

The Influence of Contraception and NFP on Society

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Abstract

With the advent of mass-produced contraceptives in the 20th century and from the 1960s the pill, a new mentality has arisen. With the awareness of a child eliminated, sexual activity is reduced to mere pleasure, leading to increased promiscuity, fornication, adultery, homosexual practices, infertility and IVF, the rejection of children and a demographic winter. Since contraceptives are not 100% effective, there has been an escalation of abortion, leading to euthanasia. With NFP however the couple is continually aware of the state of their fertility, so that the child is never lost sight of. The contracepted marital act, instead of expressing love, is performed with a continual element of rejection, resulting in marriage breakdown. This does not apply to NFP marriages. The massive use of contraception leads to the destruction of society and the Church. The elimination of contraception through the propagation of chaste NFP is a necessary condition for a reversal of this trend.

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Contraception, based on the traditional exegesis of Gen. 38, the story of Onan, who practised *coitus interruptus*, has always been condemned by the Catholic Church as a sin which could never under any circumstances be justified.¹ This approach is supported by some New Testament passages and in the Didache (II.3). At the time of the Reformation it was not a matter of discussion; the reformers Hus, Luther, Calvin and Wesley all condemned it. The use of contraception in Western society was not a mass phenomenon up to the end of the 19th century.

In the 1920s barrier methods became widespread due to cheap mass production. This put pressure on the churches to reconsider their teaching on the sinfulness of contraception. In 1930 the Anglican Church gave way and allowed the use of contraception in emergency situations. Pope Pius XI reacted immediately, producing a sharp response to the Anglican break with tradition in his encyclical *Casti connubii*. However, other Protestant churches followed the Anglicans, so that by the 1960s contraception was accepted by Western society as a whole, with the exception of the Catholic Church. With the advent of hormonal contraception in the 1960s it was expected that it would fall into line. However, in his encyclical *Humanae vitae* in 1968 Pope Paul VI confirmed the teaching of the Church. The encyclical was met with almost universal rejection, even within the Catholic Church. After the Velvet Revolution in 1989 the former Soviet block countries fell into line, accepting the contraceptive culture.

The universal use of contraception has produced a change in the understanding of the nature of sexuality. Previously people had been very much aware that sexual activity was likely to result in the conception of a child. This produced natural inhibitions in situations in which this result was undesirable. With the advent of contraception, especially the Pill, there is a general assumption that nothing can go wrong and no baby can be conceived. Logically inhibitions have been broken down. There has been an increase in adultery, living together or shacking up before marriage, or for that matter, just living together with no thought of marriage. Godless sex education promotes promiscuity from puberty onwards, with the simple rules: you can do anything, as long as the partner agrees and you use contraception. The baby has disappeared from awareness, and "sex" has been degraded to a form of entertainment. A "Pill Culture" has come into being.

This life-style has negative consequences for young people. The frequent change of partners results in repeated disappointments, which causes a hardening of character as a defence mechanism, so that a consequence may be the incapability of establishing a long-term relationship.

¹ A detailed defence of the traditional exegesis can be found in KIPPLEY, J.F. *Sex and the Marriage Covenant – A Basis for Morality*, San Francisco, 2nd edition, 2005, 325-331.

However, the promise that “nothing can go wrong” is false. Contraceptives, including the pill, are by no means 100% effective, and they are frequently not used correctly according to the instructions, especially by young people. Despite the use of contraception children are conceived. These are regarded as contraceptive “failures” or “mistakes”. And of course “mistakes” have to be “corrected”. Fr. Paul Marx, the founder of Human Life International, visited over a hundred countries in the course of his travels over the years. He was not tired of repeating: “In every country in which contraception has been introduced abortion always follows.” He said that he knew of no exception.

If we think about it, we can see that the use of contraception creates a certain mentality. A couple using contraception has “fixed” the question of the baby, who has thereby been put out of their minds. They are free to pursue their sexual pleasure without having to consider the possibility of a baby intruding on their lives. Not only that, through their repeated acts of refusing the possibility of conception, whether through withdrawal, barrier methods, the daily pill or something more permanent, they are building up within their minds a negative attitude towards the baby, whom they come to regard in a negative way. They either become afraid of the potential child, or even develop an aggressive attitude. So if the baby announces its presence, they react with fear or even anger. “We did everything to avoid this possibility, so it has to be put right!” The situation is exacerbated when the couple are not even married, for example if they are just living together with no clear plans for the future. It is even worse when sex is just the more or less expected climax to a party, for which eventuality the condom is pulled out of the handbag as required. The two people who pair up may hardly know each other.

