

# Abundant Life



*"I have come so that you may have life and have it more abundantly"*

*— John 10:10*

*— June 2005 —*



# Sydney Archdiocese launches pregnancy counselling and support services

In December 2004 the Archbishop of Sydney, George Pell, announced the creation of the Pregnancy Support Program; now known as, Pregnancy Counselling and Support Services, to assist women to carry their babies full term.

Cardinal Pell has asked Centacare to develop the Service to provide support and assistance to pregnant women who are contemplating abortion. This service will be available to women, fathers and extended family members.

Cardinal Pell emphasised the importance of a Service of this kind as it can offer assistance and support to all women, and in particular those women who feel that they have no one to turn to for support and assistance.

Through the Service, expected mothers and, if required the fathers of the unborn child and extended family members will be provided with social, emotional, material and practical support and assistance enabling them to continue with the pregnancy.

Cardinal Pell says: "Women need real alternatives to abortion, and while the Catho-

lic Church provides many family's services, this new Pregnancy Counselling and Support Services is targeted to meet specific needs of women contemplating abortion. We want to respond to the needs of women, the fathers and family members facing an unexpected or difficult pregnancy by providing them with life affirming options."

Pregnancy Counselling and Support Service is free professional, confidential counselling and support service. It provides support and assistance with: referral to other appropriate networks, accommodation, employment, financial and any other service required at the time, including spiritual help offered on request, pregnancy education and awareness and free pregnancy testing.

Pregnancy Counselling and Support Service commenced on Tuesday 4th January 2005 from Centacare's City office. Currently it is available Monday – Friday, 9am – 5pm at Centacare's Bankstown office, Suite 2 / No 8 Jacobs Street Bankstown, NSW. Co-ordinator Julie Densley.

"Clearly, there's not going to be change in

the law unless there's a major cultural shift. I concede that," Bishop Fisher said. But he added there was a growing feeling that options other than abortion had to be pursued.

In addition to this Pregnancy Counselling and Support Service is the development of a Volunteer Program. The Volunteer Program has been initiated to support the Pregnancy Services. Volunteers can become involved in supporting and assisting the women, the fathers and family members with everyday needs during this time.

Support will be given to Parishes within the Sydney Diocese to develop working parties of volunteers who collect material items that are required for the mother and baby; reducing expenses for the family.

**For people in Western Australia who may have family members or friends in New South Wales contemplating abortion they can be referred to:**

