



Dignitas Personae

In order to respond to the rapidly expanding field of ART (assisted reproductive technology), the Congregation for the Doctrine of the Faith came out with a document addressing this issue on September 8th, 2008 called *Dignitas Personae*, or "the dignity of a person". The United States Conference of Catholic Bishops in their Winter/Spring 2009 (Vol. 20, Nos. 1, 2) newsletter *Natural Family Planning Forum*, has provided a wonderful breakdown of this document. This breakdown contains excerpts of the important points and also provides a question and answer section regarding the document.

Some of the questions include: Why the Catholic church is opposed to reproductive technologies such as *in vitro* fertilization?

Another question asks if the Catholic church has a "suspicious attitude toward modern biotechnology in general."

To read more about *Dignitas Personae* and to find out the answers to the above questions, visit the USCCB *Natural Family Planning Forum* Newsletter's website at www.usccb.org/prolife/issues/nfp/Winter-spring2009.pdf.

Behind every "no" in the difficult task of discerning between good and evil, there shines a great "yes" to the recognition of the dignity and inalienable value of every single and unique human being called into existence.

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Books to Read

There is no doubt that nutrition and fertility are linked. Just a simple search of *Pubmed* (a website that allows one to look up research articles from almost every scientific journal) yielded over 1700 research articles on the topic. Marilyn Shannon's book ***Fertility, Cycles & Nutrition*** discusses this topic.

Shannon is a professor of Human Anatomy and Physiology at Indiana University Purdue in Indiana as well as a Natural Family Planning teacher.

In her book, Shannon reviewed more than 900 journal articles for the book which covers such topics as how nutrition relates to pre-menstrual syndrome, polycystic ovarian syndrome and male fertility. The book can be ordered from most book stores.



Fertility 101

New NFP 2 class series addresses cycles, nutrition and environment to help couples get pregnant. Classes are from 7-9 pm Fri, Oct 30 and Dec 4 at St. Sebastian school, 3997 Merrick, Dearborn Hts, MI 48125. Fee is \$50. To register email nfp@aod.org or call 313.237.4679.

Thanksgiving Day Prayer



*For each new morning
with its light,
For rest and shelter of
the night,
For health and food,
For love and friends,
For everything Thy
goodness sends.*

Ralph Waldo Emerson

Please send topics, articles, questions, and suggestions to me via e-mail at jndorsten@gmail.com

*Pregnancy and Infant Loss Awareness Mass
At the Cathedral of the Most Blessed Sacrament
October 18, 2009*



*Archbishop Vigneron celebrated Mass and blessed
rosaries in remembrance of babies and children who died and
St. Gerard medals for couples desiring the gift of a baby
through pregnancy or adoption.*



Archbishop Vigneron blesses couples with the relic of St. Gerard.



After the Mass many people came to venerate the relic and receive a St. Gerard medal for family or friends who could not attend the Mass.