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When Roe v. Wade is Overturned

With the recent resignation of Justice Anthony Kennedy, and the nomination of Justice Brett Kavanaugh to the Supreme Court, the buzz in the air is all about the possible reversal of the infamous 1972 Roe v Wade (and Doe v Bolton) Supreme Court decision. So what will actually happen when that long awaited day arrives and the Supreme Court decision is issued that negates Roe v Wade?

We will all I'm sure agree that Roe was one of the worst court decisions in the history of the Supreme Court, in the same league with Dred Scott and Plessy v Ferguson; and a Court with Kavanaugh may well acknowledge this. If Roe is overturned, the question of abortion goes back to the states. Each individual state will be free to permit abortion without restriction, permit it with restrictions, or ban it.

The probable outcome is that hardcore liberal states will permit abortion with few if any restrictions, while hardcore conservative states will ban it with few if any exceptions. Sadly, states with big Catholic populations (e.g., New York, New Jersey, Illinois, Massachusetts, Connecticut, California) will probably retain abortion on demand, while those states that severely restrict abortion will be states in which conservative Protestantism is dominant (e.g., Alabama, Mississippi, South Carolina, Tennessee, Arkansas, Missouri, South Dakota). Utah (Mormon) will, of course, restrict abortion.

If you live in Alabama and you want an abortion, you may have to take a bus to New York and rent a motel room for a few days.

Just as the demand for abortion rights is part of a bigger issue – the culture of sexual freedom – so the culture of sexual freedom is itself part of a bigger issue, namely the culture of absolute personal liberty, both sexual and non-sexual. Truly radical

leftists believe that the individual person should be free to do whatever he or she wishes – provided the acting person does no obvious harm to others.

There is, then, a leftist worldview (or quasi-religion), which begins with atheism, leads in turn to moral freedom, which in turn leads to sexual freedom, and ultimately to the right to abortion. If Kavanaugh on the Supreme Court threatens a right to abortion, leftists fear that their whole worldview is threatened. No wonder they are “freaking out.”

Their fear of catastrophe is exaggerated, I believe, though I wish it were not. I wish a Supreme Court justice, simply by reading the Constitution in a “non-living document” way, could reverse the campaign to de-Christianize America. But I don't think this will happen.

To the degree that abortion is no longer legally available, the Left will likely redouble propaganda efforts about using contraception. Kids will be taught this in school (many already are). Public service announcements on TV will remind us. Liberal clergy will tell us that contraception is a Christian duty. Parents who don't teach this to their children will be looked on as bad parents.

It's heartening that abortion will finally be restricted for decades. But that's only the first skirmish in a much larger battle.

When a Friend Is Considering Abortion

USCCB Secretariat of Pro-Life Activities

If someone shared with you that she was pregnant and hadn't ruled out having an abortion, would you know how to respond? Although the first instinct may be to convince her that abortion ends a baby's life, hearing facts is not the first thing she needs. Research shows that many women in a pregnancy crisis think, "This is the end of my life as I know it." To face the challenges before her, your friend needs

to know you care about her for her own sake and she is not alone.

First listening to your friend will help build trust and facilitate openness. Eventually, when she knows you truly care about her and she trusts you, you can share the truth in love. You can share facts about abortion, her own intrinsic worth, and the practical help and support available so she can choose life for herself and her baby.

Consider the four steps of the L.O.V.E. Approach™*: Listen and Learn, Open Options, Vision and Value, and Extend and Empower.

L Listen and Learn

First, prioritize listening over speaking. You don't have to worry about whether you may say something "wrong," and you don't need to have all the answers. Start by listening to her story.

Ask her about her feelings, thoughts, values, beliefs, and wants. Do not interrupt, except to ask her to expound, when appropriate. Ask open-ended questions, and confirm what you think you are hearing.

O Open Options

When her story is fully shared, it is your turn to provide factual information, always in a loving and caring way. You might share about the reality of abortion and the wounds that typically result. As they relate to her life, you might share experiences about having a baby, adoption, and marriage. It's most helpful to keep the focus on her.

V Vision and Value

Awaken a vision in her for a healthier life (a vision she may never have had, or that may have dimmed). Help her value herself differently. She is a special creation, worthy of love. Reassure her there is always hope and she is not alone. She can make positive, life-giving choices. She can do it.

E Extend and Empower

Provide practical help and support. Her local pregnancy help center (heartbeatinternational.org/worldwide-directory) can offer consultation, lists of community resources,

and ultrasound services. Consider keeping such lists of resources in your car, purse, or wallet. Help her plan next steps.

The L.O.V.E. Approach™ is a way to bring Christ's love at a crucial life-saving and life-defining moment. We are created to walk with and support one another. May we not hesitate to reach out in love.

