

## Classes By Location

To Register, go to  
[www.dioceseoflansing.org/NFPintro](http://www.dioceseoflansing.org/NFPintro)

**\*\*All classes are 2 hours long\*\***

### Clinton Area

#### **Most Holy Trinity, Fowler**

- 5/16/19 at 6:30pm
- 10/15/19 at 6:30pm

### Flint Area

#### **St. John the Evangelist, Davison**

- 1/26/19 at 10am
- 5/25/19 at 10am
- 9/21/19 at 10am

### Hillsdale/Lenawee Area

#### **St. Anthony of Padua, Hillsdale**

- Classes held monthly. Contact Maria Ansett directly at the St Anthony Parish Office 517-437-3305

### Jackson Area

#### **St. Mary Star of the Sea, Jackson**

- Classes held monthly. Contact Maria Ansett directly at the St Anthony of Padua Parish Office 517-437-3305

### Lansing Area

#### **Diocesan Center, Lansing**

- 4/15/19 at 7pm
- 7/22/19 at 7pm
- 11/18/19 at 7pm

#### **St. Gerard Parish, Lansing**

- 3/10/19 at 1pm
- 5/11/19 at 2:30pm
- 10/6/19 at 1pm

#### **St. Martha Parish, Okemos**

- 1/28/2019 at 7pm

*More classes listed on the back*

## More Classes By Location

### **St. Mary Parish, Charlotte**

- October 2019 TBD

### **St. Mary Parish, Williamston**

- 3/18/19 at 7pm
- 9/9/19 at 7pm

### Livingston Area

#### **St. John the Baptist, Howell**

- 7/31/2019 at 7pm

#### **St. Mary Parish, Pinckney**

- 8/29/2019 at 7pm

#### **St. Mary Parish, Williamston**

- 3/18/19 at 7pm
- 9/9/19 at 7pm

#### **St. Patrick, Brighton**

- 1/12/19 at 2pm
- 5/4/19 at 2pm

### Washtenaw Area

#### **St. Thomas the Apostle**

- 3/9/2019 at 10am
- 10/19/2019 at 10am

### Online Options

*These classes are scheduled for 1 hour.*

*Both Part 1 and Part 2 must be completed in order to receive credit for the class*

- 5/14/19 at 1pm (Part 1 only)
- 5/21/19 at 1pm (Part 2 only)
- 11/6/19 at 1pm (Part 1 only)
- 11/13/19 at 1pm (Part 2 only)

Catholic Diocese of Lansing

#### **Office of Natural Family Planning**

228 North Walnut St.  
Lansing, MI 48933

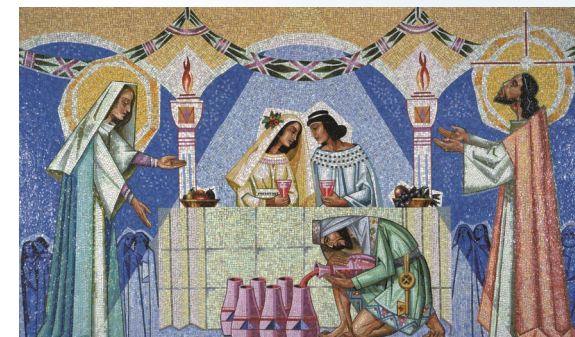
Phone: 517-342-2587

E-mail: [jingles@DioceseOfLansing.org](mailto:jingles@DioceseOfLansing.org)

[www.DioceseOfLansing.org/NFP](http://www.DioceseOfLansing.org/NFP)

## *Natural Family Planning Introduction*

## 2019 Schedule



*Living God's Plan for Marriage*

## Frequently Asked Questions

### Q. What is NFP?

**A.** "Natural Family Planning (NFP) is the general title for the scientific, natural, and moral methods of family planning that can help married couples either achieve or postpone pregnancies.

NFP methods are based on the observation of the naturally occurring signs and symptoms of the fertile and infertile phases of a woman's menstrual cycle. No drugs, devices, or surgical procedures are used to avoid pregnancy.

