Dear Derek and Kelly,

Thank you for your excellent work!   
Correct answers are marked with a red smiley:☺   
We have commented on several of them and (hopefully) cleared a few misunderstandings as well. Let us know if anything raises questions.

Please make sure to read everything before getting to your next assignment (it will help you with it!).

The link to your next assignment is at the end of this answer key. It is our longest and the core of the course: The Rite of Marriage, the very promises you are going to exchange.

Please do not attempt to do it in one sitting. It will be so much more beneficial for you if you take your time, and work at it in several sessions.

God bless you both!

 Mark and Kristin Gagnon

[**KristinandMark@catholicmarriageprep.com**](mailto:KristinandMark@catholicmarriageprep.com)  
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**GREEN SEX – Jason Evert  
1**. **What are the two most important natural results of sexual intercourse for couples?** Bonding and babies☺  
  
Yes, these are the results. We need to add that the meaning of sexual intercourse is the total gift of self to another person, the *“wedding consent made flesh,”* as Jason Evert words it. It is free, total, faithful, and fruitful.  
  
Now it is important to remember that there are rules regulating everything. Natural laws are God’s laws for Creation. As in anything, when we follow the rules, everything works well and strives. If we distort the rules and make-up our own, then it is chaos.  
 **Definition of Natural Law***“The "divine and natural" laws shows man the way to follow so as to practice the good and attain his end. The natural law states the first and essential precepts which govern the moral life. It hinges upon the desire for God and submission to him, who is the source and judge of all that is good, as well as upon the sense that the other is one's equal. Its principal precepts are expressed in the Decalogue. This law is called "natural," not in reference to the nature of irrational beings, but because reason which decrees it properly belongs to human nature”...* **(CCC - #1955)**  
*“The natural law is immutable and permanent throughout the variations of history;10 it subsists under the flux of ideas and customs and supports their progress. The rules that express it remain substantially valid. Even when it is rejected in its very principles, it cannot be destroyed or removed from the heart of man. It always rises again in the life of individuals and societies”:* **(CCC - #1958)**

*The natural law, the Creator's very good work, provides the solid foundation on which man can build the structure of moral rules to guide his choices. It also provides the indispensable moral foundation for building the human community. Finally, it provides the necessary basis for the civil law with which it is connected, whether by a reflection that draws conclusions from its principles, or by additions of a positive and juridical nature.* ***(CCC -#*1959)**  
**2.** **Before 1930, what did all Christian groups universally teach about contraception?** Immoral☺   
  
**3.** **What four problems did St. Pope Paul VI predict from use of the Pill?** Infertility and diminishing population growth ☺

We can also add the following:   
- General lowering of morality.  
- General disregard for psychological and physiological well-being of women by men.  
- Governments using family planning for coercive purposes.  
- We would treat our bodies like machines.  
Even some secular journalists are starting to admit that he was right. See [this article](http://www.businessinsider.com/time-to-admit-it-the-church-has-always-been-right-on-birth-control-2012-2) from Business Insider.  
  
**4. Where and how are women's rights being abused by governments that force contraception, sterilization, and abortion?**   
When women are forced to do anything, their rights are being abused through the very nature of force.☺

In addition, the UN, highly backed by the United States, has said that all economic aid to third world countries will now be tied to aggressive population programs. These countries must have aggressive distribution of contraceptives, sterilization, and ready access to abortion if we are going to feed and take care of the poor.  
  
In China or India, women are forced to abort after their second child. A recent article from the Washington Post shows that these countries have way [Too Many Men](https://www.washingtonpost.com/graphics/2018/world/too-many-men/?utm_term=.0818c2f08f20&wpisrc=al_trending_now__alert-world--alert-national&wpmk=1). The consequences are terrible (increase of human trafficking and rape for example).  
  
