

“Top 10” References/Notes

- ^A We're not talking the "Rhythm Method" here! The rhythm, or calendar, method is the "Model T" of today's NFP methods which are based on over 30 years of scientific research on human fertility.
- ^B With NFP, both spouses are taught to understand the nature of fertility and work with it – family planning becomes a joint effort! A woman's body provides naturally occurring signs that identify the fertile time in her cycle – any woman can use NFP even if she does not have "regular cycles." The husband is encouraged to "tune in" to his wife's body and both are encouraged to speak openly and often about their sexual desires and thoughts about family size.
- ^C Maclyn E. Wady, Phyllis McCarthy, et al., "A random prospective study of the use-effectiveness of two methods of natural family planning," *Am. J. Ob and Gyn* 141:4 (15 Oct 1981) 368-376.
- ^D When couples are taught by a competent instructor and follow the rules of the method, NFP is highly successful in helping couples reach their family planning goals whether it be to achieve, or avoid, a pregnancy.
- ^E According to the World Health Organization (WHO), 98% or women can learn to identify their own times of infertility in the cycle.
- ^F Every form of contraception involves some medical risk. NFP is completely safe with NO harmful side effects. No chemicals, drugs or devices are put inside the woman's body.
- ^G In these seemingly strenuous financial times, this is very important! NFP costs nothing more than the initial price of learning the method and the materials.
- ^H Kippley, John & Sheila. *The Art of Natural Family Planning*. (Cincinnati: CCLI, 1996) 288. With the overall divorce rate topping 50% this "insurance" is well-worth the investment!
- ^I Sexual intercourse is meant to be a free, total self-gift. Acting out of uncontrollable desire or compulsion is not a free self-gift. NFP requires self-mastery which in turn shows the value of the "yes" of sexual intercourse. Using NFP encourages couples to communicate honestly about needs, desires and goals.
- ^J God created both marriage and sexual intercourse – both are sacramental. Sexual intercourse is the symbolic renewal of the marriage vows. NFP is the way a couples' call to "responsible parenthood" is lived out: it respects the order and structure of God's design at the same time that it esteems human freedom.

For more information contact:

Office of Marriage and Family Life and Natural Family Planning

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Natural

Family

Planning

**Not a method -
a way of life,
a way of love**

**Archdiocese of San Antonio
Winter/Spring 2009**



What is Natural Family Planning?

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.

NFP 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)

Top 10 Reasons to Use NFP

10. NFP is based on scientific fact and modern technology.^A
9. NFP users learn more about their bodies and about their fertility.^B
8. NFP is between 97– 99% effective^C when avoiding or postponing a pregnancy.
7. NFP can also be very effective in achieving a pregnancy.^D
6. NFP is easy to use.^E
5. NFP is all-natural and very “organic.”^F
4. NFP is very inexpensive.^G
3. NFP is “marriage insurance.” The divorce rate for NFP users is between 2-5%.^H
2. NFP fosters authentic marital love, respect, honesty and good communication.^I
1. NFP respects God's plan for marital love and sexuality.^J

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Introduction to Natural Family Planning

This introductory class is a general overview of Natural Family Planning and covers:

- Sacramental Sexuality
- The scientific basis of NFP
- Basic reproductive anatomy & physiology
- Explanation of fertility signs monitored
- Explanation of NFP methods available
- Effectiveness of NFP
- Benefits of NFP
- Folder of Resources
- Certificate of Attendance

Attendees will not learn how to chart during this class.

2009 Schedule

Classes are held from 6:30 – 9:00 pm on the following Wednesday evenings at the Archdiocesan Pastoral Center -
2718 W. Woodlawn; 78228

January 7, 2009

February 4, 2009

March 4, 2009

April 15, 2009

May 6, 2009

June 10, 2009

July 8, 2009

August 12, 2009

September 9, 2009

October 7, 2009

November 11, 2009

December 2, 2009

Classes available in both English & Spanish
Class Fee: \$35.00
Registration information can be obtained by calling 210-734-1649 or by emailing sharon.whitley@archsa.org

Full-Class Series – To Learn and Practice Natural Family Planning

Ovulation Method

The **Ovulation Method (OM)** is simply based on a woman's recognition of the changes in her own cervical mucus secreted a few days before, and during, the time of ovulation. This ability to determine the period of fertility gives the couple the freedom to achieve or postpone pregnancy without the intrusion of drugs or mechanical devices of any kind.

OM Class Schedule

January 31, 2009
Basilica of the Little Flower
Jeannette Santos
210-735-9126

February 20, 2009
Holy Rosary Catholic Church
Rebecca Ramirez
210-432-5782

March 3, 2009
St. John Neumann Church
Amy Glatt
210-495-6943

April 25, 2009
Basilica of the Little Flower
Jeannette Santos
210-735-9126

June 19, 2009
Holy Rosary Catholic Church
Rebecca Ramirez
210-432-5782

Call the instructor listed for date and class confirmation as well as information regarding registration, directions, and follow-up appointments. The most current schedule, including the courses offered in Spanish, can be found at www.archsa.org

Sympto-Thermal Method

The **Sympto-Thermal Method (STM)** is a method of Natural Family Planning that helps a couple become familiar with the natural signs of fertility and infertility using cervical mucus, body temperature and cervix position as markers. Couples also learn about God's plan for their fertility and how to live out their sexuality while respecting the dignity of their spouse.

STM Class Schedule

January 28, 2009
St. Anthony Mary Claret
Chris and Nicole Glowe
210-257-6616

February 22, 2009
St. Padre Pio
Greg and Martha Kauffman
830-980-9723

April 26, 2009
St. Anthony Mary Claret
Chris and Nicole Glowe
210-257-6616

May 16, 2009
St. Elizabeth Ann Seton
Chris and Michele Gonzales
210-858-6419

June 14, 2009
St. Mark the Evangelist
Robert and Veronica Wallace
210-481-3020

Explanation of Methods

Available in the Archdiocese of San Antonio

Family of the Americas

Ovulation Method – www.familyplanning.net

Couples will learn to recognize sensations of moistness and dryness as signs of fertility/non-fertility. Following the rules of this method and recording daily signs, the couple will be able to recognize the beginning and end of their fertility cycles. They do not need to take their temperature. The series includes a group introduction and three or more individual follow-ups until the couple is fully autonomous in their use of the method.

English & Spanish classes available
Cost of \$60 includes materials, instruction class and private follow-up sessions. Registration for the classes is made with the instructor.

Couple to Couple League (CCL)

Sympto-Thermal Method – www.ccli.org

Observations are made daily of cervical mucus, vaginal sensation, basal body temperature and cervical changes and are recorded with symbols on a chart. Through the instruction clients are taught to cross-check and interpret these signs to determine fertile and infertile phases in a cycle. Class series cost is \$135 per couple; includes materials, instruction and follow-up classes. Payment plan and online charting available. For more information call Shelley & Neal Davis at 210.694.9432 or by email at nealandshelley@yahoo.com.

Simplified Sympto-Thermal Method

Observations are made daily of cervical mucus, vaginal sensation, basal body temperature and cervical changes and are recorded with symbols on a chart. Through the instruction clients are taught to cross-check and interpret these signs to determine fertile and infertile phases in a cycle. Class series cost \$65 per couple; includes materials, instruction and follow-up classes. Payment plan and scholarships available. For more information call Chris & Michelle Gonzales at 210.858-6419 or by email at nfwithcandm@gmail.com.