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the coverline

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PRESIDENT COUPLE'S MESSAGE

Important refinement of the SERENA method of NFP

Don and Deborah Larmour

In this issue of the Coverline, we wish to introduce you to a **very important refinement of the SERENA method of NFP**. We will give you a brief overview of the improvement. We are very excited about this as this small refinement puts the SERENA method on the cutting edge of up to date Sympto-Thermal Method. Research.

(For info on some of the latest studies out of Germany on effectiveness of a method which uses this refinement of the Sympto Thermal Method see the following article regarding the research of Dr. Petra Frank-Herrmann: <http://www.sciencedaily.com/releases/2007/02/070221065200.htm>)

Please remember: You should always check with a Certified Teacher Couple if you have any

concerns, as there is always the potential for misunderstanding merely based on a written summary. For existing users who are happy with the method as they currently use it, there may be no need for change. But we do encourage you to consider looking at these refinements, and possibly receiving a complimentary refresher. Contact the SERENA Saskatchewan office to make arrangements.

SERENA 2014:

A small percentage of women are found, with the traditional SERENA approach, to still have mucous symptoms that are very fertile on the first or second day of high temperature. For these women, there may still be mucous symptoms (and thus fertility) existing on the third day. To address this concern, our medical advisor, Dr. Suzanne Parenteau has introduced these refinements.

The most significant change is the need to determine and chart a **Peak Day for mucous symptoms**.

The Peak Day is defined as the LAST day on which ANY of the following fertile MUCOUS symptoms occur:

Appearance – Thready, Transparent, Cloudy (meaning there is both transparent mucous and opaque mucous present);
Sensation – Wet, Lubricative;

A couple would still determine the coverline as before, still wait three days, but this time its three days of elevated temperature above the cover-line, AFTER the Peak day.

Another important point is that the Definitely Infertile part of the cycle starts on the EVENING of the third high temperature day after the peak day.

If the peak day is before the temperature rise, then not much has changed (except for the requirement to wait to the evening of the third day).

If however, the Peak day is on the first or second high temperature day, then to avoid conception you need to count extra high temperature days to get three high temperatures AFTER the Peak day.

If the method as you were taught works for you, there is no need to change what you are doing. The basic effectiveness of SERENA has not changed and these refinements only improve the effectiveness.

In the words of Winston Churchill “To improve is to change, to be perfect is to change often.” Although we don’t claim perfection we are attempting to offer our users the best and most up to date of Sympto-Thermal NFP Science.

Peace,

Don and Deb Larmour

FACEBOOK

Please “Like” Serena Canada’s official Facebook page and help us spread the work about Serena and NFP!! <https://www.facebook.com/SerenaManagingYourFertilityNaturally> Also PLEASE forward this message to anyone you know who supports Serena, or NFP (and uses Facebook).

WEBSITE

Check out “Demographic Winter, the decline of the human family” and “Demographic Bomb, demography is destiny” on YouTube. Both of these ground-breaking documentaries show how important demography and children are for our future.

RESOURCE LIBRARY

You may borrow these resources from our SERENA Saskatchewan Lending Library. Please enclose funds for rental and shipping. Free for Serena Teacher Couples. Please contact us to request a complete resource guide.

❑ **St. Gerard Majella – the mother’s Saint** (23 pages, booklet) *Includes biography and prayers: for motherhood, For mother with child, For a sick child, In thanks for a safe delivery, For special blessings, In time of trial, For a good confession, For respect for life, and Litany of St. Gerard.*

❑ **Encyclical letter of Paul VI of Human Life: Humanae Vitae** (16 pages, booklet)

❑ **Liberating potential – a commentary on the CCCB 2008 pastoral letter** (Bishop Albert Legatt at the Theology of the Body conference in Saskatoon 2009)

❑ **What every Catholic couple should know – marital sexuality, birth control, and natural family planning** (Wendy Cukierski, 32

Thank You

Thank you to Amanda Lowe, Cheryl Zimmer, and the Bentler family for stuffing the February Coverline. If you are interested in volunteering, please contact us.

pages, booklet)

❑ **Declaration on certain questions concerning sexual ethics** (Sacred congregation for the doctrine of the faith, 27 pages, booklet)

❑ **An introduction to the Theology of the Body – student workbook**, (Christopher West, 2008, 53 pages), *Includes An education in being human, The great analogy of spousal love, Man and woman He created them (our origin), Man and woman He redeemed them (our history), The resurrection of the body (our destiny), Celibacy for the kingdom, Marriage as a sacrament, The language of sexual love.*