**5. The health risks from contraception fall almost completely on women.**   
False ☺   
TRUE

**More than 150 physiological changes occur in a woman’s body**, from head to toe, when she takes the pill. Now, it is true that if a woman becomes pregnant with a baby boy while taking the pill, her son is at risk of having [prostate deformities](https://www.newscientist.com/article/dn7333-oral-contraception-linked-to-prostate-deformities/), and there is also a possible link to [prostate cancer](http://healthland.time.com/2011/11/15/study-a-curious-link-between-birth-control-pills-and-prostate-cancer/) from hormone excretion into the water supply. Still, the overall health risks are minimal for men and fall almost completely on women.

**6. What are some of the medical problems the Pill can cause?**

Infertility, hormonal imbalances which can lead to mental health concerns, and long-term effects on a womanâ€™s menstrual cycle ☺

Yes, and also increased irritability, propensity towards depression, weight gain, reduced libido, blood clots, high blood pressure, heart disease, increased risk of cancer, and the list goes on...

Make sure to read these articles showing how the pill is causing a massive shift in who women are attracted to: [birth control pills affect women’s taste in men](http://www.scientificamerican.com/article/birth-control-pills-affect-womens-taste/) and [The science of attraction: How the pill is changing who women want](http://www.catholicnewsagency.com/news/the-science-of-attraction-how-the-pill-is-changing-who-women-want-79290/).  
 **7. The pill, Norplant, or Depo-Provera are supposed to block conception. If conception still occurs, they are designed to prevent implantation of the embryo in the uterus. IUDs also prevent implantation, provoking early abortions.**   
True☺

*“The pill acts primarily by preventing ovulation, but ovulation can occur.  This is more common with newer formulations that have less hormone and thus fewer side effects.  If ovulation does occur it acts secondarily by impairing implantation. The new life does not find 'fertile soil' and is lost.  Hence, it is abortifacient.  This is well known and is in the product information given out with the drugs at the pharmacy.  If the chance of this is one in a hundred cycles, a married woman using the pill may unknowingly abort several times using the pill off and on over 10 years.” -* ***Dr. Zimmer*** **8. If John Paul II was correct in that the language of the sexual union is one of a total and complete self-giving, then are we being honest with our bodies when we say we want to have sex with someone, but we don’t want their fertility?** No☺

It is like saying “I love the whole of you, except this part! I give myself to you, except this part!”  
  
**9. Before our culture accepted a contraceptive mentality, the language of sex was more consistently preserved because if you asked someone to have sex with you, then you essentially meant that you were willing to have a child with him/her.**True☺   
 **10. If a Catholic couple is contracepting, how can it affect their relationship with Christ and His Church?**   
If a Catholic couple is contracepting they are not following the intention of the Church☺A contracepting couple kind of tells God, we don’t need you in this aspect of my life, we don’t trust that what you built within us is enough, we want to be in control... God profoundly respects our free will. He will not impose on this couple the graces He has in store for them. Therefore, little by little the relationship between this couple and God will deteriorate, the couple gradually getting away from God. Original sin resides in the fact that Adam and Eve lacked trust in God and wanted to be the arbitrators of what they thought was good and bad for them, same here!  
These couples are not in communion with Christ and the Church and they shouldn’t receive the Eucharist, for example.

<https://chastityproject.com/qa/category/birth-control/>

**11. Why do you think our culture is so opposed to fertility?** I do not think our culture is opposed to fertility. ☺

Actually, yes, the culture in general is opposed to fertility. When we talk about the culture we talk about what the government and media convey: children will interfere with your life ambitions such as travel, partying on weekends, careers, etc. They see children as hazards to the environment, society, natural resources, and selfish lifestyles. They promote Planned Parenthood and the like, 200 people will gather at [prayer vigil for a dead elk](http://www.dailycamera.com/news/boulder/ci_22322028/residents-mourn-boulder-elk-at-candlelight-vigil) (it happened in Boulder, CO), but they have no problem with abortion! We have become a very selfish culture. We do not see children as gifts to be received with great joy anymore, but we see them as a “product” one can acquire or discard at will.

