

Guided by *You*

Prayer by St. Theresa of Ávila

LORD, grant that I
may always allow myself
to be guided by You,
always follow Your plans,
and perfectly accomplish
Your holy will.

Grant that in all things,
great and small,
today and the days of my life,
I may do whatever You
may require of me.

Help me to respond
to the slightest promptings
of Your grace,
so that I may be
Your trustworthy instrument,
for Your honor.

May Your will be done
in time and eternity
—by me, in me, and through me.

Amen.

What Can I Do?

PRAY

Discern the Lord's will in making family planning decisions.

LEARN

Contact our Marriage & Family Life Office to find an NFP class (available online or in person).

Learn more about the various NFP methods to discern what is right for you.

RESEARCH

Find NFP-only, pro-life physicians at orlandodiocese.org (*Ministries and Offices drop-down -> Natural Family Planning*).



Secretariat for Laity, Family, and Life

Marriage and Family Ministry

(407) 246-4930

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orlandodiocese.org/ministry/natural-family-planning/



Natural Family Planning

GOD'S DESIGN FOR LOVE AND LIFE



NFP Honors God's Design *for Married Life*

What is Natural Family Planning?

Natural Family Planning, or NFP, is the general title for the scientific, natural and moral methods of family planning that can help married couples both achieve or postpone pregnancies.

With NFP, there are no drugs, devices, or surgical procedures used to avoid pregnancy, enabling a couple to work with the body rather than against it.

When a couple learns to use NFP, they are taught to observe their naturally occurring signs and symptoms of fertility on a day-to-day basis, treating each menstrual cycle as unique—unlike the rhythm (or calendar) method based on the theory that ovulation could be determined from previous menstrual cycles. NFP is not the rhythm method.

NFP is up to 99% successful when a couple understands the methods and is motivated to follow them as instructed by a certified instructor.



Fertility

A woman's body provides three basic ways to identify the fertile and infertile times of her cycle.

- A woman learns to identify the normal, healthy cervical mucus, which indicates the days that intercourse is most likely to result in a pregnancy.
- Due to hormonal activity, a woman's resting temperature changes during the menstrual cycle. Lower temperatures indicate that ovulation has not yet occurred. Higher temperatures indicate a rise in progesterone which signals the end of the fertile time.
- There may be a change in the shape or texture of the cervix. Minor abdominal pain or pressure at the time of ovulation can also be observed.



Learn More

COUPLE-TO-COUPLE LEAGUE

cccli.org

Uses fertility awareness based on cervical mucus observations with husband-and-wife instruction rooted in Catholic teaching.

BILLINGS OVULATION MODEL

boma-usa.org

Tracks natural fertility by observing changes in cervical mucus throughout the menstrual cycle.

What the Catholic Church Teaches

"Married Love is powerfully embodied in the spouses' sexual relationship, when they most fully express what it means to become "one body" (GN 2:24) or "one flesh" (Mk 10:8, MT 19:6).

***Married Love and the Gift of Life*, U.S. Conference of Catholic Bishops**

"Spouses to whom God has not granted children can nevertheless have a conjugal life full of meaning, in both human and Christian terms. Their marriage can radiate a fruitfulness of charity, of hospitality, and of sacrifice."

Catechism of the Catholic Church, #1645

Why Choose NFP?

NFP can help achieve and postpone pregnancy.

While couples do not need to seek to have a child in every act of intercourse, every act of intercourse must remain open to life.

NFP is good for your marriage

During times of periodic sexual abstinence, husband and wife live a renewed courtship as they discover non-sexual ways to express their love for each other.

NFP is good for a woman's health

NFP methods support reproductive health. The natural methods have none of the harmful side effects caused by contraception, especially chemical contraceptives (e.g., pill, injection, etc.).

NFP is good for our common home

NFP is environmentally friendly, organic, natural, pure and safe. No chemicals or artificial ingredients are involved in NFP.

CREIGHTON MODEL

creightonmodel.org

A standardized system of tracking cervical mucus patterns for natural family planning and women's health monitoring.

MARQUETTE MODEL

marquette.edu

Combines fertility hormone monitoring with biological signs to identify fertile and infertile days with greater precision.