



DEFEND LIFE

Promoting the Culture of Life and Fighting the Culture of Death since 1987

CATHOLIC • PRO-LIFE • PRO-FAMILY May - June 2015, Vol. 26 No. 3, Circ. 5029

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Church must fight 'death by demographics,' pleads Wilson

It is with great concern and deep distress that I feel compelled to address you regarding the crisis confronting the Catholic Church and the family in the Western World, including North America and now expanding worldwide.

So began Mercedes Arzú Wilson's impassioned speech before the delegates to the Pontifical Academy for Life's 21st General Assembly at the Vatican on March 7.

The three-day assembly was winding down. The conference,

whose theme was "Assisting the Elderly and Palliative Care," had begun March 5, with Pope Francis speaking to the Academy's 125 members from around the world on the serious obligation of all to respect and care for the elderly.

For three days, members from 40 countries had split into working groups to discuss issues related to palliative and other care for the elderly; held a speakers' conference open to the public; and celebrated Mass before the tomb of St. John Paul II, who founded the Pontifical

Academy for Life in 1994.

As the assembly came to a close and its members were gathering up their papers (and, perhaps, checking their return flight schedules), several members rose to give various announcements on congresses held or to be held, or books published or to be published.

Mercedes Wilson spoke also, but not about congresses or books.

The "demographic suicide" of the West is no longer in just Europe and Japan, warned Wilson: it includes North America and is expanding to the developing world.

"Never before in the history of the world have powerful special interest groups, in association with their own governments, financed their own extinction with the people's taxes and with mild and meek opposition from us Roman Catholics."

Abortion continues, while killing the elderly and the handicapped is expanding and extending to more of what no longer deserve to be called "civilized societies," she declared.

In short, "the Western World is committing suicide."

Churches close, mosques built

In the Americas, the silent demise of the Christian faith is all too



Pope St. John Paul II greets Mercedes Arzú Wilson, whom he appointed as a member of the Pontifical Academy for Life when he created it in 1994.

evident, said Wilson.

“As more of our churches and schools are closing because of lack of parishioners and children, others are building mosques all over the countries of Europe and America.... for the simple reason that Islamic believers are having children and Christian families are not.”

The root cause of this impending disaster? The disappearance of the Catholic faith.

“The majority of Catholics are or have used artificial....birth control, placidly ignoring the rules of the Church and oblivious of the harm to their bodies and souls,” she declared.

Wilson went on to set forth some unpleasant facts.

For a country simply to *maintain* zero population growth, it must maintain an average of 2.1 children per couple.

Yet, the United Nations reports the following average number of births per woman in 2013:

• France:	2.0
• United States	1.9
• United Kingdom	1.8
• Canada	1.6
• Germany	1.4
• Italy	1.4
• Russia	1.4
• Japan	1.3

German Chancellor Angela Merkel announced in 2010 that by the year 2050, Germany will be an Islamic nation.

Belgium is predicted to become an Islamic nation by 2030.

Fifty percent of newborns in Belgium are Muslims, according to a 2010 report.

In France, 30% of children age 20 and below are Muslim; the ratio in Paris and Marseille has soared to

45%.

In southern France, there are more mosques than churches.

There are now 1,000 mosques in Great Britain, many of which were converted from Christian churches.

‘Mediocre’ defense of teachings

“I feel mortified at having to write this report to all of you,” confessed Wilson, “but time is of the essence to defend the faith.”

From the moment that Pope Paul VI wrote his encyclical, *Humanae Vitae*, he was unjustly attacked by

The primary culprit has been our mediocre defense of the teachings of the Catholic Church.

many Catholics, she recalled.

“The Chair of Peter was tarnished by the arrogance and disobedience from those who turned against the teachings of Christ.”

The primary culprit has been our mediocre defense of the teachings of the Catholic Church, she charged.

We have also allowed governments to impose pornographic sex education in schools and the indiscriminate distribution of contraceptives to children and young adults.

The results have been predictable: widespread premarital sex, easy and legal access to abortion, a veritable plague of venereal diseases, and increases in adultery and divorce.

The solutions to this transitioning from Christianity to paganism

“should be obvious to the leadership of the Roman Catholic Church,” said Wilson.

They should strongly teach chastity before marriage, and as strongly condemn the use of contraceptives by Catholic married couples.

Wilson also charged Catholic Church leaders with “the complete lack of real support in defense of the only ‘authentic alternative’ for couples to achieve or postpone pregnancy for serious, not selfish reasons—Natural Family Planning (NFP), the best-kept secret....”

“We want to believe that it is not too late for Europe and North America to change its course and repeal the suicidal catastrophe,” said Wilson.

“We are perceived as being weak and timid as our faith is deteriorating from lack of prayer and strong leadership,” she concluded.

“We need Catholics and our leadership to wake up.”

Dead silence

What was the reaction from members of the Pontifical Academy for Life after Mrs. Wilson finished her speech?

Dead silence, she recalls.

“But I got a lot of praise [privately] from several academicians, because they recognize that it’s the truth,” she told *Defend Life*.

“The whole thing started with the disobedience to *Humanae Vitae*. Now these countries are paying the price.

“The population decline is having a bad effect on these countries’ economies, but they don’t want to admit it.

See DEMOGRAPHICS, page 6

Faith, courage help crusader to spread NFP method that *works*

Years ago at a cocktail party, Mercedes Arzú Wilson happened to fall into conversation with a doctor.

The young wife and mother mentioned that after she had given birth to two children, both by Caesarian section, her doctor had told her that she could not have any more children.

So, she said, she and her husband were using the Rhythm Method of Natural Family Planning to avoid pregnancy.

“Good luck with your next pregnancy!” the doctor retorted with a sardonic grin.

“That’s the way doctors react,” said Mrs. Wilson with a smile. “But I was stubborn.”

