

The following resources are available from the Respect Life Office for loan. To reserve a resource, contact Rachelle 701-356-7910, or rachelle.sauvageau@fargodiocese.org

NATURAL FAMILY PLANNING:

Contraception: Why Not?: In this video Dr. Janet Smith presents compelling evidence that couples who accept children as a gift from God using natural family planning if needed tend to be individuals of strong character and have happier marriages with dramatically lower divorce rates than the general population. 60 minutes. Grades 11-12, adults.

Introduction to Natural Family Planning: A great short intro to NFP. Includes medical background from two doctors, spiritual background from a priest and a lot of helpful info and encouragement from NFP users. Developed by the Diocese of Lansing with a grant from Our Sunday Visitor. DVD. 55 min.

NFP: A Shared Value: Provides quick interviews with couples who enthusiastically promote NFP. Produced by the Diocese of St. Cloud NFP Office. 15 minutes.

NFP: The Spiritual Link: This video has proven to be very helpful in preparing engaged couples. It shares the positive values of NFP which opens their minds and hearts to explore the gift of this teaching of Christ and His Church. Featuring Dr. John Billings, well-known former Presbyterian minister Scott Hahn and dynamic Clayton Barbeau; along with Pro-NFP physicians, couples and the Vicar General of the St. Cloud Diocese who all strongly support the teaching of *Humanae Vitae*. 14 minutes. Adults.

THEOLOGY OF THE BODY:

(* indicates new resource to library)

* ***Created and Redeemed:*** 8-part DVD series by Christopher West teaching on the universal message of John Paul II's Theology of the Body. Study guide included.

* ***Freedom to Love:*** 4-part CD series by Christopher West on applying the "Theology of the Body" to life and relationships. Workbook included.

* ***Introduction to Theology of the Body:*** 4-part DVD series by Christopher West which explores the questions; Why were we created male and female? Where do we come from and why? What is the meaning of life? Why is there evil in the world and how do we overcome it?

Male and Female He Created Them: Drawing from the thought of John Paul II Christopher West discusses the essence of being a true woman and a real man. 3 hours. 3-part video series.

The Gospel of the Body: An Introduction: An overview of the theology of the body given by Christopher West. This tape is a great way to get to know what the theology of the body is all about. Older teens and adults. 1 hour.

The Theology of the Body and the Freedom to Love: Christopher West speaks to young adults on how living true love and freedom according to Christ impacts our daily relationships. Recommended for teens and young adults. 2 hour. Single video.

Christopher West visits North Dakota: This one-hour video captures Christopher West's recent visit to Grand Forks. Broken down into 7-3 minute segments, this presentation offers a look at the Theology of the Body and offers study groups, adults and young people an opportunity to explore its relevance for today's culture. Comes with group facilitators guide.

Audio (Tape or CD):

Naked without Shame: Christopher West's 12-tape Crash Course presentation on the Theology of the Body. Study guide included.