



HISTORY AND ACCOMPLISHMENTS OF FAMILY OF THE AMERICAS FOUNDATION WORLDWIDE

Our work since 1970 has been primarily the teaching and training of teachers on the Ovulation Method of Natural Family Planning in over 100 countries around the world. We have developed the best and simplest materials for people to learn Natural Family Planning. We have also conducted statistical evaluations for both, achieving and postponing pregnancy and conducted research on Natural Family Planning and the low divorce rate, as well as research on the important of nutrition and vitamins to restore fertility in women.

Simplifying the Teaching and Materials of the Ovulation Method

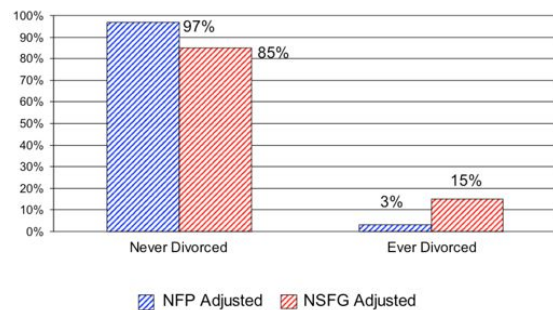
We have been responsible for simplifying the teaching of the Ovulation Method and as a result, our materials can now be found in 23 languages. Many couples are able to learn and follow the Ovulation Method for achieving or postponing pregnancy by reading the book and following its instructions. This has increased its multiplying effect worldwide.

Our Work in the People's Republic of China



We have been going 14 times to the People's Republic of China since 1986 to 2012, at the invitation of the Chinese government to teach and train medical personnel and the general public. They in turn, conducted their own statistical evaluation with a 98.7% success rate. Today the people of China are given the choice of learning the Ovulation Method of Natural Family Planning in their clinics.

Catholic, 21 - 44 Years: Ever Divorced



The Practice of Natural Family Planning versus the use of Artificial Birth Control: Family, Sexual and Moral Issues

Catholic parents and Priests attending The World Meeting of Families would benefit by being made aware of our study that concluded that: those who practice the Ovulation Method of

Natural Family Planning for achieving and/or postponing pregnancy when it is absolutely necessary, concluded that the divorce rate among Catholics was only 3%. This is the only independent study ever conducted that was also a comparative study with two of the largest ever conducted government studies. It proved to be a great victory for our Holy Mother Church who never changed her strong opposition to artificial methods of birth control, sterilization and abortion. Our study was published in the "Catholic Social Science Review", Volume VII, 2002. Yet very few people know about it and it remains as the best kept secret.

Imagine what an encouragement for newlyweds to know that by practicing the Ovulation Method divorce is practically non-existent. Priests and bishops should be aware of such remarkable results in order to pronounce its benefits from the pulpit.

Our Close Collaboration with Blessed Mother Teresa



We worked closely with Blessed Mother Teresa who asked us to train her Missionaries of Charity to teach the poor Natural Family Planning. This we have done and continue to do in different parts of the world, including the United States.

Blessed Mother Teresa approved a study to be conducted in Calcutta among her poorest of the poor. It was published in the British Medical Journal, September 13, 1993 and obtained a 99% success rate in helping the poor postpone pregnancy. Blessed

Mother Teresa always said that our Record Keeping Chart is the only method that the poor can easily understand and follow.



Training the Missionaries of Charity

Blessed Mother Teresa was unable to attend the United Nations Conference on Women that took place in Beijing, China in 1995. She asked Mercedes Arzú Wilson to represent her and read her message at the conference. Following is her speech:



Dear Friends,

I am praying for God's blessing on all who are taking part in the Fourth World Conference on Women in Beijing. I hope that this Conference will help everyone to know, love, and respect the special place of women in God's plan so that they may fulfill this plan in their lives.

I do not understand why some people are saying that women and men are exactly the same, and are denying the beautiful differences between men and women. All God's gifts are good, but they are not all the same. As I often say to people who tell me that they would like to serve the poor as I do, "What I can do, you cannot. What you can do, I cannot. But together we can do something beautiful for God." It is just this way with the differences between women and men.

God has created each one of us, every human being, for greater things-- to love and to be loved. But why did God make some of us men and others women? Because a woman's love is one image of the love of God, and a man's love is another image of God's love. Both are created to love, but each in a different way. Woman and man complete each other, and together show forth God's love more fully than either can do it alone.