Mercedes was also a very devout Catholic. Born and raised in Guatemala, she met her husband, Henry Hugh Wilson, when his geological work for Shell Oil took him to the Central American country.

After they married in Rome in 1961, the 22-year-old bride was off to Qatar with her husband, where they would spend four years.

Transferred next to London for two years, they were there when England legalized abortion in 1967.

“I was horrified that in a civilized country they would legalize the killing of unborn children!” Mercedes recalled.

“I told my husband, if this is what happens to a wealthy country, then it’s better to remain poor and not lose your soul.”

Mrs. Wilson wrote to the Archbishop of Canterbury, head of the Church of England, expressing her horror that he had not opposed the law.

He replied that he didn’t really agree with the legislation, but only

“went along” with the other Church of England bishops, she said.

Shell Oil transferred her husband to Melbourne, Australia, in 1968—the same year that Pope Paul VI published his encyclical, *Humanae Vitae*, which condemned all artificial methods of birth control.

As a result, “The whole world turned against him,” said Mercedes. Abortion was essentially legal-



Mercedes Arzú Wilson has been teaching and promoting the Ovulation Method of Natural Family Planning since 1968.

ized in Australia through a court case in 1969.

The steady spread of legalized abortion “was kind of following me around,” Wilson observed ruefully.

The previous year, however, she happened to read in the newspaper about a new method of Natural Family Planning being taught by a husband-and-wife team, neurologist John Billings of St. Vincent’s Hospital in Melbourne, and Dr. Evelyn Billings.

Attending a lecture by Evelyn Billings, Wilson learned that in the

early 1950s, at the request of the Melbourne Catholic Family Welfare Bureau, John Billings had begun research to find a more effective method of Natural Family Planning.

At the time, Rhythm and Basal Body Temperature were the only NFP methods available.

Both were unreliable, as well as hard to manage if a woman’s cycles were long or irregular.

Dr. Billings discovered that a mucus secretion produced by the cervix of the uterus could be used as a marker by women to detect the onset of their fertile period.

Dr. James Brown was backing up Dr. Billings’ work with key research showing that women’s observations of their cervical mucus patterns correlated with estrogen levels in their cycles.

Mercedes offered her services to the family life office.

“They had me collecting huge quantities of urine samples from women from all over Australia for Dr. Brown,” she said.

“He was a genius! He did 750,000 hormonal correlations of ovarian hormones.”

Other collaborators measured pituitary hormones that also regulate the menstrual cycle.

“No method in the world has ever had that much scientific study,” noted Wilson.

Back in Guatemala in 1969, Mercedes taught the Billings’ method, which then included rhythm and basal temperature readings as well as observing mucus secretions, to some of her relatives.

But when she tried to teach this three-pronged method to poor women in Guatemala, many of whom could not read or write, she

found that they couldn't work with the complicated record keeping.

So Wilson developed a system that relied on recognizing the onset of the mucus secretions alone, in which women used simple charts with different colored stamps to mark their fertile and infertile days.

"It took me two years to get Billings to drop the rhythm calculations and temperature readings," she recalled.

"But when he came to Guatemala and saw my successful results with the poor women, he said, 'We are going to make this system universal!'"

In 1977 Wilson founded the Family of the Americas to promote family life and spread knowledge of the Ovulation Method.

The organization distributes materials in 21 languages and trains instructors in over 100 countries, from developing countries in Latin America, Africa and Asia to developed nations in North America and

Europe—and even the People's Republic of China.

"We've gone to China 13 times; I've gone myself six or seven times," she noted.

Many nuns and priests take part in their training programs, including Mother Teresa's Missionaries of Charity.

Over the years, Mercedes and the diminutive nun became close friends, she said.

"Mother Teresa said that this is the only method that the poor can understand."

Teaching the Ovulation Method to the poor is the easiest, because they respect nature, Wilson maintained. "But in the West, many times, people are distrustful; they have heard from their doctors that NFP is unreliable."

Yet studies in countries all over the world on the effectiveness of the Ovulation Method for avoiding pregnancy have shown a high success rate when the method is used

correctly.

A study in Calcutta, published in the *British Medical Journal* in 1993, for example, showed a 99.6% effectiveness rate.

Studies also indicate that couples using NFP have a minuscule divorce rate of 0.2%.

Wilson served as the Guatemalan delegate at the UN's International Conference on Population Development in 1994, and at similar UN conferences in Copenhagen, Beijing, Istanbul and Rome.

She was appointed by her brother, Álvaro Arzú, who was president of Guatemala from 1996-2000.

"I asked him to appoint me," she explained: "Everyone representing Western countries was promoting everything that was bad—abortion, sodomy, and 'sexual reproductive rights.'"

The United States pressured the ministers of foreign countries—Mexico, Brazil, Argentina, Honduras—to remove their pro-life delegates, she charged.

"I was the only one representing Western countries to be pro-life. We [Guatemala] were left by ourselves. The only ones that supported us were the Muslim countries.

"It was the worst time of my life."

On a brighter note, Pope St. John Paul II appointed her a member of the Pontifical Academy for Life when he founded it in 1994, a position that she retains today.

The mother of three (the Wilsons adopted a child) and grandmother of eight, Mercedes lives in a spacious, Spanish-style home in Lothian, Md. (Her husband Henry died in 2007.)

The house doubles as headquarters for Family of the Americas,



Mercedes Wilson and Mother Teresa chat during a plane flight in 1986 to Washington, D.C., where Wilson helped arrange for the humble nun to have lunch with President Reagan.

See NFP, page 6

In My Humble Opinion

The smoke of population control has entered the Vatican

By Janet Baker

In late April, a symposium entitled “Protect the Earth, Dignify Humanity: The Moral Dimensions of Climate Change and Sustainable Development” was held at the Vatican, sponsored by the Pontifical Academy for Sciences and Pontifical Academy for Social Sciences.

The purpose was to address alleged problems caused by so-called “climate change,” in advance of Pope Francis’ awaited encyclical on the environment.

