

HV50  
*Faithful* *to*  
GOD'S DESIGN

CELEBRATE THE 50TH ANNIVERSARY OF HUMANAE VITAE

*A monthly Reflection  
on the  
50<sup>th</sup> Anniversary of  
Humanae Vitae*

2018  
Edition  
Nº4

TO THE CLERGY, TO THE  
FAITHFUL AND TO ALL  
MEN AND WOMEN OF GOOD WILL

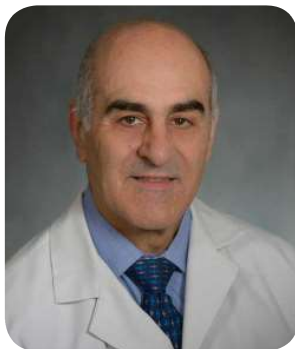


This is who Blessed Pope Paul VI addressed, when he issued his encyclical July 25, 1968 articulating the timeless teaching of the Catholic Church on the "regulation of birth". This *Faithful to God's Design* monthly news is an invitation to all of us---ALL MEN and WOMEN OF GOOD WILL---to reflect on these truths, during this anniversary year, 50 years later.

## **HUMANAE VITAE SAYS....**

**A proper practice of birth regulation requires first and foremost that a husband and wife acquire and possess solid convictions about the authentic values of life and of the family, and that they tend to the achievement of perfect self-mastery. HV21**

**FEATURING DEACON WILLIAM V. WILLIAMS, MD**



Excerpted from  
**MEDICAL CONSEQUENCES  
OF CONTRACEPTION: HOW  
STERILIZING STEROIDS DISRUPT  
THE SPIRIT, MIND AND BODY**  
which can be found in its  
entirety on the HV50 Blog  
at [www.CelebrateHV50.com](http://www.CelebrateHV50.com)

Dr. Williams who will speak on this topic at the HV50 conference, is a board-certified rheumatologist and a medical researcher who was ordained a deacon in the Catholic Church in 2013. He served as the Editor-in-Chief of *The Linacre Quarterly*, the official journal of the Catholic Medical Association, and has helped coordinate a series of comprehensive literature reviews of the medical, psychological, sociological and spiritual effects of contraceptives on women.

## **MEDICAL CONSEQUENCES OF CONTRACEPTION: HOW STERILIZING STEROIDS DISRUPT THE SPIRIT, MIND AND BODY**

**BY DEACON WILLIAM V. WILLIAMS, MD**

In *Humanae Vitae*, Blessed Pope Paul VI made several predictions of what widespread use of contraceptives would lead to. These included an increase in marital infidelity, lowering of moral standards, men considering women as "a mere instrument for the satisfaction of his own desires" (e.g. Harvey Weinstein and many others) and the imposition of contraception by governmental authorities. These have all come to pass. How could he have been so accurate in his predictions? I think this is because the Blessed Pope had a firm grasp of the profound unity of spirit, mind and body that is the human person.

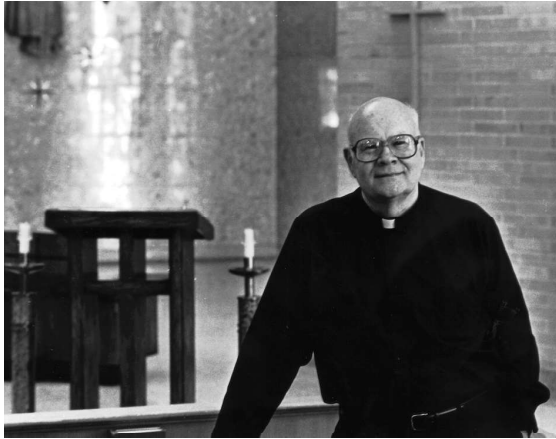
This union has consequences that effect the entire person. Thus, spiritual sickness (sins) and spiritual health (virtues) have physical/psychological and sociological consequences. The use of "oral contraceptives", which are in fact potent steroid hormones that cause temporary sterility of the woman (sterilizing steroids), have additional moral and biological implications. It is a violation of the moral law to treat a normal, functioning, healthy body system as if it were a disease. Yet this is precisely what sterilizing steroids do. They treat the reproductive system of the woman as if it were a disease that needs to be fixed. So understandably, sterilizing steroids have additional side effects, beyond those of barrier methods of contraception. If you read the package insert for "Yaz" (one of the most popular contraceptives), there you will see increased risk of:

Serious Cardiovascular Events and Stroke	
Vascular Events	Hepatocellular carcinoma
Venous thromboembolism	Gallbladder Disease
Liver Disease	Increased Blood pressure
Hepatic adenomas	Adverse Lipid changes

The estrogen in contraceptives has been classified as a carcinogen, and there is a clear association with the use of these sterilizing steroids and the risk of breast, cervical and liver cancer. This information, while available in the medical literature, is not widely known by the public. Why? Why should a medication which treats no disease, cures no pathology and provides little benefit to women with sometimes severe side effects be tolerated by our society? What does this say about us?

## HV 50 My HV HERO

**Rev. Daniel McCaffrey**  
*nominated by Dorothy Dugandzic*



I became involved in promoting **Fr. McCaffrey's** NFP weekend parish missions and over the last 18 yrs I have worked with him, I have seen his strong and steady devotion to the promotion of *Humanae Vitae*. I have come to fully embrace this mission of promoting *Humanae Vitae* in parishes and have become the East Coast Consultant for Fr. McCaffrey's NFP Outreach organization. He has helped infuse my life with a love for the promotion of *Humanae Vitae*!!

See  
HV HERO and MY HV STORY at  
[www.CelebrateHV50.com](http://www.CelebrateHV50.com)

## HV 50 SPEAKER SPOTLIGHT

**Dr. Ray Guarendi** *Banquet Speaker*

**Dr. Ray Guarendi** is a father of ten, clinical psychologist, author, speaker, national radio host of *The Dr. Is In* and television host of EWTN's *Living Right With Dr. Ray*. His in-depth experience has led to his discovery that so-called parenting "experts" are undermining parental authority and preventing parents from following their God-given instincts to raise their kids for Heaven. Dr. Ray has given over 3,000 talks on topics including smart parenting, happier marriages, successful families and the wisdom and beauty of the Catholic faith.



*Dr. Guarendi will speak on:*

### ***Laughter: the Sanity of Family***

Parents are having their confidence, peace of mind, and authority undercut by a number of widespread myths that have been pushed upon them by the experts, the media and almost everybody else. Victimized by these false notions, many parents and educators are plagued by groundless worry, guilt and frustration. This presentation will foster self confidence, peace of mind, and will put authority into your hands where it belongs.



## HV 50 My HV STORY

Hi, my name Ali and this is my *Humanae Vitae* Story. I came from a family of ten kids, as did my husband. We got married when we were 23 kind of with the assumption we would have a large family as well. We quickly realized that probably was not God's will for us, as we had a lot of trouble getting pregnant. Thankfully we found a doctor through Pope Paul VI Institute who specialized in NaProTechnology, Dr. Stigen, and they were just wonderful. They used science and resources that are in line with the Catholic teachings. And after a few more years of that, we finally got pregnant after 4 1/2 years of marriage, and now we have our Liz. And that is our *Humanae Vitae* Story!

### **ABOUT FAITHFUL TO GOD'S DESIGN NEWS**

Faithful to God's Design *News* is available in both English and Spanish at [www.CelebrateHV50.com](http://www.CelebrateHV50.com). Sign up on the home page to receive emails updates, and the most recent edition of Faithful to God's Design will be delivered to your inbox monthly throughout 2018. Permission is granted to share freely, in its entirety, and churches are invited to share monthly in their parish bulletins. Funded by



**THINK ABOUT IT....  
TRUE LOVE IS FREE,  
TOTAL, FAITHFUL,  
AND FRUITFUL**