

17th Sunday in Ordinary Time – July 25th, 2010

The Pill, Health and Society

In 1960, the Food and Drug Administration approved the combined oral contraceptive pill, or birth-control pill, for use in the United States, thus beginning a social experiment with grave and far-reaching consequences. Despite its health risks and other side effects, millions of women today rely on the synthetic hormones contained in “the pill” to inhibit otherwise healthy fertility.

To find out more about the pill’s effects on health and society, the Knights of Columbus *Columbia* interviewed Dr. James J. Joyce, a physician who practices family medicine, including obstetrics, in southwestern Minnesota. A member of St. Mary’s Council 3134 in Sleepy Eye, Minn., Dr. Joyce has worked as a medical consultant in natural procreative technology and as a [FertilityCare Center](#) consultant since 1992.

Columbia: When the birth-control pill was first approved for contraceptive use, it was unlike any drug that came before it. It was not intended to treat disease but to suppress a normal biological function. How did this come about?

Dr. Joyce: Medical ethics demands that medicines given need to be proven less risky than the disease they treat. With enough false premises, some have concluded that if pregnancy (which is not a disease) has risks, then any method of avoiding pregnancy is justifiable if it is less risky than pregnancy.

Columbia: Many people are led to believe that the birth control pill is “safe.” How serious are the side effects and health risks for women taking the pill?

Dr. Joyce: The various contraceptive pills used today have a long list of side effects published and available in print or online. Changes in blood clotting that lead to strokes, lung problems and heart attacks are some of the more serious short-term risks. Long-term risks include a 40 percent increased risk of premenopausal breast cancer if they are taken before the first full-term pregnancy, as well as an increased risk of cervical cancer.

Columbia: How would you respond to the recent *Time* magazine cover story that [reported](#) the findings of a 40-year study: “Women who take the pill are less likely to die prematurely from any cause, including cancer and heart disease”?

Dr. Joyce: Statements and studies like that demand a thorough review for any sources of bias, collateral negative effects and internal mathematical game-playing. After all, it defies logic to suggest that taking drugs to suppress the body’s normal function is healthier than allowing the body to function as it’s supposed to.

Columbia: Is the pill ever prescribed for reasons other than preventing pregnancy?

Dr. Joyce: Since these drugs have been on the market, physicians have used them for the management of many conditions. But they are not a cure for any disease. Their use can mask serious conditions where symptoms such as abnormal bleeding or painful menstruation are the only clue to the underlying problem.

Columbia: Is it true that contraceptives such as the pill can act as abortifacients — that is, by causing the death of a human embryo shortly after conception?

Dr. Joyce: There are many studies that show that they cause a variety of changes to normal fertility, which have the potential to interfere with a person’s life after conception takes place. For instance, they cause changes to a woman’s endometrial lining that can prevent the implantation of an embryo without the mother even knowing. Many of the people we know were conceived while their mother was using a hormonal contraceptive, but many more have likely lost their lives after conception.

Columbia: What effect has the pill had on marital stability and intimacy?

Dr. Joyce: These pills have been shown to be associated with lower intimacy, overall well-being, and spiritual well-being when compared to couples using methods of natural family planning. Some sociological studies have shown that taking contraceptives may affect the way men and women select a partner for courtship. We may look, act and smell differently under the influence of these hormones. These might at first glance seem to be small changes, until we consider that later when the artificial hormone influence is gone, a person may find himself with someone who doesn’t look, act, or smell like she used to. Animal studies indicate that these changes can have dramatic effects on relationships. It is significant that couples using natural family planning methods very rarely divorce.

Columbia: Recent studies have shown that oral contraceptives have even affected the environment. Does this mean the pill can have unintended health consequences on the general population?

Dr. Joyce: Hormonal contraceptives are removed from the body through the kidneys and make their way into the waste water systems in each community. These contaminate the water since they are not filtered or chemically removed from the water that we drink. The United States Fish and Wildlife Department has reported that all areas of the country that have been tested have streams with endocrine disruption (hormone overdose) in fish and amphibians. This syndrome has affected the ability of these populations to reproduce. Although about 10 percent of couples in the United States experience infertility, it has not been established whether this is related to the contraceptive hormones in the water we drink.