From that symposium came a report entitled “Climate Change and the Common Good: A Statement of the Problem and the Demand for Transformative Solutions.”

The authors include Jeffrey Sachs, a notorious proponent of population control, with all that it entails, including abortion, contraception and sterilization.

The report can be found on the internet at this link: <http://s3.documentcloud.org/documents/2068632/climate-change-and-the-common-good.pdf>.

In the very first sentence of this report we read, “Unsustainable consumption *coupled with a record human population* and the uses of inappropriate technologies are causally linked with the destruction of the world’s sustainability and resilience” (italics mine).

In other words, the authors of this report indict the existence of human beings with the responsibility of “the destruction of the world’s sustainability.” Such anti-life language is typical of Sachs, but quite alarming

coming from two pontifical academies.

Even more troubling is this excerpt from page 9: “Over the 10,000 years that humans have depended on agriculture, it has been spread over a third of the earth’s land surface, doubtless causing the extinction of at least hundreds of thousands and perhaps millions of species of organisms in the process.



UN Secretary-General Ban Ki-moon speaks at the symposium on climate change and sustainable development at the Vatican.

“During the last two centuries, however, our numbers have grown at an unprecedented rate from one billion to more than seven billion people, with expectations for ever-increasing consumption rising even faster than the populations themselves.

“Although we are an inseparable part of the living world, entirely dependent on it for every aspect of our lives, we are destroying it with blinding speed through habitat destruction, global climate change, moving invasive species (including pests and parasites) rapidly throughout the world,

and harvesting many kinds of wild plants and animals unsustainably.

“Considering the fact that we have found and named only a small proportion of the species of organisms that occur on earth, we will never even be directly aware of most of those that we drive and have driven to extinction.

“Our activities constitute a direct rejection of the Biblical injunction to care for the world by good stewardship: they not only deny benefits that we enjoy now to future generations but also seriously threaten global sustainability.

“The destruction of so many of what are, as far as we know, our only living companions in the universe, is clearly, as Harvard Professor E.O. Wilson has put it, the sin for which our descendants will be least likely to forgive us, as it is completely irreversible.

“To save as much of the sustainable fabric of the world as possible, we need to take many steps, among them reaching a level and sustainable population...”

Please note that the preceding paragraph is an unabashed insistence upon “population control,” i.e., abortion, contraception and sterilization.

One might expect to find such anti-life screed being belched from the bowels of Planned Parenthood, Earth First or some other pro-death organization, but *not from a Vatican-sponsored symposium*.

Time and space limitations prohibit me from giving all details as to why this Vatican report is a Trojan horse for a one-world-government takeover of much of our lives to suit

the anti-life aims of a few rich and powerful demagogues, but I will give a few pointers and some sources for additional reading and study.

A thorough read of the document makes plain that it is nothing more than an apologia for the United Nations Sustainable Goals initiatives. The authors make no attempt to disguise it.

Another key attendee at this summit was none other than UN Secretary General Ban Ki-moon, who also has been known to advocate for abortion. I refer you to this UN link: <http://www.unece.org/sustainable-development/sustainable-development/home.html>.

Scrubbed from this link is any mention of Agenda 21, an action plan that arose out of several meetings with regard to “sustainable development.”

Wikipedia gives some details

of it, albeit rather sympathetic, owing to Wikipedia’s own leftist bias: http://en.wikipedia.org/wiki/Agenda_21. Many see Agenda 21 for the snake in the grass that it is and are sounding the alarm; see http://www.teaparty911.com/issues/what_is_agenda_21.htm and <http://www.freedomadvocates.org/>.

The information available about “sustainable development” and Agenda 21 makes clear the betrayal of the Faith that the Vatican hierarchy is committing by lending its moral voice to “one-world-government” and even to “population control.”

It is particularly scandalous that these Vatican agencies signed onto a thinly disguised apologetics effort for abortion—in the name of the “environment”—just a few weeks prior to the anticipated papal encyclical on the environment.

Catholics are reminded that while

the Magisterium can pronounce infallibly only on matters pertaining to Faith and Morals, it does not have the same authority regarding matters scientific and/or economic.

Moreover, the whole matter of “climate change” is by no means “settled science”; many learned scholars and scientists strongly oppose what can be called the “politically correct” party line espoused by leftists such as Ban Ki-moon and others.

If the Catholic hierarchy tries to throw its weight behind these politically correct positions, faithful Catholics would be well within their rights to differ in opinion and even oppose any actions taken to implement such positions.

Indeed, I suggest they may be duty-bound to do so, knowing from past experience the mindsets that motivate Sachs, Ki-moon and other proponents of the Culture of Death.

DEMOGRAPHICS, from page 2

“I think God has kind of given up,” she reflected. “Sometimes, God just lets us have our way.”

Mrs. Wilson, who has been laboring worldwide to teach the Ovulation Method of NFP since 1968, says that support for her NFP programs from the Catholic Church has been “minimal.”

“I’ve sent my book [*Love & Fertility*, a detailed manual on the Ovulation Method] to every bishop in the United States,” she noted.

Out of nearly 200 bishops, “I’ve received about 12 replies.”

She describes her support from the Baltimore and Washington archdioceses as “non-existent.”

They mention NFP in their marriage preparation programs, she concedes.

“But they teach it ‘cafeteria-style’: you can choose from this, this, or this NFP program.”

The Ovulation Program has been proven through numerous studies to be highly effective, but the marriage preparation programs don’t say that, she says; “so how are couples supposed to know which method is most effective?”

NFP, from page 4

with lots of space for offices, rooms for meetings and training sessions, and storage space for a voluminous supply of NFP books and teaching materials sent throughout the world.

Her home also has a small chapel which, with the archbishop’s permission, contains the Blessed

Sacrament in its tabernacle.

