

Natural Family Planning

Fertility Awareness

Natural Family Planning (NFP) is a way for couples to recognize the signs of fertility and infertility.

Through a shared responsibility, couples use this knowledge to either plan or postpone pregnancy.

NFP is NOT the rhythm method. NFP focuses on each individual woman's specific physical signs of fertility and is 98% effective in spacing or limiting children.

Many couples have found that after they learn about the beauty of their sexuality and the blessing of married love their relationship is strengthened.

⇒ NFP education is available throughout the Erie Diocese which encompasses northwestern Pennsylvania.

⇒ Attendance as a couple is encouraged.

⇒ Please select the seminar series most convenient for you and call the instructor or the diocesan office to make your reservation.

⇒ If you are having difficulty finding a series that fits your schedule, please call the office. We can help!

LIFE
MERCY
LOVE
Opening the Heart of Marriage

for Planning and Postponing Pregnancy

Natural Family Planning Schedule of Seminars Jan - Jun 2017

Introductory class offered at no charge. Fees for materials and the completion of the program vary based on the method taught.

CLARION COUNTY

CLARION By Appointment
Instructors' Home (English & Spanish)
(Online option available.)
Instructors: Miguel & Xhonané Olivas³
Call for information: (814) 226-0647

CLEARFIELD COUNTY

DUBOIS By Appointment
Instructors' Home
Instructors: Tom & Judy Tarcson³
Call for information: (814) 371-5852

CRAWFORD COUNTY

MEADVILLE 7:30 p.m.
St. Agatha Parish
Tuesdays: Jan 17, Feb 14, Mar 14
Instructors: Peter & Mary Burkett²
Call to register: (814) 232-0521

ELK COUNTY

ST. MARYS 6:00 - 8:00 p.m.
Sacred Heart Parish Center
Sundays: Feb 12, Mar 12, Apr 9
Instructors: Andy & Cathy Dornisch³
Call to register: (814) 834-6208

ERIE COUNTY

CORRY 6:30 - 8:30 p.m.
St. Thomas Parish
Wednesdays: Mar 8, Apr 5, May 3
Instructors: Ed & Barb Burkett³
Call to register: (814) 337-7302

ERIE By Appointment
St. Mark Catholic Center
Instructors: Jeff & Linda Burch³
Call to register: (814) 898-1476

ERIE 7:00 - 9:00 p.m.
Instructors' Home
Thursdays: Jan 12, Feb 9, Mar 9
Instructors: Steve & Monica Dvoranchik³
Register at www.ccli.org

ERIE 7:00 - 9:00 p.m.
Instructors' Home
Thursdays: Jan 26, Feb 23, Mar 23
Instructors: Mike & Annette Ahrens³
Call to register: (814) 866-0122

ERIE 7:00 - 9:00 p.m.
Instructors' Home
Wednesdays: Mar 15, Apr 12, May 10
Instructors: Paul & Gretchen Lorei³
Call to register: (814) 866-3008

ERIE 7:00 - 9:00 p.m.
Instructors' Home
Thursdays: Jun 8, Jul 6, Aug 3
Instructors: Steve & Monica Dvoranchik³
Register at www.ccli.org

MERCER COUNTY

GROVE CITY 7:00 - 9:00 p.m.
Beloved Disciple Parish-Faith Formation Wing
Thursdays: Mar 16, Apr 13, May 11
Instructors: Dan & Nelsa Armour³
Call to register: (724) 967-4420

POTTER COUNTY

COUDERSPORT By Appointment
St. Eulalia (Online option available.)
Instructor: Kathryn Elenchin BSN⁴
To register: kelenchin@gmail.com

MEDICAL CONSULT By Appointment
Instructor: Dr. Gloria Zibilich¹
For medical consult questions regarding fertility and women's health call: (814) 558-6322

Our teachers are certified in the following methods which are based on the science of the woman's body. Effectiveness ratings of 98- 99% can be achieved when couples follow the guidelines correctly.

² Families of the Americas'– Ovulation Method uses mucus signs exclusively.

³ The Sympto-Thermal method combines two primary signs: mucus and basal body temperature.

⁴ The Marquette Model combines mucus signs and a fertility monitor.

All methods address such topics as church teaching, living a chaste married life, and children as the supreme gift of marriage.

Why is NFP right for us?

Because it...

- ... is natural. No chemicals are used; therefore harmful side effects are avoided.
- ... has a 98% overall effectiveness rate for delaying pregnancy.
- ... is inexpensive. Once understood, it can be used for a life-time at no cost.
- ... builds trust between husband and wife.
- ... strengthens commitment, enhances communication and increases intimacy.
- ... **and most importantly, more than 95% of NFP couples stay married.**

**Celebrate and reverence
God's vision of
human sexuality.
Discover Natural Family
Planning**

Frequently Asked Questions

Does the Catholic Church expect us to have as many children as we can physically procreate?

No. Parenthood is a privilege and a responsibility. How many children a husband and wife bring into the world is always a private decision that the couple makes prayerfully before God. When planning their family, married couples should consider their responsibility toward God, each other, and their extended family, and other important conditions such as their emotional, physical and psychological well being, financial means, and other obligations. They should keep in mind the time-honored truth, "Children are the supreme gift of marriage." *Gaudium et Spes*, 50 § 1

What is the difference between NFP and contraception?

Sex with contraception is the body saying, "I don't give all of myself to you" or "I don't love you unconditionally—you have to change part of yourself before we engage in sex." In essence, the body is not speaking a truthful love but is speaking a lie. The Catholic Church says no human deserves to be lied to in such an intimate moment of marital love.

How do we maintain the gift of marital love yet not conceive a child every month?

By practicing Natural Family Planning.

**Natural Family Planning/
Chastity Education Office
Diocese of Erie**

For more information:

Call: (814) 824-1259 (800) 374-3723 ext. 259

Email NFP@erieRCD.org

St. Mark Catholic Center

429 East Grandview Blvd.

P.O. Box 10397

Erie, PA 16514-0397

<http://www.eriecd.org/nfp.htm>



NATURAL FAMILY PLANNING



LOVE MERCY LIFE

Opening the Heart of Marriage

Explore the possibilities

**Natural
Family
Planning**

**Natural Family
Planning/
Chastity Education
Office
Diocese of Erie**