

# realpeople

the gospel in everyday language



## Today's Readings:

Seven to serve. Acts 6:1-7  
You are a chosen race. 1 Pt 2:4-9  
I am the Way. Jn 14:1-12

## Next Week:

Love me, keep my commandments.  
Acts 8:5-8,14-17; 1 Pt 3:15-18;  
Jn 14:15-21

## In a nutshell

'I am the Way, the Truth and the Life.' Christians believe that Jesus Christ is the revelation of God and that through his Spirit we are drawn into the very heart of God and receive fullness of life. Because God became human we are able to see our own humanity as a gift to be embraced, not a liability to be rejected.



## Finding the way, in truth, in life

*What difference can Natural Family Planning methods make to a woman's appreciation of her body and herself?*

*These testimonies come from women who have discovered that contemporary NFP methods promoted by the Church not only 'work', they offer truth and life.*

## Body sense

'From that day on (when I began learning NFP) my body really began to make sense. I started to take note of every little change, symptom and sign. I started to listen to what my body was telling me. I was becoming more in touch with my body. No more was I going to be taking my body for granted. I wanted to teach NFP because I wanted other women to become in touch with who they are too.' (Yvette)

## A gift to be honoured

'Thanks to a wonderfully supportive teacher, my husband and I were

encouraged to walk the NFP road. We learnt together and about each other, sometimes with difficulty, at other times with delight. The gift of our sexuality is respected and honoured thanks to NFP!' (Saskia)

## Truth within me

'The very first training revealed truths; I could feel it within my own body. I learned to love the feeling of the fertility process taking place in my body. Understanding what it means in practical terms was liberating. Teaching the method was the natural next step. A gift. Deep thanks and respect to those who have passed on the knowledge over the years.' (WW)

Quotes courtesy of *The Natural News* (ACNFP, 2001).

## Finding the way, in truth, in life

When my life circumstances changed twelve years ago I became a sole parent, my children 6, 5 and 2 years old. I thank God each day for my faith as God and I raised my three children together. My children are now 18, 17 and 14 years old and I believe God and I together have done a good job. Through all our hard times we have stayed a family. Every year no matter how poor we were I and my three children would holiday together up the coast by the beach, usually camping but now we stay in a unit. I believe family holidays are very important in keeping the spirit of family alive.

Source: *In Their Own Words* (Bishops' Committee for Family and for Life, 2000)



## church below the rooftops

A young married couple found themselves discussing how best to raise their children. Loving their children so deeply and at times feeling inadequate as parents, they decided to seek the counsel of their neighbour, a husband and father of teenagers. He was also a judge of the Supreme Court and struck them as being a good, friendly and wise man.

Their neighbour warmly welcomed the young couple who eagerly anticipated his wealth of advice on parenting. To their surprise he had just one thing to say: 'Husband and wife, love each other!'

For the rest of their lives, this couple vividly recalled this short but key teaching, which they put into practice to great effect. (PK)

## Postscript:

And what about parents who are divorced? Can such advice apply? Yes, perhaps re-phrased like this: 'Husbands and wives who have parted ways, forgive each other!' Forgiveness between parents is a gift of healing to their children.



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