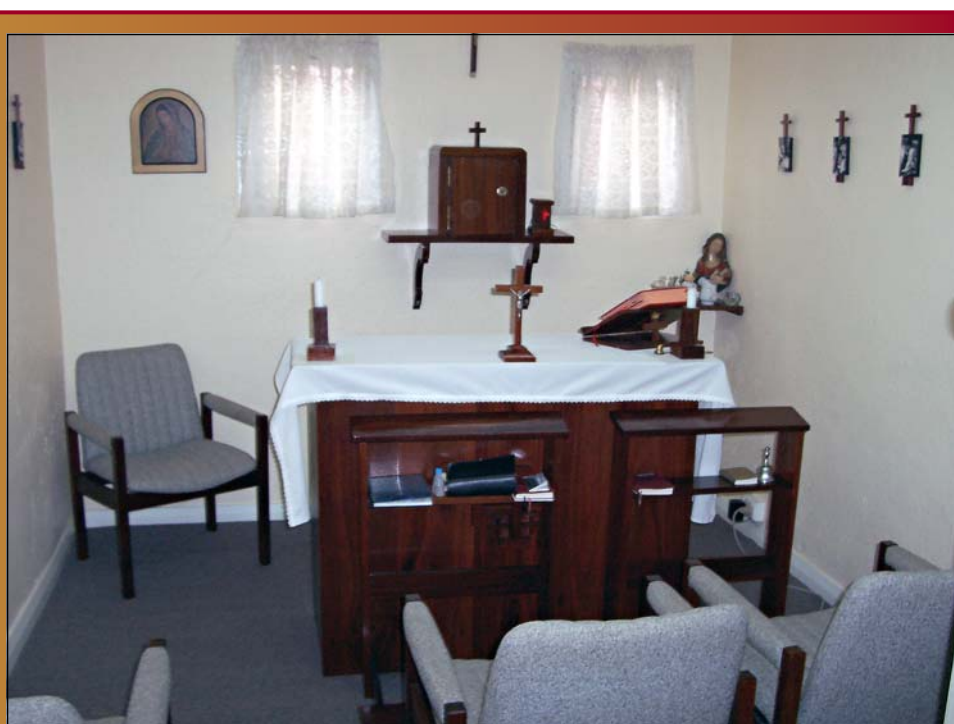
**Julie Densley**

**Centacare Bankstown Office**

**(02) 9793 7522 (mob) 0438 208 271**



Abundant Life welcomes Lydia Fernandez to the fulltime staff of Pregnancy Assistance. Lydia is a graduate from the John Paul II Institute for Marriage and Family.



## Pregnancy Assistance Chapel

195 Lord Street, East Perth

### MASS TIMES

Monday 11:00am Thursday 12.30pm Friday 11:00am

*The Blessed Sacrament is reserved in our chapel.*

It is a quiet oasis in a busy city for private prayer from  
9:00am to 5:00pm Monday to Friday.

**ALL WELCOME**

## OUR PATRONS

**Archbishop Barry Hickey**  
**Dr Margaret C. Doherty**  
**Hon. Keith Wilson**  
**Mrs Ann Cullity AM.**

## EDITORIAL

# We have a new Pope

## The Cross remains constant

**W**ith the sad death on 2 April of the much loved and revered, Pope John Paul II, after a long illness, the Conclave of Cardinals elected a new successor to Peter. Cardinal Joseph Ratzinger became the 256th Pope on 19 April and chose the title Benedict XVI.

In his first address to the Church and the world he said: "After the Great Pope John Paul II, the Cardinals have elected me, a simple, humble worker in the Lord's vineyard."

**We need have no doubts about where our new Pope stands on the moral teachings of the Church.** In a homily 18 April, during the Mass celebrated before the start of the conclave, he referred to the ever-changing trends in contemporary thought.

"How many winds of doctrine we have known in these last decades, how many

ideological currents, how many fashions of thought?" he asked. "Every day new sects are born and we realize what St. Paul says on the deception of men, on the cunning trends that to lead into error."

Many secular commentators are demanding that the Church should change its teaching on such things as marriage, contraception, fornication, abortion and homosexuality to conform with the practices of the decadent western world. That many have been seduced by the standards of the modern world is not a reason for the Church to change its teaching. Pope Benedict will certainly agree with Pope John Paul who wrote: "Sat crux dum volvitur orbis - The Cross remains constant while the world turns." (Crossing the Threshold of Hope, Pope John Paul II, p.60)



**COVER:** "Welcome to my world" is a beautiful, perceptive painting by the talented local artist Joseph Fairly. In this edition we have altered our masthead, Abundant Life to ensure that it does not intrude over the work. This enables those who wish, especially pregnant mothers with a welcoming two-year-old, to have it framed with Joe Fairly's approval and even his signature on the print if they wish.

***The framed painting hangs with pride and gratitude in the hall at Pregnancy Assistance.***

## The Board of Pregnancy Assistance Inc.

**Brian Peachey**

*Chairman*

*Editor Abundant Life*

**Timothy Kennedy**

*Deputy Chairman*

*Legal advisor*

**Father Paul Carey CSS**

*Chaplain*

**Angela Spina**

*Board Secretary*

*Counsellor*

**Anthony Donovan**

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**Sister Bernadette**

*Miriam's House*

**Kieran Ryan**

*Financial Advisor*

**Helen Sawyer**

*Counsellor*

**Patricia Lilleyman**

*Counsellor*

**MORE IS BETTER  
PHONE 9328 2929**



We need more materials to help mums who need help.

**CAN YOU HELP?**

## Just Sixteen

She's just had the test and the result is quite plain,  
From this day on, her life won't be the same.  
It's not what she wanted to hear though she knew  
Deep down in her heart it could only be true.

