyer in the September 27 edition with an article if that is ok.

BULLETIN NOTICE

for

September and October, 2007

Father/Son Program for 12 - 15 year old boys and their dads to learn about God 's gifts of sexuality, fertility and chastity and His plan for growing up and becoming a man. Sunday, October 21, 4:00 - 7:00 p.m. at Saint Francis Hospital. \$25.00 per family includes pizza and refreshments. Reservations required by Oct. 17. Reservation forms can be printed at www.cdom.org (click on Natural Family Planning Center) or call Diocese of Memphis NFP Center at (901) 373-1285 for a reservation form.

&

Catholic Community Calendar

for

September and October, 2007

October 21.....Father/Son Program for 12 -15 year old boys. 4 - 7 p.m. at Saint Francis Hospital Reservations required. \$25.00/family. Pizza & refreshments. Print reservation form at www.cdom.org (click on Natural Family Planning Center) or call Diocese of Memphis NFP Center (901) 373-1285 for reservation form or

West Tennessee Catholic Ad

for

September and October, 2007

Father/Son Program

Sunday, October 21, 2007

for 12 - 15 year old boys

4:00 - 7:00 p.m.

Saint Francis Hospital Auditorium

Learn about God's plan for growing up
and becoming a man and

His gifts of sexuality, fertility, and chastity.

\$25.00 per family includes pizza/refreshments.

Reservations required by October 17.

Print reservation form at www.cdom.org

Or call Diocese of Memphis NFP Center

(901) 373-1285 for a reservation form.

1/10/08

BULLETIN NOTICE

for

January/February/March, 2008

Please send out more than once...thank you!

2008 Mother/Daughter Programs will be on Sundays, March 9 or March 16 for 10 - 12 year old girls and on Sunday, March 2 for 13 - 16 year old girls and their mothers to learn together about God's plan for growing up, becoming a woman and His gifts of sexuality, fertility and chastity. All programs begin at 2:00 p.m. at Saint Francis Hospital in Memphis. \$25.00 per family. Reservations required. Print reservation form at: www.cdom.org or call Diocese of Memphis NFP Center at (901) 373-1285.

&

West Tennessee Catholic Community Calendar

for

February and March, 2008

March 2: Mother/Daughter Program for 13 - 16 year old girls. 2 - 5:30 p.m. at Saint Francis Hospital Auditorium. Reservations required. Print reservation form at www.cdom.org or call Diocese of Memphis NFP Center at 373-1285.

March 9: Mother/Daughter Program for 10 - 12 year old girls. 2 - 5 p.m. at Saint Francis Hospital Auditorium. Reservations required. Print reservation form at www.cdom.org or call Diocese of Memphis NFP Center at 373-1285.

March 16: Mother/Daughter Program for 10 - 12 year old girls. 2 - 5 p.m. at Saint Francis Hospital Auditorium. Reservations required. Print reservation form at www.cdom.org or call Diocese of Memphis NFP Center at 373-1285.

WEST TENNESSEE CATHOLIC AD (large)

for

February and March, 2008



2008 Mother/Daughter Programs

Learning together about God's plan for
growing up and His gifts of
sexuality, fertility and chastity.

Sundays, March 9 or March 16

for 10 - 12 year old girls

2:00 - 5:00 p.m.

Sunday, March 2

for 13 - 16 year old girls

2:00 - 5:30 p.m

Saint Francis Hospital Auditorium

\$25.00 per family

Reservations required.

Print reservation form at www.cdom.org

Or call Diocese of Memphis NFP Center

(901) 373-1285

Diocese of Memphis NFP Center



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- ❖ *Mother/Daughter and Father/Son Programs*
- ❖ *Chastity Education, Chastity Materials, Pro-Life Education*

5825 Shelby Oaks Dr.
Memphis, TN 38134

Phone (901) 373-1285 Fax: (901) 373-1269

E-mail: marypat.vanepps@cc.cdom.org

www.cdom.org

MEMO

TO: Parish Secretaries

FROM: Mary Pat Van Epps, Director

DATE: May 6, 2008

RE: 2008 Mother/Daughter Programs Bulletin Notice

**Bulletin Notice
for
January/February/March, 2008**

Please use more than once...thank you!

