



and Skip Henderson relax over an early morning cup of

# Family Planning: A Natural Alternative

Since then, Ann says, "I'm much more confident," and expressed a sense of liberation from mechanical devices.

Ann was raised a Protestant, and Skip professes no religious affiliation. They met while at school, studying art history at the University of North Carolina. Today, she is an artist and he is a self-employed paper hanger.

Ann confesses to two challenges in using NFP. The first is that "have to make a decision constantly if we are in a position to have kids." The second is that during the fertile period, keeping to the method is difficult. "And Skip is no leather-skinned, hard-hearted man either," she laughs.

Ann is not willing to say that their relations have improved since they began using NFP, "but it may be that we are still maturing," she said. Ann is 28 and Skip is 30.

On the other hand, both of them report a great increase in personal confidence using NFP. "Our decisions are based on data," Ann said. Skip concurred, "We're a lot more comfortable now with NFP than we were with the other methods."

In the college town of Geneseo, Dr. Joseph Zaremba is a professor of economics. His wife Mary is a medical technologist and homemaker.

On the walls of their kitchen are posters and prayer cards reflecting a deeply devout Roman Catholic atmosphere.

The Zarembas explained that they began looking for a method of family planning after the birth of their fifth child. They wanted a method with the blessing of the Church, Joseph said. Along with the economic reasons for their search there was also a health reason. Mary was stricken with polio as a child, and the illness somewhat debilitated her health.



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

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.