At 75, Mrs. Wilson is still active as the president of Family of the Americas, and as enthusiastic about promulgating knowledge of the Ovulation Method as ever.

“We’re about to finish an app that works on smartphones that will make it even easier for couples to learn it!” she exclaimed.

“The beauty of this method is that it’s *God’s* method,” she reflected. “It’s God who has allowed an opportunity for a woman’s fertility of only 100 hours each month.

“And it’s God who has given us this knowledge. This is the first time in history that women understand their fertility.”

The Family of the Americas website is familyplanning.net.

Book Review

NFP doubters: *Love & Fertility* is an eye-opener

By Diane Levero

We all know “The Facts of Life,” right? Where babies come from, how they get there, etc., etc., etc. Yawn.

At least we *think* we do. But read Mercedes Arzú Wilson’s *Love & Fertility*, and I *guarantee* that you’ll learn lots of stuff you never knew before.

Love & Fertility is all about Natural Family Planning: the only method of “birth control” approved by the Catholic Church, which condemns all methods of contraception.

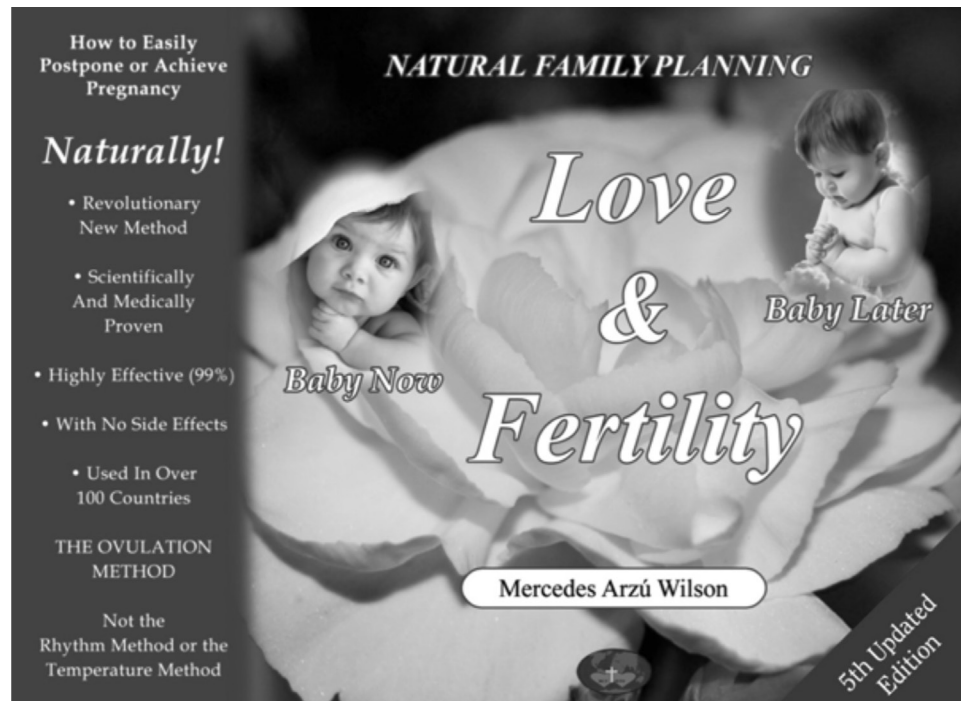
Yet we know from personal experience and by observation of family, friends, and society in general (backed up by studies) that Catholic women use contraceptives widely, and at about the same rate as non-Catholic women.

This is tragic for many reasons, including that:

- Virtually all contraceptives have health risks and multiple negative side effects, some extremely serious.
- Contraception has contributed to higher divorce rates.
- Failed contraception often leads to abortion.
- Statistics show a correlation between contraception and an increase in promiscuity.

Why have Catholic women failed to use Natural Family Planning? In my opinion, for two basic reasons:

1. Ignorance. Most women have little or no knowledge of NFP and how it works. Their ob/



gyns automatically recommend various contraceptives. If they talk about NFP at all, they stress its supposed high failure rate.

2. Overall lack of serious, concrete support and backing from the Catholic Church, its bishops and clergy. At best they give NFP lip service. The norm is complete silence on the subject.

In stark contrast, Mercedes Wilson has made educating and promoting the Ovulation Method of NFP her life’s work, founding Family of the Americas Foundation for that purpose.

Love & Fertility (5th edition) is the most thorough, informative and scholarly treatment of the Ovulation Method I have ever seen.

And yet it’s an easy and enjoyable read. Virtually every page has

attractive, colorful illustrations, diagrams or charts that help make the narrative clear and simple to grasp.

Wilson begins by explaining the basics of a woman’s fertility cycle and how, through observation of her cervical mucous, a woman can recognize her fertile and non-fertile periods.

She then details how to chart your fertile and infertile days. The book includes a separate chart for six months of menstrual cycles, and small, colored adhesive stamps to mark the days on your chart: red squares to mark menstrual period days, brown squares for the “dry” (infertile) days, and white or yellow stamps for the fertile days.

The fertile-day stamps sport a tiny picture of a baby on them, which, I think, adds a little fun to

See FERTILITY, page 10



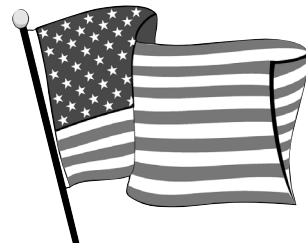
DefendLife.Org

DEFEND LIFE

*Proclaiming the Culture of Life and
Fighting the Culture of Death since 1987*

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June 14, 2015 Anno Domini
Flag Day



Dear Friend of **DEFEND LIFE**,

Here we go again, it's time for our **15th Annual Face the Truth Tour, July 27-31**.