2008 Mother/Daughter Programs will be on Sundays, March 9 or March 16 for 10 - 12 year old girls and on Sunday, March 2 for 13 - 16 year old girls and their mothers to learn together about God's plan for growing up, becoming a woman and His gifts of sexuality, fertility and chastity. All programs begin at 2:00 p.m. at Saint Francis Hospital in Memphis. \$25.00 per family. Reservations required. Print reservation form at: www.cdom.org or call Diocese of Memphis NFP Center at (901) 373-1285.

Diocese of Memphis NFP Center



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E-mail: marypat.vanepps@cc.cdom.org

www.cdom.org

September, 2008

Dear Catholic Educator,

On Sunday afternoon, **October 19, 2008**, the Diocese of Memphis NFP Center will present the annual **Father/Son Program for 12 - 15 year old boys and their dads**.

This is a wonderful opportunity for fathers and sons to be together as they learn about respect and appreciation for God's gifts of human sexuality and fertility. The program emphasizes the virtue of chastity, the sacredness of human life and parent-child communication. We hope it will supplement and enhance your own teaching, and the enclosed reservation forms will give you more information.

I want to invite all your 12 - 15 year old boys and their dads to the program, and I need your help distributing the reservation forms to your students and their parents as soon as possible. If you have a school or church web site, putting the following information on it would be a great help too.

"2008 Father/Son Program will be on Sunday, October 19 for 12 - 15 year old boys, at Saint Francis Hospital. A reservation form can be printed at www.cdom.org."

Please call me if you need more forms or feel free to make copies. Reservation forms can also be printed from the diocesan web site at www.cdom.org

Thank you for all your help!

God bless you,

Mary Pat Van Epps
Director

Diocese of Memphis NFP Center



- ❖ *Natural Family Planning Classes*
- ❖ *Mother/Daughter and Father/Son Programs*
- ❖ *Chastity Education, Chastity Materials, Pro-Life Education*

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Memphis, TN 38134

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E-mail: marypat.vanepps@cc.cdom.org

www.cdom.org

January 9, 2008

Dear Catholic Educator,

As always, I would love for our Catholic families to have the first opportunity to attend the annual Mother/Daughter Programs, and I need your help to make these Mother/Daughter Program flyers available to the families in your school or parish.

If you would pass them out to girls 10 - 16 years old in your classrooms as soon as possible, you would be giving your families the opportunity to know about the programs and to make their reservations early before all the seats are gone. The programs for the 10 - 12 year olds usually fill up very quickly.

The Mother/Daughter Programs offer a wonderful opportunity for mothers and daughters to be together as they learn about respect and appreciation for God's gifts of human fertility and sexuality. The programs emphasize the virtue of chastity, the sacredness of life and parent-child communication. We hope they will supplement and enhance your own teaching, and the enclosed reservation forms will give you more information.

If you have a school or church web site, putting the following information on it would be a great help too.

"2008 Mother/Daughter Programs will be on Sunday, March 2 for 13 - 16 year old girls, and Sundays, March 9 or 16 for 10 - 12 year old girls at Saint Francis Hospital. A reservation form can be printed at www.cdom.org."

Your help with this is greatly appreciated! Please call me if you need more flyers or you can print one from the diocesan web site: www.cdom.org.

Thank you and God bless you,

Mary Pat Van Epps
Director

1/26/06

PRESS RELEASE

The 2006 Mother/Daughter Programs

The 21st annual Mother/Daughter Programs which discuss growing up, sexuality and chastity will be presented on Sundays, March 12 or March 19 for 10 - 12 year old girls from 2:00 - 5:00 p.m. and on Sunday, March 26 for 13 - 16 year old girls from 2:00 - 5:30 p.m. Each program will be held in the Auditorium at Saint Francis Hospital, 5959 Park Avenue, Memphis, TN.

These educational programs are presented by the Diocese of Memphis Natural Family Planning (NFP) Center to encourage communication between parent and child and to promote respect and appreciation for human sexuality and fertility. Speakers will discuss the physical and emotional changes of adolescence, the fertility cycle and the functions of the female reproductive system, the virtue of chastity, and the sacredness of human life.

The cost is \$25.00 per family. The programs are open to the public, but reservations are required and must be received at least 10 days prior to each program. The programs for the 10 – 12 year olds fill up very quickly. Families may print out a reservation form from the Diocese of Memphis web site:

www.cdom.org (click on link on right side of the home page) or call Mary P at Van Epps, Director of the NFP Center at (901) 373-1285 for more information.

