



Why is Natural Family Planning the right choice in planning your family?

- It is medically safe with no harmful side effects
- It is 99 percent effective at postponing pregnancy
- It is scientifically researched
- It is 100 percent natural without the use of chemicals, injections or patches
- It is very easy to learn and use and requires only a few minutes a day for a woman to observe her signs of fertility
- It increases intimacy and

NFP classes are scheduled throughout the year in the diocese by instructors certified through the Couple to Couple League. For more information on classes, call one of the following couples:

- ❖ **Old Saybrook:** Steve and Lisa Collison @ 860-399-8265
- ❖ **Gales Ferry:** Craig and Liz Schantz @ 860-908-2333
- ❖ **Oakdale:** Chad and Sara Estabrooks @ 860-917-3938

Home study courses are also available in English or Spanish through the Couple to Couple League website at www.ccli.org

Another NFP resource for the Diocese is:

- ❖ Jennifer Tress, FertilityCare Practitioner @ 860-466-9612 or email at Jen.Tress@gmail.com



For more information, contact:
Mary-Jo McLaughlin
Catholic Family Services
Diocese of Norwich
860-848-2237, Ext 306
mmclaughlin@norwichdiocese.net

NATURAL FAMILY PLANNING: God's Design For Married Love

“The family is the setting in which a new life is not only born but also welcomed as a gift of God.”

~ Pope Francis



Natural Family Planning (NFP) is an umbrella term for certain methods used to achieve and avoid pregnancies. These methods are based on observation of the naturally occurring signs and symptoms of the fertile and infertile phases of a woman's menstrual cycle. Couples using NFP to avoid pregnancy abstain from intercourse and genital contact during the fertile phase of the woman's cycle. No drugs, devices, or surgical procedures are used to avoid pregnancy.

It reflects the dignity of the human person within the context of marriage and family life, promotes openness to life, and recognizes the value of the child. By respecting the love-giving and life-giving natures of marriage, NFP can enrich the bond between husband and wife.

(Standards for Diocesan Natural Family Planning Ministry, p. 23)



The Basis for NFP ~ It is scientifically established that during each menstrual cycle a woman normally becomes fertile and then naturally infertile. The fertile time is the part of her cycle when sexual intercourse can result in pregnancy. A woman's body provides certain physical signs – easily identifiable changes in cervical mucus and in normal body temperature – to indicate her fertile and infertile times. By learning how to identify and chart these signs, a couple can know precisely when the woman is fertile or not.



Websites of interest:

www.usccb.org/issues-and-action/marriage-and-family/natural-family-planning

<http://www.foryourmarriage.org/parenting-family/family-planning>



Can NFP work with irregular cycles? In general, if a woman's fertile time comes earlier or later than usual, she knows about it because of physical signs that she is trained to identify.



Can NFP help achieve pregnancy? With NFP couples will become aware of the most fertile days in a woman's cycle to maximize their chances of conception.



Is NFP Morally Acceptable? Yes, the Catholic Church accepts the use of Natural Family Planning when couples have legitimate reasons for spacing babies or family limitation. Married couples can engage in conjugal love during naturally infertile times in a woman's cycle without violating the life-giving meaning of marital intercourse.

Natural Family Planning allows a couple to love each other as God loves