Once again, we plan 3 major stops 5 days in a row exposing the ugly hidden face of abortion. In addition to Maryland, we will visit West Virginia and Washington, D.C. (**the belly of the beast**). Ever since we began our Truth Tours way back in 2001, **DEFEND LIFE** has grown far beyond our most optimistic expectations. For example, we publish one of the greatest magazines in the entire **PRO-LIFE** movement – the very one you are reading right now. This issue will reach



about **5,000** persons. We continue to bring America's greatest **PRO-LIFE** speakers to churches and schools in Maryland, Washington, D.C., Virginia, West Virginia, and Pennsylvania. We continue to retire abortionists through our persistent, clever and perfectly legal tactics. We refused to back down on August 1, 2008 when **18** of us were illegally arrested and were vindicated as a result! On May 13, a small group of us traveled to Ottawa, Ontario to join **Canadian PRO-LIFERS** for their 18th Annual March for Life.



None of these wonderful things would have ever been possible without faithful and ever-generous supporters like you!

Why We Continue to Do Face the Truth Tours!

Fr. Frank Pavone of **Priests for Life** has said many times that **Until America sees abortion, America will not reject abortion!** Our Truth Tours will make that day happen sooner. They cut through the media and academia blackout on abortion. **Obama** and his **Pro-Aborts** would love to take our First Amendment Rights away from us, but we will fight that to our death just as we did back in 2008.



SAVE THE DATES shown on page 16 and actively participate in as many stops and luncheons as possible. Each day we will have **Holy Mass** and an outstanding **PRO-LIFE** luncheon speaker. **Let Julie Smith know how you can help with lunches and picnic suppers each of the 5 days as well as overnight housing.** Contact **Julie 540-974-3983, Julie@DefendLife.org**

We presently have about **14** Core Team members. We need at least **9** more, ages 15-85, **especially college students. Please help us recruit more Core Team members as well!**

Finally, we also need your generous financial support **to raise \$16,000!** Substantial expenses include air fare for some speakers and Core Team members, **\$1,000** for the Truth Truck from Ohio, **\$1600** for our beautiful **PRO-LIFE** T-shirts, a **\$600** bus rental fee, **\$2,000** for radio ads on **Rush Limbaugh**, fuel for our vehicles, stipends for our Co-Directors, and the list goes on.



The good news is that several generous donors once again have promised to match your donations **\$ for \$ up to a total of \$8,000.** To qualify

for this matching grant, your check payable to **DEFEND LIFE** must be dated **no later than August 3**. So please give, give generously, and ask others to give. **Remember our Good and Gracious God is never outdone in generosity!**

Ken Whitehead – Great Servant of God - RIP

On April 16, Ken Whitehead was called to his eternal reward. His dear friend Dr. Bill Hogan, uncle to Governor Larry Hogan of Maryland, wrote this about Ken:

For 16 years while I was practicing medicine, I devoted every minute to speaking out around the country for the unborn child. Early on, Ken Whitehead would often accompany me. He would speak on the cultural aspects of abortion on society, while I had a huge collection of slides which came to me from pathologists in three hospitals.

*Four days before Ken died, my wife Carol and I had a wonderful nostalgic visit with Ken, who recalled the talks we gave together. He spoke of a talk we gave in Piscataway, Maryland. In the middle of the talk, a woman jumped up in the audience and said, **What you are saying is true, I saw it all at age 13**. The subject of the Third Reich had come up. The woman said the local hospital had a fence around it. She would park her bike against the fence and watch the smoke coming out of the chimney of the hospital. The Nazis would go door to door and ask the elderly simple questions, i.e., **What month is it? What day is it, etc.** If they could not answer, they were cremated in the hospital. **This was before the first Jew was killed**. Gerry Mitchell also accompanied me on talks. He would speak of the legal issues. Sometimes, Russ Shaw would give talks with me as well. In Ken's first book, **Respectable Killing**, he wrote about our talks together.*



Ken was an orphan at age 4 and was raised by his sisters in the Mormon Faith but found the claims made in the Book of Mormon difficult to accept. He won a scholarship to the University of Utah. He then went to the Sorbonne in Paris to study philosophy. On his return voyage to America, he shared a cabin with a Jesuit priest and quizzed him extensively on Catholicism.

Back in Washington, while he was training for a position in the Foreign Service, a colleague introduced Ken to Margaret, his future wife. His first assignment with the State Department was in Rome. It was there that he married Margaret at Saint Peter's Basilica in 1958.

Ken and Margaret raised 4 wonderful autistic sons. Paul, the eldest, a frequent attendee at **DEFEND LIFE** lectures, will quickly tell you the day of the week on which you were born if you simply tell him your birthdate. After their tour of duty in Rome, they served in Lebanon and Libya. Upon returning to Washington, Ken held a prominent position at the Smithsonian.

In the mid 1960s, **Catholics United for the Faith** was founded by the late Lyman Stebbins to address the horrendous problems facing the church due to the disastrous implementation of Vatican II. This was especially true in the areas of catechetics, liturgy, and sex education. Ken heroically moved his young family to New Rochelle, New York to become a vice-president and articulate spokesman for **CUF**. During the Reagan years, he served as Assistant Secretary of Education.

He was a prolific writer and authored or co-authored **25** books, translated many good Catholic books into English, and wrote many articles for publications such as **Crisis** and **New Oxford Review**. I especially remember Ken's important advice to newly installed bishops. Since most had never lived in the diocese where they were about to be installed, and given that there is no training school for bishops, Ken recommended a **new bishop should request letters of resignation from all upper and middle management personnel on his very first day**. In that way, there would be no doubt who was in charge and he could then choose to accept or not accept such resignations as he learned who was on his team. **Pray that newly installed bishops will follow Ken Whitehead's wise counsel!**



Long Live Christ Our King,

Jack Ames

Jack Ames, Director & Founder

FERTILITY, from page 7

the charting. One can imagine a woman who has all the kids she can handle, or some other good reason to avoid pregnancy, sticking the tiny baby stamp on her chart and saying to herself, “Uh-uh, not today!”