A baby at her age? – she was just sixteen.  
It just couldn't be right – it must be a dream.  
But the sickness she felt and the craving for food,  
The pain in her breasts and changing of mood,  
Were some of the symptoms that new life was astir  
Within her own body and now it was up to her  
To take on the challenge of nurturing this child,  
Which meant giving up the days of running wild.

Then reality hit her – how would she cope?  
She was a girl of the streets and well into dope.  
No family to turn to – and who was the dad?  
There'd been so many men, she must have been mad.

A myriad of thoughts ran through her mind,  
No name, no money, no job of any kind.  
Who could she turn to? Did anyone care?  
Should I keep this baby, is it something I dare?  
If I went ahead and had this little one  
Could I ever, possibly, be a good mum?  
The tears were now flowing, the message was plain,  
Please help me get through this, I've so much to gain.

The counsellor listened as the words tumbled out  
She understood the emotions and feelings of doubt  
She offered the girl a comforting hand,  
A cup of tea and an ongoing plan.  
A home to live in, a room of her own,  
People who care, you won't be alone.  
Clothes for the baby and furniture too  
Lovingly given for baby and you.

The road won't be easy, and that is a fact,  
But we're here to help and you certainly won't lack  
Love and attention, so look forward with joy  
As you happily wait for your little girl or boy.

Gwen White



Mary Warbey, Dorothy Patterson and Nancy O'Sullivan

## Pregnancy Assistance depends on the generosity of people like those pictured above.

After the devastating fire Mary Warbey, with friends and a lot of work, put on a variety concert in Osborne Park. The artists were excellent and their performances enjoyed by the sell-out audience. Their contribution to PA was a remarkable \$1,865. At a time of our greatest need, Dorothy Patterson, with great dignity and not wanting acknowledgment was generous beyond all measure.

## Wanted

Pregnancy Assistance needs volunteer drivers who can collect donated baby furniture.

If you have a suitable vehicle and can help telephone Lydia on 9328 2926.

## Advertisers Wanted

To continue to publish Abundant Life and expand it we need advertisers to help with the cost of production and distribution. Abundant Life has proved a popular magazine and with a circulation of 5000 copies. It would be an attractive means of promoting goods and services. For further information telephone 9446 3266.

# Another Benedict

If one had to choose one figure for Europe or the Western World, if one had to find the person who most shaped its glory – it would not be Caesar or the Emperor Charles V or Napoleon or Metternich or the Duke of Wellington. They presided over its agonies. The man under God, who did most for its serenities, was Benedict of Nursia.

It is hard to exaggerate the importance of this man who changed the nature of the large and perhaps the most influential part of world civilization. The vulgarities, the violence, the cruelty, the indifference and the intolerance that this civilization has often shown are in direct contradiction to his example and teaching. Quite simply he was the founder of Western monasticism and if that seems a small claim in a world that reveres the ruins of monastic houses and yet tends to dismiss the monks that worked and prayed in such places as romantic or irrelevant, Benedict did as much as any pope or king or poet to restore a foundation for civilization after the slow decline and death of the Roman Empire. (Patrick O'Donovan, *Benedict of Nursia* London, Collins, 1980, p5.)

With the Western World and Europe in particular, decadently sliding into oblivion, and seemingly determined to not replace itself, perhaps it is a Benedict that is needed. As God has sent one in the past, it is at least credible that He has sent one again, albeit in a different role.



## Pope Benedict XVI prays to our Lady of Guadalupe

Benedict XVI placed the Church in the maternal hands of Our Lady of Guadalupe, during a visit to venerate her image in the Vatican Gardens, reported *L'Osservatore Romano*.

The semi-official Vatican daily newspaper published on its front page the prayer recited by the Pope in Spanish before the image of the one invoked as the mother of all men and women of Mexico and Latin America.

“Holy Mary, who under the advocacy of Our Lady of Guadalupe, are invoked as mother of the men and women of the Mexican nation and of Latin America, encouraged by the love you inspire in us, we again place our lives in your maternal hands,” prayed the Pope.

The Holy Father also left a floral offering at the foot of the statue and recited a Hail Mary.

