

children. Pregnancy comes to be seen as a disease – contraception being the preventive medicine, and abortion being the cure.

Trying to solve the abortion problem with contraception is like trying to put out a fire by dousing it with gasoline! Only by restoring the full truth about the goodness, the beauty, and the demands of sexual love can we prevent “unwanted babies...”

Over 100 medical physicians signed the following statement regarding the morning after pill:

The U.S. Food and Drug Administration has approved the use of "morning after pills" which may be taken up to 72 hours after sexual intercourse as a "safe" way to "avoid pregnancy." The FDA has also authorized such drugs to be labeled and sold in interstate commerce as "emergency contraception."

In fact, the FDA, which is supposed to protect consumers from drug fraud, has authorized such fraud by granting its permission to label drugs such as Preven, Planned Parenthood's Plan B, etc., as contraceptives.

These drugs achieve their primary anti-fertility effect by destroying a new and distinct human being -- with a unique genetic code different from the mother's and father's -- after the process of fertilization has taken place, but before the child has nestled into the mother's womb.

These actions of the FDA have, in fact, prevented consumers from learning they were pregnant -- and that they may have been an unwitting party to an abortion.

We recognize that proponents of emergency contraception, or morning after pills, claim their products prevent both pregnancy and abortions. However, in doing so they must first reject the definitive conclusions of the biological sciences regarding the

beginning of human life that they learned in medical school. And secondly, they must employ ambiguous language, which is crafted to avoid public controversies over abortion and the moral concerns of women taking these drugs.

We also believe that the widespread availability of morning after pills will also increase pressures on women for unwanted sexual intercourse, which will ultimately result in women aborting without their knowledge or consent.

For these and other reasons, we urge women to inform themselves of the real medical and moral facts regarding the so-called "morning after pills."

From: *The Contraception of Grief*  
By Theresa Karminski Burke, Ph.D.  
Pastoral Associate, Priests for Life  
Founder, Rachel's Vineyard Ministries  
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#### **Pope John Paul II Society of Evangelists**

14818 Rancho Road  
Hesperia, California, USA  
Telephone: 760-488-2919  
FAX: 760-948-7620

E-mail: [pjpiisoe@earthlink.net](mailto:pjpiisoe@earthlink.net)  
[www.pjpiisoe.org](http://www.pjpiisoe.org)

Pamphlet 144

## **After “The Morning After”**

“I was raised Catholic and pro-life. The thought of ever having an abortion was beyond my comprehension, because I truly valued the gift of life. I prided myself on being a “good girl.” Only “bad girls” had babies out of wedlock. Once I began dating a man that I loved, however, our passion was hard to control. Although we had sex many times, I *thought* I was mature and responsible. I was also very careful. We used spermicidal gels and foams along with condoms. I never wanted to be in the position of needing an abortion, because I also would never want to come home pregnant and disgrace my family by being a “bad girl.”

One weekend my boyfriend and I attended a time-share mini-vacation at a resort. This enticing deal offered the guests a free condominium for the weekend in exchange for listening to a sales pitch to purchase a time-share resort property. Did I mention that the condo included a private hot tub and fireplace? Unfortunately, it was a temptation we could not turn down, and so we registered and traveled a few hundred miles to engage in an immoral get-away. It was fun to pretend that we were a couple. It was even more exciting to enjoy a private room with champagne in what seemed to be the perfect romantic setting.

Our fantasy was abruptly shattered, however, when our condom broke while making love. I felt it break inside me, and sure enough, there was a large tear in the tip of the condom, making it clear that thousands, possibly millions of microscopic sperm were now swimming their way up my fallopian tubes (we did not use spermicidal foam that evening). According to the calendar calculation of my rhythm cycle, I was likely in the midst of ovulation or nearing it. All I could register was the utter horror at the possibility of becoming pregnant!

There was just no way! I was the “good girl!” I was my daddy’s favorite! I could never come home and tell him I had gotten pregnant. I wanted to undo

the leaky condom and reverse our potential crisis. But how? What could we do?

We spent the night obsessing over all the possible scenarios that could play out if I were pregnant. Before we knew it, the glimmering dawn rays of the sun were heralding the lamentable “morning after.” I remembered hearing about some kind of “emergency contraception” on a television news show. It made perfect sense to look into this option. After all, this was not some adolescent mistake; we had been responsible! We had used a condom! We had no conscious or unconscious desire to become pregnant; after all, we were using birth control.

