



Newsletter – April 2023

CFSM Singapore
2 Highland Road, #03-12
Singapore 549102

Website: <http://www.cfsm.org.sg>
Email: cfsmsg@gmail.com

PLANNING OUR FAMILY THE NATURAL WAY

See

In our current world, there are several schools of thoughts with regards to the size of our families, whether we should have or not have children and the views on the marital act. Here are some of them and see if you agree or disagree with them:

- A. There are already too many people on earth and it is stretching our resources thin, causing climate change, threatening mankind and therefore we should refrain from bring more children into this world.
- B. With regards to when we should have children, we should let nature take its course and not plan.
- C. Through observing the signs of our body, we can know when the wife is in the fertile or infertile state and make a conscious decision on whether we should expand our family.
- D. The decision to have a baby largely rests on the shoulders of the wife and men have some say but not a major part of it, and they should leave the decision to the wife.

E. The marital act of sexual union is solely for having children and once our family is complete there is no need for it.

Causes: What are the causes of not following the Natural Family Planning Method advocated by the Catholic Church?

What are the Consequences?

Personal Reflection

1. How do I view the begetting of children in my marriage?
2. Do I make time for intimacy with my spouse? Is the time sufficient?
3. How do we celebrate life in my family?

Judge

Christian Reflection

Genesis 1:27-28

“So God created man in his own image, in the image of God he created him; male and female he created them.

And God blessed them, and God said to them, "Be fruitful and multiply, and fill the earth and subdue it; and have dominion over the fish of the sea and over the birds of the air and over every living thing that moves upon the earth."

Comment: As part of God’s plan for creation, it is his Will that human beings should procreate abundantly as described in Genesis to “be fruitful and multiply”. God has created enough resources for all humankind to thrive on Earth.

On the other hand, the Church also recognises the decision rests solely on the couple and that it is also important for them to exercise responsible parenthood through couple reflection and dialogue on what is the right number of children they should have.

Humanae Vitae

Paragraph 12 on *Union and Procreation*

“This particular doctrine, often expounded by the magisterium of the Church, is based on the inseparable connection, established by God, which man on his own initiative may not break, between the unitive significance and the procreative significance which are both inherent to the marriage act.

The reason is that the fundamental nature of the marriage act, while uniting husband and wife in the closest intimacy, also renders them capable of generating new life—and this as a result of laws written into the actual nature of man and of woman. And if each of these essential qualities, the unitive and the procreative, is preserved, the use of marriage fully retains its sense of true mutual love and its ordination to the supreme responsibility of parenthood to which man is called. We believe that our contemporaries are particularly capable of seeing that this teaching is in harmony with human reason.”

Comment: Our Church holds on to the understanding of the unitive and procreative aspect of the marriage act as inseparable, thus an understanding of fertile and infertile states of the spouse is crucial in the use of family planning in the natural way. This can be achieved using the Billing’s Ovulation Method, which is taught in parishes in Singapore.

What do the Gospels say on the planning of a family?

Act

1. On hearing what is described in Genesis and Humanae Vitae, what should be our attitude towards intimacy and family life?
2. How can we as parents pass on our values on family life to our children and grandchildren?
3. How can we as CFMS share this message of love and life with the people in our community?

Practical Tips

1. Rather than think of a finite number of children a couple should have, one approach shared by other couples who have been through it is for spouses to simply ask each other after prayer and reflection on whether they can afford and want to have one more child after their previous one. This approach makes an open, here and now decision they can make at that particular point in time.
2. Contrary to popular belief, when a family grows from 1 child to 2 children, while the physical workload does increase but the mental load doesn't always double, as one needs to account after having 2 children, that they can start to interact with one another as they grow bigger and this takes some attention off the parents.
3. Fertility declines from age 30 onwards, do start planning your family early as we cannot turn back the clock. The most fertile age is from 20-30 years old.

Contributed by Andy Wee

Announcements

A. 1 May 2023, Monday

CFSM celebration of the Feast of St Joseph, the Worker

9.30am to 2.00pm at SFX Seminary at Upper Bukit Timah Road

B. 13 May 2023, Saturday

CFSM ROL BASE Group Leaders Workshop at 2.00pm to

5.00pm at Catholic Centre, The Commune Room