

Dear Friends in Christ,

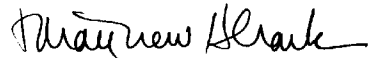
Natural Family Planning and Fertility Care Awareness are worldwide movements of couples who have found they can safely plan their families through natural means. Today's NFP/FCA methods can help develop your relationship with God through the intimacy of your marriage.

In Pope John Paul II's letter to the World, *Evangelium Vitae*, he calls us to "responsible parenthood, lived in respect for the full truth of the conjugal act." Natural methods, properly used, can help promote and preserve all the elements of love. In a society where we must work very hard to maintain a faithful sense of love, relationship and family, these NFP/FCA methods can serve to enhance the gift of marriage and strengthen your relationship with God.

Natural methods can help couples to prayerfully plan a family, in accordance with the teachings of our Catholic faith. I encourage you to be aware of the presence of God in this next step on your journey of faith

With every good wish, I remain

Your brother in Christ,



† Matthew H. Clark  
Bishop of Rochester

FOR MORE INFORMATION

CALL OR WRITE:

**Anne Olek**, CFCP

Creighton Method Fertility  
Care Practitioner (Rochester area)  
Phone: (585) 387-9113  
e-mail: [acjolek@rochester.rr.com](mailto:acjolek@rochester.rr.com)

**Cheryl and Alan Hitchings**

Teaching Couple, Couple-to-Couple League  
(Rochester area)  
Phone: (585) 293-7180

**Noelle Pacer**, Promoter (Rochester)

Couple-to-Couple League  
Phone (585) 247-5973

**David & Christina VanLieshout**

Teaching couple, Couple-to-Couple League  
Ph: (585) 346-3479 (Livonia)  
e-mail: [DJV724@juno.com](mailto:DJV724@juno.com)

**Michele Sheffield Eastman**, CNFPP,

Creighton Method Fertility Care Practitioner  
(Elmira area)  
Phone: (607) 737-7237  
e-mail: [Sheffieldnfp@aol.com](mailto:Sheffieldnfp@aol.com)

Couple-to-Couple League

Website: [www.ccli.org](http://www.ccli.org)

Creighton Method:

Website: [www.fertilitycare.org](http://www.fertilitycare.org)

Natural Family Planning - United States  
Conference of Catholic Bishops

Website:

<http://nccbuscc.org/prolife/issues/nfp>

*An Invitation To*  
*Natural Family*  
*Planning*  
*and*  
*Fertility Care*  
*Awareness*



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DIOCESE OF ROCHESTER

Department of Evangelization & Catechesis

## WHAT IS FERTILITY CARE

### AWARENESS AND NATURAL FAMILY PLANNING?

Fertility Care Awareness (FCA) and Natural Family Planning (NFP) are educational programs, based on scientific research, which help couples plan their families. Couples are taught to observe simple natural signs and symptoms to become aware of their fertile and infertile times. Once a couple learns about their fertility, FCA or NFP are used to achieve or avoid pregnancies without drugs, devices or surgical procedures. FCA or NFP build communication between couples and promote the dignity of the human person within the context of marriage and family life.

## HOW DO THESE METHODS WORK?

FCA and NFP are based on the fact that a man is fertile all the time, while a woman is fertile only a few days each menstrual cycle. The couple observes, records and interprets natural changes in the woman, which signal this fertile time. They learn to “read” these signs and identify the days when conception is possible. This information enables couples to make responsible, reliable, and knowledgeable decisions depending on their desire to achieve or avoid pregnancy.

## HOW EFFECTIVE ARE THESE METHODS?

Independent studies have shown FCA and NFP to be 99% effective for motivated and properly instructed couples. Those who want to plan a pregnancy can also achieve a high level of success.

## CAN WOMEN WITH IRREGULAR CYCLES USE NFP OR FCA?

Yes. Since the couple observes changes in the current cycle, NFP or FCA can be practiced by fertile women with cycles of any length or degree of irregularity. Breast-feeding mothers, women approaching menopause, and those coming off the Pill or IUD practice NFP or FCA successfully.

## HOW CAN I LEARN MORE ABOUT FCA OR NFP?

The Rochester area offers a choice of two methods:

- The Creighton Fertility Care Center of Rochester, and
- The Couple-to-Couple League Sympto-thermal approach.

**Use the telephone numbers and addresses at the back of this brochure.**

## WHAT ARE THE ADVANTAGES OF THESE METHODS?

- Based on scientific and medical research.
- Responsible parenthood for planning or postponing pregnancy.
- Monitoring of a woman’s health.
- Natural and healthy with no side effects.
- Morally acceptable to all major religious faiths.
- Both husband and wife share responsibility for family planning.
- Virtually cost-free for lifetime use.
- Develops marriage-building teamwork.
- Can be used throughout a woman’s childbearing years.
- Provides moral consistency and credibility for our children.
- Helps develop sexual self-mastery.
- Helps to build the “Culture of Life.”

## OTHER PROGRAMS

- Speakers are available to present Natural Family Planning and Fertility Care Awareness sessions to schools, marriage preparation teams, religious groups, medical staffs and other community groups.
- Follow-up and review sessions for Natural Family Planning and Fertility Care Awareness users.
- Referral to other Natural Family Planning and Fertility Care Awareness groups throughout the United States.