❑ **Marriage and the Eucharist** (Christopher West, 1 CD) *Find out how two critical realities of Christian life are related when the world’s top expert on the Theology of the Body lights a fuse to what the pope’s biographer calls John Paul II’s “theological time bomb”, all presented with unbridled energy, humor, and searing insight.*

❑ **Theology of the Body for every body** (Leah Perrault, 112 pages) *A broad reflection on John Paul II’s Theology of the Body and how it applies to every day life for people of all ages. Highly explored and examined, Pope John Paul II’s*

scripture-based reflections on human relationships and sexuality have captivated thousands of women and men around the globe. Yet few have discussed the implications of his theology for everyday life. Theology of the Body for Every Body offers us just that: a holistic reflection meaningful for everyday life.

This outstanding book explains Pope John Paul II's foundational ideas and then looks to his encyclicals and writings on family, justice, labour and the Church to broaden the application of his Theology of the Body beyond simple and simplistic - sexual ethics. Bringing a female voice to the writings surrounding the Theology of the Body, Leah Perrault explores its deeper applications for sexual ethics within a vision for human growth, service and justice.

❑ Why contraception matters- how it keeps us from love and life (Stephen Patton, 1 CD) *Steve clearly explains why the Church's timeless wisdom dealing with marital love brings great joy to married couples and deep satisfaction to the priests who serve them.*

❑ Holy Sex – a Catholic guide to toe-curling, mind-blowing, infallible loving (Gregory Popcak, 333 pages) *Common wisdom portrays sex and church to be at odds, yet studies show that Catholics have better sex, and more often. This witty, frank, and*

refreshingly orthodox book draws from the beautiful truths of Catholic teaching to show people of all faiths about rich and satisfying sexuality. Hailed by Christians across the spectrum from Christopher West and Janet E. Smith to John L. Allen, Jr., Holy Sex includes dozens of questionnaires,

❑ Breastfeeding and Catholic motherhood – God's plan for you and your baby, (Sheila Kippley, 107 pages) *This slender volume has a wealth of information on both breastfeeding and Catholic teachings. Sheila writes from personal experience as well as over forty years of research.*

SERENA Saskatchewan invites you to the third annual Run for the Family

Saturday, September 13, 2014 at 8:30am

- Run/walk; encourage your friends to join you.
 - o 1 km run – entry fee \$10/person
 - o 3 km run – entry fee \$25/person
 - o 5 km run – entry fee \$40/person
- Make a donation for goodie bags or door prize.
- Make or collect pledges.
- Volunteer on race day.

To register, visit www.runningroom.com (races – province SK – click date – register). Register soon; only the first 200 registrations will be accepted.



quizzes, and valuable lessons from real-life stories.

❑ Our Power to Love – God's gift of our sexuality (Taylor, Nerbun, Hogan, 103 pages) *This book provides parents and teachers with the resources to communicate to their children the truths they need to know. The result celebrates creation, human growth, and sexuality as God's personal and loving gifts to us, gifts that one needs to understand and respect.*

She is honest and encouraging with an easy-to-read style that leaves the reader much to think about.

❑ Angel in the waters (Regina Doman, pictures by Ben Hatke) *These gentle illustrations and wise words tell the story of that baby and the angel in the waters... a story that's sure to delight all young children, because the journey from conception to birth is their story too.*

Baby Draw 2013

Congratulations to Elisse Hildebrandt, the winner of the 2013 Serena SK baby draw!

- April 11/12*, Samuel Rudy, son of Owen & Karen Wourms (TC)
- April 16/13, Lenay Colette, daughter of Brian & Tannis Stang
- May 22/13, Benjamin Grayson, son of James & Rachelle Zimmer (TCT)
- June 4/13, Elise Cecilia, daughter of Curtis & Simone Mann
- June 7/13, Gregory Augustin, son of Ryan & Anna Topping (TC)
- July 12/13, Dominic Leo Joseph, son of Jon & D  neige Courch  ne (TCT)
- July 19/13, Shaelyn Valerie Emilia, daughter of Steve & Jeanette Touzin
- August 1/13, Daniel Francis, son of Cary & Sandy Molyneux (TCT)
- August 16/13, Felicity Marie, daughter of Quin & Christine Kleiboer
- August 21/13, Rebecca Marie, daughter of Michael & Gerri Lasko
- December 8/13, Emerich Isaac Joseph, son of Andrew & Shancelle Hildebrant (TCT)
- December 9/13, Elisse Ange Marie, daughter of Andrew & Shancelle Hildebrant (TCT)

*2012 birthdate was not submitted in time for the 2012 draw.

