

Guided By You

Prayer by St. Theresa of Avila

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 to discern the Lord's will in making family planning decisions.
- Volunteer with your parish or diocesan family life ministries
- Contact our Family Life Office to find an NFP class (available online or in person).
- Find NFP-only, pro-life physicians at www.orlandodiocese.org (via Ministries and Offices dropdown menu, "Natural Family Planning")
- Learn more about the various methods to discern what is right for you:
 - Billings Ovulation Method: www.boma-usa.org
 - Couple to Couple League Method: www.ccli.org
 - Creighton Model: www.creightonmodel.org
 - Marquette Model: nfp.marquette.edu



Secretariat for Laity, Family, and Life
407.246.4882
fm@orlandodiocese.org

Natural Family Planning

GOD'S DESIGN FOR
LOVE & 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.

What are the Signs of 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.

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.



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