

Natural

Family

Planning

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

Archdiocese of San Antonio

January – December 2010

For more information about NFP and other issues regarding the Catholic Church and marriage contact:

**Office of Marriage and Family Life
and Natural Family Planning**

Archdiocese of San Antonio
2718 W. Woodlawn Ave.
San Antonio, TX 78228
210-734-1650
www.archsa.org



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)

Helping couples to deepen conjugal love and achieve responsible parenthood is part of the Church's total pastoral ministry to Catholic spouses. Fulfillment of this ministry includes both education and pastoral care. This means "instilling conviction and offering practical help to those who wish to live out their parenthood in a truly responsible way" (John Paul the Great, Familiaris consortio, #35).

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INTRODUCTION TO NATURAL FAMILY PLANNING CLASS REGISTRATION

Today's Date: _____ Date you wish to attend: _____ Date of Birth: _____
 Bride/Wife _____ Date of Birth: _____
 Groom/Husband _____ Date of Birth: _____
 Address: _____ City/Zip: _____
 Phone (Hm): _____ Wk. _____
 Parish & City _____

If you are talking this as a part of a marriage preparation process, please fill out the information below:

Church where wedding will take place: _____
 City: _____ Date of Wedding: _____
 Name of Priest performing wedding: _____
 Is this class a requirement for marriage preparation? _____

PLEASE MAKE \$35 CHECK OR MONEY ORDER PAYABLE TO: ARCHDIOCESE OF SAN ANTONIO

**If for any reason cost is an issue please contact the office at 210-734-1649 to discuss
 Please note: We do not send confirmation by phone or mail of the registration.**

2010 Schedule

January 6, 2010
 February 3, 2010
 March 3, 2010
 April 7, 2010
 May 5, 2010
 June 2, 2010
 July 7, 2010
 August 4, 2010
 September 1, 2010
 October 6, 2010
 November 3, 2010
 December 1, 2010

**Class Time:
 6:30-9:00 pm**

Office Use Only-NFPSAV
 Date Received _____
 Amount Encl. _____
 Ck.# _____ Cash _____
 MO# _____

Mail this registration form and money to:

Office of Marriage & Family Life
 P.O. Box 28410
 San Antonio, Texas 78228-0410

To insure timely receipt of admission to class and completion of certificate, either send money order OR check (60 days in advance of class date) with registration form.

Full-Class Series Schedule by Parish

St. Anthony de Padua

102 Lorenz Road; San Antonio, 78209
OM - Call for Schedule
 Steve & Valerie Pokorny
 steve.pokorny@archsa.org
 210.734.1650

Notre Dame

909 Main St; Kerrville, 78028
STM/CCL-Call for Schedule
 Kevin & Lisa McCormick
 kevin@kevin-mccormick.com
 830.257.7803

Prince of Peace

7893 N. Grissom Rd; San Antonio, 78251
OM - 1st Monday of each month
 Ray & Angela Garcia
 rayandangelagarcia@yahoo.com
 210.685.7789

St. Anthony Mary Claret

6150 Roff Rd; San Antonio, 78253
STM/CCL-Call for Schedule
 Chris & Nicole Glowe
 cnglowe@yahoo.com
 210.257.6616

Sacred Heart - Uvalde

408 Fort Clark Rd; Uvalde, 78801
OM - Call for Schedule
 Eva Spurgers
 evanrobert2002@aol.com
 830.591.4423

Sacred Heart - Floresville

1009 Trail St; Floresville, 78114
OM - 1st Tuesday of each month
 Chris & Diane Felix
 dianefelix@yahoo.com
 210.373.5144
 Tim & Jennifer Kane
 210.643.0182; 210.550.3552
 jayreykay@gmail.com

Shrine of Padre Pio

20770 Hwy 281 North; San Antonio, 78258
STM/CCL-Call for Schedule
 Greg & Martha Kauffman
 gregkauffman@earthlink.net
 830-980-9723
OM - June 2, September 1

Our Lady of Perpetual Help

16075 N. Evans Rd., Selma, TX 78154
OM - Call for Schedule
 Amy Glatt
 montanan8@earthlink.net
 210.710.3585

St. Brigid

6907 Kitchener; San Antonio, 78240
OM - Call for Schedule
 Renee Kuntz
 reneestb@sbcglobal.net
 210.696.0896 x1006

St. Joseph - Devine

108 S. Washington; Devine, 78016
OM - Email for schedule
 Kirby & Dawn Schneider
 kdmj99@sbcglobal.net
 830.665.4347

St. Mary Magdalene

1710 Clower; San Antonio, 78201
STM/CCL-Call for Schedule
 Robert & Veronica Wallace
 Robert@RWWallaceConsulting.com
 210.481.3020

St. Pius X

3303 Urban Crest, 78209
STM/CCL-Mar 14, Jun 13
 Pete & Sherry Ohotnicky
 ohotnicky@comcast.net
 210.673.5888

St. Thomas More

4411 Moana Drive; San Antonio, 78218
OM - Call for Schedule
 Flo Tobar
 ftobar@swbell.net
 210.828.6656
 Spanish available - call for info.