For March 2 edition WTC

Mother/Daughter Program for Girls 13 -16 years old

By Mary Pat Van Epps, Director, Diocese of Memphis NFP Center

Do you have a young teenage daughter? Do you care about her spiritual and physical well-being? Are you concerned about her future? Are you sick and tired of all the television shows and movies that degrade God's gift of human sexuality? Do you want to talk to your daughter(s) about sexual morality, but you just aren't sure where to begin or what to say? These are tough times for every parent especially those who want their children to know the truth about God's love and His perfect design of human sexuality, love, marriage and children.

Let the Diocese of Memphis NFP Center's Mother/Daughter Program give you a little help. First, just ignore your daughter's moans and groans that she's already had "all that" at school. Maybe she had some of it, but she probably did not get the whole picture of respect for herself, her sexuality, her fertility and her own preciousness to God and to her parents. When you compare all the immoral outside influences on your daughter and how many times she hears those messages, I promise she won't die from hearing the good stuff like purity and chastity again. It may mean even more to her at a Mother/Daughter Program because her mother will be there with her encouraging her, praying for her and communicating with her about it. Did you know that parents are the most important influential people in their children's lives?

Chastity may be a foreign word to most young people and a lot of old people too. We all need to be talking a lot more about chastity and love - real sacrificial love - wanting what's best for the other person - forever - "til death do us part" kind of love, instead of so much talk about "sex." As human persons created in the image of God, we have a mind and a will. We can know what is right, and we can choose to do it. We were created by God out of His love, and we are supposed to love like He does, unselfishly and purely. Animals cannot make choices like that, but we are not the animals.

Second, plan to spend a Sunday afternoon with your daughter. Just you and your precious daughter. Be aware that she may not think the idea is as great as you think it is, but remember, you're the mother. God has given you the responsibility to do everything possible to bring that child back to Him in Heaven, and you have to answer to Him in the end, not her. Plan a special afternoon with your daughter. Maybe a great lunch or dinner together and the Mother/Daughter Program. It might be the best day the two of you ever spend together.

Third, sign up for the Mother/Daughter Program for 13 - 16 year old girls on Sunday, March 26. It will be at the Saint Francis Hospital Auditorium from 2:00 - 5:30 pm. If you did not get a reservation form from your school or PRE program or out of the West Tennessee Catholic, you can print the form from the diocesan web page at www.cdom.org. Click the link on the bottom right side of the home page or call the NFP Center at (901) 373-1285 to have one mailed to you.

At the Mother/Daughter Program, we will talk a lot about God's wonderful plan for our sexuality and fertility and what it means to be a woman of God. We'll stress the wonderful virtue of chastity because chastity can protect all of us from being used or hurt physically, emotionally and spiritually. We will encourage the girls to become the women God created them to be and never to let anyone use them or sell them short. It is always so great to have the mothers there with their daughters because they can give them the love they need and the encouragement they need to be the best they can be.

Don't miss this opportunity for yourself and your daughter. Hope to see you on March 26!

1-14-07

Article for West TN Catholic with Mother/Daughter Program Flyer
For February 7 or February 14 WTC edition

2008 Mother/Daughter Programs in March

The 23rd annual Mother/Daughter Programs presented by the Diocese of Memphis Natural Family Planning Center will be on Sunday, March 2 for 13 – 16 year old girls from 2:00 – 5:30 p.m. and Sundays, March 9 or March 16 for 10 – 12 year old girls from 2:00 – 5:00 p.m. All the programs are held in the Auditorium at Saint Francis Hospital, 5959 Park Ave.

The Mother/Daughter Programs offer an excellent opportunity for mothers to spend some quality time with their daughters as they learn together about God's plan for growing up and becoming a woman. The beauty and wonder of human sexuality and fertility as well as the virtue of chastity are discussed with love, respect and even a little humor. The programs offer a comfortable setting to discuss some topics that may not always be easy to bring up at home. One of the best features of the programs is that both mothers and daughters hear the same thing at the same time so they have a basis for future discussions at home, thus promoting continued communication about these very important subjects.

The Programs for the 10 – 12 year olds focus on learning respect for one's self and others as well as the physical and emotional changes of early adolescence which are all part of God's plan for women. The fertility cycle, ovulation and menstruation are explained with gentleness and reverence. These programs usually fill up very quickly and seats are limited.

