



## ST. RITA IN THE DESERT CATHOLIC CHURCH

### Natural Family Planning

“God blessed them [husband and wife] and God said to them:  
Be fertile and multiply; fill the earth and subdue it.” Genesis 1:28

What does Responsible Parenthood, Love and Life have to do with Natural Family Planning? Everything! The practice of NFP can help a husband and a wife open the heart of their marriage to all the gifts that God wishes to provide. Natural methods of family planning respect God’s design for married love!

Natural Family Planning is a way to lovingly and safely plan for the growth of your family. NFP is 100% natural with zero side effects. It’s a successful way to conceive new life and 99% effective to promote, postpone or avoid pregnancy. Natural Family Planning is approved by the United States Conference of Catholic Bishops while artificial contraception is not approved by the USCCB.

Couples wishing to receive the Sacrament of Matrimony within the Catholic Church are required to take a Natural Family Planning class. Other married couples, as well as unmarried women, are also encouraged to attend this class. The NFP class at St. Rita’s is offered by using an online video-based program designed by Couple to Couple League that is both thorough and engaging. You’ll learn about the Sympto-Thermal Method of Natural Family Planning; a modern, safe, scientific and highly effective approach to achieve or postpone pregnancy. St. Rita Pre-Canam Ministry invites you to become educated, or to further your education, about Natural Family Planning by attending one of the classes.

#### Cost

\$25 per couple; \$10 for each individual

#### Schedule

One 3.5 hour NFP class will be held on a Thursday (to accommodate couples who prefer a weeknight class) and, again, on a Saturday (to accommodate couples who prefer a weekend class). You are not required to attend both classes. There will be two to three classes each year.

The 2026 Natural Family Planning class is currently scheduled for Feb 14, Saturday, from 1:00-4:30

Please contact Jim and Kathy at [pre-cana@stritainthedesert.org](mailto:pre-cana@stritainthedesert.org) to register for a Natural Family Planning class. Be prepared to give us your names, phone number and email address. Snacks will be provided. Bring your own water.

***Legitimate intentions for the regulation of births represents  
one of the aspects of responsible fatherhood and motherhood.***

***Catechism of the Catholic Church 2399***