“You who are present in the Vatican Gardens, reign in the hearts of all mothers of the world and in our hearts. With

great hope, we come to you and trust in you,” he added.

The white marble image of Our Lady of Guadalupe is located at the highest point of the Vatican Gardens. The work of A. Ponzelli, the image represents the moment St. Juan Diego spread out his cape before Bishop Juan de Zumarraga of Mexico.

The sculpture was presented as a gift of Mexican Catholics to Pius XII in 1939.

## Dying Pope's pro-life gift

One of the last acts of John Paul II was to help an Italian organisation similar to Pregnancy Assistance

Four days before his death, Pope John Paul II gave 25,000 euros to the Italian Gemma Project which helps mothers and their unborn babies.

Carlo Casini, the movement's president said “I find it moving that this help, altogether unexpected and absolutely spontaneous, along with his words of encouragement and blessing, arrived on March 29, four days before the Holy Father's death,”

Gemma officials estimate that John Paul II's gift would help to save nine children, whose fate was uncertain. Two of the nine expectant mothers who already have benefited from the donation are of Polish origin.

The Gemma Project enables an individual, a family, or a group to “adopt” a mother in difficulties by donating 160 euros a month during the last six months of her pregnancy and during the first year after the birth.

## Archbishop of Canterbury opposes abortion

In the recent British elections the Anglican archbishop of Canterbury, Rowan Williams, called on politicians to review the current law. In an article published by the *Sunday Times*, March 20, he stated: “For a large majority of Christians -- not only Roman Catholics, and including this writer -- it is impossible to regard abortion as anything other than the deliberate termination of a human life.”

# Arsonists Damage Pregnancy Assistance

It is never good to be awakened by the shrill demands of the telephone at 1.45 am. The immediate thoughts when it happened on Easter Saturday were for our many children and grandchildren.

It was the police with the blunt news that Pregnancy Assistance was on fire. Then followed a hurried drive, arriving soon after 2am, to be confronted by the big red fire engine in the rear lane and a team of fire-fighters, who had ripped off the back corrugated iron and were inside the roof extinguishing the burning timbers. The parking area was strewn with sheets of iron, ceiling insulation and some of the still smouldering baby clothes from the completely destroyed storeroom.

Experienced firemen had smashed the two near new security rear doors open. When I entered, a torrent of water was pouring into the now flooded roofless kitchen.

The fire fighters and the police who attended held the conviction that it had been deliberate arson. The windows of the storeroom had been smashed, some flammable fluid sprayed in and set ablaze.

We gathered later in daylight, not unlike Christ's followers after the crucifixion, to review the damage and face the problem of securing the building over the Easter weekend.

Archbishop Hickey came early to inspect the damage and expressed his dismay and "that it was sad the agency had been the subject of attack at this time."



Shocked board members Brian Peachey, Helen Sawyer and Pat Lilleyman

"It's very sad that vandalism like this occurred on Good Friday night and during the Easter season, which are all about life." He said "I can only pray for the persons who did this, that God will touch their hearts."

But he also added, "No matter what evil attacks are made on Pregnancy Assistance its work will continue."

The Editor of the Record, Peter Rosen-

gren said to the small gathering "this proves that that what you are doing at Pregnancy Assistance is right and good." Pat Lilleyman, a foundation board member since 1996, responded. "It's going to take a lot more than even a bulldozer to stop us."

## The fire, a serious disruption

The loss of all the carefully catalogued stock of baby clothes, toys and hundreds of sundry items was a sad loss. But the total destruction of the storeroom and kitchen and especially the barricading of the rear entrance, caused chaos and disruption to the important work of Pregnancy Assistance.

When news of the losses became known many generous supporters donated items to replace those destroyed. The problem was where to sort and store them. Soon one of the counselling rooms and the passage was a disorganised clutter with the donations and the boardroom table was used for folding and sorting.

The versatile Peter Leahy assembled two sets of shelves against the now sealed back door, but this was only a small part of the solution. Next came the hiring of a transportable store in the parking area and the provision of cupboards, more shelving and the connection to electricity. There was also the delivery cost of the transportable and the monthly rent.