The Program for the 13 – 16 year old girls is a continuation of the younger girls' program and covers more detail about the fertility cycle and preparation for motherhood as well as much more on the virtue of chastity. The video, "Sex Still Has a Price Tag" is shown and college age speakers challenge the girls to practice chastity in all their relationships.

There is a question and answer segment in each program where the NFP Teachers and other speakers sit on a panel and answer the questions from the question box. We always have lots of fun food for the girls at the refreshment tables, and the NFP Center exhibit is open with chastity-promoting T-shirts and shorts, etc. as well as pro-life items and bumper stickers.

Reservation forms are available here in the West Tennessee Catholic, the diocesan web site: www.cdom.org, and at all Catholic Schools and PRE programs. The discount fee for each program is \$25 per family or \$40 for two programs if a family has daughters in both age groups, if received 6 days prior to the program.

The NFP Center will also present the Father/Son Program for 12 - 15 year old boys on October 19, 2008. To be on the list to receive a reservation form for that program at the end of August, send an E-mail to marypat.vanepps@cc.cdom.org or call the NFP Center at (901) 373-1285.

2006 Mother/Daughter Programs

by Mary Pat Van Epps, Director
Diocese of Memphis NFP Center

If you have a daughter who is between 10 and 16 years old, be sure to bring her to one of these special programs for girls 10 - 12 and 13 - 16 years old to talk about God's wonderful plan for growing up and becoming a woman. The 2006 programs for the 10 - 12 year old girls will be on Sunday afternoons, March 12 or March 19, and the program for 13 - 16 year olds will be on Sunday, March 26, 2006 in the Auditorium at Saint Francis Hospital on Park Avenue.

The programs, which originated in the Diocese of Memphis in 1986, are presented in dioceses all across the U.S. to help parents and their children communicate better about sexuality, fertility, dating, morality, love and marriage.

The Mother/Daughter Program for the 10 - 12 year olds helps to put the girls at ease so they can talk about the physical changes as well as emotional changes that occur during early adolescence. The fertility cycle is explained with humor and lots of love so the girls can know how special it is to be a woman and possibly a mother some day after marriage. The sacredness of human life, reverence for human sexuality and the virtue of chastity are also part of the program. The question and answer time is always informative for everyone attending, and the mothers and daughters usually feel a lot closer to each other when they leave.

The program for the older girls (13 - 16) emphasizes the importance of self respect and the need to establish high standards. The girls are encouraged to accept responsibility and be accountable for their actions. The fertility cycle is explained in more detail and the gift of fertility is discussed as something to be cherished and protected. The girls are challenged to love the gifts God has given them, to respect themselves and to dress modestly. There is a strong emphasis on the importance of the virtue of chastity as part of God's plan for all their relationships.

The programs for the younger girls always fill up quickly so don't wait too long to send in your reservation. You can fill out the reservation form and send it in, or you can print out a form from the diocesan web site: www.cdom.org ((bottom right side of home page) or get a form from your Catholic School or parish Director of Religious Education. Call Mary Pat Van Epps at the NFP Center at (901) 373 - 1285 if you need more information.

The NFP Center will also present the Father/Son Program for 12 - 14 year old boys on October 22, 2006. You can be put on the E-mail list for that program by sending an E-mail to marypat.vanepps@cc.cdom.org or by calling the NFP Center, and those reservation forms will be available at the end of August.

1/24/06

For WTC 2/9/07 with flyer/reservation form

2007 Mother/Daughter Programs

by Mary Pat Van Epps, Director
Diocese of Memphis NFP Center

The 2007 Mother/Daughter Programs for the 10 - 12 year old girls will be on Sunday afternoons, March 11 or March 18, and the program for 13 - 16 year olds will be on Sunday, March 25, 2007 in the Auditorium at Saint Francis Hospital on Park Avenue.

The Mother/Daughter Programs are a wonderful way to help parents and children communicate better with each other about morality and God's gifts of sexuality, fertility, love and marriage.

The Mother/Daughter Program for the 10 - 12 year old girls helps the girls feel more comfortable talking about the physical and emotional changes that occur during early adolescence. The fertility cycle is explained with lots of love and a little bit of humor so the girls can know how special it is to be a woman and possibly a mother some day after marriage. The sacredness of human life, reverence for human sexuality and the virtue of chastity are also part of the program. The question and answer time is always informative for everyone attending because we learn what's really on the girls' minds and the things they are dealing with in their world. The mothers and daughters usually feel a lot closer to each other when they leave the program.

