

reduced production of sex hormones and reduced libido leading to reduced fertility.

### The Bible and Alcohol

There are very many verses in the bible on alcohol most of which condemn drunkenness. Some examples below:

Joel 1:5-6 Awake, drunkards, and weep; and wail, all you wine drinkers, on account of the sweet wine that is cut off from your mouth.

Isaiah 5:22 Woe to those who are heroes in drinking wine and valiant men in mixing strong drink.

1 Corinthians 6:9-10 Do not be deceived: neither the sexually immoral..... nor drunkards .....will inherit the kingdom of God.

Luke 21:34 "Be on guard, so that your hearts will not be weighed down with dissipation and drunkenness and the worries of life, and that day will not come on you suddenly like a trap.

Healing from alcoholism requires professional help from a psychiatrist, mental hospital or rehabilitation center.

### PORNOGRAPHY

Pornography is the portrayal of erotic behavior designed to cause sexual excitement. It is words, acts, or representations that are calculated to motivate sex.

Sources include: the internet, novels, movies, media, comedy, soap operas etc.

#### Facts about Pornography

- Porn can become as physically and chemically addictive as alcohol, drugs or gambling.
- Recent brain research discovered that with



each visual experience, we literally grow new brain therefore a man can shape the way his brain views women upon what he places before his eyes.

### Effects of Porn Use

Addiction, promiscuity leading to STIs, unwanted pregnancies and increased rates of abortion, sexual/erectile dysfunction, poor performance at work or in academics, marriage break-ups, sexual deviation behaviors like rape, defilement, constant lust, homosexuality, masturbation, bestiality, incest since people tend to have sex with those they watch porn with and sometimes these are close relatives, sexual exploitation of women and children by the porn industry, degradation of the actors, drug and substance abuse by the actors in order to get the courage to act porn movies, cyber bullying through sharing porn videos of naked people on social media by those who do not like them or as a result of a broken love affair..... Generally, porn affects lives, moral strength, relationships, and marriages, lives of children, community life as well as the viewer and actor alike.

Entertaining porn is a grave sin (CCC 2354) and if one is aware of this and still watches porn without being forced, s/he needs sacramental confession before receiving Holy Communion after viewing porn.

### Signs of Pornography Addiction

If you answer YES to any of the following, consider seeking counseling for addiction:

- Do you have a preoccupation with pornography?



- Have you had repeated unsuccessful attempts to control or stop viewing pornography?
- Do you use pornography as a reward for hard work, and/or a way to escape problems or negative emotions?
- Are you risking the loss of a significant relationship, job, or educational or career opportunity because of the use of pornography?
- Have you been thinking that you might need counseling because of your pornography use?

### HOW TO HEAL FROM ADDICTION

- Admit that you have a problem and need help.
- Get rid of all porn material - destroy it.
- Seek counseling.
- Seek God's help and forgiveness; If Catholic go for confession.
- Pray daily to overcome temptations (if Catholic, go for Mass daily and Eucharistic adoration).
- Be active and productive.
- Fast if you can, read scripture and good spiritual books.
- Avoid secretive environment where you are tempted to view porn.
- Have a determined will and develop a plan to grow in purity of heart and mind.
- Do not get discouraged; the battle is not easy do not give up if you fall.

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# UGANDA MARTYRS PRO-LIFE APOSTOLATE



Educate yourself on:  
contraceptives | Alcohol | Pornography

".....and with any trial He will give you a way out of it and the strength to bear it". (1 Cor. 10:13)

## CONTRACEPTION: TO USE OR NOT TO?

Contraception is the deliberate use of artificial methods or other techniques to prevent pregnancy as a consequence of sexual intercourse.

### Categories of contraceptives:

A. Barrier methods

#### The Condom

**Effectiveness:** Failure rate of condom as contraceptive; male condom 18% and female condom 21%. (Adapted by CDC from WHO's Family Planning: A Global Handbook for Providers (2001) and Trussell et al (2011).

"Even intact condoms have naturally occurring defects (tiny holes penetrating the entire thickness) measuring 5 to 50 microns in diameter, [In other words, just as rubber tires, over time, lose air, condoms (manufactured of the same product, rubber) also are porous" ... "the rubber comprising latex condoms have intrinsic voids about 5 microns in size, the AIDS virus is only 0.1 micron in size, (THINK)". Michael Roland, head of the Polymer Properties Section at the Naval Research laboratory in Washington, D.C. and editor of Rubber Chemistry and Technology.

#### B. Hormonal methods (contraceptive pill, implant, Depo-Provera injection, coil with hormones)

##### How do they work?

They prevent ovulation, inhibit sperm migration by thickening cervical mucus and prevent implantation so they are potential abortifacients.