It is nine weeks since the fire as *Abundant Life* goes to the printer and work on rebuilding the damaged premises is yet to begin.



Archbishop Hickey and Brian Peachey survey the carnage

By Brian Peachey

# A long-serving counsellor's reaction to the fire

“Diabolical” was used to describe the fire which destroyed all of our stock, and the rear room used to house it, at Pregnancy Assistance, where I work as a volunteer. Brian Peachey, the Chairman of our Board, was the person who used it. It comes from the Spanish word, *diabolos*, meaning “devil”. I doubt if there is a more apt description for the work of the arsonist/s on the morning of Easter Saturday, 2005 A.D.

Apart from the front-page photograph in *The Record*, of Archbishop Hickey standing in the midst of the destruction, I hadn't actually seen it with my own eyes. I had come through the front door on my Friday roster after Easter.

We could have lost it all but, through God's Grace, we hadn't. Our precious Chapel and the remainder of our house were untouched. This was the second fire in twelve months, between which there had been another robbery. The battle continues.

The acrid odour of smoke and burnt things was still there and stung my eyes, nose and throat. The kitchen-cum-lunchroom, without electricity, and with a gaping hole to the sky, is a grim reminder of the intent behind the ac-



Monstrous art display of glass and melted plastic

tion. We could have lost it all but, through God's Grace, we hadn't. Our precious Chapel and the remainder of our house were untouched. This was the second fire in twelve months, between which there had been another robbery. The battle continues.

When I left by the side route to the parking area and went to pass the point of access of the fire, I was brought to a standstill, shock riveting my feet to the spot. Here it was, the work of *diabolos*, and its impact “hit me like a ton of bricks”!

As I looked through the bars, shattered glass and charred wood, my mind likened the scene to a monstrous art display. Distorted,

organic forms (formerly plastic tubs, babies' clothing and other items of need, toys, and the furniture which stored them) now appeared in grotesque, twisted shapes, merging with remnants of tiny knitteds and other clothing just identifiable in the solidified globs of melted plastic. I stood there, hardly breathing, the physical outrage and hurt renewed. It was compounded by the knowledge of the love with which my friends Mary, Maria and others, had sorted, washed, stacked and packed all the treasures donated for expectant mums, dads and babies, who cross our door-step, seeking help, five days a week. In the face of this destruction, I can now fully empathise with other agencies attacked in a similar way.

Here it was, the work of *diabolos*, and its impact “hit me like a ton of bricks”!

A disaster? Yes, many people would call it that and may have decided, “enough is enough” and taken the decision to shut up shop. But not Pregnancy Assistance! We stand together, “girding our loins” once again, and forge ahead, confident in the assurance that **God is with us, and He is the Victory.**

If any of us had felt one shred of doubt, it has vanished in the face of the compassion and generosity, which have been flooding our premises since that awful day, healing the hurt and encouraging us on. May I take this opportunity of thanking everyone who has come to our aid. May God bless you and yours always.



Chaotic clutter of gifts in the counselling room

By Wendy Bartlett

# About the Billings method

*Planning or Postponing Pregnancy — Simply, Naturally and Effectively*

The Billings Method is applicable whether a woman has short or long cycles. It can be used by a woman who is breastfeeding, approaching menopause or coming off contraceptive medication.

For a couple wishing to achieve a pregnancy, the Billings Method enables them to identify the time of optimum fertility in order to maximize their chances of conceiving.

The Billings Method teaches women to recognize their own individual pattern of fertility and infertility and to understand that they are infertile more often than fertile throughout their reproductive years.

They learn to recognize the fertile phase of their menstrual cycles, when conception may occur. Fertility is signalled by the development of a particular type of mucus from the crypts of the cervix. Without this mucus, sperm die within an hour or so.