The program for the older girls (13 - 16) emphasizes the importance of self respect and the need to establish high moral standards. The girls are encouraged to accept responsibility and be accountable for their actions. The fertility cycle is explained in more depth, and the gift of fertility is discussed as something to be cherished and protected. The girls are challenged to love the gifts God has given them, to respect themselves and to dress modestly. There is a strong emphasis on the importance of the virtue of chastity as part of God's plan for all their relationships. The older girls' program is an extension of the one for the 10 - 12 year olds, so it is helpful to come to both programs at the age appropriate time.

The programs for the younger girls always fill up quickly so don't wait too long to send in your reservation. You can fill out the reservation form and send it in, or you can print out a form from the diocesan web site: www.cdom.org (click on NFP Center) or get a form from your Catholic School or parish Director of Religious Education. Call Mary Pat Van Epps at the NFP Center at (901) 373 - 1285 if you need more information.

The NFP Center will also present the Father/Son Program for 12 - 14 year old boys on October 21, 2007. You can be put on the E-mail list to receive information for that program by sending an E-mail to marypat.vanepps@cc.cdom.org or by calling the NFP Center, and those reservation forms will be available at the end of August.

1/22/07

WTC article for September 27, 2007 for Father/Son Program

2007 Father/Son Program

The Diocese of Memphis NFP Center will present the 21st annual Father/Son Program for boys 12 – 15 years old on Sunday afternoon, October 21 at Saint Francis Hospital Auditorium, 5959 Park Avenue from 4:00 – 7:00 p.m.

The Father/Son Program provides a wonderful opportunity for dads to spend some quality time with their adolescent sons in an atmosphere of love and learning to talk about growing up and God's plan for becoming a man. If the father is not available, then the mother can certainly bring her son to the program. The important thing is to have the boy with someone who loves him and who wants him to know God's love and truth about the gifts of human sexuality and fertility.

Young men are bombarded with so many false messages about sexuality every day, and they need to hear God's truth about this great gift so they can overcome the confusion and misunderstanding that harms so many people. Many times the doors of communication are opened at the Father/Son Program and the good conversations continue throughout life. The topic of sexuality is sometimes difficult for parents to address, and the Father/Son Program can help make it much more comfortable for both the parents and the child.

The Father/Son Program is a great way to share important moral values in the family and having parents come together with their sons and giving them the support that only parents can give will mean the world to the young men. The reservation form is on the diocesan web site at www.cdom.org, click on Natural Family Planning, print out the form and send it in or use the one printed here in the West Tennessee Catholic.

For October 3 edition with a copy of the F/S flyer next to it.

Sign up Now for the 2003 Father/Son Program for 12 - 14 Year Old Boys

The Diocese of Memphis Natural Family Planning (NFP) Center will present its annual Father/Son Program for boys 12 - 14 years old on Sunday, October 19, from 4:00 - 7:00 p.m. at Saint Francis Hospital Auditorium.

This special Program brings together the boys with their dads (if it is impossible for a dad to attend, then the mother or another supportive adult can certainly bring the boys) to learn about and talk about their changing bodies and God's plan for growing up and becoming a man. The physical and emotional changes of adolescence as well as the functions of the male and female reproductive systems will be discussed at the Father/Son Program. The sacredness of human life, reverence for the gift of sexuality, the importance of the virtue of chastity and acceptance of responsibility will also be included. There will be a question box for confidential questions that will be answered by a panel of men, most of whom are dads too.

For everyone who thinks, "Boys don't need that stuff," please think again. With all the confusion in the world today about self-respect, honor, morality, character and responsibility, young men need clear guidance to be able to know and to do what is right and good. The most important person a boy can receive that guidance from is his father. The sexual development and changes of adolescence can be perplexing to young boys. The awakening of sexuality can easily take off on the wrong path unless there is love and communication between parent and child. The movies, TV shows, Internet, music, easily accessible pornography and other outside influences have taught many young men the wrong beliefs about God's great gift of sexuality and what it means to be a man.

The adolescent years are usually a time of drastic changes both physically and emotionally, and some times the changes can be overwhelming, but parents can help their children understand and adapt to those changes in a healthy way. When some of the uncomfortable topics are brought out in the open at the Father/Son Program, it can make communication easier for both the parent and the child after they get home.