And conversely, if she is trying for a baby, sticking the baby stamp on and saying to her husband, “Tonight’s the night, sweetie!”

Wilson’s narrative occasionally borders on the whimsical. She mentions the fact that several hundred million sperm (shaped like miniscule tadpoles) are normally contained in the man’s seminal fluid deposited in the vagina during marital relations—then comments that the mucous “nourishes the sperm so they will be full of energy and vitality when they reach the ovum ...”

The sperm can’t know whether the ovum (egg) is coming from the right or the left fallopian tube, so they swim up both ways, she notes.

But—some of the sperm station themselves in “cervical crypts,” where they can remain alive for two to three days, lying in wait for the ovum.

The little rascals!

Which is why a woman can possibly get pregnant in about eight

days of a typical 30-day cycle. Subtract five days for the menstrual period, and you’ve got 17 “safe” days for couples to have relations.

Can a couple abstain for about 13 days each cycle? Wilson reports that many can and do, and that pe-

‘The more effective the artificial method, the more dangerous it is.’

riodic abstention actually makes the “safe” days more exciting.

She also provides thorough explanations on how to detect fertile and infertile periods during special circumstances: breastfeeding; stress; after stopping use of the Pill, implant, Depo-Provera, the patch, or intrauterine devices; and during pre-menopause.

The author recounts the history of the Ovulation Method, which began with work by Dr. John Billings, a neurologist at St. Vincent’s Hospital in Melbourne, Australia, in the early 1950s.

Prior to that, the only natural methods available were the Rhythm and Basal Body Temperature meth-

ods, both of which were unreliable.

Research by University of Melbourne endocrinologist Dr. James Brown and others provided scientific verification for Billings’ work.

Mrs. Wilson learned the Billings Ovulation Method directly from Dr. Billings in 1968, and began teaching it to poor and illiterate women in Guatemala, then in other Central American countries and Mexico.

Wilson cites studies throughout the world showing a 98-99% effectiveness rate for the Ovulation Method when used properly.

She also delves extensively into the myriad adverse effects of different types of contraception.

Just one example: use of the Pill increases the risk of breast cancer. Even Johns Hopkins, which never met a contraceptive method it didn’t like, posted a warning on the bulletin board of my Hopkins medical center branch that long-term use of the Pill increases the risk of breast cancer.

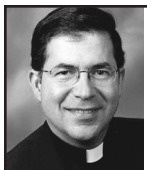
In general, Wilson concludes, “The more effective the artificial method, the more dangerous it is.”

Love & Fertility, which includes a DVD, can be ordered at Family of the Americas’ website, FamilyPlanning.net.

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Commentary

What would U.S. be like with a President Ben Carson?

By Bob Brown

What a difference three years make! Dr. Benjamin Carson, M.D., delivered the keynote address on May 7 at Maryland Right to Life's fifth annual banquet at Martin's West.

The world-renowned neurosurgeon, in spite of the pressures associated with a recently announced candidacy for president of the United States, appeared much more relaxed and jovial than when he spoke at MDRTL's banquet in 2012.

The evening's theme was a celebration of the life of Cookie Harris, who died suddenly last August. Cookie served as a volunteer at Pregnancy Center North and was a member of the MDRTL board of directors, responsible for coordinating MDRTL's first four banquets.

She was the wife of Dr. Andy Harris, Congressman from Maryland's 1st District. Dr. Harris, an anesthesiologist, and Dr. Carson are friends and worked together at Johns Hopkins.

Dr. Carson's story is well-known. Born in 1951, young Benjamin faced poverty when his parents divorced and his father dropped out of the picture.

Ben became angry and violent, and he hated school. In response, his mother curtailed television viewing and forced her sons to read. Ben's brilliance emerged, and he went on to attend Yale University and then the University of Michigan medical school.

At age 33, Dr. Carson became chief of pediatric surgery at Johns Hopkins. He told the approximately



Renowned neurosurgeon and presidential candidate Dr. Ben Carson gave the keynote address at MDRTL's annual banquet.

600 banquet attendees, "I had the same brain when I was acting poorly as when I was doing well."

Dr. Carson has reached the status of being famous because he's famous, and many people probably don't know or have forgotten how many extraordinary medical procedures he has pioneered and performed, including the first *successful* separation of conjoined twins joined at the back of their heads.

Another of his innovations was an *in utero* procedure to relieve pressure on one preborn twin's hydrocephalic brain.

How does Dr. Carson explain his success? He said that his prayer was, "God, You be the neurosurgeon, and I'll be the hands."

What would the United States be like if its president were a genius, one of the smartest people on the planet?

He might approach America's problems in ways no one has imagined. For years, career politicians on both sides of the aisle have played tug-of-war with many issues, barely moving the rope but creating a lot of friction.

What would the United States be like if its president were a model for how to escape poverty through hard work?

At the banquet, Dr. Carson said that he is "not against welfare, but you can never break the cycles of poverty with government largesse."

What would the United States be like if its president were a doctor whose mindset was to save preborn babies, not kill them?

For all his education and experience, Dr. Carson is still in awe of the human brain. He said that a preborn baby's brain at 6–8 weeks is adding 400,000,000 (four hundred million) neurons—per day!

What a difference four years with President Carson would make!



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Fr. Morrow explains Christian courtship in an oversexed world

It's not easy to be chaste in an oversexed world.

Years ago, said Fr. Thomas Morrow, young people from his parish were going to conferences on chastity at Franciscan University in Steubenville.

"The conferences were very good, and the kids *wanted* to be chaste.

"But they would come back home, start dating, and some of them got pregnant, and some got abortions," the priest told his listeners—many of them young people—at a Defend Life-sponsored talk in Libertytown, Md., April 23.

"I knew we had to try something more."

Father set up successful three-week seminars for young adults in his parish to promote chastity, and eventually authored a practical, "how-to" book, *Christian Courtship in an Oversexed World*.