**12. How can Natural Family Planning be of benefit to marriage?**  **His answer:** Natural Family Planning can allow a couple to understand better their chances of fertility. ☺  
**Her answer:** Natural Family Planning can help a couple conceive when it is the best time for the child to be born healthy. ☺

First of all, it is in accord with God’s will upon us. Also, it puts the responsibility of family planning on the shoulders of both, not just the wife. It increases the respect of the husband for his wife as he gets to acknowledge her fertility cycle, and it increases the couple’s intimacy.  
  
**13. How could saving sex until you and your fiancé(e) are married make a positive difference in your relationship and your future marriage?**   
**His answer:** I agree with my fiance.☺

Yes indeed Derek! It is worth considering that if one cannot have self control regarding sex before marriage it carries over into marriage, increasing the likeliness of infidelity during marriage. Self control before marriage = self control during marriage.  
 **Her answer:** It would be something special that only the couple will have shared with each other. ☺

Excellent Kelly!

Again, it is in accord with God’s will. Then it will be the consummation and authentication of your Sacrament - not just a special night, and it will show your respect for the will of God. It will also show how important you view each other and that you are worth the temptation and wait. It will at the same time consolidate your love, it always does.  
  
If you haven’t done so, make sure to read this article:

<https://aleteia.org/2014/05/23/10-good-reasons-to-save-sex-until-marriage/>

Remember that past sexual experiences, with other people or even with the future spouse, create baggage. If it is with others, it can be threatening or intimidating, create jealousy and doubt on the other’s capacity to commit. It also creates bonds, or unhealthy attachments that could cause bonding issues with the future spouse.  
The one who had relations with another person would always have that experience, memory, etc...and the other spouse would have that to compete with and worry about.  
  
If it is with the future spouse, it can create doubt as one might be wondering if the relationship is based on self-gratification, or on true love. The immediate bond that is created also hinders our freedom.

It **harms the trust in marriage** because it makes a person wonder, "If my spouse was willing to have sex outside of marriage before, will they do it again?", it impacts the sense of security in marriage because spouses wonder how they compare to other past intimate relationships, it creates a tension because the spouses wonder about past partners but really don't want to hear about it at the same time.It often triggers jealousy.

Individually, **find as many ways as possible to demonstrate your love to your fiancé(e) without being sexual.** This is just for the two of you. Please do not share with your instructors.  
Then practice those ways!

**Love is fully human, free, total, faithful and fruitful.**If you haven’t already done so, make sure to take the time to watch this [introduction to Humanae Vitae](https://youtu.be/Swlm0_OC_JQ) ,an encyclical written by Blessed pope Paul VI in 1968.

You can also read the whole Humanae Vitae encyclical by [clicking here](http://www.papalencyclicals.net/Paul06/p6humana.htm) (short – only 18 pages - and easy to read).

** Next**

**Assignment 6 of 9: Rite of Matrimony**

<https://cmp.memberclicks.net/the-rite-matrimony-32p5>

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Very enlightening article:  
**Understanding the Stages of Spiritual Starvation in the West**:  
<http://blog.adw.org/2011/02/understanding-the-stages-of-spiritual-starvation-in-the-west/>   
  
List of NFP doctors:<http://onemoresoul.com/nfp-providers>  
  
Na-Pro technology:<http://www.naprotechnology.com/>  
Humanae Vitae:<http://www.vatican.va/holy_father/paul_vi/encyclicals/documents/hf_p-vi_enc_25071968_humanae-vitae_en.html>  
  
NFP and rate of divorce: [[NFP and rate of divorce](http://www.usccb.org/issues-and-action/marriage-and-family/natural-family-planning/medical-research/upload/CMR-Summer-Fall-2013-Divorce-and-NFP-edited.pdf), or <http://www.usccb.org/issues-and-action/marriage-and-family/natural-family-planning/medical-research/upload/CMR-Summer-Fall-2013-Divorce-and-NFP-edited.pdf> **starting on page 12**](http://www.physiciansforlife.org/index2.php?option=com_content&do_pdf=1&id=193)

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