

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 classes are available throughout the Erie Diocese which encompasses northwestern Pennsylvania.

⇒ Attendance as a couple is encouraged.

⇒ Each class series is comprised of three two-hour sessions.

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



Natural Family Planning

January - June 2012

Class Series Schedule

CLARION COUNTY

CLARION

By Request

Bilingual Spanish/English Instructors:
Miguel & Xhonané Olivas
Call for information: (814) 226-1647

CLEARFIELD COUNTY

DUBOIS

7:00 - 9:00 p.m.

Instructors' Home

Tuesdays: Feb 21, March 20, April 17
Instructors: Tom & Judy Tarcson
Call to register: (814) 371-5852

WOODLAND

By appointment

Instructor: Dr. Gloria Zibilich
Call for information: (814) 558-6322

CRAWFORD COUNTY

CAMBRIDGE SPRINGS

7:00 - 9:00 p.m.

St. Anthony

Tuesdays: May 8, June 5, June 26
Instructors: Ed & Barbara Burkett
Call to register: (814)337-7302 or (814)824-1259

ELK COUNTY

ST. MARYS

6:00 - 8:00 p.m.

St. Mary Church Annex

Sundays: Jan 29, Feb 26, March 25
Instructors: Andy & Cathy Dornisch
Call to register: (814) 834-6208

ERIE COUNTY

ERIE

7:00 - 9:00 p.m.

St. Mark Catholic Center

Thursdays: March 29, April 19, May 17
Instructors: Jeff & Linda Burch
Call to register: (814) 898-1476

ERIE / South

7:00 - 9:00 p.m.

Instructors' Home

Fridays: Jan 27, Feb 24, March 23
Instructors: Mike & Annette Ahrens
Call to register: (814) 866-0122

ERIE

7:00 - 9:00 p.m.

Our Lady of Peace

Thursdays: Feb 16, March 15, April 12
Instructors: Paul & Gretchen Lorei
Call to register: (814) 866-3008

JEFFERSON COUNTY

BROOKVILLE

7:00 - 9:00 p.m.

Immaculate Conception

Wednesdays: April 11, May 9, June 6
Instructors: Ed & Barbara Burkett
Call Laurie after 5pm to register:
(814) 265-2042

MCKEAN COUNTY

PORT ALLEGANY

6:30 - 8:30 p.m.

St. Gabriel

Tuesdays: March 27, April 24, May 29
Instructors: Ed & Barbara Burkett
Call Kathy to register: (814) 274-0582

MERCER COUNTY

GROVE CITY

7:00 - 9:00 p.m.

Beloved Disciple

Thursdays: March 15, April 12, May 10
Instructors: Dan & Nelsa Armour
Call to register: (724) 967-4420

Our teachers use two distinct NFP methods based on the science of the woman's body. Effectiveness ratings of 98- 99% can be achieved when couples follow the guidelines correctly.

¹ Creighton Model FertilityCare system uses mucus signs only (offered by Dr. Gloria Zibilich)

² The Sympto-Thermal method combines two primary signs: mucus and basal body temperature (all others)

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

Occasionally, other scheduling options may be available. Please call (814) 824-1259 to discuss your needs.

for

Planning and

Postponing Pregnancy

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.
- ... strengthens commitment, enhances communication and increases intimacy.
- ... **and most importantly, more than 95% of NFP couples stay married.**



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 both cases, 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**

Barbara Burkett, Director

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Explore the possibilities

Natural Family Planning

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