But the birth control had failed us, and so it seemed at the time that medical science had a responsibility to help us! I made numerous phone calls, and finally someone mentioned the possibility of taking a “morning after pill.” I had to call at least a dozen doctors in order to find a physician who was willing to administer it. I was informed: “This is a very powerful hormonal drug. We don’t just give it out unless there is a serious reason.” Eventually, I found a 24-hour emergency clinic that agreed to offer me the shots. (When this incident occurred twenty years ago, the morning after pill was actually given in the form of two consecutive shots separated by 24-hour time intervals.) At the time, I never felt anything other than the complete determination to end “that possibility.” I could not afford to take any chances. I just couldn’t take hearing the words “You’re pregnant.”

I received the shots and endured several weeks of excessive bleeding and cramping as the drug purged my uterine walls of any sperm that might be left hanging around, looking for an egg to penetrate. I did not consider taking this emergency contraception as anything bad, however. In my mind, it was nothing like having an abortion. Of course, I would never do that!

I later learned that the morning after pill is a multiple dose of an oral contraceptive. The morning after pill may prevent ovulation, or if fertilization has occurred, it may ruin the implantation of a newly conceived human being.

Pride is defined in Webster’s dictionary as an inordinate self-esteem or conceit; a reasonable or justifiable self-respect. The word conceit refers to a favorable opinion, especially an excessive appreciation of one’s own worth or virtue. My intellectual rationalizations precluded any sin I may have been committing, but I felt guilt and shame in the inward depths of my soul. It was a guilt and shame that would follow me for many years as I sought to reconcile an unnamed hurt, an unmentionable betrayal, and an invalidated grief. Intellectually, I had been responsible, but according to my deepest convictions of faith, morality, and the Church teaching which I embraced, I was a hypocrite, living a farce as a prideful and unrepentant sinner. The experience was especially difficult to reconcile within myself because I never knew whether I conceived a child that night. Either way, my intent was to reject any gift of life that may have come from a mistake I had made. I was not allowed to make mistakes. In my prideful perfectionism, I needed to erase any mistakes I had committed.

Only later, on a Rachel’s Vineyard Retreat, did I grieve my calculating rejection of what God may have allowed to happen that night. Only later did I realize that I had been attempting to control the consequences of my actions through a medicine that may have acted as an abortifacient. Only God knows if I conceived a child that night. Only God in His mercy can forgive me for my ignorance, pride, and desire to maintain my “good girl” image. My actions and promiscuous behaviors revealed a contradiction between who I pretended to be to my parents and those closest to me and what I did privately with my boyfriend - and what I did in a panic stricken moment. There was clear evidence of a grave contradiction and serious denial.

God sent His Son Jesus so that we might have life and have it to the fullest. When we are only revealing half of who we are, and minimizing, distorting, and rationalizing our other behaviors, we cannot embrace the whole truth of ourselves in honesty. We remain in bondage and deception. Eventually, I reconciled this painful event by placing my situation into the palm of

His mercy. I asked God to forgive my foolish fear and to give me the courage to face my failings with honesty. Repentance offers the greatest freedom and the utmost clarity.

The common description of the morning after pill as emergency “contraception” fails to describe its possible abortifacient action and is misleading to the public. This confusion is aggravated further by the current attempt to re-define pregnancy as occurring after implantation. It has always been a basic fact of human embryology that life begins at conception. It’s only been in the last three decades that medicine has considered pregnancy to begin at implantation instead of at fertilization.

Manufacturers of the morning after pill have reduced the hormone content of oral contraceptives due to serious side effects and health risks. Now women are being encouraged to use these same pills in multiple doses as post-coital “contraception.” The potential long-term impact of these high hormone doses, especially when used repeatedly, is worrisome. The potential effect of the drug on children who survive is also a cause for concern.

The contraceptive obsession of modern day culture is at complete odds with the life of the soul, created to reflect the image of God and His joy in creating new life. By using contraception or methods of sterilization, we close ourselves off from welcoming children into our lives and marriages. This is contrary to the vows that Catholic couples profess on their wedding day, when they agree to accept children lovingly as a gift from God. Consequently, if their method of birth control fails (as it frequently does), then the couple is faced with a child whom they did not want growing in the womb. Contraception has made us think that we can sever the intrinsic connection between having sex and making babies.

As Christopher West points out in his book *Good News about Sex and Marriage*:

*“Unwanted babies are the result of people having sex without being open to*