That special power of loving that belongs to a woman is seen most clearly when she becomes a mother. Motherhood is the gift of God to women. How grateful we must be to God for this wonderful gift that brings such joy to the whole world, women and men alike! Yet we can destroy this gift of motherhood, especially by the evil of abortion, but also be thinking that other things like jobs or positions are more important than loving, than giving oneself to others. No job, no plans, no possessions, no idea of "freedom" can take the place of love. So anything that destroys God's gift of motherhood destroys His most precious gift to women-- the ability to love as a woman.

God told us, "Love your neighbor as yourself." So first I am to love myself rightly, and then to love my neighbor like that. But how can I love myself unless I accept myself as God has made me? Those who deny the beautiful differences between men and women are not accepting themselves as God has made them, and so cannot love the neighbor. They will only bring division, unhappiness, and destruction of peace to the world. For example, as I have often said, abortion is the greatest destroyer of peace in the world today, and those who want to make women and men the same are all in favor of abortion.

Instead of death and sorrow, let us bring peace and joy to the world To do this we must beg God for His gift of peace and learn to love and accept each other as brothers and sisters, children of God. We know that the best place for children to learn how to love and to pray is in the family, by seeing the love and prayer of their mother and father. When families are broken or disunited, many children grow up

not knowing how to love and pray. A country where many families have been destroyed like this will have many problems. I have often seen, especially in the rich countries, how children turn to drugs or other things to escape feeling unloved and rejected.

But when families are strong and united, children can see God's special love in the love of their father and mother and can grow to make their country a loving and prayerful place. The child is God's best gift to the family and needs both mother and father because each one shows God's love in a special way. The family that prays together stays together, and if they stay together they will love one another as God has loved each one of them. And works of love are always works of peace.

So let us keep the joy of loving in our hearts and share this joy with all we meet. My prayer for all of the delegates, and for every woman whom the Beijing Conference is trying to help, is that each one may be humble and pure like Mary so as to live in love and peace with one another and make our families and our world something beautiful for God.

Let us pray.
All for the glory of God and good of souls.
God bless you.

Mother Teresa, MC

We also have trained the Dominican Sisters of St. Cecilia, the Sisters of the Religious Family of the Incarnate Word and the Sisters of Mary of South Korea.



Dominican Sisters of St. Cecilia



Sisters of the Religious Family of the Incarnate Word



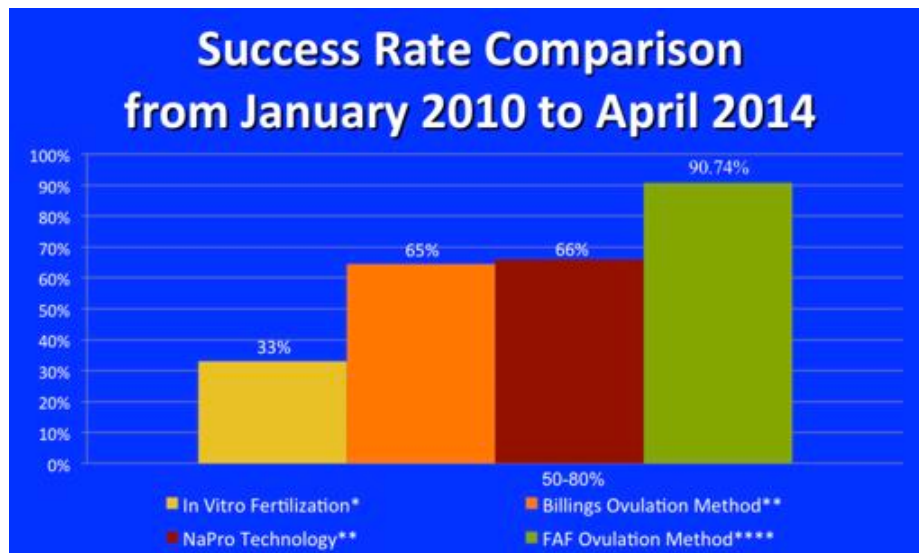
Sisters of Mary of South Korea

Successful Achieving Pregnancy Study

Numerous studies have been conducted in rich and poor nations, Christian and even Communist nations alike that have given the Ovulation Method a 98-99% effectiveness rate in postponing pregnancy. We have conducted two in Guatemala among low-income families. However, very few significant studies have been conducted to help couples achieve pregnancy.

The study I am attaching with this report should be of great interest for the participants of the World Meeting of Families, as we see that so many couples are now suffering with the problem of infertility, mainly due to the widespread use of artificial birth control, sterilization and abortion worldwide.