Young boys need all the help they can get to understand their sexuality in a healthy and holy way. They need strong, holy fathers who lead their families in the right way. They need to be encouraged to develop self discipline at an early age so they can grow up with self respect and be free from all the problems which are caused by the misuse of the gift of sexuality.

So many people say, "Boys will be boys," but that is really a cop out. What does it mean anyway? Do we actually expect all boys to be sexually active by age 14? What does that say about our view of young girls? Where is the respect for the boys or the girls? What about right and wrong? How can young men learn self discipline and self control if we don't expect them to have it. Football coaches certainly expect them to have it during football season. Shouldn't the same self-mastery be expected in the area of sexual desires?

Even if your son tells you over and over that he's had "all of that" at school already, just remember that even if that is true, you weren't there with him. Don't miss this opportunity for a great afternoon with your son. It could even bring you closer together. There will be lots of pizza, gummy worms and laughs as well as lots of information, challenges and love. So, make plans to be there with your son. He will always remember that you took the time to spend the afternoon with him to talk about some really important issues that are probably on his mind. Help him to grow up to be a man of integrity with high moral standards. Fill out the Father/Son Reservation form on this page and send it in to the Diocese of Memphis NFP Center or call Mary Pat Van Epps, NFP Center Director, at 373-1285 for more information.

For Sept. 21 or Sept. 28 edition with a copy of the F/S flyer next to it.

Sign up Now for the 2006 Father/Son Program for 12 - 15 Year Old Boys

The Diocese of Memphis Natural Family Planning (NFP) Center will present its annual Father/Son Program for boys 12 - 15 years old on Sunday, October 22, from 4:00 - 7:00 p.m. at Saint Francis Hospital Auditorium.

This special Program brings together boys with their dads (if it is impossible for a dad to attend, then his mother or another supportive adult can certainly bring the boy) to learn about their changing bodies and God's plan for growing up and becoming a man. The physical and emotional changes of adolescence as well as the functions of the male and female reproductive systems will be discussed. The sacredness of human life, reverence for the gift of sexuality, respect for girls, the importance of the virtue of chastity and acceptance of responsibility will also be included. There will be a question box for confidential questions that will be answered by a panel of men, most of whom are dads too.

With all the confusion in the world today about human sexuality, self-respect, character, honor, morality and responsibility, young men need clear guidance to be able to know how to do what is right. The most important person a boy can receive that guidance from is his father. The sexual development and changes of adolescence can be very confusing for young boys, and they need their dads more than ever at this time. The awakening of sexuality can easily take off on the wrong path unless there is love and communication between parent and child. The movies, music, TV shows, Internet with easily accessible pornography and other outside influences have taught many young men the wrong beliefs about God's great gift of sexuality and what it means to be a man.

Young men need all the help they can get to understand their sexuality in a healthy and holy way. They need to be encouraged to develop self discipline at an early age so they can grow up with self respect and be free from all the problems that are caused by the misuse of the gift of sexuality.

The adolescent years are usually a time of drastic changes both physically and emotionally, and some times the changes can be overwhelming, but parents can help their children understand and adapt to those changes in a healthy way. When some of the uncomfortable topics are brought out in the open at the Father/Son Program, it can make communication a whole lot easier for both the parent and the child after they get home.

Don't miss this opportunity for a great afternoon with your son. Show him how much you love him and how important he is to you. There will be lots of pizza, candy, fun food and laughs as well as lots of information, challenges and love. So, make plans to be there with your son on October 22. He will always remember that you took the time to spend the afternoon with him to talk about some really important issues that are probably on his mind. Help him to grow up to be a man of integrity with high moral standards. Fill out the Father/Son Reservation form on this page and send it to the Diocese of Memphis NFP Center or print one from the diocesan web site: www.cdom.org (click on Natural Family Planning) or call Mary Pat Van Epps, NFP Center Director, at 373-1285 for more information. (And if you do it on your own, your wife will think you are wonderful too!)