The priest did not mince words about the gravity of pre-marital sex.

"Scripture clearly states that fornication is a sin," he noted, pointing to Jesus' words that fornication is one of the "evil things" that "defile a man" (Mark 7: 21-23).

St. Paul wrote that fornicators are among the unrighteous who "will not inherit the kingdom of God" (1 Corinthians 6: 9-10).

"Obviously, fornication is a matter of mortal sin," declared Morrow.

But what about sexual foreplay if you're not married? Is that okay?

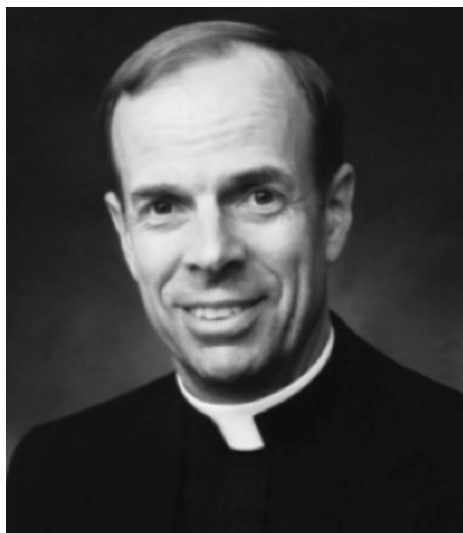
Father quoted from the Catechism of the Catholic Church: "Sexual pleasure is morally disordered when sought for itself, isolated from its procreative and unitive purposes" (N. 23-51).

In other words, it is only licit

to seek sexual pleasure within marriage, he explained.

"A reasonable criterion for people dating is whether any action is highly stimulating; if it is, then it is seriously sinful."

That rules out such things as touching sensitive areas of the body—or French kissing, he said.



Fr. Thomas Morrow has written, lectured and worked with young people to promote chastity in spite of our oversexed culture.

"French kissing is the linchpin; if people avoid this, they have a good chance of being chaste."

But, as St. Thomas Aquinas and Aristotle both warned, sexual appetite has a life of its own.

"I tell kids, you have to treat your appetite politically; you have to convince it with reason."

To do this, he explained, "You must *repeatedly* recall the truth about sex and your own happiness until, in a sense, the appetite says, 'Okay, I'm going to give up and surrender to reason.'"

To help young people to assert reason over appetite, Father Mor-

row listed reasons why it's beneficial to be chaste and printed them on cards (which were on a table in the back of the room):

1. Sex is holy, not a plaything.
2. Created in the image of God, I can live by reason, not just by urges, as animals do.
3. Persons are to be loved, not merely used as objects of enjoyment.
4. I must not treat persons as objects, even in my mind.
5. Unchaste activity destroys my most precious friendship: that with God.
6. Unchaste activity brings pleasure but not happiness.

Read this list to yourself three or four times a day; it's been tested and it works, Father reported.

If French kissing and other sexual foreplay are *out*, what is *in*? Should you and your date keep each other at arm's length at all times?

By no means, said Morrow. It's actually important to show signs of affection. "In" are hugging, a tender kiss, holding hands, an affectionate touching of your sweetheart's face or hair.

One of the fallouts of the sexual revolution is that women nowadays are being treated badly by men, he said.

"Women need to *insist* on good behavior. If he does, that's fine. If he refuses and walks, that's good too, because you found out in time he's not someone you'd want to marry.

Father closed with a few more helpful hints on dating and courtship:

See CHASTITY, page 15

Book Review

A hellish walk on the wild side, with Jesus at the finish line

By Diane Levero

In the 1990 hit movie, “Pretty Woman,” Julia Roberts is a beautiful Los Angeles hooker who, while plying her trade, manages to “hook” a handsome young filthy-rich businessman (Richard Gere).

They fall in love and, like Cinderella and Prince Charming, presumably live happily ever after.

The life of a high-priced Hollywood call girl is romantic and glamorous; you get to wear expensive jewelry and designer clothes, and above all, you have fun, fun, fun.

Audiences love “Pretty Woman”: it has become a romantic comedy classic.

Then there’s reality.

Sex trafficking has become a subject of interest with the mainstream media—but most of us have only a vague idea of what it involves.

In *Fallen: Out of the Sex Industry and into the Arms of the Savior*, Annie Lobert writes about her life as a high-priced call girl.

The reality is horrifying.

Annie had a troubled childhood. Her father had a violent temper, and though he never physically abused her, he often whipped her two brothers and hit their mother. Annie was terrified of him.

Adding to her insecurity, her family moved often, making her the awkward and shy “new girl in school” again and again.

As she grew older, she began “looking for love in all the wrong places.” She went to keg parties after high school football and basketball games, got drunk, and lost her



virginity to a good-looking football player.

When she found out he was cheating on her with three other girls, she was heartbroken. But she went on drinking, started smoking pot, and suffered through a string of short-term boyfriends, still looking for love.

After she graduated from high school in 1986, Annie moved from her small hometown in Wisconsin to Minneapolis and got a clerical job in the accounting department of a prominent firm.

She loved it! She was determined to save her money so she could go to college and become successful and rich like the corporate male and female executives she saw at work.

In the meantime, she and a friend crashed wild frat parties at the University of Minnesota and sneaked into downtown rock clubs (she was still underage), falling in

and out of love and short-term relationships.

At a downtown club, Annie and her friend Kimmie met two tall, handsome, swaggering men, one wearing a silver fox fur coat, the other a black mink.

The girls didn’t know it, but the men were “circuit pimps” who traveled from city to city, recruiting “working girls” and moving them around.

Kimmie hit it off with one of the men, who lavished her with gifts, including a custom-made Mercedes-Benz. She flew off to Hawaii with her new boyfriend, and later persuaded Annie to join her.

In Hawaii, Kimmie was making \$500 to \$1,000 an hour just for “turning a few tricks” at night, and living an idyllic life of luxury on the beaches of Waikiki during the day.