The situation of a couple using NFP is different. They are aware of their mutual fertility on a more or less daily basis. If they believe it would be irresponsible to conceive a child they wait till the wife’s signs of fertility show that she is in the infertile phase. Since it is part of the method, that the couple are continually aware of the state of their mutual fertility, they cannot forget that their sexual activity has to do with the possible conception of a child. And if a child **is** conceived, either because the method failed or their interpretation was wrong, they are more likely to accept the child because their way of life implies a constant awareness that their sexual activity has essentially to do with procreation. The man, if he has any sense, will of course follow his wife’s signs of fertility and help her to interpret them correctly. Otherwise the situation could arise of the couple who, when the wife announced the conception of their fourth child, the husband responded, “But you told me it was OK that day,” to which the wife replied, “It was!” Or can you imagine a party of young people who all reject contraception, where the young man asks the attractive young lady whether she would like to sleep with him, whereby he adds, “Oh, by the way, are you in the infertile phase?” That’s just absurd!

Abortion has become an accepted part of modern, godless Western culture, which has developed into a way of life which cannot function without resort to abortion. It has become a back-up to failed contraception, and it is also used if the parents discover that the child does not match up to their expectations, for example, if it is handicapped.

And since society has got used to the idea of killing unborn babies who get in their way, it is logical to reject other inconvenient categories of people, generally those who are unable to live independently: people with a serious handicap, the seriously and incurably ill, those who live in a coma, the old. The list could be extended to those whose life-style does not conform to social expectation, to political opponents, to Christians.

The “Pill Culture” – if you can call it a culture at all – leads to the rejection of children and to small families. It has caused a “demographic winter”, that is: countries in which the birth rate is far below replacement level. In the long-term this will lead to the inability to pay pensions, which in turn will lead to the elimination of “useless eaters”, as the Nazis called them.

Couples who use NFP tend to have larger families; a study from Austria², for example, showed an average of three children per family, twice the national average. In our own Couple to Couple League of the Czech Republic we have fifteen teaching couples with a total of 63 children so far, an average of 4.2 per family.

If sexual activity is reduced to a mere form of entertainment, a source of pleasure, in which the prime biological aspect of it, the procreation of children, is eliminated from people's perception, it is much easier for them to accept the project of producing children independently of the marital embrace. Because of the increase in infertility, partly caused by the use of contraception, there is an increasing demand for this service, the service of assisted reproduction, usually in the form of *In Vitro* Fertilisation (IVF), in which a large number of ova (eggs), say 25, are mixed with sperm in a Petri dish. The resulting human beings are then allowed to grow for a few days, after which they are culled, that is, those of inferior quality are discarded. Of the remainder some are implanted into the womb of the mother, others deep frozen for possible future use and some used for lethal experiments. Needless to say, there is a lot of money to be earned in this industry.

What then are human beings called who are bought and sold, selected for quality, discarded or used for lethal experiments? They are **slaves! A new class of slaves has thereby been brought into being.** This is not something that has happened by accident, for example, just because a few scientists happened to discover the possibilities. The blue-print for the project can be regarded as the novel *Brave New World* by Aldous Huxley, written in 1932. Aldous Huxley was the brother of Julian Huxley, a prominent English scientific humanist and atheist. They were people who regarded themselves as belonging to the elite. In the novel the elite control reproduction, which is carried out solely artificially and the word "mother" is regarded as obscene. The somewhat unclear title of the book has been translated in various ways. The translator of the first Czech edition gave it the title *The End of Civilisation*, which is very appropriate. This is what today's elite are apparently trying to put into operation.

We should note that assisted reproduction is **not** a therapy of infertility. The doctors involved make no attempt whatsoever to discover the **cause** of the infertility of the couple. They bypass the normal processes of human reproduction. Furthermore, genuine treatment of infertility is more successful than assisted reproduction and less expensive. We NFP teachers can give first aid by teaching women to observe and chart their cycles. The resulting charts may even give useful information as to the cause of the infertility.

So why is assisted reproduction preferred to infertility treatment? I suggest that the reason can be detected in Huxley's novel. The elite wish to be in charge of reproduction. They wish to reduce the number of births and allow only children of what they perceive as good quality to be born.

