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the coverline

A U T U M N 2 0 1 4

The President Couple's Message

"It was the best of times, it was the worst of times..." These are the immortal words of Charles Dickens from the Tale of Two Cities that can often be called upon when describing the human condition regardless of the era or challenges we face. Certainly, since becoming SERENA SK Presidents five-and-a-half years ago, that phrase could be a powerful description of our life.

SERENA faces continual challenges to the Sympto-Thermal Method of Natural Family Planning (NFP) especially from those who fail to understand the beauty and effectiveness of the science of NFP. The majority of those who reject NFP outright are either afraid that it will not provide them with the family planning they want or need. Often, without the facts, it is assumed that NFP will be ineffective. From that basis, there is a refusal to accept the major health and environmental issues with hormonal contraception and

that the contraceptive mentality fertilizes a culture of death. Additionally, the fact that some abstinence is required makes the SERENA Sympto-Thermal Method unattractive by those who fail to realize that in working with nature we can become better human beings who can exercise self control. Self control allows us to totally respect the whole person we love including their fertility. Our fertility is part of our human constitution—we are men and women; male and female—it is not a disease or something to be feared. It is, however, powerful, in that it gives us the awesome ability to be co-creators of a sacred new human being. Therefore we do need to harness and direct that power so as to become more loving and truly responsible partners to each other and parents to our children. Furthermore, we are marginalized and ignored by some outside of the faith communities that teach the moral rightness of NFP and sometimes also by those within such faith communities.

Everyone battles with busyness and we still struggle to find volunteers who are willing to commit to passing on this radically beautiful lifestyle. When we do find wonderful volunteers, other barriers go up preventing us from completing what we had started, such as the struggle to find sufficient funding for our primary activity of teaching this method. And who doesn't face financial struggles?

On the other hand though, we have experienced the extraordinary and heroic devotion of our Coordinators, Board Members, Teacher Couples, and supporters. We are continually reminded that our society, our country, and the whole world passes into adulthood, for better or worse, by way of the family. We are reminded that strengthening the family is the way to build a better future. We are continually re-inspired by the couples we teach and constantly reminded of the importance of passing on this lifestyle that is

quite literally a lifeline for strong, healthy, and most importantly respectful marriages. Certainly our experience with using SERENA has been nothing but positive. It has blessed our marriage and family life beyond measure. Over the years we have shared this with you but we have not heard from you, the user couples, and we want to know how SERENA has affected you!

Why did you choose SERENA? How has SERENA blessed you? What have your struggles been? How could SERENA support you more with those struggles? What do you see in the future for SERENA and will it be available to your children? If so, how do you see the future looking? Will you help us, either financially or by volunteering as a Board Member or can you offer us a particular skill such as, but not limited to, web/app design (we really need tech support), or would you consider joining us as an active Teacher Couple?

Sometimes we wonder if anyone ever reads this! We need your response and we have created an email account specifically for this purpose. PLEASE take a few moments and let us know what SERENA means to you! Email us at serenask.feedback@gmail.com. This will help us immensely to move forward as an organization. We are really looking forward to hearing from you. **YOUR VOICE MATTERS!**

Sincerely,
Don and Deb Larmour
President Couple
SERENA SK & SERENA Canada

RUN FOR THE FAMILY



The drizzle did not dampen the spirits of those who ran or walked in SERENA's 3rd annual Run for the Family on September 13, 2014. Don and Deb Larmour were thrilled with the positive family atmosphere. The vivid red t-shirts which adorned the young and not-so-young commemorated SERENA Saskatchewan's 40th anniversary. Kevin and Annette Bentler and family love to add to their family's wardrobe with these colorful SERENA t-shirts. Rob and Leah Sidloski and their family enjoyed the run regardless of the weather. "It is always super well organized, and it is great to get out and spend the morning with such fun loving and good hearted people. It is so nice that the shorter distances are also offered so our little ones can take part too. They like the racing, but their favorite part are the treats in the goodie bag!" Jerome, Annette and Egan Weiler were refreshed after the run, "SERENA Run for the Family was a life-affirming, enjoyable event... good exercise, fellowship, and fun...all for a good cause!" Cary & Sandy Molyneux and family also really enjoyed being out with many other families. "The weather wasn't the greatest, but all of the smiling faces made for a great morning. We had a lot of fun and it was great to be

able to have the stroller with us." This event reflects who SERENA is: active, vibrant, healthy, and family-friendly. Thank you to our event planners, volunteers, and donors. If you would like to see



Group Pledge Winners



more pictures of this event, please email us at sask@serena.ca or visit "SERENA Saskatchewan" on facebook. If you missed out, come join us next year on Saturday, September 12th.