##### Commonly reported side effects

Headaches, heavy bleeding, cramping, breast tenderness, bloating, moodiness, loss of libido.

##### More serious complications: early abortions, blood clots, cancer.

In 2005 the research arm of the World Health Organization declared the combined hormonal



contraceptive a human carcinogen. Use of hormonal contraceptives is associated with an increased risk of breast, cervix, and liver cancer. If the pill is taken before a woman's first pregnancy, there is a 44% increased risk of breast cancer.

#### C The Intra Uterine Device with no hormones

acts "primarily by preventing the embryo from implanting – not by preventing conception. It is therefore an abortifacient, NOT a contraceptive." -DR. JEROME LEJEUNE Expert on Fundamental Genetics-University of Paris.

**Adverse effects of the IUD:** Endometritis (inflammation of inner lining of womb), dysmenorrhea (painful periods), lower abdominal pain, anaemia due to excessive bleeding, fragmentation of the IUD, string can break off, urinary bladder perforation, migration of coil to other parts of the abdomen, recurrent pelvic inflammatory disease that could lead to infertility and other effects of hormones for the IUD that contains hormones.

#### D. Surgical methods: Vasectomy and tubal ligation.

**a) Tubal ligation:** Adverse effects include increased risk of ectopic pregnancy, bleeding, increased future gynecologic rate of surgery, adverse anesthesia effects, post tubal ligation syndrome and injury to other organs in the abdomen.

**b) Vasectomy:** Adverse effects include psychological disorders, prolonged fever, recurrent infection, skin eruptions, chronic painful vas granuloma or congestive epididymitis and scrotal hematoma.

#### Why is Contraception wrong?

- Hormonal Birth Control can cause early abortions.
- Contributes to the increase in abortions. According to a survey, 54% of the women who had an abortion were using birth control the month before.
- It has fostered the mentality that men and

women are incapable of self-control leading to the dramatic increase in premarital sex, adultery, divorce and abortion.

- It is unethical to expose healthy women to health risks to prevent a normal condition. (The Catholic church teaches that fertility is good, a gift of marriage and a way the couple participates in God's Fatherhood. (CCC 2366)
- The Catholic Church teaches in the Catechism of the Catholic Church (CCC) that Regulation of births should be done with just and unselfish reasons using morally acceptable means i.e. means that keep the unitive [open to love] and procreative [open to life] aspects of the conjugal act. (CCC 2368, 2369)

**What is the Alternative?** Modern Natural Family Planning methods which are 100% safe and over 95% effective (just as effective as the best artificial methods in regulating births).

## DANGERS OF ALCOHOL ABUSE



Alcohol abuse means you drink too much and it causes problems in your life although you aren't completely dependent on alcohol. If alcohol abuse is not controlled it ends in alcoholism.

Alcoholism is a chronic disorder or disease in which one's body becomes dependant on alcohol. It is a broad term for any drinking of alcohol that results in mental or physical health problems.

An alcoholic is a person suffering from alcoholism. An alcoholic is not able to control when they drink, how much they drink or

how long they drink on each occasion. An alcoholic continues to drink even when s/he knows this is causing him/her problems with health, relationships, work or finances.

#### Uganda alcohol status according to WHO's 2014 Global Status Report on Alcohol & Health states:

Ugandan drinkers drink 23.7 litres of pure alcohol a year per capita. Males typically consume 25.6 liters while females drink 19.6 liters. American drinkers, in comparison, drink 13.3 liters. As a consequence of what's often excessive drinking in Uganda, 10% of males and 1.5% of females have an alcohol related disorder. That's about three in every 50 people.

#### Self Assessment for Alcoholism

A "yes" to 2 or more of the "CAGE" assessment questions below means you need help.

1. Have you ever felt you should cut down on your drinking?
2. Have people annoyed you by criticizing your drinking?
3. Have you ever felt bad or guilty about your drinking?
4. Have you ever had a drink first thing in the morning to steady your nerves or get over a hangover?

## HEALTH COMPLICATIONS

Pancreatitis, liver cirrhosis, alcoholic liver disease, neuropathy, intolerance to heat, poor balancing, loss of long term memory and later short term memory as well, reduced ability to think clearly & make rational decisions, loss of emotional control, short-term memory, poor judgment and ultimately permanent brain damage, malnutrition, bloating, diarrhea, ulcers, hemorrhoids, dangerous internal bleeding, cancer in the mouth, throat, esophagus, colon, or liver, lowered immunity, muscle weakness and cramping, and eventually muscle atrophy, high blood pressure, irregular heartbeat, stroke, heart attack, heart disease, heart failure, and anemia. For women; premature delivery, miscarriage, or stillbirth and for men; erectile dysfunction,