Columbia: What can Catholics and other people of good will do to counter the negative effects of the pill on health and society?

Dr. Joyce: First, find out if your doctor can respect your faith and its precepts. If so, ask to have your fertility respected as an integral part of your body and see if your doctor is one of the 10 percent of doctors who are knowledgeable enough about natural methods of fertility regulation to recommend them to you. Demand that health problems which are related to a woman’s cycle be evaluated instead of suppressed with these powerful anti-fertility drugs.

If you or family members are offered these drugs for painful menstrual periods or irregular bleeding, ask about alternatives that do not adversely affect your fertility — such as better diet, appropriate exercise, and simple anti-inflammatory agents. If these problems persist, ask to be evaluated for common conditions and see if there are specific medical or even surgical solutions.

Finally, if you have infertility issues or questions, there are a growing number of centers that offer comprehensive evaluation of fertility and cooperative, ethical treatment of fertility problems with very high success rates. (Visit [fertilitycare.org](#) for more information.)

Happy Natural Family Planning Awareness Week! (Anniversary of Pope Paul VI’s encyclical *Humanae Vitae* of July 25, 1968) Look for an opportunity this year to learn more about NFP by the classes offered at our parish and rereading *Humane Vitae*.

Fr. James Adams

St. Nicholas Emergency Food Shelf

If you would like to make a donation towards the food shelf or you or someone you know needs assistance please call 952-288-8101.

EVENTS AND MEETINGS THIS WEEK

Sunday.....Bountiful Blessings, DTS 6pm
Tuesday.....Fatima Rosary Group
Sunday.....Bountiful Blessings

When planning your summer events PLEASE REMEMBER TO SHOW YOUR APPRECIATION, BY SUPPORTING THE LOCAL ADVERTISERS ON THE BACK OF OUR BULLETIN!!

We will be hosting a Virtus Training Session on Wednesday, Aug. 11th, @ 6:30pm at Holy Cross School, for all volunteers who work with children of our parishes and schools and have not yet attended this training. If you would like to attend you must register on line. Please go to www.virtus.org to register. This an easy convenient way to have the training you need in order to work in classrooms and help with church activities.

Mary Statues are available for anyone who did not receive one last time. They are located outside behind the church (by BBQ pit). Compliments of the Knights of Columbus

"Bountiful Blessings," a sort of Farmer's Market, supported by donations of produce and donations made to "purchase" the produce will held following the 8 AM and 10 AM masses this summer! Donations of fruit, vegetables, flowers, and herbs are welcome. Please package in clear plastic bags and deliver to the "Bountiful Blessings" table in the lawn of St. Nick's prior to the start of Mass each week. Donations will be collected each week and given to both the Food Shelf and the Youth Group at the end of the growing season.

Not a gardener? Please let us know if you would like to staff the "Bountiful Blessings" table following either the 8 AM or 10 AM Mass! We'd love your assistance! And, please come and purchase wonderful, fresh produce! Thank You!

Please feel free to contact me at 952.797.2359 or Paula Brohmer at 612.247.4263 with any questions! Thank You!

"If you are not Catholic or know someone who is not (even if you are coming to Mass but never received First Confession, First Communion and/or Confirmation) and would like to inquire about doing so, contact the pastor over the summer for the start of classes in the Fall." -Fr. Adams

CMLG Summer Basket Raffle!

Ladies of the parish please consider donating summer fun goods such as sunscreen, beach towels, sand and outdoor toys, DQ gift certificates, kites, water bottles, etc. to be raffled off in the first ever CMLG Summer Basket. Be creative! This wonderful prize already contains 4 passes to the water park in Faribault and a \$20.00 gift certificate for the water park snack bar! These are good for the 2010 and 2011 season.

Please drop off your donation by July 24th if possible, at the parish office or at the back of church after mass. Please contact Dana Murphy-Meyer at 952-461-2492, Deb Streefland at 952-652-2349, or Denise Anderson at 952-461-5019 with any questions.

