



Helping couples to deepen conjugal love and achieve responsible parenthood is part of the Church's total pastoral ministry to Catholic spouses. Fulfillment of this ministry includes both education and pastoral care. This means "instilling conviction and offering practical help to those who wish to live out their parenthood in a truly responsible way" (*Familiaris consortio*, #35 - John Paul II).

### **Natural Family Planning / Theology of the Body**

NFP is based on observation of the naturally occurring signs and symptoms of the fertile and infertile phases of a woman's menstrual cycle. With this "green" approach, NFP reflects the dignity of the human person within the context of marriage and family life, deepens, sustains and promotes a holistic, holy intimacy, 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. (*Standards for Diocesan Natural Family Planning Ministry*, p. 23)

Natural Family Planning (NFP) is scientifically sound and fully consistent with God's plan for marital love. NFP enhances communication and intimacy, is easily learned, and is 99% effective -both for conceiving a child or for responsibly postponing conception. No chemicals, hormones, or barriers.

Call Steve or Lisa Collison, Norwich Diocese, ( NFP Certified Instructors) at 860-399-8265.

**\* Please note: 2009 NFP Scheduled Courses -**

Monday, **July 20, 2009**;  
Monday, **August 17, 2009**;  
Monday, **September 21, 2009**;  
Monday, **October 19, 2009**;  
Monday, **November 16, 2009**

Each three-part course will be offered at St. John Church in Old Saybrook from 7:00 PM until 9:30 PM

Call Steve and Lisa Collison at (860) 399-8265.

For more information, please call Susan Williams at (860) 889-8346, extension 283 or ccfsn.org.

[NFP Videos - USCCB](#)

[Myths and Realities of Natural Family Planning](#) - USCCB

[What Have You Done For Your Marriage Today? - USCCB](#)

Resource site for all married and engaged couples.

[Catholic Principles In Marriage and Family Life](#) - USCCB

[Catholic Marriage FAQs - USCCB](#)

[Catholic Marriage and Social Issues FAQs](#) - USCCB

[Marriage Preparation and Cohabiting Couples](#) - USCCB

[The Couple To Couple league](#)

[The Couple To Couple league Podcasts](#)

[NFP Video Directory](#) - USCCB

A list of the newest DVD's and digital media resources for married and engaged couples