

NATURAL FAMILY PLANNING INTERNATIONAL

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August 2025 Newsletter (NFPI Home Study Course student comments)

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Here are comments we have received recently from some of our Home Study Course students.

* Yes, I have gained a better understanding of how natural fertility signs work and how NFP and ecological breastfeeding support both health and faith. It has helped me become more confident in observing and interpreting fertility signs.

* We are so grateful for everything we have learned in this course!

* We believe we have gained a lot of knowledge on NFP in this course, which has been very beneficial and has opened a new door for us to explore. We plan to continue to study this information and apply it in our everyday lives.

* Taking this course has given us new knowledge and insight,

especially about NFP and the Church's teachings on fertility, marriage, and the dignity of the human body. We learned more than just the method of NFP, we gained a deeper understanding of how it aligns with God's design and how important it is to use it with the right intention.

* We have learned a lot. We didn't know what to expect, however have thoroughly enjoyed the course.

* We have learned a lot and are surprised by the things that we did not know!

* I am currently pursuing a master's in biomedical science, and this course taught me significantly more about the menstrual cycle than my Master's-level Physiology course. Also, as a practicing Catholic (who tries to take his faith as seriously as I can) I learned so much about the Church's teaching on sex and family life that I will bring into my marriage! I have learned way more than I thought I would, and it has been fascinating to learn all this material. I also love the methodology and simplicity (as long as [one is] consistent and follows the method correctly) of the Sympto-thermal Method of NFP. As an additional note, I wish I had known this information way sooner and wish this option of family planning had been taught to me as an option as a high schooler, instead of learning the more popular ways of utilizing contraception. This was a beneficial course, and I am thrilled that this was a pre-cana requirement for us!

Sincerely,

Stephen Craig, Executive Director

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