

What is Natural Family Planning?

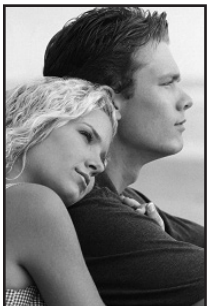
Natural Family Planning (NFP) is a means by which a couple may either achieve or postpone a pregnancy through the observation and recording of certain natural symptoms and bodily changes related to ovulation.



This awareness of the natural cycles of fertility and infertility in a woman allows a couple to make decisions about parenthood without the use of chemical, mechanical, or other artificial means.

The Diocese of Kalamazoo offers the Healthy Love introductory course to Natural Family Planning at all of our Marriage Discovery Weekends. Because this information is so important for couples already married, you can sign up for a Healthy Love class at a parish near you. Please check out the scheduled dates or contact your NFP Coordinator at (269)349-8714 x 114 or lbrunner@dioceseofkalamazoo.org.

NFP has been called The Best Kept Secret of the Catholic Church! Many couples are enjoying its benefits as a marriage-builder as well as a way to plan their families. The Diocese of Kalamazoo Natural Family Planning program would like to share the benefits of this method with you. Let me expose you to some of the truths of this method.



Truth #1

NFP is not rhythm. “The Rhythm Method” depended on a rigid math formula and a regularly predictable cycle. Modern natural methods depend on recognizing and interpreting the body’s biological signs of fertility. Every woman has these signs if she is fertile, and she can learn to observe and interpret them. As the couple charts these signs, they can make day-to-day decisions regarding their family.

Truth #2

NFP is effective. User-effectiveness rates of NFP overall is as high or higher than any contraception system—97-99%! No, really. It’s THAT good. User Effectiveness rates are higher when both the husband and wife attend the complete series of classes, when the ovulation or sympto-thermal instructions are understood and followed, and when the couple charts and discusses the state of their fertility together.



Truth #3

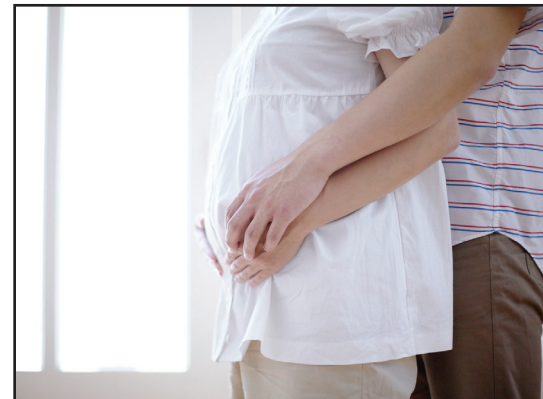
NFP is good for marriage. The ovulation and sympto-thermal methods of NFP are usually taught to couples in a series of classes. By involving both husband and wife, it allows couples to share the decisions and responsibilities of fertility awareness. The couple grows in communication and methods of intimacy which last long beyond the fertile years of marriage. To these couples, NFP is a total way of life, not just a means of family planning. Did we mention the divorce rate for NFP Couples is less than 5%? Now, there is something to say about that!

Truth #4

Periodic Abstinence is a PLUS. If a couple is avoiding pregnancy, they will need to abstain from intercourse during the 7-10 days of fertility in each cycle. The high effectiveness rate of NFP depends on this abstinence. The use of condoms or other contraceptives during the fertile times actually increases the failure rate of the contraceptive and defeats the philosophy of the natural methods. While this abstinence may seem to be a drawback, many couples find it to be a great advantage as they develop other forms of intimacy. Many also speak of a “honeymoon” effect when the time of abstinence is over. Actually surveys have shown that couples practicing NFP generally have an overall more satisfying love life that those who are contracepting. Now that is interesting!

Truth #5

NFP is a morally acceptable option. Because it respects the human body as God’s creation and teaches couples to accept and work with their fertility as a gift, the Catholic Church has consistently taught that NFP is a morally acceptable means for parents to carry out their family planning decisions. NFP does not close the door to new life.