Annie, who made \$3.47 an hour at her clerical job, was overwhelmed.

She got a fake I.D. and named herself “Fallen,” after the character Fallon on the hit TV show “Dynasty.”

On her first “trick,” she earned \$500 in less than 10 minutes.

“Prostituting myself for the first time filled me with an intense lust for money,” she recalls.

“It was a powerful drug. Like a scene from ‘Lord of the Rings,’ once I slipped on that ring of selling myself and the incredible money and influence that came with it, I couldn’t take it off.”

Back at work in Minneapolis, Annie’s boss got wind of her activities in Hawaii, and she lost her job.

She worked as a stripper for a

while, but the money wasn't enough to pay the bills, so she started doing "quickies" on the side at cheap motels for some of her regular strip club customers.

One night at the Skyway Lounge, a classy strip club in downtown Minneapolis, Annie met Julian, a suave, young, handsome African-American—"a cross between a young Billy Dee Williams and Denzel Washington," she writes.

They began dating. Julian showered her with expensive gifts, treated her like a princess, and swore that he loved her.

Annie fell madly in love with him. It didn't matter that he sold cocaine on the side and had done seven years in prison. He'd had a hard life—deserted by his father and beaten mercilessly by his mother, who threw him out on the streets in his early teens.

Despite warnings from friends that Julian was a violent man with a crazy temper—and an actual attack in which he choked her and hit her with his fist—she moved with him to Las Vegas.

There, Annie began working for an "escort service." When she came home from her first night's work, proud and flush with her earnings, Julian wore a strange expression.

"Break yourself!" he roared at her, grabbing at her purse. This was pimp talk for submitting to a pimp and turning over all your prostitution earnings, officially becoming one of his girls.

When Annie resisted, Julian grabbed her by the throat and slammed her into a kitchen cupboard, then dragged her outside by her hair,

threw her down on the cement, punching her in the face and kicking her in the ribs.

She could hear the cracking of her bones. She blacked out.

When she came to, Julian told her, "I'm sorry I hurt you, baby. But you made me do it. I really love you, but you can't ever disrespect me again."

Annie stayed with Julian for about five years. She was scared to death of him. She knew that some

She does not reveal until nearly the end of her book that she had had seven abortions.

pimps killed their girls if they tried to run. But she also loved him.

Robert describes "the pimp game" in detail: the average ten clients a night, night after night (sometimes more, at bachelor parties); the client who turned psycho and almost killed her (she personally knew 13 prostitutes who were killed or just went missing); the 25 times she was arrested by vice cops and thrown into a holding tank jammed with fellow prostitutes, drunks, crackheads and drug dealers.

And the frequent violent beatings whenever she "disrespected" Julian—which always ended with bruises, blood and broken bones.

After a couple of failed attempts to leave him—and more gruesome beatings when he caught her—Annie finally made a successful break from him.

But not from prostitution. She worked for an escort agency as a "renegade" (without a pimp)—surprisingly, still in Las Vegas.

She told herself she was only

working until she saved up enough money to live a "straight" life.

In 1994, vacationing with friends in Italy, she was deeply moved by the majestic beauty and religious spirit of St. Peter's Basilica and other holy sites in Rome.

She read the entire New Testament straight through.

"I realized that I was the prodigal daughter who needed to come home," she confesses.

But Annie did not have a sudden, "road to Damascus" conversion. Back home, she fell back into her old ways. It took years of setbacks and major life crises before she finally turned over her life completely to Jesus in 2005.

Her healing process from the guilt and shame of her past life was slow. She does not reveal until nearly the end of her book that she had had seven abortions.

She gives no details about them—saying only, "Every time I saw a baby with a mother laughing and cooing, the knife of sharp guilt would pierce my gut, reminding me that I was a murderer of my children."

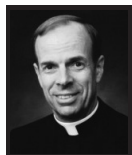
In 2005 Annie began an outreach ministry, which she named Hookers for Jesus. She approached prostitutes on the Strip in Las Vegas and started bringing them off the streets to church with her.

Eventually, she established Destiny House, a 12-month healing and recovery program for women coming out of sex trafficking and prostitution.

Her website is hookersforJesus.net.

"Fallen is no more," writes Annie, "for I have fallen into the arms of my Savior and I am finally home."

Fallen is enlightening, but not pleasant reading. But Annie's repentance, conversion and devotion to Christ are real and moving.



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CHASTITY, from page 12

- You need to pray a lot; pray the rosary every day.
- To build up your will power (especially for men, who have a harder time being chaste), do penance and fast (if you're over 18).
- Go to places where you'll meet good, practicing Catholics: Catholic pro-life events, Theology on Tap, Catholic Match, etc.

Father Morrow's complete talk can be viewed at DefendLife.org.

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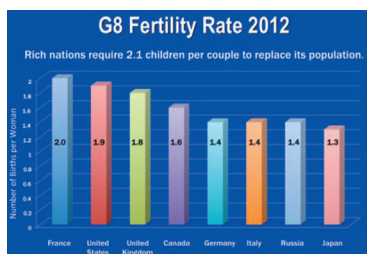
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INSIDE: West committing demographic suicide

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Walnut & West Washington Streets

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Route 40 West between Home Depot & Giant Eagle

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Route 118 at Wisteria Drive

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Massachusetts Avenue at 34th Street, NW

CHEVY CHASE 4-6:30PM

Connecticut Avenue between Chevy Chase Circle & Bradley Lane



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Route 301 at Route 450 West

COLUMBIA 11:30AM-1PM

Little Patuxent Parkway at Columbia Road

WESTMINSTER 4:30-6PM

Route 27 at Main Street

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11:30AM-1PM

Maryland Board of Physicians

4201 Patterson Avenue

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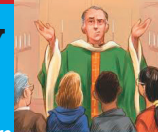
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