

## Natural Family Planning is for everyone!

- ◆ 100% **Natural**—no drugs, devices, or surgical procedures
- ◆ 99.6% **Effective**—That is higher than any other method of simple contraception, according to the World Health Organization
- ◆ **NOT** a contraceptive—Every method is fully accepted by the Catholic Church and acceptable to use to both achieve or postpone a pregnancy for a valid reason
- ◆ Creighton Model FertilityCare System is an outstanding system of monitoring **gynecologic and reproductive health**—can assist in identifying and treating disorders such as subfertility, ovarian cysts, hormone disorders, endometriosis, miscarriage and PMS
- ◆ **Affordable**—NFP methods cost significantly less than other methods used to achieve or postpone a pregnancy—After learning it, there are no continuing costs!
- ◆ The World Health Organization has performed several large-scale trials using NFP that have had a failure rate of between 0.3 and 3%
- ◆ Couples who use NFP have a divorce rate that is **0.2%**—far lower than the national average of about 50%

*Safe,  
healthy,  
and  
effective*

### COUPLE TO COUPLE LEAGUE

*Sympto-Thermal Method  
Mucus-based (ovulatory) Method*

Couple to Couple League (CCL) is a method of NFP in which, the couple learns the natural signs of the body and signs of fertility such as changes in cervical mucus, waking temperatures, and in the cervix itself.

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### THE CREIGHTON MODEL SYSTEM

As a method of NFP, the system relies upon the observation of a natural sign—the discharge of cervical mucus—which is essential to human fertility. The Creighton Model FertilityCare System is an outstanding system of monitoring gynecologic and reproductive health. Recent scientific advances have shown it to be of assistance in identifying and treating disorders, endometriosis, miscarriage and PMA. This new science is called Natural Procreative [NaPro] Technology and can be applied by trained NFP Medical Consultants.

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*Discover  
the Best Kept  
Secret...*



## NATURAL FAMILY PLANNING

**God's plan for sexuality,  
marital love, and  
responsible parenthood.**

## God's *natural*, creative plan for marriage: Free, Faithful, Fruitful and Total

Love is nothing less than the complete gift of self—a free, faithful, fruitful, and total love. It is the love of God revealed in Jesus Christ, the love that exists within the three persons of the Trinity – each person giving themselves to each other so completely that they are One God. As human beings made in the image and likeness of God, we are called to imitate this selfless love in all of our relationships with one another, but most especially in the Sacrament of Marriage.

The grace of the sacrament gives to those who enter into it an incredible gift and privilege – the ability to cooperate with God in His creative power. Marital love, with its origin in God, is not restricted to a love that grows simply between spouses, but is intended to bring about new life.

There are only three instances when one can say there is a body in another body. The first is when we receive Holy Communion - we celebrate the union of our soul with Jesus Christ Himself in the Eucharist. The second is the conjugal union of husband and wife, and the third is a child in the womb.

Through God's revelation of His unique plan for those who enter into this incredible union, we now understand that the marital embrace

is also meant to be profoundly holy - an outward, visible sign of the sacrament that it is.

*“Therefore a man shall leave his father and his mother and hold fast to his wife, and they shall become one flesh.”*

### *Why is the Catholic Church against artificial Contraception?*

The use of artificial contraception and sterilization degrades the human person. It violates the marriage vows and the sacramentality of marriage, as well as the natural purpose of human sexuality. The Church does not accept artificial contraception as a moral way in which to plan a family because it separates the unitive (love) and procreative (life) aspects of the marital act, which results in the destruction of both.

Contraception also disregards the sanctity, or holiness, of marriage. Using contraception is not only physically harmful to a woman's body, it is also harmful to the sacred relationship between spouses. Instead of building communication and mutual respect between them, it objectifies both.

## Natural Family Planning

Natural Family Planning (NFP) is an umbrella term used for certain methods through which a couple may either achieve or avoid pregnancy through natural means. It is based upon the couple's own knowledge of the women's naturally occurring cycle of fertility and infertility. Natural Family Planning is not contraceptive; it is true family planning. When spouses conceive new life, they participate in God's creative and life-giving power - an incredible privilege and sacred responsibility.

