



# Elizabeth Ministry International™

## Guiding Perspectives

The four guiding perspectives of **Prayer, Sacred Scripture, Natural Law, and Church Teaching** assist you in decision-making about all life and loss issues. Taken together, they are like the four legs of a stool, which make it sturdy. May you find insight, inspiration and guidance in the resources listed below under these four main categories.

### Natural Law

Natural Law draws from sociological, medical, scientific, and just plain common sense to reveal insights about God's plan for human life. God created and ordered the world in a certain way. When we live in accord with God's plan for creation, we live morally.

#### Side-Effects of Artificial Birth Control

[Breast Cancer Link](#) Dr. Lanfranchi of the Breast Cancer Prevention Institute describes new research that shows a link between birth control and breast cancer.

[Side-Effects of "the Pill" and its Potential to Abort](#) Dr. Zabiega describes how "the Pill," "Patch," Norplant, NuvaRin, and Depo Provera Injection have harmful side-effects on the woman's body and the ability to abort babies.

[Birth Control Affects Future Fertility](#) Studies by Dr. Erik Odeblad show that "the Pill" ages your uterus, harming a woman's future fertility.

#### Side-Effects of Hysterectomy or Vasectomy

[Post Vasectomy Pain Syndrome](#): Find out more!

[Vasectomy Q & A](#): After a vasectomy, a man is a risk for auto immune disorders and other problems.

[Personal Stories](#) of affect of sterilization on marital intimacy.

#### Artificial Birth Control Can Cause Early Chemical Abortion

[The Physician's Desk Reference](#) states that "the Pill" "reduces the likelihood of implantation."

#### Scientific Proof for NFP

[Dr. Erik Odeblad & Dr. James Brown Studies](#) that correlate hormones and cervical mucus prove a woman's observance of her fertile signs are as accurate as laboratory tests. (Click on "discontinuing artificial methods," scientific studies are on the left)

[Dr. Hanna Klaus](#), M.D. Fellow of the American College of Obstetrics & Gynecology PDF presentation on NFP.

## Infertility

[Nutrition and Fertility](#): Read what Harvard researchers have to say.

[Treating Infertility & Other Problems Naturally](#): NaPro Technology is effective in treating infertility, menstrual cramps, PMS, ovarian cysts, irregular bleeding, polycystic ovarian disease, repeat miscarriage, post partum depression, premature birth, hormonal abnormalities, chronic discharge, and other health problems.

## Cohabitation

[A Case for Marriage](#): Sociological studies show benefits of marriage vs. cohabitation.

## Marriage

[Happy and Lasting Marriages](#): What Promotes Them and Sustains Them?

## Prayer

God uses our prayers, novenas, and requests for the intercession of saints to give us grace during all of life's joys and trials. As members of the Body of Christ, we are interconnected with God and one another. Asking for prayer from friends, living and deceased, reflects our communal nature and gives us the strength to do what is right even when it is difficult.

### A Prayer for Couples

*When life seems barren, help us to trust in God's mercy.*

*When we are confused, help us to find the way to God.*

*When we are lost in the desert, lead us to those whom God has called us to love.*

*When our marriage seems lifeless, show us the eternal youth of the Lord.*

*When we are selfish, teach us to cling only to that which lasts.*

*When we are afraid, help us to trust in God.*

*When we are ashamed, remind us that we are God's children.*

*When we sin, lead us to do God's will.*

*You who know God's will for husband and wife, help us to live chastely.*

*You who know God's will for the family, keep all families close to you.*

*You who suffered without children, intercede for all infertile couples.*

*You who trusted in God's will, help us to respect God's gift of fertility.*

*You who gave birth to the Blessed Mother, inspire couples to be co-creators with God.*

*You who taught the Mother of God, teach us to nurture children in holy instruction.*

*(From the St. Anne & Joachim Novena USCCB)*

### Additional Prayers

[Prayers for Mothers](#)

## [Sacred Scripture](#)

Sacred Scripture is the Word of God which provides timeless wisdom about God's plan for human life. Biblical characters, passages and stories shed light on how to live the Christian life.

### Contraception

[The Bible and Contraception](#): what Sacred Scripture has to say about the morality of contraception.

## [Church Teaching](#)

Jesus established the Church to teach His message to, "all the ends of the earth." Through the Catechism, pastoral letters, and other documents the Church helps Christians form their conscience so they may know what is moral and good.

### Infertility

[Article on Hope & Healing](#) for Couples on Infertility by Jeannie Hannemann, M.A. Founder of Life & Loss Institute and Elizabeth Ministry International

### Discerning Children

[Guidelines and Advice](#) for couples determining whether postponing children is right for them.

["One More"](#)- Personal Story of a couple that had one more after deciding to be, "done having children."

### Morality, NFP and Contraception

[Moral Guidance](#) for questions about children, NFP, contraception, sterilization, reproductive technologies and more.

### Theology of the Body

[The Redemption of Our Bodies](#) The Theology of the Body and its Consequences

[Theology of the Body](#) A basic introduction to this foundational teaching