Our study was designed in particular to help couples of low-income brackets who are unable to afford or have access to sophisticated medical services. By teaching them to recognize the 100 hours of fertility of the woman or if their fertility has been so badly damaged, to recognize the signs of fertility that may occur only for a few hours in one day, the only time that may be possible for them to conceive a baby. Our success was primarily due to God's grace to those families and the dedication of our teachers who made strong emphasis on the need to have good nutrition and supplementary vitamins in order to succeed. Out of the 54 couples that entered the study from January 2010 to April 2014, 49 were successful in conceiving. That is a 90.74% success rate! The highest ever obtained in this field.



* American Pregnancy Association - <http://www.americanpregnancy.org/infertility/ivf.html>

** Study conducted by Research Team of Ovulation Method Research and Reference Centre of Australia Ltd. - <http://www.thebillingsovulationmethod.org/es/how-effective-is-the-billings-ovulation-method%E2%84%A2/success-in-achieving-pregnancy.html>

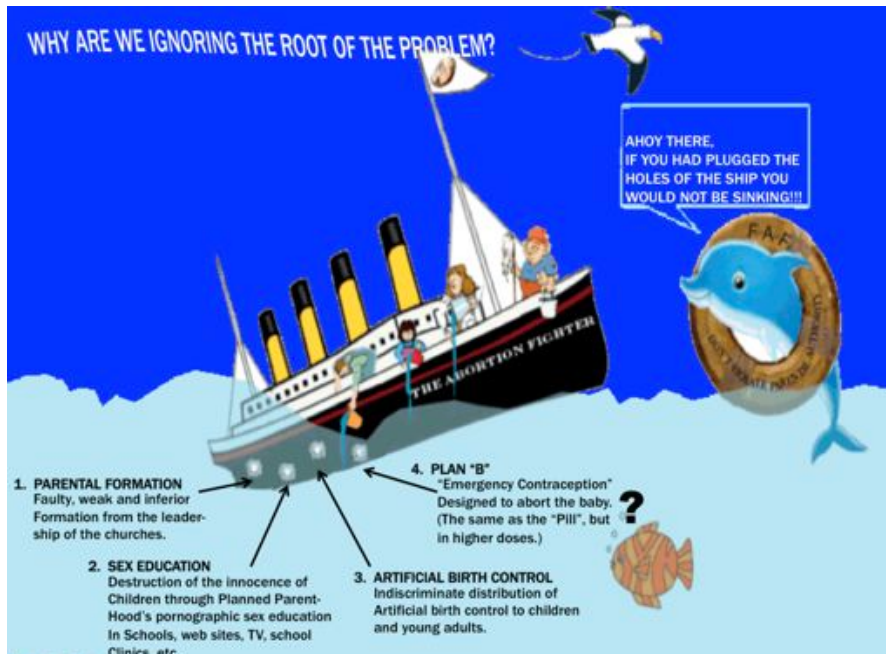
*** Fertility Care - <http://www.fertilitycare.ie>

**** Study Conducted in Guatemala by Family of The Americas Foundation - <https://www.familyplanning.net> or directly to

https://www.familyplanning.net/sites/default/files/Libros/achieving_pregnancy_guatemala.pdf

Why are We Ignoring the Root of the Problem?

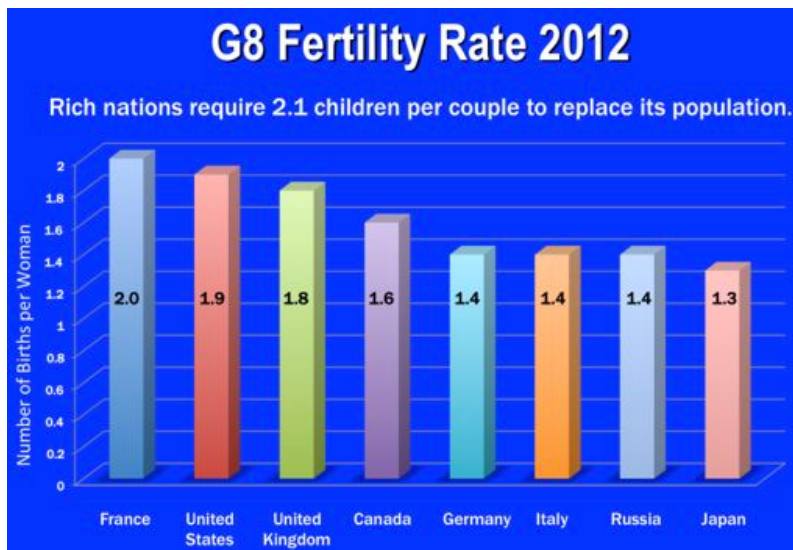
It has been our great concern that most Catholic meetings tend to ignore the most crucial subjects of discussion that are threatening the souls of the Catholic Family. It appears that the leadership is afraid of confronting the most prominent cause of dissent in the Catholic Church - The teachings of *Humanae Vitae*, and the contraceptive mentality that leads to abortion and sterilization, not to mention the increase of venereal diseases due to promiscuity already in epidemic proportions, the increase use of pornography and the lack of morals and values.



