

PLAN YOUR FAMILY  
*Naturally*



*with*  
**NATURAL FAMILY PLANNING**

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DIOCESE OF ROCKVILLE CENTRE  
50 North Park Avenue Post Office Box 9023



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OFFICE OF FAITH FORMATION  
Rockville Centre, New York 11571-9023

## *What is NFP?*



NFP is a Natural approach to FAMILY PLANNING. A couple who uses NFP understands the biology and theology of the body and can promote or postpone pregnancy. While all children are a gift from God, NFP permits a couple to responsibly limit family size, or postpone pregnancy, while fulfilling a couple's duties to God, each other, their family, and society. NFP is NOT the rhythm method.

## *Why should we use NFP?*

NFP is marriage insurance. Couples who use NFP have a divorce rate of less than 5%.

NFP is "natural" and has no side effects from artificial hormones. No "barriers" between the spouses. It is completely organic.

NFP fosters an increased appreciation for nature, biology, and God's gift of fertility.

NFP unites the spouses and allows them to commit themselves totally and unconditionally to one another without withholding one's fertility.

NFP follows the Magisterium or sacred teachings of the Church. A couple using NFP never excludes God's creative power. NFP complies with the Divine Law and Natural Law and allows spouses to share themselves in their union with Christ.

NFP is reliable. Studies show NFP is 98-99% effective.

NFP is inexpensive. It uses no pills or artificial devices. NFP does not cause early abortions.

NFP is simple to use and does not disrupt the body's natural cycles.

NFP is the best kept secret to build a long, lasting, and loving marriage. It fosters connection, rather than contraception.

NFP helps one plan a family by understanding fertility with fidelity to the Church.

## *Session dates*



November 3, 2008

January 12, 2009

March 3, 2009

May 7, 2009


Sessions begin at 7:45 p.m. and are held in convenient locations in Nassau and Suffolk. Additional sessions are scheduled according to needs of couples.

## *NFP fee*



\$75.00 per couple. The fee covers attendance at the course and course materials. Couples may attend the course again as a “refresher” at any time. Please complete the registration form on this brochure or register at [www.drvc-faith.org](http://www.drvc-faith.org).

## *NFP Seminars*



NFP seminars are taught by volunteer couples who have learned NFP and used NFP to plan their own families. Each couple has been certified as an NFP Teaching Couple.

The seminars consist of one session of approximately 2 hours. NFP Teaching Couples make themselves available by phone following a couple’s participation in the seminar. If you would like more information call 678-5800 ext. 204 or visit the Diocesan website at [www.drvc-faith.org](http://www.drvc-faith.org).

# NATURAL FAMILY PLANNING

## REGISTRATION FORM

Name \_\_\_\_\_

Name \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

Address \_\_\_\_\_

Town/Zip \_\_\_\_\_

Are you engaged? \_\_\_\_\_ Wedding Date \_\_\_\_\_

Married? \_\_\_\_\_ How Long? \_\_\_\_\_

Session Date \_\_\_\_\_

Please enclose this form with a \$75.00 check made payable to *The Office of Faith Formation* and mail to address below. Or register and pay online at [www.drvc-faith.org/NaturalFamilyPlanning.html](http://www.drvc-faith.org/NaturalFamilyPlanning.html).



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