Raffle tickets will sell for \$10.00 after the weekend masses starting July 17th – August 8th. The drawing will be held on August 8th after the 10:00 mass. Please ask your friends and family if they want to take a chance on such a fun and useful basket.

All ladies of the parish are members of the CMLG, Christian Mothers and Ladies Guild. We raise money to support the good works and services we happily do in and around our parish.

Thanks for your support and Sunny Days!

EUCCHARISTIC ADORATION CHAPEL

"Where your treasure is, there is your heart..." Matt. 6:21. MORE ADORERS ARE NEEDED FOR HOLY HOURS WITH JESUS. PLEASE CONSIDER HELPING WITH AN HOUR.

Adorers are needed especially for the following hours:
Monday: 1 am, **Tuesday:** midnight, 1 am, **Wednesday:** 9 am, 4 pm, **Friday:** 7 pm-(on the 1st and 3rd Fridays of the month),

Saturday: 1 pm-(we are looking for adorers for once or twice a month.)

To sign up as an Adorer or for more information on Adoration, please contact Dan and Lynne Soderlund at (507) 645-6012.

KNIGHTS CORNER

If you are a catholic male in good standing with the church and have some time and talent to give, then see what the Knights of Columbus can do for you. Contact Mike Kaderlik at 651-210-8644 or makaderlik@mchsi.com.

RELIGIOUS EDUCATION

Religious Ed. Materials will be in the mail the first week of August to all previously registered families. Registration will be on Sunday August 22nd from 8am – 12pm, in the church basement. If you are unable to attend registration please drop you completed forms in the collection basket or mail to the parish office at PO Box 9, Elko New Market, MN 55020.

Mass Intentions			
Sat	24	5:00 pm	Luciel DeGonda+
Sun	25	8:00 am	
Sun	25	10:00 am	For the Parish
Tues	27	8:00 am	Kelsey & Steve Kinsella
Wed	28	8:00 am	
Thurs	29	8:00 am	
Fri	30	8:00 am	Robert & Lorraine DesRoches
Sat	31	8:30 am	Deceased Members of Catholic Aid+
Sat	31	5:00 pm	Stuart & Joyce Russell+
Sun	1	8:00 am	For the Parish
Sun	1	10:00 am	Willis Kuboushek+

Daily Scriptures		
Mon	Jeremiah 13:1-11	Matthew 13:31-35
Tue	Jeremiah 14:17-22	Matthew 13:36-43
Wed	Jeremiah 15:10, 16-21	Matthew 13:44-46
Thu	Jeremiah 18:1-6	John 11:19-27
Fri	Jeremiah 26:1-9	Matthew 13:54-58
Sat.	Jeremiah 26:11-16,24	Matthew 14:1-12
Sun	Ecclesiastes 1:2;2:21-23/Colossians 3:1-5,9-11/Luke 12:13-21	

Liturgical Stewardship			July 31 & Aug. 1
5pm	Lectors:	Gail Mathews-H	
	Ministers:	Chuck Mathews-Ch-H	
	Servers:	Ray Petroski	
8am	Lectors:	Ken Thomas-H	
	Ministers:	Margo Theisen-Ch-H	
	Servers:	Nik & Jakob Friedges	
10am	Ushers:	VOLUNTEERS NEEDED	
	Lectors:	Justine Panka	
	Ministers:	Larry Caduff-H, Anne Conway-Ch-H	
	Servers:	Thomas Carroll, Brent Moening	
	Ushers:	Pat McDonald, Alex Knutson	

Sacrificial Support Week 3 / July 18, 2010			
Budget	\$4900	Budget-to-date	\$14700
Received	\$4383	Received-to-date	\$13314
Capital Improvement		\$73	

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JB Woodfitter, Construction Contractors
Garry Tupy, Ted Kowalski
952-447-085

HOLY CROSS SCHOOL

Summer Scrip Orders will be on Monday, August 9. Orders are due by 8am and will be available for pick up on Friday of the same week. You can place orders online at www.shopwithscrip.com

Holy Cross Catholic School K-8 registration for the 2010-2011 school year has begun! Registration packets can be found at the back of church, on the school website (www.holycrossschool.net) or by calling the school office at 952-652-6100. If you would like to schedule a tour of our school, please contact the school office.