The reduction of human sexuality to a mere source of entertainment has further consequences. If reproduction is eliminated in the minds of people as a reason for sexual activity, then orgasm becomes the goal of that activity. But orgasm can be achieved in various ways. Why does it have to be only through the traditional marriage act? So people try other ways of satisfying their lusts: masturbation (solitary or mutual), oral or anal sex, homosexual acts. There are further possibilities – we do not need to go into the details. What this means is that the whole perception of the meaning of sexual activity has been changed by the mass use of contraception. In particular it means that the whole powerful present-day **homosexual movement has only become imaginable and acceptable through the general practice of contraception!**

And now we come to the marriage relationship: **Contraception destroys love!** Human history is full of poems and songs about love. Does contraception come into such songs and poems? Never! But the idea was put over that if the couple do not have to worry about whether their act will result in the conception of a child they will be able to love each other to the full. But love is not like that. It is a lie!

² RHOMBERG W., RHOMBERG M., WEIßENBACH H. *Neue Aspekte der Natürlichen Empfängnisregelung. Eine Umfrage zur sympto-thermalen Methode.* Medizin und Ideologie 2/2010, www.familie.kirchen.net.

What is the nature of love? We can see this best in the love of Christ. He expressed it ultimately in his self-sacrifice on the cross. Love is not getting, but giving. It is not mean, but generous. It can even be sacrificial, as when a mother devotes herself to her child, giving him everything he needs. It is even known for a mother to sacrifice her own life for her child. In the marriage act the husband and wife give themselves to each other totally and receive each other totally. The natural fruit of this mutual outpouring and receiving of themselves is the **conception of a child**.

But if the couple use contraception they say to each other – subconsciously – “I do give myself to you, but without my fertility, my gift of life. And I do not want your fertility either.” Is that love? It is a deliberate refusal, a holding back of the natural fruit of love. The act which is meant to be a total act of self-giving and receiving contains an element of deliberate rejection. And that is repeated over and over again when the couple continually use contraception. Obviously, such marriages suffer from a continual burden of mutual subconscious rejection. Many marriages in fact break down, as we observe in the catastrophic situation of today’s society.

The result of what can only be described as the contraceptive revolution is that **contraception is destroying society!** There are too few children – nations are dying out because the birth rate is below replacement level. There is rampant abortion, which leads to Post Abortion Syndrome, broken relationships. It means that acts of violence are anchored in the law and the killing of the innocent is acceptable. This leads to: euthanasia, the killing of the old and the handicapped. It also leads to assisted reproduction – IVF – the formal reintroduction of slavery. Homosexuality and the gender ideology are direct attacks on true marriage. Sex education is being used to corrupt children and young people systematically. Pornography is a further assault on marriage, as is easy divorce.

We see that the family and marriage are being vigorously and systematically attacked from all sides, and that contraception is a key factor in this attack. We can perceive that it is coming from rich and powerful people who are hell-bent on reducing the population of the world. It seems they also want to destroy or at least weaken marriage and the family, presumably so that people can be more easily manipulated. From our point of view it is clear that contraception must be banned, otherwise there is no future for a healthy society.

It is obvious too that contraception is a sacred cow of modern godless society, and there is no way any present-day government is going to ban it or even restrict it. What about the Church?

The situation in the Church is almost as bad. The Church is suffering from almost a half a century of disobedience to the teaching of *Humanae Vitae*, with corresponding results. There are too few children and even Catholic populations are dying out. There is a serious lack of vocations. Priests and religious often come from large families. Catholic women also have abortions and suffer from Post Abortion Syndrome and broken relationships. Assisted reproduction is accepted by Christians who do not know what is involved. Catholic marriages break down because Catholics use contraception almost as much as non-Catholics. Homosexuality has not stopped at the gates of the Church. Godless sex education is taught even in some Catholic schools. Poor catechesis and marriage preparation have also taken their toll.

So what is to be done? The solution is clear. It is a matter of extreme urgency for the Church to redress the omissions of the past half century and to proclaim the message of *Humanae Vitae* with the utmost vigour. To be more precise: I believe it is a *conditio sine qua non* for the restoration of stable marriages and healthy families in the ancient lands of Christendom, that is, a necessary and essential condition without which such a restoration is impossible. I am not saying that it is the only condition, simply that it is necessary. In this context Natural Family Planning is an essential tool for the restoration of marital chastity. NFP is not an end in itself, but for most people it is a necessary tool for living a chaste marriage. This is what the bishops at the Synod of the Family in October should be considering in order to address the marriage crisis. Please pass this message on to your bishops. And if the Church is restored through healthy marriages and families it will once more become a light to the world at large!