Sacred Heart, San Antonio

Spanish only
 2114 W. Houston; San Antonio, 78207
OM - Call for Schedule
 Alejandro & Rebecca Ramirez
 rramirez.nfp03@gmail.com
 210.386.8921

Listed is the start date, or first session, of each series. For more information regarding follow-up class dates, registration information, and directions, please call the instructor listed. Although this schedule was correct at the time of printing, classes may be cancelled or rescheduled based on registration. For date confirmation, contact the instructor listed. The most current schedule, including courses offered in Spanish, can be found at www.archsa.org (Click on tab, "Archdiocesan Offices," and then the link, "Natural Family Planning.")

Abbreviations:

OM - Ovulation Method
STM - Sympto-Thermal Method
CCL - Couple to Couple League

Top 10 Reasons to Use NFP

10. **NFP is based on scientific fact and modern technology.**
 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.
9. **NFP users learn more about their bodies and about their fertility.**
 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.
8. **NFP is between 97– 99% effective when avoiding or postponing a pregnancy.**
 Scientific evidence verifies this. For example, see: 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.
7. **NFP can also be very effective in achieving a pregnancy.**
 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 they choose to achieve or avoid a pregnancy. NFP is the safe and healthy alternative to reproductive procedures that are expensive and dangerous to a woman's health.
6. **NFP is easy to use.**
 According to the World Health Organization (WHO), 98% of women can learn to identify their own times of fertility and infertility in the cycle.
5. **NFP is all-natural and very "organic."**
 NFP is very "green!" NFP enables couples to respect their bodies, their relationship, and the environment. 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.
4. **NFP is very inexpensive.**
 In these strenuous financial times, the issue of money cannot be overlooked. NFP costs nothing more than the initial price of learning the method and the materials.
3. **NFP is "marriage insurance."**
 The divorce rate for NFP users is between 2-5%. With the overall divorce rate topping 50%, this "insurance" is well worth the investment! For more info, see: John & Sheila Kippley, *The Art of Natural Family Planning*, (Cincinnati: CCLI,1996), 288.
2. **NFP fosters authentic marital love, respect, honesty, and good communication.**
 Sexual intercourse is meant to be a free and 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. By using NFP, couples are encouraged to communicate honestly about needs, desires, and goals, thus fostering a healthy relationship.
1. **NFP respects God's plan for marital love and sexuality.**
 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, for it respects the order and structure of God's design, while at the same time esteeming human freedom.

Want to learn more about NFP?

Introduction to Natural Family Planning Class

Introduction to Natural Family Planning (NFP) classes are held monthly in both English and Spanish at the Archdiocesan Pastoral Center. This class covers the following:

- 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

Registration information is located on the last page of this brochure. Attendees will not learn how to *practice* NFP at this class; they will learn *about* NFP as a whole and the different options that are available to them.

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Want to learn how to practice NFP?

NFP Full-Class Series

Attending a Full-Class Series of Natural Family Planning will teach a couple how to recognize, record, and interpret the natural occurring signs of fertility and infertility in a woman's cycle. This information will help couples responsibly plan their family while respecting the moral order and God's design for human love and fertility.

Information regarding the different methods of Natural Family Planning available in the Archdiocese, as well as a Full-Class Series schedule, can be found in next couple of pages. Please call the instructor listed for more specific information regarding method and class schedule.

Full-Class Series –

To Learn and Practice Natural Family Planning

Under the umbrella of Natural Family Planning, different methods, or ways of practicing NFP, are available. The most common methods are the ovulation method (OM) and the sympto-thermal (STM) method. Below is a short explanation of each:

Ovulation Method

The **Ovulation Method (OM)** is based simply 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.

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.

The choice of method is completely up to the discretion of the couple, because both methods are in accord with God's plan for married love and both maintain the life-giving and love-giving aspects of marital intercourse. More specifics regarding the different methods can be found on the following pages.

Explanation of NFP 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 confident in the use of this method. English & Spanish classes are available.

Cost of \$60 includes materials, instruction class, and four private follow-up sessions. Registration for the classes is made with the instructor. For more information, contact:

Ramie Samour
210.415.8382
ramie.samour@archsa.org

Couple to Couple League (CCL)
Sympto-Thermal Method
www.ccli.org

CCL teaches three basic signs of fertility — temperature, mucus, and cervical changes. Learning these three signs of fertility, the couple can choose which sign or signs they prefer to use and will be empowered to use two or three signs to cross-check for greater effectiveness. CCL goes beyond the method as NFP is taught within the moral constructs of the Magisterium of the Catholic Church, with an emphasis on the teachings of John Paul the Great and the Theology of the Body.

Class series cost is \$135 per couple; includes materials, instruction, and follow-up classes. Payment plan and online charting are available. For more information, contact:

Shelley & Neal Davis
210.694.9432
nealandshelley@gmail.com