

What *is* Natural Family Planning?

Natural Family Planning (NFP) refers to a system of fertility awareness utilized by married couples to achieve pregnancy, or in a time of discernment, to avoid it.

How Does it Work?

- By monitoring the natural signs of a woman's body throughout her menstrual cycle: body temperature and mucus secretions
- When a couple discerns that they should postpone conception at a given time, they abstain from sexual contact during the woman's fertile time (usually 6-9 days per cycle).

NFP offers many benefits for couples:

- A deeper appreciation for their bodies
- Shared responsibility in planning their families
- Strengthening their marital bond

Couples practicing NFP tend to communicate more...

...not just about when to have sex and when to avoid it. NFP provides the opportunity for couples be more attuned to each other's health and well-being. NFP practicing couples necessarily re-evaluate their priorities (work, finances, family commitments, etc.) on a consistent basis as they discern God's will for their family **together**.

NFP respects the truth of the person.

NFP is a way of living that helps couples to give themselves to each other more fully, live their family lives more joyfully, and cooperate with the loving God's plan for their marriage.

Registering for an NFP Class in the Archdiocese of Philadelphia

Return this form and a check for \$100 to:

Family Life Office

222 N. 17th Street
Philadelphia, PA 19103-1299
Financial Assistance is available; please call
215-587-5639

1st Choice Group # and dates: _____ 2nd Choice Group # and dates: _____

FEMALE

Name: _____

Parish: _____

Address: _____

Phone (Day and Evening): _____

MALE

Name: _____

Parish: _____

Address: _____

Phone (Day and Evening): _____

Office Use

DT APPL RCD _____ PMT# _____

*The nuptial encounter, far from being reduced to the satisfaction of a blind instinct, becomes a **language** through which the deep union of the two persons, male and female, is expressed. They give themselves to one another and in this intimacy, precisely to express the total and definitive communion of their persons, they make themselves at the same time the responsible co-workers of God in the gift of life.*

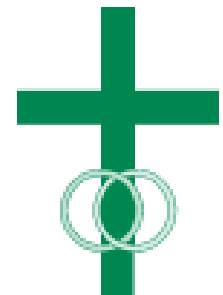
~ Pope John Paul II



ARCHDIOCESE OF PHILADELPHIA
FAMILY LIFE OFFICE

Natural Family Planning

Resources and Support



Family Life Office
215-587-5639
[www.archdiocese-phl.org/
evangelization](http://www.archdiocese-phl.org/evangelization)
famlife@adphila.org

Resources for learning more about Natural Family Planning

Family Life Office 215-587-5639

E-mail: famlife@adphila.org

The Family Life Office of the Archdiocese of Philadelphia offers classes for engaged and married couples in the **Sympto-Thermal method of NFP**, as well as **resources** on other NFP methods, the harmful side effects of contraception, and Church teaching on sexuality.

Philadelphia Natural Family Planning Network

www.pnfpn.org

Email: grfinnin@verizon.net

PNFPN is a network of persons dedicated to the promotion of Natural Family Planning: to explain its practice, effectiveness, benefits and underlying moral principles.

Creighton Model FertilityCare™ Services 215-884-2922

www.creightonmodel.com

www.fertilitycare.org

This is a fertility-care based **medical approach** rather than a fertility-control approach to family planning and gynecological health.

Billings Ovulation Method Association www.boma-usa.org

E-mail: info@boma-usa.org

Couples using the Billings Ovulation Method track the woman's natural and unique signs of fertility and infertility each day.

Couple to Couple League International (CCL): www.ccli.org

CCL is a clearinghouse for information on the Sympto-Thermal Method of NFP, the benefits of breast-feeding, and information about both the efficacy and harmful effects of artificial birth control methods/devices.

Marquette University College of Nursing:

<http://www.marquette.edu/nursing/NFP/>

The Marquette University College of Nursing Institute for Natural Family Planning was established in 1997 for the purpose of providing professional education, research and services in natural family planning.

Northwest Family Services:

www.nwfs.org/nfp.htm

A non-profit, non-sectarian corporation dedicated to providing excellent educational materials, resources, and services that enhance and protect the dignity of the human person and successful family life.

Family of the Americas Foundation (FAF):

www.familyplanning.net

1-800-443-3395

E-mail: familyplanning@yahoo.com

The Family of the Americas Foundation's purpose is to promote family unity by encouraging parents to meet their mutual responsibilities to each other and to their children.



NFP won't work for me because my cycle isn't 28 days.

NFP is not just for women with “perfectly timed” cycles. There are several methods of NFP, including Sympto-Thermal (charting basal body temp and mucus secretions); ovulation (mucus only); and other methods that vary on observing and charting a woman's natural signs of fertility. NFP helps a woman to get to know how her body works, and helps her husband to know and appreciate her body more. Monitoring the signs of fertility can also assist in diagnosing health problems. Every woman is different, and the various types of Natural Family Planning take those differences into account.

Why is it OK for medicine to help achieve a pregnancy, but not to prevent one through contraception?

We use medicine to treat illness, or correct an abnormality. **Contraception does not treat an illness**; a woman's (or a man's) fertility should never be viewed as a *disease*. Taking the pill or using other contraceptives prevents the natural result of sexual intercourse during a woman's fertile time: creation of a new life. Besides preventing conception, certain contraceptive devices and medications may cause an early abortion, and they subject women to complications ranging from slightly uncomfortable to potentially life-threatening.

OK, so pills and devices have bad side effects. But what's wrong with using a condom?

When husband and wife have sexual intercourse their bodies “speak a language.” By deliberately rejecting the possibility of pregnancy by using contraceptives (including condoms), something “foreign” is introduced into *the language their bodies speak with each other*. Sexual union is an intimate expression of love, and is meant to be **total**; the contracepting couple (though not consciously) **holds back** something of themselves when they suppress their fertility. This is demonstrated very clearly when the husband places a real, physical barrier – a condom - *between* himself and his wife.

We want to try using NFP, but she is on the pill for medical reasons. What can we do?

Taking the pill for “medical reasons” often only covers up the symptoms superficially, and doesn't allow a diagnosis of the **root source** of these problems. Often there's an underlying medical condition which deserves correct diagnosis. If the doctor diagnoses and treats symptoms correctly from the beginning instead of putting a “band aid” over it by prescribing the pill, years of side-effects, symptoms, and potentially life-threatening illness may be prevented.

- NFP allows women to observe the signs of their fertility (mucus, temperature, etc.) and to chart them.
- The pill **suppresses** a woman's fertility. In doing this, it also **suppresses the signs** of fertility such as the natural production of mucus or elevated post-ovulation temperature. The pill can also sometimes act as an abortifacient to any embryonic babies that happen to be conceived while she is taking the pill.

NaProtechnology, www.naprotechnology.com, is a medical health science that can monitor, treat, and maintain a woman's reproductive and gynecological health; get to the *root* of a woman's “medical reasons” for taking the pill; and endeavor to better diagnose and treat these problems. Health care professionals trained in NaProtechnology are listed on the website www.fertilitycare.org. The Family Life Office can also provide you with an up-to-date listing.

For more answers to your questions about NFP, contact the Family Life Office:

215-587-5639

famlife@adphila.org