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: _____

SERENA Saskatchewan Board Members

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How Can I Help?

The Coverline is sent three times per year to all donors, volunteers and user couples. Thank you to all individuals and organizations that have made SERENA's work possible by their prayers and donations.

___ Please use this donation to help SERENA continue its' services.

___ We are interested in becoming a teacher couple. Please send more information.

___ Please send us only The Coverline via email.

___ Please send us The Coverline via email as well as occasional e-news from our medical advisors who answer NFP questions.

___ Please kindly delete us from your mailing list.

___ Please add us to your volunteer list to:

___ help stuff mailouts

___ help set up the hall for SERENA's annual general meeting and social

___ help in the kitchen for SERENA's annual general meeting and social

___ whatever volunteer needs you have

Name: _____

Address: _____

City: _____ Postal code: _____

Telephone: _____ Email: _____

SERENA Saskatchewan's 40th Anniversary

On February 15, 2014, Serena Saskatchewan celebrated its 40th anniversary. It was much like a wedding with a Valentine theme, a head table, toasts, and cutting of the cake. Thank you to our guest speakers/founders who made our evening so memorable: Joe & Eleanor Bellefleur, Harvey & Kathleen Chatlain, Ewald & Antonia Gossner, Jim & Marion Penna, Michael Pomedli & Joan Halmo, Ralph & Valerie Schidlowsky, Marie-Louise Ternier-Gommers.



Cutting of the cake by our founders (left to right): Ewald & Antonia Gossner, Valerie & Ralph Schidlowsky, Kathleen & Harvey Chatlain, Eleanor & Joe Bellefleur, Marion Penna, Michael Pomedli & Joan Halmo, Jim Penna, Marie-Louise Ternier-Gommers



Serena SK board members (left to right): Adam & Amanda Lowe, Brad & Wendy Breit, Don & Deb Larmour, Claude & Michele Jalbert, Annette & Kevin Bentler, Maureen & Jim McLane, Shancelle & Andrew Hildebrandt



Welcomers, Maureen McLane
and Kevin Bentler

Dear Serena Saskatchewan members,

Congratulations on this very important fortieth anniversary of the incorporation of Serena in Saskatchewan. I rejoice with all of your active, associate, or in-training teacher couples. I want to take this opportunity to thank all the volunteers who support our Natural Family Planning organization in your part of the country. Looking at the list of Associate Teacher couples, I recognize most of the names and even remember some of you very clearly. I have wonderful memories of you all! You were all so important to the development of Serena in Saskatchewan.

I also want to take this opportunity to congratulate all your new teacher-couple and couples in training. It is wonderful to see new life in your organization and we are looking forward to seeing Saskatchewan continue to grow and flourish with innovative ideas and contributions from its new members. Our hope is in you!

I finally want to mention how enjoyable it was to retrieve from the archives here in Ottawa, the publications made by Serena Saskatchewan from 1977 to the present, be it the Serena Saskatchewan Newsletter, Serena West Newsletter, or The Coverline. Thank-you for having documented so well the history, past struggles, and achievements of Serena Saskatchewan. It is through these publications you have given your teacher-couples and clients a wonderful ongoing communication tool. I wish Serena Saskatchewan a long life!

Sincerely,

*Marie-Paule Doyle (Executive Director
of Serena Canada, 1964-2014)*

What a memorable evening you arranged to celebrate the 40th anniversary of Serena Saskatchewan! We were so impressed by the beautiful festive details, by the scrumptious meal and cake, and thoughtful and generous tributes to the pioneers. It's clear that Serena SK is in wonderful hands for the future. Warmest appreciation and very best wishes to you all.

Michael Pomedli & Joan Halmo



Gossner and Bellefleur



Marie-Louise Ternier-Gommers
and Ben Boots

I just read in the St. Joseph's Craik bulletin that Serena is celebrating. WOW it seems ages since Patty and I were a teacher couple. It was a great time to give information and teach people about their fertility. We would like to extend greetings to all we associated with at that time...

*Ed & Patty
Linfoot*

Dear friends, volunteers and founders of Serena,

First, I want to wish you heartfelt congratulations on the occasion of your 40th anniversary in Saskatchewan. The Sympto-Thermal Method of Natural Family Planning is a great gift to families and to couples within our Church. Natural Family Planning requires profound commitment, deep reverence and much love, both in a marriage and for an organization. As Bishop, I am most grateful for your personal commitment, reverence and love in the service of your families, our Church and the world.