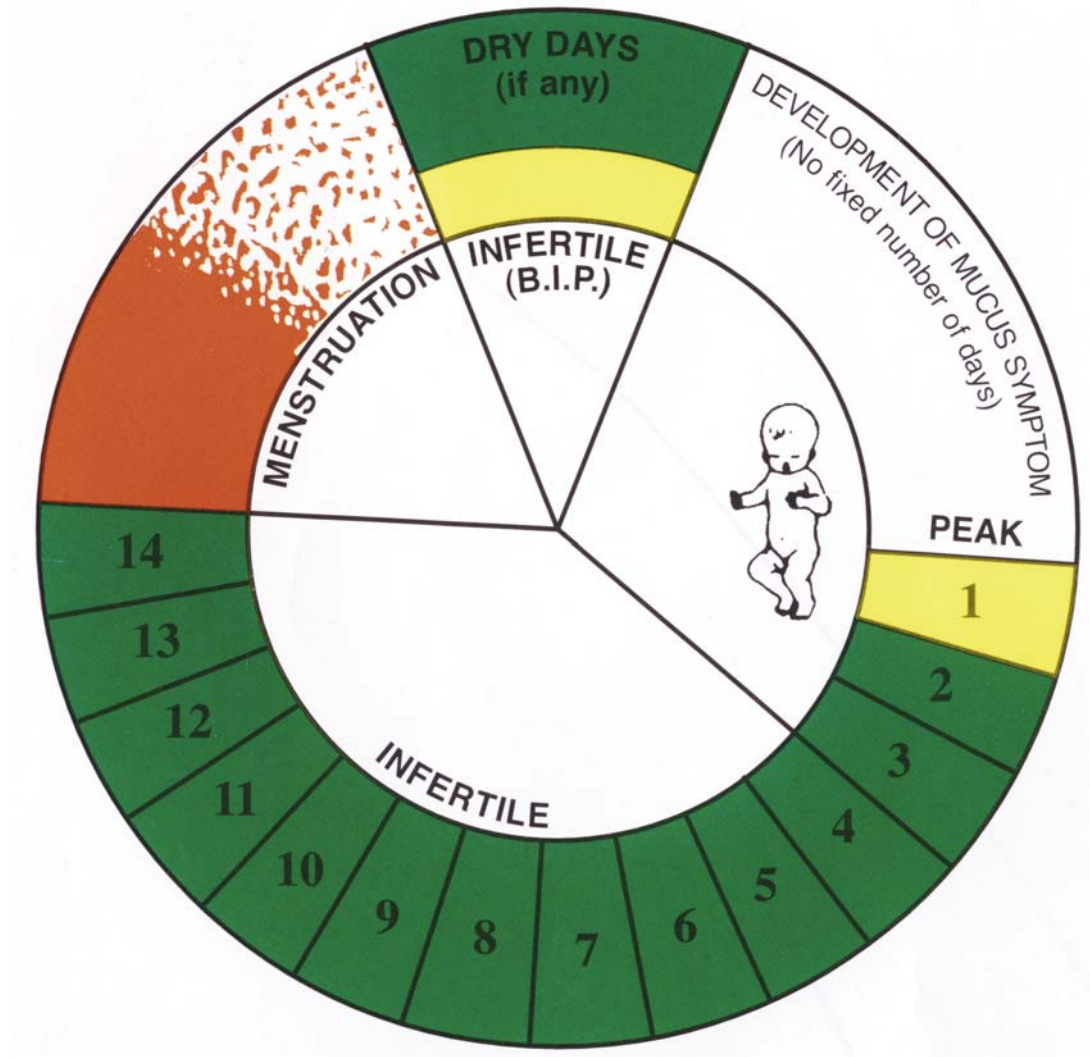
The mucus symptom, telling the woman she has begun her fertile phase, develops a few days prior to ovulation. The Peak day (the last day of the slippery sensation) occurs very close to the time of ovulation.

The daily chart is very important in reminding the woman to pay attention to the changes in sensation at the vulva and the appearance of any discharge seen. It also gives valuable information to the couple so that they can make decisions about their joint fertility.

Figure 1 shows the stamp record of a typical ovulatory cycle - Peak (marked with an X) on day 12 and a 14 day luteal phase (time from Peak day until the beginning of the following menstruation).

Figure 2 shows the stamp record of a short cycle, where fertility has commenced before the bleeding has finished and Peak occurs on day 7, resulting in a 21 day cycle.

