

THE COVERLINE

President Couple's Message

Spring has turned into summer. Let us enjoy the long, warm hours of sunshine, refreshing showers, and extra time spent with family and friends through summer holidays.

In May we had the special privilege of spending almost three weeks in the Holy Land, experiencing an affirmation of our faith in the Incarnation as we visited many of the places Jesus lived, taught, performed miracles, died, and rose again. It is almost too much to fully appreciate in that length of time. It strengthens us in knowing that our faith is real, true, and solid as rock (as there is a lot of rock in Israel)!

Since our last newsletter three more teacher-couples in training have written their certification exams and are now well on their way to being fully certified teacher-couples. Congratulations! Serena Saskatchewan also has three other couples who will complete their exams in the next several months, so the organization will be in good hands for the next several years.

**Your prayers
and financial
help to make
this all
possible are
greatly
appreciated.**



In the near future, Serena is going to have to move into the digital age to reach the young people who are fully connected to the internet via their phones and computers. This will mean that we will need online teaching and an app that will facilitate charting. Online registration will be the way of the future as well. We are already putting the core of certified teacher couples in place that will be just a click away from guiding and answering any questions the new user couples may have. We live in exciting and concerning times to be sure. In the near future we hope to be marketing NFP as a way to 'discover authentic intimacy' in marriage.

Keep well and enjoy your summer. We hope to see you at 'The Run for the Family' in the fall.

For Life & Family,
Jim & Maureen McLane



6TH ANNUAL

Run for the Family



*Registration open until September 7, 2017.
Register early for discounted prices.*

Medals will be given to 1st/2nd/3rd place winners!
Package pick-up Friday, Sept.8/17. Win great door prizes!

Sept.9/17

*Saturday
10:00AM
Saskatoon*

Register by visiting
www.runningroom.com

For more info:
Serena Saskatchewan
email
sask@serena.ca
call/text
306-934-8223

Event Name

Early Bird Regular
(by Aug.19)

| | | |
|---------------|-------|-------|
| 1 km run/walk | \$10 | \$15 |
| 3km run/walk | \$25 | \$30 |
| 5 km run/walk | \$40 | \$45 |
| Family | \$100 | \$125 |

*Minimal processing fee above registration fee.

*Family rate is for a family living in the same household. After 7 registered family members, each member will be charged an additional \$10.

How can I help?

- *make a donation for goodie bags or door prizes
- *be a volunteer on race day
- *make or collect pledges (email us for pledge form)



Fertility Awareness Methods Undervalued For Their Worth

By Katrina Dixon - Originally published on March 9, 2015 by The Sheaf

Women's reproductive health is a global concern encompassing various issues and agendas, but concerns are often addressed without regard for the normal, healthy function of the body. Fertility awareness by contrast, focuses on the natural functions of a woman's body and works with it to avoid impairing these functions in the long run.

So often when I hear or read material about women's health in developing countries, the conversation quickly turns to overpopulation or the poverty that children grow up in — if they survive long enough. The suggested solution to all of this is contraception. This may be as simple as condoms or the pill, or as invasive as sterilizations — which are not always voluntary either. What I don't understand is why these suggestions make sense.

Condoms need to be stored in cool, dry places to be effective — I'm not sure how many impoverished women in Africa have storage space that would suffice. The pill,

besides being identified by the World Health Organization as a carcinogen, continually costs money. Maybe I'm idealistic, but I think clean water, nutrition and sanitation are more worthy causes if we're sinking money into these nations.

I don't think sterilizations are an appropriate response either. They also cost money, require a doctor and eliminate the possibility of a woman ever having children again, should she want to later in life. There's also a sanitation issue; if proper sanitation for daily activities is nonexistent, there probably would not be ideal conditions for an invasive surgery either.

I wish to make it clear that I am not advocating for women in developing countries to bear child after child only to see them suffer in poverty or die in childbirth. Rather, I think it makes a lot more sense to offer them an alternative that is simple, effective, free — or close to it, depending on the method — and that mothers can teach to their children easily.

Enter the 2017 Baby Draw

For your chance to win a \$100 gift card to Babies R Us, please email sask@serena.ca with the names of dad and mom along with baby's full name, gender, and birthday.

Please include your mailing address so that Serena can send a little gift to your new little one to say welcome to the outside world!

The draw for the gift card will take place after Dec 31st, 2017.

All Baby Draw entries will be included and celebrated in the first Coverline Newsletter of 2018.

Switch to Email

Please help Serena save on postage fees and be more environmental.

Send a message to sask@serena.ca with your full name(s) from the email address you wish Serena to use. Subject: Serena email list.

Fertility awareness methods are simple to teach and to learn, effective in practice and can be virtually cost-free.

Fertility awareness methods — also called natural family planning — are hugely underrated. Maybe that's because they're what our grandparents used and it clearly didn't work for them, so now they have a bad rap. Except they're not what our grandparents used; we've come a long way in our understanding of a woman's menstrual cycle since then and the days of the "rhythm method" are behind us.

There are much more sophisticated methods available now: Billings, Serena and Marquette. These methods observe signs that indicate the fertility of a woman. These signs include: cervical fluids, which become clear and slippery at peak fertility, basal body temperature, which increases as a result of progesterone which is produced after ovulation, cervical position and concentrations of estrogen and luteinizing hormones in the urine. The latter of which is measured using a monitor — this is the only part that has

any significant cost associated with monitoring.

Avoiding pregnancy is simple, maybe not easy, but simple. A woman tracks her signs of fertility and abstains from intercourse during the fertile window, which is about a week of each cycle. That means for about three quarters of the average female cycle, pregnancy is very unlikely to occur as a result of sexual intimacy. Not having sex may be a challenge, but I think it's a worthwhile hardship when the gain is a healthy, natural functioning body and healthy relationships.

Couples who practice fertility awareness tend to report better communication, high levels of respect for each other and their bodies, and more satisfying sex lives. This compared to the possibility of weight gain, mood changes and decreased sexual desire on the pill ranks pretty high. For me, even with a cycle that has been difficult to make sense of, the choice is obvious.

Women's reproductive health care is the only type of health care I am aware of

where the intention of some of the most common treatments is to prevent natural, healthy bodily function. A woman's body is designed to be able to carry and nourish a growing human being. Hormonal fluctuations, the development and shedding of a uterine lining and ovulation are all signs that a woman's body is doing exactly what it is supposed to do. Why, then, do we suppress our hormones with artificial ones and throw off these natural processes and then call it health care? This isn't the healthy functioning of a woman's body at all.

We, as women, have better options than impeding the healthy function of our bodies for avoiding pregnancy. Fertility awareness methods are our best options. Rather than ingesting a carcinogen daily, relying on a thin layer of latex to stop millions of potential sperm from reaching our ovum, implanting a foreign object in our uterus or eliminating the possibility of ever having children by severing our fallopian tubes, we can work with our bodies to avoid becoming parents before we're ready and have a healthy, happy uterus for a growing child when we are. ♦



Please make your cheque payable to Serena SK and mail it along with this portion to:

**Box 7375
Saskatoon SK, S7K 4J3**

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