

Dear Brothers and Sisters in Christ,

God, a Trinity of Persons, is united in love - a love that is so perfect and generous that He freely desired to create us in order to share that love. By virtue of the vocation of husband and wife, a married couple forms a family, the domestic church, who are called to cooperate with God in this love. Marriage, raised by Jesus Christ to the dignity of a Sacrament, has two ends: the good of the spouses which is realized through a mutual and complete gift of self, and the procreation and education of children. This responsibility deserves both discernment and the use of morally acceptable means.

Natural Family Planning (NFP) and Fertility Care Awareness (FCA) unite the Church's eternal theological truths with modern scientific means to reveal the profound mystery of the human person and to assist couples in responsible parenthood in the concrete situations of married life. In Pope Saint John Paul II's letter to the world, *Evangelium Vitae*, the *Gospel of Life*, married couples are called to "responsible parenthood, lived in respect for the full truth of the conjugal act." (No. 13).

I encourage you to learn more about NFP and FCA through the contact information and resources listed on this brochure, and I pray that, as a couple, your relationship with God and each other may grow stronger each day.

Sincerely yours in Christ,
The Most Reverend Salvatore Matano
Bishop of Rochester

FOR MORE INFORMATION

CALL OR WRITE:

Noelle Pacer, Promoter
(Rochester)
Ph: (585) 329-7004

*Natural Family Planning - United
States Conference of Catholic Bishops
<http://www.usccb.org/NFP>

Cynthia Ott
Fertility Care Center of Rochester,
Wyoming Satellite
Ph: 585-297-5402
Email: harmonyfcs@gmail.com

*Creighton Method:
Website: www.fertilitycare.org

Anne Olek, CFCP, RN, FNP-BC
Creighton Method Fertility
Care Practitioner (Rochester area)
Ph: (585) 314-4564
e-mail: acjolek@rochester.rr.com
Website:
<http://fertilitycarerochester.weebly.com/>

*Couple-to-Couple League
Website: www.ccli.org

Cheryl and Alan Hitchings
Teaching Couple, Couple-to-Couple
League
(Rochester area)
Ph: (585) 293-7180

David & Christina VanLieshout
Teaching couple, Couple-to-Couple
League (Livonia area)
Ph: (585) 346-3479
e-mail: DJV724@juno.com

An Invitation To Natural Family Planning and Fertility Care Awareness



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Department of Evangelization & Catechesis

WHAT ARE NATURAL FAMILY PLANNING AND FERTILITY CARE AWARENESS ?

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

HOW DO THESE METHODS WORK?

NFP and FCA 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 prayerfully discern whether to achieve or postpone pregnancy or to monitor their fertility.

HOW EFFECTIVE ARE THESE METHODS?

Independent studies have shown NFP and FCA to be 99% effective for motivated and properly instructed couples. Those who discern that they should conceive 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 NFP OR FCA?

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.
- Monitoring of a woman's health.
- Natural and healthy with no side effects.
- Morally acceptable.
- Fosters communication.
- Both husband and wife share responsibility for family planning.
- Virtually 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.