In a long cycle, the pre-ovulatory phase may last for weeks or even months in the case of a breastfeeding mother. The woman learns



1. STAMP RECORD OF A TYPICAL OVULATORY CYCLE



2. SHORT CYCLE



to identify her Basic Infertile Pattern after just 2-3 weeks of charting. The BIP is an unchanging pattern of dryness or discharge which does not vary in any of its characteristics day after day. The couple can then apply the Early Day Rules with confidence until fertility returns.

**For further information about the Billings Ovulation Method can be obtained by contacting the Western Australian Billings Ovulation Method Centre on 9337 8737 or for country callers 1800 819 841.**

# To all brave mothers

“We would like to pay homage to all brave mothers who dedicate themselves to their own family without reserve, who suffer in giving birth to their children and who are ready to make any effort, to face any sacrifice, in order to pass on to them the best of themselves... How hard they have to fight against difficulties and dangers. How frequently they are called to face genuine ‘wolves’ determined to snatch and scatter the flock! And these heroic mothers do not always find support in their surroundings. On the contrary the cultural models frequently promoted and broadcast by the media do not encourage motherhood. In the name of progress and modernity, the values of fidelity, chastity, sacrifice, in which a host of Christian wives and mothers have distinguished and continue to distinguish themselves, are presented as obsolete. As a result, a woman who is determined to be consistent with her principles often feels deeply alone, alone in her love which she cannot betray, and to which she must remain faithful. Her guiding principle is Christ, who has revealed the love which the Father bestows on us. A woman who believes in Christ finds a powerful support precisely in this love that bears everything...”

—Pope John Paul II  
On the Beatification of  
Gianna Beretta Molla



## Do you want to become a volunteer counsellor ?

The next information/training day will be held in August 2005.  
If anyone is interested in attending this next day or finding out more about  
Pregnancy Assistance, please contact Lydia Fernandez on  
Tel: 9328 2926



## FERTILITY CARE

### A unique natural medical approach to your fertility.

#### We can help:

- married couples experiencing fertility difficulties or miscarriages
- women with menstrual or other women's health problems
- couples wanting to learn about their fertility and plan their families naturally



For a confidential discussion contact  
Dr Amanda Lamont 9388 1334  
8/10 McCourt Street, West Leederville  
**The Australian Centre for FertilityCare and  
NaProTECHNOLOGY**  
[www.fertilitycare.com.au](http://www.fertilitycare.com.au)

## Behind the Scenes

Our sorting room is a busy place,  
With lots to do and not much space  
To sort and pack and store the clothes  
That go into bundles we give to those  
Who seek our help when they are in need  
Of help with their newborns – a pleasure indeed!

The craft groups are busy and lovingly sew  
And crochet and knit to keep up the flow  
Of blankets and bibs, bonnets and booties  
In pink and blue for new little cuties.

Donations arrive from mothers who care,  
Their babies now grown, so they're happy to share  
The nighties and nappies, towels and toys,  
Jackets and jumpers for tiny girls and boys.  
Maternity clothes for mums-in-waiting,  
- It won't be long before they're celebrating!

Money that is given helps buy something new  
For precious little people and a gift for mum too.

God bless our volunteers, a happy lot,  
Always busy as bees in a sweet honey pot.  
Their help is vital, a group to treasure,  
Their selfless generosity, a gift beyond measure!