This issue of Life Issues Forum has been adapted and shortened from the 2017-2018 USCCB Respect Life Program brochure by the same name: www.usccb.org/l-o-v-e.

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Four ways NFP is Different from Contraception

Dr. Janet Smith

July 25th was the 50th year anniversary of Pope Paul VI encyclical "Humanae Vitae." Let's take a moment to consider the differences between Natural Family Planning (NFP) and contraception. Some people think they are essentially the same because both are used by couples who want to have sexual intercourse but who don't want to have a baby. But it is not just the intention that determines the morality of an action – it is also the means used. How do these means differ?

Health Effects

Contraception: The various forms of hormonal contraception have a multitude of bad physical side effects, among them an increase of risk in breast cancer and strokes. Many women suffer from an increase in irritability and depression, weight gain and a decrease in libido. Moreover some of the hormonal contraceptives prevent an embryonic human being from implanting in his or her mother's uterus. It is not surprising that hormonal contraception has so many bad side effects; after all,

it fills a woman's body with synthetic hormones that suppress a woman's natural hormones.

Natural family planning: NFP has no bad physical side effects. None. Nada. In fact, a woman who knows how to chart her cycles has a treasure trove of information that helps her and her physician understand any problems she may have with fertility and all the health problems that come with hormonal imbalance, most of which can be treated by changes in diet and by vitamin and mineral supplements.

Relationship effects

Contraception: The availability of contraception leads many men and women to engage in sexual relationships with persons they may not know well, they may have no intention of marrying or parenting with, and sometimes persons they don't like. Even when they have contraceptive sex with those whom they believe they love, the use of contraception can seem to make unnecessary such conversations as "What happens if our contraception fails?" That question alone can often put a relationship in danger! Contraception facilitates cohabitation which for most is bad preparation for marriage.

Natural family planning: NFP does not encourage promiscuity but requires stability. NFP fosters and requires chastity. Only mature and committed individuals can manage the periodic abstinence required by NFP. Those who have not had sex before marriage find NFP easier to use than those who have been sexually active because they have shown their love before marriage by abstaining and thus associate abstinence with love rather than deprivation. And they generally have a larger "tool kit" for showing love and affection – such as going for walks, dancing, cooking with each other, and just cuddling. All this nonsexual time together has facilitated strong communication skills which is one of the important glues for a relationship.

Social Consequences

Contraception: The bad consequences of widespread contraception use are enormous, among them a great increase in, unwed pregnancy, single parenthood, abortion and divorce. Families headed by a single parent suffer more poverty and hardship than married families, and the children have many

more difficulties achieving success in life and relationships.

Natural Family Planning: Couples who use NFP almost never divorce. Imagine: almost never divorce. It is not simply using NFP that strengthens a marriage but it is what it takes to use NFP successfully that strengthens a marriage; self-discipline; commitment; communication; mutual agreement on goals; generosity; and a love for God's gift of sexuality.

Moral Differences

Contraception: Those using contraception are engaging in an act that has a natural consequence that they are doing a great deal to attempt to thwart. Those who use contraception treat fertility as a defect and put their desire for pleasure above God's desire for souls. They want to engage in a potential life-giving act and prevent it from being life-giving. Moreover, contraception greatly reduces the meaning of the act – an act that by its very nature is meant to express complete self-giving – and what expresses complete self-giving or commitment better than saying to another "I am willing to be a parent with you"?

Natural Family Planning: The sexual act is an act that speaks a language; it says: "I make a complete gift of myself to you. I wish to entwine my life completely with yours. I want only what is good for you. I am willing to be a parent with you." As "Humanae Vitae" states, "God entrusted spouses with the extremely important mission of transmitting human life, whereby they perform a great service for him." Spouses cannot create new human life without God; the male provides the sperm; the female the egg, and God provides the soul. It is God who decided to give women (as is in nature as a whole) a period of time to rest their bodies, when new life cannot be conceived. But he claims the fertile period for himself – for the task of bestowing the great gift of immortal life. Couples using NFP respect God's plan for sexuality.

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Calendar of Events

*For the latest updates of events see
www.calendarforlife.org*

**“Let There Be Life” California Conference 2018
Sept 8 | UC Berkeley**

The 2018 Statewide Pro-life Conference! Visit:
<https://www.prolifesf.com/events/2018/5/2/conference>

**6th Annual National Day of Remembrance for
Aborted Children - Saturday, September 8, 2018**

Pro-lifers will gather at the gravesites of aborted babies and other memorial sites dedicated in their honor. To find a location near you, visit:
<http://abortionmemorials.com/sites.php>

40-DAYS FOR LIFE – Sept. 26-Nov. 4, 2018

See: <http://40daysforlife.com/> for a location near you.

LIFE CHAIN – October 7, 2018 in most locations.

For a location nearest you see: <http://lifechain.net/>