



relax over an early morning cup of



Little Mary Kathryn Monroe helps her mother, Mary Ellen, and father, Dennis, as they rehearse for a musical performance.

# Family ng: native

ann says, "I'm much more confident," and  
of liberation from mechanical devices.

sed a Protestant, and Skip professes no  
ion. They met while at school, studying  
the University of North Carolina. Today,  
and he is a self-employed paper hanger.

es to two challenges in using NFP. The  
re to make a decision constantly if we are  
have kids." The second is that during the  
leeping to the method is difficult. "And  
er-skinned, hard-hearted man either," she

willing to say that their relations have  
they began using NFP, "but it may be  
maturing," she said. Ann is 28 and Skip is

and, both of them report a great increase  
idence using NFP. "Our decisions are  
Ann said. Skip concurred, "We're a lot  
e now with NFP than we were with the

own of Geneseo, Dr. Joseph Zaremba is  
conomics. His wife Mary is a medical  
homemaker.

of their kitchen are posters and prayer  
a deeply devout Roman Catholic at-

explained that they began looking for a  
y planning after the birth of their fifth  
ted a method with the blessing of the  
aid. Along with the economic reasons  
ere was also a health reason. Mary was  
o as a child, and the illness somewhat  
alth.

As it happened, a column on Natural Family Planning  
in the Courier-Journal attracted Mary's eye.

It was not until two years later, however, that they  
were able to attend classes in the method.

Mary is very happy with NFP and cites the increased  
awareness of each other's needs which follows from using  
the method.

Joseph seconded her feelings and said it can happen  
that married people grow apart and tend to avoid one  
another "NFP has brought us much closer together."

The Zaremba house is nestled in a spectacular bed of  
flowers. Joseph explains that in his search for homes he  
looks for space to indulge his hobby for growing things.

Mary Ellen Monroe and her husband Dennis will be  
giving a concert later this month at the Memorial Art  
Gallery. Both are musicians and Dennis teaches music.  
Their concert will be held at 3 p.m. on Oct. 22.

NFP came as an answer to prayer for Mary Ellen. "I  
had been praying to find a method acceptable to the  
Church, and Dennis shares my feeling," she said.

The Monroes, parishioners of Our Lady Queen of  
Peace Church, have two children, Nicholas, 3½, and  
Mary Kathryn, 2.

The Monroes learned NFP, "from two 'hippie-types',"  
Mary Ellen quips, in February 1978.

Since then, she said, "NFP has helped bring us closer  
together." She also said that both of them feel the method  
was a gift from God.

Personal growth for both of them has been another  
benefit of NFP, Mary Ellen said. "Self-control," she said

of desires during fertile periods, "is the lesson in life. This  
is how you develop as a person."

Dennis is a convert to Catholicism from Lutheranism.  
Mary Ellen attended St. Louis Church in Pittsford as a  
child. "And we're both pretty traditional in our beliefs.  
NFP is definitely an answer to our prayers," Mary Ellen  
said.

Mary Ellen is aware of the fact that NFP is gaining in  
popularity — and that more and more men are requesting  
information on the method. She is more than happy  
about the two developments.

The Monroes are members of the Monroe Trio. She  
plays guitar and mountain and hammered dulcimers. He  
plays the violin, guitar, mandolin, dulcimer, autoharp and  
five-string banjo among other string instruments. An  
album of their music, Angels of Spring, was released last  
year.



Skip and Ann and their cat.