The world we live in has many challenges, especially in the area of sexuality. Such a context can be overwhelming for ministry, yet Serena has identified an area where couples and families can be reached with the good news of God's faithful love. As volunteers, you have been tangible signs of God's generosity in the gift of life. You are privileged to be invited into some of life's most intimate experiences of co-creation, both joyous and challenging. Thank you for your faithful service to and humble trust in God's vision for the family. Your ministry is a light to a world that often experiences darkness in family life.

Your work also supports the mission of the Church and extends the vision of natural responsible parenthood beyond our family of faith. Our church has been and continues to be richly blessed by the faithful witness and sharing of Serena couples; at the same time, your ministry is a support to the faith of members of other Christian and religious communities and to members of the community more broadly. The gospel of life is not intended only for Catholics, but for all of God's people. Thank you for sharing the gifts you have received with all who come to you looking for assistance, welcome and truth.

May your faithfulness inspire many more generations of couples and individuals to offer their experience, knowledge and joy with our Church and our world. Blessings on all who are gathering to celebrate Serena's 40th anniversary in Saskatchewan!

With gratitude,

+Donald Bolen

Bishop of the Diocese of Saskatoon



Delicious banquet by Agar's Corner



Entertainment by Adam (piano) and Amanda (oboe) Lowe



President Don Larmour and Coordinator Annette Bentler



Ralph and Val Schidlowsky



Some of our Teacher Couples in Training

Thank you so much for inviting us to the 40th Anniversary Celebration, and thanks to all of you who did so much work in preparing for it. It was beautifully decorated, well planned and run, and the meal was delicious. And the cake was amazing!

It was wonderful to see our former co-workers again, and to see the pictures. The whole experience reminded us of the great people who become involved with Serena. It was tremendously gratifying to see how vibrant Serena Saskatchewan continues to be. Considering how enriching Serena has been in all our lives, it is a mystery why it is so difficult to connect with all those couples who also would find it beneficial. We hope that the couples in training were able to see the benefits to society and to ourselves that committing to Serena brings, and that will encourage more couples to become teacher-couples.



Chatlains and Bellefleurs catching up

Thanks again for wonderful evening. May the Holy Spirit continue to bless your work.

Harvey & Kathy Chatlain



Anniversary cake made by Annette Bentler



Fr. Pham Phong leads us in grace

Happy 40th birthday, SERENA Saskatchewan! Your history shows the dynamics of SERENA Saskatchewan. From the pioneers who did start the movement to the most recently trained teacher couples, you have developed and made NFP available to the population. The regular publication of your Coverline demonstrates your commitment into nurturing the relationship with the couples who came to you for help with their family planning. You also are clever in joining fun to public involvement in favor of SERENA with your events such as RUN FOR THE FAMILY. Continue to develop and try to reach those who need you, even if they don't know yet...

Long life to SERENA SASKATCHEWAN!

*Dr. Suzanne Parenteau-Carreau
(Serena Canada Medical Advisor)*



Caterers, Don & Carmen of Agar's Corner



Servers, Christianne and Matthew Bentler, Benjamin Breit



Michael Pomedli

We are sorry to miss this "family reunion" as you have all been such a blessing in our lives... what is perhaps even more significant is that SERENA teacher couples have an even greater success rate in staying married to each other, being faithful to each other and growing old together. Sounds like the plan God has for all married couples! There may be no guarantees in life, but there are choices that we can make that can improve and enrich our lives as married couples. Choosing SERENA has done that for us.

May SERENA continue to grow as a source of hope, love and joy for all those who are involved and blessed by the wonderful people who share this "good news" with other engaged and married couples. We are so grateful for those who shared their time and talents with us and cared enough about us to help us on our married journey together. Thank you to our own teacher couple who came out to Rosetown to teach us about SERENA, Bill Curry and Dr. Dale Dewar. And to each and everyone of you (past, present, and yet to come): you are all a gift from God.

Dr. Dan & Judy Ledding



Joe Bellefleur gave us his old licence plate to hang in the Serena office.



MC Claude and Michele Jalbert

It would be wonderful to attend the celebration but cannot. Grace and I wish Serena Saskatchewan all the best for the future and thank them for the beginnings they gave us back in 1985.

*Bill & Grace Richmond
(now living in Ontario and part of
Serena Canada board)*

*Thank you to Jim McLane
for capturing our special
anniversary in pictures!*



Harvey & Kathleen Chatlain

*We wish to all the team and all the
members of SERENA Saskatchewan a
happy 40th birthday! Congratulations!*

Seréna Québec

*Thank you and all Serena couples for the
wonderful evening and for your continued
Serena work.*

Jim & Marion Penna



Jim and Marion Penna

