

JASON EVERT

“NFP taught me that my wife’s body is perfectly made. She doesn’t need to have it suppressed but understood...

The way God has designed man’s body to work with a woman’s body is nothing short of captivating. Let’s be real, of course it involves sacrifice... but if it’s good for my wife’s body [and soul], that’s enough.”

FOR YOUR HEALTH

So much today is “green” and healthy: organic food, fewer chemicals, less plastic...

Why not our sexuality?

Hormonal Contraception and Barrier or Withdrawal Methods all carry harmful side effects for a woman’s body. To learn more, go to www.stmarychurch.org/Matrimony

As heard in
Jason’s talk
Green Sex

NATURAL FAMILY PLANNING

*Why The Heck Does
The Church Even
Teach It?*

LEARN MORE

To learn more about the spiritual, practical, and scientific reasoning behind *Natural Family Planning*:

- **United States Conference of Catholic Bishops**
www.usccb.org & www.foryourmarriage.org
- **Natural Womanhood - Know Your Body**
www.naturalwomanhood.org
- **And to hear the entire *Green Sex* talk or to find much more information on NFP, go to www.stmarybranford.org/Matrimony**



WHAT IS NATURAL FAMILY PLANNING AND WHY THE HECK DOES THE CHURCH TEACH IT?

Natural Family Planning (NFP) is the general title for the **scientific, holistic, natural, and moral** methods of family planning that can help couples **achieve or postpone pregnancies**. Instead of using drugs, devices, or procedures, *NFP* methods are based on the observation of the natural signs and symptoms of the fertile and infertile phases of the menstrual cycle. As such, *NFP* is unique in enabling its users to **work with the body rather than against it**, learning the best time to have intercourse based on planning. Fertility is viewed as a gift, not a problem to be solved. The methods of *Natural Family Planning* respect God's plan for married love to be **free, total, faithful, and fruitful!**

NFP methods are good for the body and **support reproductive health**. These natural methods have none of the harmful side effects often caused by contraception. *NFP* charting can also assist in diagnosing underlying medical problems in the woman and can help a couple that is having trouble conceiving to pinpoint the most fertile time of the wife's cycle.

NFP can be **marriage strengthening**, relying on a couple's communication and cooperation in the most intimate area of their lives. While times of sexual abstinence can be challenging, the husband and wife discover non-sexual ways to express their love and grow in the virtues of patience and understanding. By encouraging them to speak openly about their sexual desires and actively discerning God's will for their marriage, *NFP* **has the potential to make good marriages great!**

WHERE CAN I LEARN TO USE NATURAL FAMILY PLANNING?

As a general title, *Natural Family Planning* is actually a broad term used to describe several different methods, including the Sympto-Thermal Method, the Creighton Model / NaProTECHNOLOGY, and the Marquette Method. While all are effective, these methods have their differences, requiring couples to decide which might be best suited to them. For more information on each of these methods and where to learn about them, go to www.stmarybranford.org/Matrimony.

NFP IS GOOD FOR MARRIAGE! THE BENEFITS OF *NFP* INCLUDE:

- Supports reproductive health
- No harmful side effects
- Effectiveness rate of 99.4 %
- Lowers divorce rate to between 1 to 4 %
- Inexpensive
- Environmentally friendly
- Works *with* your body, not against it
- Effective with both regular and irregular cycles
- Useful to either achieve or avoid pregnancy
- Couples typically have sex just as frequently, just timing it differently
- Fosters mutual communication and deeper intimacy between husband and wife
- Encourages respect for the total person