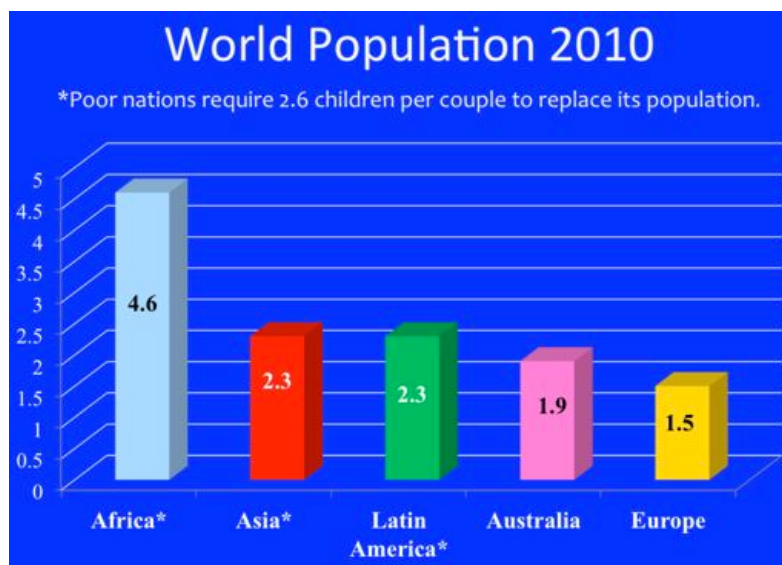
It is significant to know that St. John Paul II pleaded to the American Bishops in Chicago during his first pilgrimage as Pope to the United States when he said to them: “do something over the scandal of so many Catholics on Sundays going to Holy Communion, and so few going to confession”.

The reality is that 80-90% of American Catholics are contracepting, 35% of women and 15% of men who are using some form of birth control have already been sterilized and one of every five Catholic women has had an abortion. Therefore, most programs of evangelization are useless because if the majority are not in the state of sanctifying grace, they will not be open to be evangelized.

The West, including the United States is not even aware of its own demise. Just look at the suicidal trend of the Richest and most powerful nations in the world. None of them are replacing their populations.



Source: United Nations, World Fertility Policies 2011



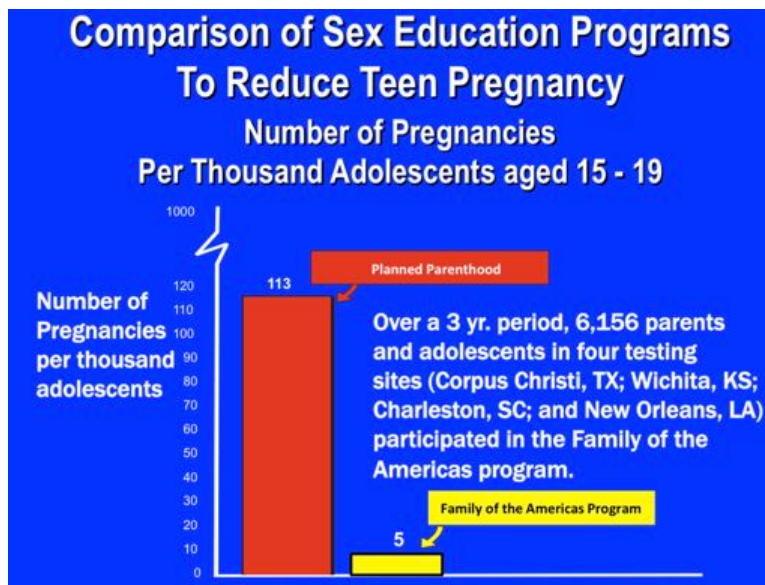
Source: United Nations, World Fertility Policies 2011

The famous Jesuit Father John A. Hardon, Blessed Mother Teresa's spiritual director, expressed it so eloquently in one of his presentations and writings: ... "the single, principal cause for the breakdown of the Catholic faith in materially overdeveloped countries like ours has been contraception" ... Most women are not even aware that they may have been killing their own child, due to the abortifacient effect of most methods of artificial birth control, because nobody tells them. Father Hardon also gave another very strong warning: "Every contraceptive society in history becomes an abortive society, and every abortive society destroys itself. The days of America are numbered. I don't have to be a Jeremiah or an Isaiah to make that prophecy, unless, please God, He works the moral miracle of converting a de-Christianized nation, once more to believe that He is a living God Whose church teaches infallible truth".