Pre-Kindergarten Registration Starts Now! We have begun the registration process for our 3-5 year old Pre-K Program. Registration packets and brochures about our program can be found at the back of church. We offer full day and half-day options of two or three days per week. For more information, please contact the school office at 952-652-6100 or visit www.holycrossschool.net.

PRO-LIFE

RECLAIMING THE CULTURE OF MARRIAGE AND LIFE

Questions & Answers

"So, am I considered a 'bad Catholic' if I want my gay friends to be happy and be able to marry?"

Wanting a friend to be happy is no sin; however we do no favors to our friends by pretending that something that is immoral and sinful is ok. This is the opposite of true compassion. In fact, it is in itself sinful to enable or encourage others to participate in what we know is sinful action. To be a Catholic is a challenge, and to be a Catholic requires a certain choice, and these are the choices that are consistent with the Gospel of Jesus. As confirmed Catholics, we have an obligation to witness the Church's teachings, not just about the things people agree with, but the difficult things as well, the things that stand in opposition to popular culture. Being a good Catholic requires we live in alignment with what the Church stands for, even when it is hard and it may mean hard choices and difficult conversations with friends.

YOUTH GROUP

Please pray for all of our youth as they consider taking the pilgrimage to Madrid, Spain in 2011.

World Youth Day is a great opportunity to learn more about your faith as a young person. This is also a wonderful way for the whole parish to support our youth. Consider coming on this pilgrimage if you are a freshman this year in high school or up to 30 years of age. So many of us have heard God calling us through his voice and presence of the Holy Father. This is a wonderful time to grow in your faith and your role in the church. -Fr. Adams

Area Church Festivals:

Sunday, July 25th – Holy Trinity Catholic Church at Litomysl (6 miles south of Owatonna on Interstate 35 to the Hope exit #32 then left on Co. Rd. 4 to Co. Rd. 3, go ½ mile south, then 3 miles east on SW 98th St. to SE 24th Avenue)– Polka Mass @ 10am, Lunch in Church Basement 11am – 2pm
Saturday & Sunday, July 24th & 25th – St. Mark's in Shakopee – Sat. @ 6pm Polka Mass followed by Street Dance. Sunday 11am – 7pm.
Sunday, August 1st – Spirit Fest Family Festival @ Divine Mercy Church, Faribault – Mass @ 8 & 10am, 12 pm (Spanish), Hog Roast Dinner 11am – 2pm.
Sunday, August 1st – Immaculate Conception, Lonsdale – Polka Mass @ 10am, Roast Beef & Hot Ham Dinner 10:30am – 2pm.
Saturday Aug. 7th & Sunday, Aug. 8th – St. Wenceslaus, New Prague - Polka Mass Sat. @ 5pm, & Sun. @ 8:30 & 10:30am, Grilled Chicken Dinner @ 11am – 2:30pm
Sunday, August 15th – Most Holy Trinity, Veseli – Annual Ho-Down, 11am Polka Mass, Chicken Cookout beginning at 11:30am

NEIGHBORING EVENTS

New Market/Elko Community Blood Drive at New Market Township Hall, Monday August 16, 2010 1-7pm. For an appointment or more information call Sharon @ 952-758-8716.

YOUNG ADULTS GROUP

The Church of St. Michael in Prior Lake is excited to announce a new group for young adults ages 21-39, both married and single. If you or someone you know is interested in being part of this group, please contact Hannah at hwoldum@stmichael-pl.org or Melissa at mcarlson@stmichael-pl.org or call the Parish Office at 952-447-2491. We will hold our first event/planning session at Caribou Coffee at the intersection of Highway 13/County 42 on Sunday, August 1, at 7:00 p.m. Please join us to meet other young adults and discuss ideas for events this year. We look forward to seeing you!

