

Office of Family Life, Diocese of Fort Wayne–South Bend

## *Natural Family Planning Program*



### ***2017 Class Dates for Engaged & Married Couples***

The following are the scheduled NFP class series for 2017 in the Fort Wayne and South Bend areas. It is necessary to attend all 3 sessions in a series in order to be fully instructed in the method. The fee for the class series and materials is \$40 per couple. **Please register ONLINE at least one week in advance ([www.diocesefwsb.org/Family](http://www.diocesefwsb.org/Family)).**

#### **Fort Wayne Area Classes**

##### ***St. Vincent***

March 16, March 30 & April 20 7-9 PM  
Sept. 14, Sept. 28 & Oct. 19 7-9 PM

##### ***St. Charles***

May 9, May 23 & June 6 7-9 PM

##### ***St. Elizabeth Ann Seton***

Nov. 7, Nov. 21 & Dec. 5 7-9 PM

#### **South Bend Area Classes**

##### ***St. Joseph Regional Medical Center***

Jan. 30, Feb. 13, & March 20 7-9 PM  
Aug. 28, Sept. 11 & Oct. 9 7-9 PM

##### ***Christ the King***

April 18, May 2 & June 13 7-9 PM  
Nov. 14, Nov. 28 & Jan. 9 (2018) 7-9 PM

Natural Family Planning (NFP) is a scientifically based, morally acceptable method of regulating conception based on daily observation and interpretation of the natural signs of fertility and infertility which occur in a woman's body. Using this knowledge, a couple can identify the days on which conception is possible should they desire to either achieve or to avoid a pregnancy. International studies confirm that, when used to avoid pregnancy, NFP has an effectiveness rate of 98-99% for a couple who has been properly instructed and who follows the method carefully.

NFP provides a healthy, highly effective method of family planning for a very low cost and with no harmful side effects. It can be used successfully at all stages in a woman's life, including during breast-feeding and perimenopause. Couples who practice NFP often develop a deeper awe for one another's bodies, for the gift of their joint fertility and for the privilege of parenthood. Many couples also find that the mutual respect, regular communication, shared responsibility and self-restraint required by the practice of NFP enrich their relationship and strengthen their marriage.

The Catholic Church promotes NFP because it is the only method of family planning that respects the link between the love-giving and the life-giving purposes that God has placed in sexual intercourse. Sexual intercourse is intended by God to be the most intimate sign of the complete gift of self that a man and a woman make to one another in marriage. This act which expresses their mutual gift of self, at the same time makes them capable of the greatest possible gift - cooperating with God in giving life to a new human person.

Natural family planning allows a couple to prayerfully discern on a periodic basis whether or not God is calling them to conceive a child and then to use their understanding of the wife's fertility cycle to either achieve or avoid a pregnancy. It regards fertility as a gift which should not be suppressed or destroyed, but rather appreciated and respected. The Church believes that natural family planning is where being pro-life begins.

For more information, please contact the diocesan Office of Family Life at 574-234-0687.