

NFP Introduction:

Most people if you asked them would not have an idea what Natural Family Planning (NFP) is: most have never heard of it, others might consider it to be another name for the “rhythm” method of the 70s, and still others might think it is some kind of organic family diet. At this point I don’t want to get into all of the details, but I would like to give you a brief overview so that when the more detailed descriptions come up this winter you might have a better idea of its benefits.

NFP, simply put, is a natural way of increasing or decreasing possibility of pregnancy. It is based on the body’s built-in system of fertility. Properly done, it is 97-98% effective, natural, and open to the important aspects of Christian unitive and procreative love. In contrast, contraceptive approaches to limit the possibility of pregnancy are often much less effective, are unnatural, and are not open to the fullest expression of love.

How does it work? Women have natural cycles of fertility that can be precisely measured with today’s technology in a way that was not possible 20 to 30 years ago. During the fertile days of the cycle (a little over a week) the couple either abstains (to limit pregnancy) or partakes in love making (to increase the probability of pregnancy).

Why don’t more people do it? That is a good question. You would think that a natural and effective system that does not use hormones or any other intrusive drugs would be reason enough. I believe it is because of political ideologies, ignorance, and the simple fact that it takes some learning and discipline to do it.

We are presenting this seminar to help give the basic information to understand how it works according to the Creighton Method. This is a method developed by a doctor and is proven effective. There are other methods like the Billings method which is similar and effective as well. I will give a couple of online options below for further information and an online course.

Northwest Family Services online course (about \$100):

<http://www.nwfs.org/couples-a-singles/natural-family-planning/online-course.html>

Archdiocese of Chicago Marriage Ministries (about \$50 depending on other factors):

<http://learnnfponline.com>

Información y un curso en español (\$50 más o menos):

<http://aprendepfnlinea.com>

<https://online.symptopro.org/>