

## **The Sexual Mess We Are In and How We Got There**

The Alliance for Life Ontario annual conference was held on 4-5 October 2019, in Guelph, Ontario, Canada, and the theme was, “50 Years of Abortion: A Time to Cherish Human Life.” Canada has had 50 years of abortion from 1969 to 2019.

Dr. Janet E. Smith, Ph.D., was the first speaker, on the topic of, “The Sexual Mess We Are In and How We Got There.” Here are my notes from her amazing presentation from many years of research and teaching. She is the author of “Contraception: Why Not,” and other publications.

Dr. Smith said, “Contraception changes our understanding of sex.” Today, “having sex and having babies are viewed as entirely different activities. People don’t realize that when you have sex and get pregnant, something has actually gone right. Having sex and having babies go together, and do in marriage. But contraceptives separated sex from having babies. . . . And contraception points to the present only.”

She defined contraception as “taking a contraceptive while engaging in a sexual act with the intent to render the act infertile.”

Dr. Smith has tracked the “bad consequences of contraception:

- Bad for health of women;
- Increases incidence of sexually transmitted diseases;
- Bad for male/female relationships;
- Facilitates sex outside of marriage;
- Leads to unwanted pregnancy (which is viewed as accidental instead of a natural result of sexual union) and to single parenthood;
- Fathers cut adrift (no responsibility or authority in life of child, including to save the child from abortion);
- Causes and leads to abortion;
- Contributes to divorce;
- Contributes to poverty and social chaos;
- Increases use of porn;
- Harmful to environment;
- Eased acceptance of same sex ‘marriages’ and transgenderism.”

She pointed to the exponential increase—since 1965 and the introduction of contraception—of births outside of wedlock. As of 2014 in the U.S., “more than 4 in 10 children are born to unwed mothers.” In some places, it is much higher, like “Detroit, where 80% of babies are born out of wedlock.” Overall “in the USA:

- 70% of black babies are born out of wedlock;
- 50% of Hispanics;

- 30% of Whites;
- 40% average.”

“In Canada, 1 of out 3 children are living in a home without both their biological parents.”

The Dr. Smith talked about divorce rates, which were “about 7% in 1960, then skyrocketed to 23% by about 1980, then declined a little to around 20% in 1998.” She observed, “Never before in the history of mankind has the divorce rate doubled in less than two decades. The one difference was the introduction of contraception.”

By contrast, only a small percentage, “as low as 3%, of couples who practice Natural Family Planning, divorce,” and this is likely because they totally give themselves to one another, are inviting the Presence of God the Creator into their sexual intimacy and union, and are open to receiving the children that God desires to give them.

In “Love and Responsibility,” Fr. Karol Wojtyla said, “If the possibility of parenthood is deliberately excluded from marital relations, the character of the relationship automatically changes. The change is away from unification in love and in the direction of mutual or, rather, bilateral, ‘enjoyment.’ Marital love requires that spouses be fully aware of their mission” – including to “Be fruitful and multiply, and fill the earth” (Genesis 1:28; 9:1, 7).

Dr. Smith explained reasons why contraception—with the intent to render a sexual act infertile—“violates God’s plan for sexuality:

- It is not in accord with God’s plan for sexuality.
- A violation of the good of a woman’s physical and psychological health.
- An impediment to the total self-giving of spousal love.
- A rejection of God as the Creator of new life.”

But, she continued, “In marriage, sexual relations are holy, and an invitation to God to create life. But contraception is disinventing God. God creates every human soul: sperm and ovum cannot in themselves create an immortal soul. In sex, the male provides the sperm, the woman provides the ovum, and God provides the immortal soul. Contraception thwarts God’s life-giving power. It violates the procreative, then also violates the unitive aspects of sexual intercourse.”

Dr. Smith translated the first line of *Humanae Vitae*, from the original Latin, as follows: “God has entrusted to spouses the extremely important mission of transmitting human life by which they offer a service to God.”

Referring to another writing of Pope John Paul II, “Man and Woman He Created Them: A Theology of the Body,” Dr. Smith mentioned these vital foundational truths:

- “God is a Trinity, Father, Son and Holy Spirit.
- They celebrated Their love for one another and Their accomplishments.
- We are meant to be lovers. Male is made for female, and female for male. Our very bodies tell us that we are not complete. We are meant to love and be loved. We are meant to be in relationship with a person of the opposite sex. We are made to be in a communion of lovers.

- We are made to be self-giving of our lives to others.”

Books Dr. Smith recommended:

- “Love and Responsibility,” by Karol Wojtyla (later John Paul II).
- “Humanae Vitae,” by Pope John Paul II (1968).
- “Humanae Vitae: A Challenge to Love, Pope Paul VI,” by Janet E. Smith, Ph.D.
- “Man and Woman He Created Them: A Theology of the Body,” by John Paul II. (This is based on Scripture, and begins with the book of Genesis.)
- “Why Humanae Vitae is Still Right,” by Janet E. Smith, Ph.D.
- “Fertility, Cycles & Nutrition,” by Marilyn M. Shannon.

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Dr. Smith has shown us what a beautiful gift God has given to us in making us in His image as male and female, designing us for one another, and giving the gift of human sexuality and union within the lifetime covenant of marriage. Yet how much destruction we bring upon ourselves, sexual partners, and loved ones when we reject His plan, and misuse and violate His gift to us.

SDG and for the sanctity of human life,

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**“God said, ‘Let us make man in Our image, according to Our likeness’ . . . And God created man in His own image, in the image of God He created him; male and female He created them. And God blessed them; and God said to them, ‘Be fruitful and multiply, and fill the earth, and subdue it’ . . . And God saw all that He had made, and behold, it was very good” (Genesis 1:26-28, 31).**

Genesis 2 gives more detail about the process of creation: **“Then the LORD God said, ‘It is not good for the man to be alone; I will make him a helper suitable (corresponding to) him.’ . . . So the LORD God caused a deep sleep to fall upon the man, and he slept; then He took one of his ribs, and closed up the flesh at that place. And the LORD God fashioned into a woman the rib which He had taken from the man, and brought her to the man. And the man said, ‘This is now bone of my bones, and flesh of my flesh; she shall be called Woman, because she was taken out of Man.’ For this cause a man shall leave his father and his mother, and shall cleave to his wife; and they shall become one flesh” (Genesis 2:18-24).**