Gwen White

## REVIEW

# A beautiful book for expectant mothers

## Your Labor of Love

A spiritual companion for expectant mothers

■ By Agnes M. Penny  
Published by Tan Books

Reviewed by Brian Peachey

**Available from:**  
**St Rita's Catholic Books**  
**Tel: (08) 9446 5069**  
**\$19.80 plus postage**

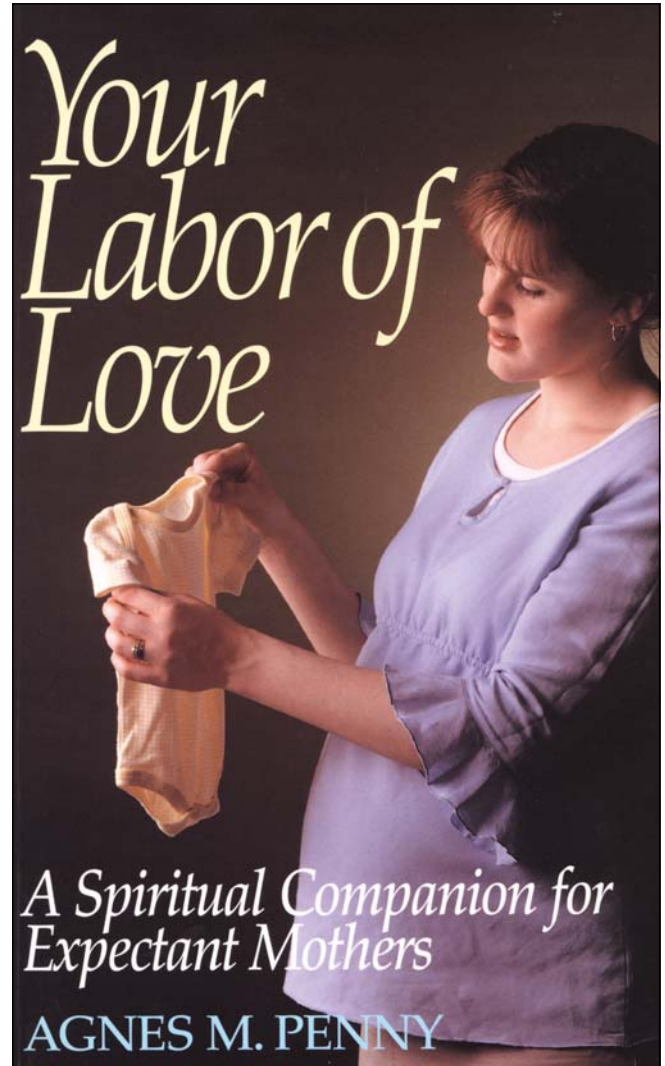
**T**his is a truly beautiful book written by a young Catholic mother of three.

The author says that she began writing the book after her first pregnancy because she had been unable to find a Catholic book of spiritual encouragement for expectant mothers. She writes of the seemingly interminable morning sickness and also of the inexpressible joy she was ex-

periencing in caring for a baby all of my own.

The author shares with readers the solutions she found to the normal problems and struggles women typically experience with pregnancy. She covers these in 36 short chapters on topics such as Loves Great Adventure, Tiredness, Mood Swings, Praying for Your Baby, Seeking Physical Comfort, The Privilege of Parenthood, A Process of Love and many others. The chapters are short, which makes it easy for the busy expectant mother. It also has the valuable advantage in that it can be opened anywhere to find a gem of great value. The author has a degree in English literature from Christendom College and it shows. It is so easily read.

As a mere male who participated in twelve pregnancies with the dramas, the expectations, the difficulties, the joys and the tragedies, I highly recommend it to all expectant mothers and fathers.



Anna on the day she was born



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# A Mother

*“The most Important Person on earth is a mother. She cannot claim the honour of having built Notre Dame Cathedral. She need not. She has built something more magnificent than any cathedral—a dwelling for an immortal soul, the tiny perfection of her baby’s body... The angels have not been blessed with such a grace. They cannot share in God’s creative miracle to bring new saints to heaven. Only a human mother can. Mothers are closer to God the Creator than any other creature; God joins forces with mothers in performing this act of creation... What on God’s good earth is more glorious than this: to be a mother?”*

**Cardinal Joseph Mindszenty (1892-1975)**



## WRITE TO US

**We want you to tell us what you would like to read in Abundant Life.**

**As the title suggests, Abundant Life is the magazine for Pregnancy Assistance, a pro-life organisation.**

**We want Abundant Life to be a part of your life. But for it to influence you, you first have to influence us with ideas.**

**Write to us at Pregnancy Assistance, 195 Lord St, East Perth.**

**Alternatively we are on the net, e-mail: [pregassist@westnet.com.au](mailto:pregassist@westnet.com.au), website: [www.pregnancyassistance.org.au](http://www.pregnancyassistance.org.au)**

*Abundant Life*

**Pregnancy Assistance  
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