Such words of wisdom from a soon to be Blessed among the Holy Saints should not be ignored.

Parents Must Remain as the Prime Educators of Their Children

One of our most important programs is to train parents, to remain as the prime educators of their children in matters of human sexuality. Our study took place in Louisiana, Texas, Kansas and South Carolina. Over 6,000 parents and their children ages 15 to 19 years of age participated. By going through the parents, we were able to lower teen pregnancies to 1/20th of the U.S. national average. The three year grant comprised 1.2 million dollars during President Reagan's presidency. Our results were outstanding even though the ACLU tried to stop our program in collaboration with Planned Parenthood by suing the U.S. Government to stop our grant. Luckily because the legal system is so slow, we were able to finish our three year study.



Information based on Weed & Olsen, evaluation of 1986; Statistics & the National Center for Health Statistics 1980 national rate; and the independent study of the University of New Orleans on the "Fertility Appreciation for Families" program of Family of The Americas.

Through this three year study we realized that the most effective way of lowering teen pregnancies was to go through the parents who are the main influence of the child and the

ones who love and the care for their children's future. Through this program we were educating the parents to live chaste lives and be aware of the physical, moral and spiritual dangers of artificial methods of birth control, sterilization and abortion. Many were converted to the Ovulation Method of NFP.



International Congresses for the Family

St. John Paul II was also a great supporter of our work who asked us to "never give up this work".

Throughout his Pontificate we received his moral support and at times financial assistance for the 21 congresses for the family that we conducted in various parts of the world at his request and encouragement: Guatemala City, (for North, Central and South America) (1980); New York, United States (1981); Rome, Italy

(for Africa and Europe) (1981); Acapulco, Mexico (for all the Americas) (1982); Madras, India (for Asia) (1983); Mexico DF (1984); Rome, Italy (for Africa and Europe) (1984); Caracas, Venezuela (for all the Americas) (1985); Buenos Aires, Argentina (for South America) (1986); Paris, France (for Europe) (1986); Madrid, Spain (for Europe) (1987); Brussels Belgium (for Europe) (1988); Vienna Austria (for Europe) (1988); Bonn, Germany (for Europe) (1989); Sarajevo, Yugoslavia, (for Europe) (1989); Brighton, England (for Europe) (1990); Luxembourg, Luxembourg (for Europe) (1992); Warsaw, Poland (for Europe) (1994); Moscow, Russia (for Europe) (1999); Lublin, Poland (for Europe) (2004); Kiev, Ukraine (for Europe) (2006). Needless to say that the Blessed Mother Teresa attended most of our congresses and St. John Paul II requested more congresses for Europe as he foresaw the fast de-Christianization of Europe needed these congresses for the family.



Guatemala, City 1980



Paris, France 1986



Madrid, Spain 1987



Moscow, Russia 1999

St. John Paul II told me in 1989 after the fall of Communism “there is a greater danger coming to the world than Communism”. He was referring to the widespread use of artificial birth control, sterilization and abortion resulting in Christians not having children as well as the increase of pornography that is destroying marriages and the family.



Congresses for Catholic Youth in Guatemala

Family of the Americas, in collaboration with St. Jude Catholic church, and its youth ministers, organized an amazing first conference of Catholic Youth in 2010, where almost 8000 young people attended and made a promise to lead chaste lives and remain virgins until marriage.



Eduardo Verastegui and young fans in Guatemala, 2010

These Catholic Youth Congresses have been repeated every two years at the request of the young people who participate in them.

Our Executive Team of Teachers and Volunteers that Make things Happen

We could not accomplish our work without this wonderful group of dedicated leaders, teachers and volunteers.



*Judith Leonard
(Kansas/Arizona)*



*Josefina Camou
(Arizona)*



*Kimberly C.
Schnitker
(Maryland)*



*Joni S. Abdalla
(Indiana)*



*Angela Lanfranchi, MD
(New Jersey)*



*Paul A. Byrne, MD
(Ohio)*



*Pilar Calva, MD
(Mexico)*



*Luis & Marta Oseguera
(Texas/Arkansas/Mexico)*



*Mercedes Arzú Wilson
(Maryland/Guatemala)*



*Fr. Andrew Heintz
(Virginia)*

Family of The Americas Continues to teach and train thousands of couples, medical personnel and leaders in the fields of family and bio ethics, as well as doing research and statistical evaluations.

Some Master Teacher Trainings Around the World



Central America



Moscow, Russia



Manila, Philippines



North America



South America



South Korea



Africa



Asia