The race results:

5km

Gold: Celene Sidloski
 Silver: Kolya Sidloski
 Bronze: Robert Sidloski

3km

Gold: Egan Weiler
 Silver: Anna Sidloski
 Bronze: Katherine Sidloski

1km

Gold: Eli Jalbert
 Silver: Natalie Koch
 Bronze: Elisha Sidloski

Pledges – Individual (1-2 people)

Gold: Matthew & Paul Bentler (\$1,200)
 Silver: Christianne & Rachelle Bentler (\$582)
 Bronze: Eli Jalbert (\$242)
 4th place: Egan Weiler (\$70)
 5th place: Anna & Katherine Sidloski (\$30)



Individual Pledge Winners



1 Km Medalists



3 Km Medalists

Pledges – Group (3+ people)
 Gold: Time Out for Moms (\$1,870)
 Silver: Molyneux Family (\$300)



5 Km Medalists

Introducing Our New Coordinator and a New Board Member, Christine Kleiboer

Christine and Quin Kleiboer are a five year SERENA user couple whose marriage has been blessed through this method of Natural Family Planning. **Christine has been hired to job-share**



SERENA Saskatchewan Board Members

President Couple:
Don & Deborah Larmour

Vice President Couple:
Adam & Amanda Lowe

Treasurer:
Claude & Michele Jalbert

Secretary:
vacant

Members at large:
Kevin Bentler, Brad & Wendy Breit, Jim & Maureen McLane, Andrew & Shancelle Hildebrandt

Coordinators: Annette Bentler & Christine Kleiboer

Coverline Editor:
Angela Weiler

Book-keeper: Aaron Koch

the position of provincial coordinator with Annette Bentler beginning this fall. Before going on maternity leave, Christine worked as a campus missionary for Catholic Christian Outreach at the University of Saskatchewan in Saskatoon for six years. Now as a stay-at-home mom, she works out of their home and raises their 14-month-old daughter Felicity. Christine enjoys being at home as she has more time to focus on her roles as wife and mother while also allowing her to pursue things she enjoys like baking adventures, arts and crafts including glitter, and meeting new friends while staying active with fun and challenging fitness classes. The Kleiboer's now reside in Wawota, SK where Quin works as a high-school teacher. You can contact Christine by calling or texting 306.934.8223 or emailing sask@serena.ca.

MARK YOUR 2015 CALENDARS

Serena Saskatchewan invites you to Serena Canada's 60th anniversary party! **Saturday, February 7, 2015** Divine Liturgy, Ukrainian banquet and entertainment to follow. Come meet Serena delegates from across the country! For tickets (\$25/person), contact SERENA Saskatchewan.

CANADA POST

Due to the postage rate increase, you can **help us reduce our mailing costs** by having the Coverline emailed to you. If this is your preferred method, please email sask@serena.ca with the email address you would like the Coverline sent to.

FUNDRAISING LETTER

You will find our annual fundraising letter with this issue of the Coverline. We thank all of you who have already responded to our financial crisis in September!

BABY DRAW

SERENA Saskatchewan wants to celebrate life with its' user couples. Enter a draw for your baby born in 2014. As soon as you submit this entry form, you will receive a small gift from SERENA and be placed in the draw for the grand prize of a \$100 gift certificate from Toys R Us / Babies R Us to be drawn after December 31st, 2014. Babies' names, birthdates and names of parents will be published in the February 2015 Coverline. Please submit this form to SERENA Saskatchewan by mail (Box 7375, Saskatoon, SK, S7K 4J3) or email (sask@SERENA.ca)

Baby's name: _____

Birthdate: _____

BOY ~ or ~ GIRL

Name of Parents: _____

SERENA user since: _____ (year)

Mailing Address: _____

Email: _____

Phone: _____



Dear Friends and Supporters of SERENA Saskatchewan,

The year 2014 marks the 40th anniversary of SERENA Saskatchewan. Since 1974, SERENA has been at the forefront of teaching the Sympto-Thermal Method of Natural Family Planning in Saskatchewan.

Bishop Donald Bolen of Saskatoon, in his letter recognizing SERENA's contribution to the Church in Saskatchewan, states that he is "most grateful for [SERENA's] personal commitment, reverence and love in the service of your families, our Church and the world." He continues with "SERENA has identified an area where couples and families can be reached with the good news of God's faithful love." Finally, he thanked SERENA for the "faithful service to and humble trust in God's vision for the family. [SERENA's] ministry is a light to a world that often experiences darkness in family life."

SERENA brings this light to the world by teaching NFP to user couples, training teacher couples, teaching fertility awareness to young women, and increasing the awareness of the importance of NFP to family life. Every year a large number of people reach the age where NFP information becomes relevant to them. With increased use of social media, new methods of communication need to be developed and implemented to more effectively reach those people who have need of this information.

Continuing and expanding our efforts requires the help of individuals and organizations such as yours. As a registered charity, we rely entirely on the generous financial support of our donors. We humbly ask that you consider a donation to support SERENA Saskatchewan. We urgently need your support.

Let us offer with joy whatever work we do in service of God and his people, whether the tasks be humble or great, knowing that God has done still greater work for us through his son Jesus Christ.

Sincerely,

Claude & Michele Jalbert
Treasurer Couple
SERENA Saskatchewan

Don & Deb Larmour
President Couple
SERENA Saskatchewan and SERENA Canada