

Introduction to Natural Family Planning Registration Form 2011

Today's date

Dates you wish to attend

Woman's Age

Man's Age

Wife/Bride's Name

Husband/Groom's Name

Current Address for contact purposes

City

State/Zip

Daytime Phone number for contact purposes

E-mail Address for contact purposes

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

Name of Priest/Deacon officiating at wedding

Date of Wedding

Church where wedding will take place

Is this class a requirement for marriage preparation?

Yes

No

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

Please mail with registration form to:
Office of Marriage, Family Life and NFP
P.O. Box 28410
San Antonio, Texas 78228-0410

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

*For information on a full-series class,
please contact one of the couples below :*

St. Anthony de Padua - San Antonio
OM - Steve & Valerie Pokorny - 210.734.1650
steve.pokorny@archsa.org

Prince of Peace - San Antonio
OM - Ray & Angela Garcia - 210.685.7789
rayandangelagarcia@yahoo.com

St. Anthony Mary Claret - San Antonio
STM/CCL - Chris & Nicole Glowke -210.257.6616
cnglowke@yahoo.com

Notre Dame - Kerrville
STM/CCL - Kevin & Lisa McCormick - 830.257.7803
kevin@kevin-mccormick.com

Sacred Heart - Uvalde
OM - Eva Spurgers - 830.591.4423
evanrobert2002@aol.com

Sacred Heart - Floresville
OM - Chris & Diane Felux - 210.373.5144
dianefelux@yahoo.com

Tim & Jennifer Kane - 210.550.3552 or 210.643.0182
jayreykay@gmail.com

Shrine of Padre Pio - San Antonio
STM/CCL - Greg & Martha Kauffman - 830.980.9723
gregkauffman@earthlink.net

Our Lady of Perpetual Help - Selma
OM- Amy Glatt - 210.710.3585 - montanan8@earthlink.net

St. Brigid - San Antonio
OM - Renee Kuntz - 210.696.0896 ext. 1006
reneestb@sbcglobal.net

St. Joseph - Devine
OM - Kirby & Dawn Schneider - 830.665.4347
kdmj99@sbcglobal.net

St. Mary Magdalene - San Antonio
STM/CCL - Robert & Veronica Wallace - 210.481.3020
Robert@RWallaceConsulting.com

St. Pius X
STM/CCL - Pete & Sherry Ohotnicky - 210.224.2992
ohotnicky@comcast.net

St. Thomas More - San Antonio
OM - Flo Tobar - 210.828.6656

Our Lady of Atonement Catholic Church
STM/CCL - Matthew & Michaela Dietrich - 319.541.3181 or
319.331.8048 - dietrichmichaela@yahoo.com

*Office of Marriage,
Family Life and NFP*

NATURAL FAMILY PLANNING

*Not a method...
A way of Life!
A way of Love!*



ARCHDIOCESE OF
SAN ANTONIO

www.Archsa.org/familyplanning/

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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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*

2011 Schedule

- January 5, 2011
- February 2, 2011
- March 2, 2011
- April 6, 2011
- May 4, 2011
- June 1, 2011
- July 6, 2011
- August 3, 2011
- September 7, 2011
- October 5, 2011
- November 2, 2011
- December 7, 2011

Please note: *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.*

WANT TO LEARN HOW TO PRACTICE 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 on the back of this flyer. Please call the instructors listed for more specific information regarding method* and class schedule.

*OM: Ovulation Method/STMSympto-Thermal

To learn more about the different methods available visit:

www.familyplanning.net
www.naprotechnology.com
www.nfpoutreach.com
www.onemoresoul.com
www.creightonmodel.com
www.ccli.org

Natural Family Planning Doctors
Dr. Martha Garza, MD, FOCOG
Dr. Steven Pilkington, MD
210-614-3352
www.dignitywomenscenter.com

10 REASONS WHY TO PRACTICE NFP

Check it out at:

<http://www.archsa.org/familyplanning/whynfp.aspx>