How to decide which method will work best for you?

Sympto-Thermal Method:

With the sympto-thermal method, the basal body temperature of the woman is taken upon awakening daily. In addition, observations of cervical mucus and cervical position are made. Many couples feel more confident with all three observable signs being charted and cross referenced.



Billings Ovulation Method:

The Billings Ovulation Method is a simple yet scientific approach to NFP that is based on the primary observation of sensation. Four simple rules are applied by making naturally occurring observations during the woman’s cycle, based on a couple’s desire to achieve or postpone pregnancy.

*“NFP has been called
The Best Kept Secret
of the Catholic Church!”*

Thank you to the following resources for information in this brochure:

The Diocese of Sacramento, Ca and Madison, WI;
Information from “What a Woman Should Know about Birth control” pamphlet by Chris Kahlenborn, MD;
BOMA-USA.

NATURAL FAMILY PLANNING REGISTRATION 2011 (Read Carefully and Please Print)

We are unable to put your name on the reservation list until we have received this form and the registration fee.

Name (female) _____

Address _____

City & State _____ Zip _____ Phone (H) _____ (W) _____

Email _____

Name (male) _____

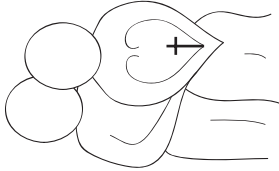
Phone (H) _____ (W) _____

Email _____

We are: Engaged (wedding date _____) Married I am: Single

We would like to register for:

- Healthy Love: An Introduction to NFP on: _____ Location: _____
- NFP Instructional Series beginning on: _____ Enclosed is our check for \$10 for Healthy Love
- Sympto-Thermal Method Enclosed is our check for \$60 for Sympto-Thermal
- Billings Ovulation Method Enclosed is our check for \$60 for Billings Ovulation



Mail form and fee to:

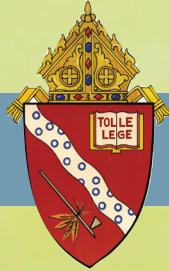
Natural Family Planning Office

215 N. Westnedge Avenue
 Kalamazoo, MI 49007-3760
 269.349.8714 ext. 114
 lbrunner@dioceseofkalamazoo.org
 www.dioceseofkalamazoo.org

We suggest you copy this and keep the brochure for your information.

Make checks payable to: **Diocese of Kalamazoo**

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CATHOLIC DIOCESE OF KALAMAZOO

Natural Family Planning

2011 Class Information

We encourage you to get the facts!

Healthy Love: an introduction to NFP class:

- January 29 at 10 am, Blessed Sacrament in Allegan
- March 24 at 7 pm, St. Margaret in Otsego
- April 14 at 6:30 pm, St. Bernard in Benton Harbor
- May 21 at 2 pm, St. Ann in Gull Lake
- June 11 at 10 am, St. Bernard in Benton Harbor
- July 16 at 10 am, St. Margaret in Otsego
- October 20 at 7 pm, Blessed Sacrament in Allegan
- November 20 at 1:30 pm, St. Joseph in Battle Creek

When you are ready to enjoy the many benefits of NFP All instructional NFP classes are held at the Lawrence Education Center at Borgess Hospital unless otherwise noted. Both methods require follow up with your instructor to ensure proper knowledge and understanding for successful use. Please call if you cannot attend any of these dates.

NFP instructional Series:

Sympto-Thermal Method:

Attendance to all classes is required.

- Option 1: Sunday afternoons 4 pm - 6 pm
January 23, February 20 & March 6
- Option 2: Tuesday evenings 6:30 pm - 8:30 pm
March 15, April 12 & April 26
- Option 3: Sunday afternoons 4 pm - 6 pm
September 18, Oct 16 & Oct 30

Billings Ovulation Method:

- Option 1: Thursday, January 27 at 6:30 pm
- Option 2: Saturday, March 26 at 10 am
- Option 3: Monday, June 6 at 6:30 pm
- Option 4: Saturday, August 13 at 10 am
- Option 5: Sunday, October 16 at 2 pm