Early Catholic Family Life Program

Would you like to learn more about passing your faith on to your children? Here is an opportunity for you to discuss faith education with other Catholic parents and have fun learning more about God together. **EARLY CATHOLIC FAMILY LIFE** is a wonderful program for parents with children 0-5 years old. Modeled after the popular ECFE (Early Childhood Family Education), **ECFL** emphasizes the importance of putting faith at the center of family life. If you are interested in the August 14, 2010 training class sponsored by the Office for Marriage, Family and Life, contact Nancy Schulte at 651-291-4489 or download a registration form at www.archspm.org/family listed under Early Catholic Family Life.

Do you have room in your heart and home for a child who is in transition and needs a safe, supportive home in which to live and grow? There is need for a few good homes in this area. Please call Candy Picka, Lutheran Social Service Treatment Foster Care, for more information at (612) 242-7553. LSS provides in-depth training, 24 hour staff availability, respite care, weekly coaching, and monthly non-taxable income.

Relevant Radio® 1330AM: Take your faith beyond Sunday and into the rest of the week with Relevant Radio! It's Talk Radio for Catholic Life! Tune in to Relevant Radio 1330AM. Listen online at www.relevantradio1330.com

Job Opportunities:

St. John the Baptist Church in Jordan has two immediate part time job openings: A Faith Formation Director of Grades K-6 and a Faith Formation Director of Grades 7-12.

This person must be a practicing catholic with knowledge of best practices in religious development and faith formation, Catholic Theology and scripture and process development and evaluation skills. BA preferred but not required. Minimum 3 years experience of ministry at the director level with staff supervision experience preferred. Part-time 20-24 hours a week. Please send resume to pbeckius@frontiernet.net no later than July 15, 2010.

On behalf of the Minnesota Vikings, I would like to invite you and all the families that make up your congregation to our Faith & Family Night's on August 28 and September 2 as we kick off our 2010 Season against the Seattle Seahawks and Denver Broncos.

Faith & Family Night is a great way to bring friends and family together for an inexpensive night of entertainment with the Minnesota Vikings. Tickets will be available via the order form that can be found in the back of church. Please pass this along to their friends and neighbors.

Tickets will be available for \$20 per game:

Saturday, August 28 vs Seattle Seahawks

Thursday, September 2 vs Denver Broncos

If you have any questions feel free to contact Charlie at 952-918-8441 or send an email boeckenheuer@vikings.nfl.net – my contact info is also located on the flyer so interested parties can contact me with questions as well.

We invite you now! Gather your family, friends and fellow parishioners to hear world renowned Catholic speakers at the Christ Our Life Catholic Conference. Join us in De Moines, Iowa on Oct. 16th & 17th at the Iowa Events Center. Visit our website ChristOurLifeIowa.com for all the details. Come be inspired by amazing testimonies, sacraments and fellowship.

If you have a child between the ages of 12-16, please have them join us for our Back to School Bash on August 6. It's a night filled with Fun, Food, Games, Prizes, Music and more at the Saints Sports Academy from 7:00 p.m. to 11:00 p.m.

There will be supervision, and the cost is \$15.00 at the door (ask about our coupon for \$5.00 off). Those kids who bring in three or more canned goods will get in for only \$8.00! If you have a group of 5 or more and each child brings in three or more canned goods they will get in for \$7.00!

The Academy has teamed up with 360 Communities Food Shelf to help those in need. Donations for the food shelf will be taken at the Academy from now until August 6 so please contribute.

Follow us on Twitter @saintsacademy and our fan page on Facebook for more information regarding this fun filled event!

Elizabeth Johnston and Brya Erickson, Contact us with questions at 952-985-5949

NATURAL FAMILY PLANNING CLASSES

The Couple to Couple League will be offering a series of classes, for engaged and married couples, on the *Sympto-Thermal Method of Natural Family Planning* at the Church of All Saints in Lakeville, MN in the Library. Classes begin on Sunday, August 15 at 2:00 p.m. CCL's new streamlined methodology and new materials integrate Pope John Paul II's Theology of the Body. Registration/ information at <http://twincities.ccli.org> or by calling 612.721.3791.