

Natural Family Planning

What is Natural Family Planning?

The term “Natural Family Planning” (NFP) encompasses a variety of morally-acceptable and effective methods of avoiding or seeking pregnancy. All methods of Natural Family Planning work by determining a woman’s fertile and infertile days through observing natural signs of fertility and infertility. Natural Family Planning works within God’s design and relies on open communication between husband and wife. Natural Family Planning is one important tool in living the virtue of chastity, that is, a life wherein God’s gift of sexuality is integrated into the whole person and treated with reverence.

For information on the [Couple-to-Couple League](#) and to learn a safe, healthy, and effective, method of natural family planning, please contact Mark and Chelle Smith-Vandergriff at bc_smittys@yahoo.com.