8/31/06

2003 Father/Son Program Planned For October 19

Okay, Dads, it's that time of the year again. If you have a 12 - 14 year old son and your wife has been bugging you for the last several years to have "the talk" with your son, the Father/Son Program may be just what you need. If you keep thinking that he 'll get Aall of that@ at school, whether it 's in a classroom or a locker room, you may very surprised to learn that what he got wasn 't necessarily the truth. Have you been putting this off because you aren 't really sure exactly where to begin or what to say? Do you think that just because you learned it all on your own when you were growing up that your son should have to do the same? You may not realize it, but your son is growing up in a world filled with immorality, disrespect and lack of honor. He needs you and all the help you can give him to develop and grow into a real man who can control his urges and have strong moral standards. He looks to you as his Number 1 role model. Maybe the Father/Son Pro gram can help you to help him.

You really don't have to wait for your wife to "insist" that you bring your son to the Father/Son Program. Just call Mary Pat Van Epps at the NFP Center at (901) 373 -1285 and ask for the reservation form. You can fill it o ut and send it in yourself. Your wife will be so proud of you, and you will feel a sense of pride by taking charge of the situation. Your son will love you and appreciate you too. Maybe he won't tell you that right away, but give him a few years and many conversations between the two of you about the meaning of life and God 's gifts of sexuality, fertility, love, marriage and family. Hopefully those topics will come up often in your relationship with your son, and you will be able to be his greatest role model.

Young men need strong, holy fathers who lead their families in the right way. Show your son how much you love him and how important he is to you. Bring him to the Father/Son Program on Sunday, October 19, from 4:00 - 7:00 p.m. at Saint Francis Hos pital Auditorium. There will be lots of pizza, gummy worms and laughs as well as lots of information, challenges and love. Be there for your son and with your son. He will always remember that you took the time to spend the afternoon with him to talk a bout some really important issues that are probably on his mind. Help him to grow up to be a man of integrity with high moral standards. He needs you to show him the way. Call today for your reservation form.

8/25/03

**2006 Father/Son Program
for 12 - 15 Year Old Boys Planned for October 22**

The Diocese of Memphis Natural Family Planning (NFP) Center will present its annual Father/Son Program for boys 12 - 15 years old on Sunday, October 22, from 4:00 - 7:00 p.m. at Saint Francis Hospital Auditorium. The Father/Son Program is a special time for dads and their sons to spend an afternoon together learning about the gift of human sexuality and being a man in the context of God's design for love. Pizza and refreshments are served, and the cost is \$25.00 per family. Space is limited and reservations are required by October 18. Call Mary Pat Van Epps at the NFP Center (901) 373-1285 for a reservation form, or get one from your Catholic School or your parish PRE Program, or print one from the diocesan web site: www.cdom.org and click on Natural Family Planning Center. A Reservation form will also be printed in ***next week's*** *West Tennessee Catholic*. (If it is impossible for a dad to attend with his son, then his mother or another supportive adult can bring the young boy.)

***Pam, be sure to put the right info about when the reservation form will be printed.

For West TN Catholic article

On three Sunday afternoons in March, the diocesan NFP Teachers presented the 17th annual Mother/Daughter Programs. There were two programs for girls 10 - 12 years old and one for 13 - 16 year old girls and their mothers. More than 840 people came to learn about God's plan for growing up and His beautiful design of women's bodies as they prepare over and over to become mothers. The fertility cycle is a great gift and understanding it can help all women appreciate their femininity and sexuality.

The programs for the younger girls focused on all the physical and emotional changes of early adolescence and the fertility cycle experienced by all women. Having their mothers with them helped so many of the girls feel comfortable, confident and loved. Talking about girl things, spending time together and having fun made the day special for so many people.

The program for the older girls gave more depth to the gifts of fertility and sexuality and focused especially on the virtue of chastity and living in purity. The girls were told how much they were loved by God and how their parents would do anything in their power to protect the purity of their daughters. Special thanks go to all the NFP Teachers, Rena Lynn Fay, Tina Heindel, Sandra Lunsford, Katie Sauser, and Carol Thomas who worked so hard each Sunday to serve all the families in so many ways.

Thanks also to teenagers, Karen McCraey, Courtney Becker and Amanda Myers who were wonderful witnesses as they gave their talks promoting chastity. And thank you to all the other volunteers who made the Mother/Daughter Programs possible: Carol Hudock, Pat Turner, Pat Perry, Libby Parks, Doris Fragale, Christina Lloyd, Mary McCraey and Mary Ann Vlahos. And another thank you to the wonderful CBHS boys who earned service hours helping us to carry loads and move tables and every other possible chore: Collin Williams, Evan Kasten and Chris Amagliani.