

Common Misconceptions about Natural Family Planning

It Requires Too Much Trust: Trust can be a problem for some people. Sometimes husbands don't trust their wives' observation and wives' don't trust that their husbands can abstain from intercourse. That's an unfortunate part of our society because men are being looked at as only interested in sexual relationships. They aren't viewed as individuals with feelings and the ability to communicate them. It's important that trust in our relationships be developed and NFP is a positive way to develop it in marriage.

NFP is not Very Precise: This is just not true with current methods of NFP. The old methods like Calendar Rhythm have been replaced by highly accurate methods. The cervical mucus is clearly associated with fertility, as it is the most accurate maker of fertility. Recent studies have shown that NFP is over 99 percent effective to avoid pregnancy.

NFP is Unnatural: People ask "How can it be natural to avoid genital contact for a period of time?" But, we do this 99.9 percent of the time in our daily lives. We abstain when our spouse is ill or away or when we're busy with other daily tasks. NFP allows us to cooperate with our natural processes. Love-making in the infertile part of the cycle can be satisfying because it is based on loving consideration of both partners. When these desires are experienced and the couple wishes to avoid a pregnancy, then warm and loving attention to one another will help their union grow stronger.

NFP Requires Abstinence: Abstinence is usually viewed as negative but it really is positive. During the time of abstinence, couples learn to express their love in nonsexual ways. This brief period of abstinence fosters other aspects of their total sexuality such as the spiritual, physical, intellectual, communicative/creative and emotional. These are necessary and meaningful to the growth and success of the marriage.

2018 Schedule

NFP Classes are designed to be taken in a series of 4 classes. First time attendees must attend a "First Class Attendees" class time to begin their individual class schedule. Each of these classes begin at 10:30 am. All other subsequent classes begin at 12:30 pm.

Please email the teacher at least two days before the class or follow-up session you plan to attend at: allianceforlife@comline.com. If no one registers, then the teacher may cancel the class.

2018 Class Dates

Saturday, January 13
Saturday, February 10
Saturday, March 10
Saturday, April 14
Saturday, May 19
Saturday, June 9
Saturday, July 14
Saturday, August 11
Saturday, September 8
Saturday, October 6
Saturday, November 10
Saturday, December 8

**First Class Attendee Times are:
10:30 - 12:30 pm**

**Subsequent Classes Times are:
12:30 to 1:15 pm**

First come, first seen basis.

Location:
St. Martin de Porres Parish Hall
19767 Yorba Linda Blvd.
Yorba Linda, CA
For more information,
please call: 714-970-2771



St. Martin de Porres Catholic Church offers a series of

Natural Family Planning (NFP)

Classes for 2018



To help you Achieve or Postpone
Pregnancy Simply, Naturally, Effectively



How Does Using NFP Affect a Marriage?

To use this method effectively, husband and wife must communicate their needs and discuss their relationship with each other. The times when they choose to abstain from sexual intercourse are times when they can express their love for each other in other ways. Often, couples testify to a renewal of their romance as the excitement of their dating years returns. NFP is not a panacea, but it is an effective tool in building the marital relationship if the couples choose to communicate with each other in using it.

The couple's openness to life also affects the family. Children who grow up in a pro-life environment generally share the same values and attitudes. The romance of their parents causes love to be more freely expressed in all family relationships. Periodic sexual abstinence by their parents also is a real example to teenagers and older children to refrain from sexual intimacy until marriage.

Is NFP Morally Acceptable to the Catholic Church?

Yes, Pope John Paul II has reaffirmed the Church's teaching on using only natural means when couples have a morally justified reason to regulate births. He has encouraged couples to use NFP as a means of living out their value for life. Pope Paul VI, in his encyclical *Humanae Vitae*, urged married couples to be open to life. They are called by the Church to look continually at their ability to nurture and support children and then to plan for or to postpone pregnancy accordingly. NFP encourages this dialogue and gives the couple the freedom to choose.

Is NFP Medically Safe?

Yes. There are no harmful medical effects in using this method. On the other hand, there are many harmful effects associated with the use of artificial methods of contraception. Women have experienced some thirty-five side effects from the Pill, including heart disease, strokes and cancer. The IUD can perforate the uterus and has caused cramping, bleeding, pelvic inflammatory disease and sterility. Vasectomies have caused infections and increased the susceptibility to various diseases. Tubal ligations have resulted in infections and the need for further surgery. Foams and mechanical devices, as well as being low in reliability, have caused infections. In addition to the effects on the woman, research has now confirmed that the IUD is an abortive device. It does not prevent conception; instead it disturbs the lining of the womb, keeping it from receiving the newly conceived life. Some formulation of the Pill, such as the Mini Pill, can have the same effect. Without implanting in the womb, the new embryo is aborted.

Is NFP Reliable with Irregular Cycles?

Yes. Various studies have shown that couples using these methods can achieve a reliability of 99%. This is true even when the women's cycles are irregular since the signs of fertility are evaluated during each cycle as they occur. This high reliability is comparable to or higher than artificial means of birth control, including the Pill and IUD (Intra-Uterine Device), but without the medical and moral effects described earlier. High reliability can be achieved only if the couples are well trained and motivated in using the signs of fertility properly.



**Louise Allard,
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Originally from Quebec, Canada, Louise moved to

Southern California in 1978. She is a Certified Teacher of the Billings Ovulation Method. Since 2003, Louise has taught the method to health care professionals and village people in Congo, Uganda and Kenya. She goes to Uganda twice a year to train teachers. Since March 2010, she has been representing the World Organization of the Ovulation Method Billings at the United Nations conference of the Commission on the Status of Women. Louise is an R.N. She is a writer, speaker and teacher.

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