

## God's Design for Married Love

Natural Family Planning (NFP) is an umbrella term for natural methods used to achieve and avoid pregnancies. These methods are based on observation of the naturally occurring signs and symptoms of the fertile and infertile phases of a woman's menstrual cycle.



Natural Family Planning methods provide effective means of postponing or achieving pregnancy without drugs, surgery or artificial products. They are safe, reliable, inexpensive, and usable during all stages of reproductive life.

- ◆ No harmful side effects
- ◆ Environmentally friendly
- ◆ Naturally cooperates with fertility
- ◆ Effective to achieve or avoid pregnancy

***Marriage is Oriented to the Good of the Spouses and to the Creation of Human Life. (See GS 48)***

## Strengthening Relationships

NFP reflects the dignity of the human person within the context of marriage and family life, promotes openness to life, and recognizes the value of the child. By respecting the love-giving and life-giving natures of marriage, NFP can enrich the bond between husband and wife.

***Marriage is a Unique Union of One Man with one Woman  
"For the Whole of Life."  
(Canon 1055)***

- ◆ Cooperate with, rather than suppress, a couple's fertility
- ◆ Call for shared responsibility and cooperation by husband and wife
- ◆ Require mutual communication
- ◆ Foster respect for and acceptance of the total person
- ◆ Encourage maturity and the virtue of chastity
- ◆ Respect the dignity of children
- ◆ Honor and safeguard the unitive and procreative meanings of married love
- ◆ NFP respects God's design for married love.

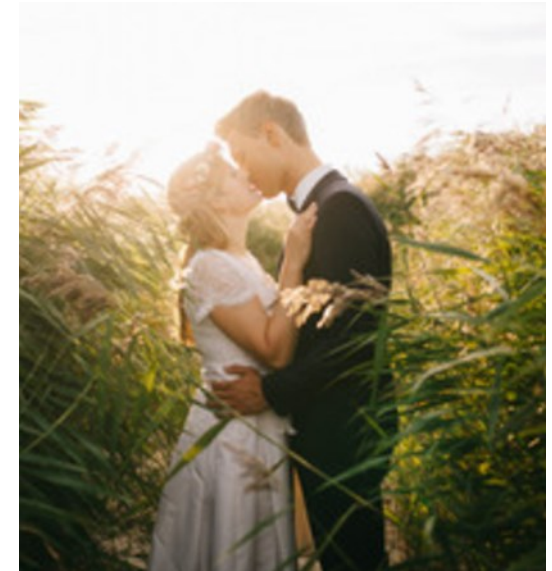


**DIOCESE OF STOCKTON**

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212 North San Joaquin Street  
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## N.F.P.

### ***Natural Family Planning***



***"To experience the gift of married love while respecting the laws of conception is to acknowledge that one is not the master of the sources of life, but rather the minister of the design established by the Creator." (Humane Vitae - 13)***



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**Marriage & Family Life**

## Who can use NFP?

Any married couple can use NFP! It does not require a woman to have "regular" cycles. NFP education helps couples to fully understand their combined fertility, thereby helping them to either achieve or avoid pregnancy. The key to the successful use of NFP is good instruction, cooperation and communication between husband and wife – a shared commitment.



*God Designed Marriage as an Intimate Partnership of Life and Love.*  
(See GS 48)

Through natural family planning, husband & wife choose to express love in ways other than conjugally during times of abstinence. NFP is unique because it enables its users to work with the body rather than against it. Fertility is a gift in marriage, not a problem to be solved. The Catholic Church supports the methods of Natural Family Planning because they respect God's design for married love. NFP represents the only authentic approach to family planning available to husbands and wives.

## NFP Certified Instructors

Certified Instructors are available for guidance in the use of the various Natural Family Planning methods. Instructors can be contacted directly regarding class times, locations and fees.

### Couple to Couple Sympto-Thermal Method

Tom & Mary-Lynn Ott Modesto English 209-275-9067 <a href="mailto:tmott@fertilityyu.com">tmott@fertilityyu.com</a>	Sergio & Isabel Nuno Stockton Spanish 209-469-0189 <a href="mailto:isabelnuno9@att.net">isabelnuno9@att.net</a>
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Alfred & Regina Nicolini  
Valley Springs  
English  
408-771-3664  
[arnicolini@fertilityyu.com](mailto:arnicolini@fertilityyu.com)

### Billings Ovulation

Sharon Pearce  
Long Distance  
English  
858-560-5336  
[svoices@pacbell.net](mailto:svoices@pacbell.net)

### Creighton Model FertilityCare System

Mayra Garcia-Ceja, FCP  
Long Distance  
English / Spanish  
559-907-5977 Prefer text  
[heavensentfc@gmail.com](mailto:heavensentfc@gmail.com)

Peggy Stofila, PT, CFCP  
Long Distance  
English  
310-429-1844  
[peggystofila@gmail.com](mailto:peggystofila@gmail.com)

Stefania Bigi Alzati, CFCP  
Long Distance  
English / Spanish / Italian  
312-566-6886  
[bigi.fertilitycare@gmail.com](mailto:bigi.fertilitycare@gmail.com)

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English  
831-443-3743  
[sheila@canfp.org](mailto:sheila@canfp.org)

Julie Linder, MSN, RN,  
CNL, CFCP | Modesto  
English  
507-720-1334  
[jlinder.fc@gmail.com](mailto:jlinder.fc@gmail.com)

## Natural Methods

Natural Family Planning offers various natural methods that couples can choose from. Each method focuses on one or more signs of female fertility. With proper instruction, these methods have shown to have a 97-99% success rate in avoiding pregnancy.

### Creighton Ovulation Method

The Creighton model includes the daily observation of cervical mucus. The tracking process also allows women to monitor reproductive health, for evaluation of infertility, PCOS, PMS, etc.

### Billings Ovulation Method

The Billings ovulation method is focused on tracking cervical mucus daily, as an indication of fertility.

### Sympto-Thermal Method

The Sympmo-thermal method, observes two or more signs of fertility. This method includes charting the basal body temperature as well as identifying and tracking cervical mucus.

**NFP online resources and home study courses in English & Spanish.**



513.471.2000  
[www.ccli.org](http://www.ccli.org)



503.285.6377  
[www.symptopro.org](http://www.symptopro.org)



Info on Methods & Resources:  
[www.canfp.org](http://www.canfp.org)  
Videos: [www.CelebrateHV.com](http://www.CelebrateHV.com)