Since the methods of NFP respect the love-giving (unitive) and life-giving (procreative) nature of the conjugal act, they support God's design for married love!" - *United States Conference of Catholic Bishops*

### Q. My grandmother/great-aunt/older relative used NFP and had several unplanned pregnancies. Why would I want to do that?

The methods of Natural Family Planning that were used just two generations ago were based on a woman having a 28 day cycle and/or ovulating at the same time in each cycle. This method was referred to as the "Rhythm" Method. While this method worked very well for some women, in many situations it didn't.

It is now recognized that most women do not have 28 day cycles nor do they ovulate at the same time in each cycle. It has also been discovered that many women have fluctuating cycle lengths and that stress can delay ovulation. Both of these factors make the Rhythm method less effective.

Scientific discoveries that have emerged in response to Pope Paul VI's 1968 encyclical *Humane Vitae* have enabled couples to pinpoint their specific days of fertility by using their bio-markers. This has made modern methods of NFP 99% effective at avoiding pregnancy.

### Q. Why is NFP required as part of Marriage Prep?

**A.** In his Encyclical Letter *Humanae Vitae*, Pope Paul VI, greatly detailed how contraception, through it's abortifactive (causes abortion) nature and by blocking of the unitive and/or procreative act of marriage, is immoral and destructive to marriage.

This leads to the question: How is contraception immoral and destructive to marriage? The primary misconception about contraception is that it frees the couple from the possibility of pregnancy and thus enables them to enjoy sexual encounters without fear. This way of thinking inherently states that pregnancy (or fertility) is something to be feared. It says to the spouse that "part of you (or me) is dangerous and if we love each other, then we need to protect ourselves from that danger." This idea is clearly established when, through the use of female contraceptives (i.e. the pill), the woman's fertility is shut off, thus removing the "danger" of pregnancy. Likewise, the act of using a male condom "protects" the wife from the "danger" of conception. This attitude toward fertility is contrary to true love because it says to the other "I want you, but not all of you."

Where contraception is contrary to true love because it rejects part of the person (his/her fertility), Natural Family Planning is concordant with true love. It says to the beloved, "I love all of you. Let me show you how." The use of NFP builds stronger, healthier marriages and promotes dialog between spouses by helping couples understand their God-given gift of fertility. Your Parish/Diocese is requiring this educational course as part of Marriage Prep so that you can plan the size of your family without the use of contraceptives.

### Q. Wait!?! In order to avoid a pregnancy, we have to abstain from sex? We're about to get married and now we can't have sex whenever we want?

**A.** One of the great blessings of marriage is the full giving of one's self to his or her spouse. It is up to the couple to decide if it is a good time to welcome a new life that would come from their union.

Continued:

If the couple decides that it would not be a good time to have a baby, then they would collectively decide to abstain from sex and genital activity during the 5-11 days of fertility. So, in short, yes, you would abstain from sex during those days of fertility if you are not ready to have a child.

On a practical note; however, there are many times in married life where sex and genital activity are not possible or practical. Here are some instances in which spouses commonly choose to abstain from sex and genital activity:

- One spouse is traveling out of town without the other
- One or both spouses are sick with the flu or other such illness
- Pregnancy complications that require the wife to be on "pelvic rest"
- The first 6 weeks after the birth of a child
- After surgery
- Disability
- Company visiting from out of town or the couple visiting friends/relatives

Short periods of abstinence benefit the couple by allowing them to express their love for each other in non-sexual ways. These periods also serve to prepare the couple for times in their lives when extended or permanent abstinence may be required.

### Q. I have a serious medical problem. If I get pregnant, then I could die. Isn't NFP too risky for me?

**A.** There are no methods of contraception, sterilization, or NFP (other than permanent abstinence) that are 100% effective for avoiding pregnancy. NFP methods are as effective, or in many cases more effective, than contraception.

If a couple truly needs to avoid a pregnancy for health purposes, then the Creighton Model *FertilityCare* System offers an NFP blood draw that can show ovulation has occurred and that the couple is no longer fertile for the remainder of the cycle. If this is of interest to you, then speak with your Creighton Practitioner about it.

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**For more Frequently Asked Questions, visit:**  
[www.DioceseOfLansing.org/nfpFAQs](http://www.DioceseOfLansing.org/nfpFAQs)