

Natural Family Planning

Natural Family Planning January - June 2010

Class Series Schedule

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.

CLEARFIELD COUNTY

- I. DUBOIS** 7:00 - 9:00 p.m.
 Thursdays: Mar 11, April 8, May 6
 Instructors & RSVP: Tom & Judy Tarson
 (814) 371-5852

II. WOODLAND

By appointment
 Instructor & Information: Dr. Gloria Zibilich'
 (814) 558-6322

ELK COUNTY

- ST. MARYS** 6:00 - 8:00 p.m.
Sacred Heart Activity Center
 Sundays: Jan 31, Feb 28, Mar 28
 Instructors & RSVP: Andy & Cathy Dormisch
 (814) 834-6208

ERIE COUNTY

- I. ERIE / South** 7:00 - 9:00 p.m.
 Fridays: Jan 29, Feb 26, Mar 26
 Instructors & RSVP: Mike & Annette Ahrens
 (814) 866-0122

II. ERIE 7:00 - 9:00 p.m.

St. George Meeting Room
 Mondays: Feb 15, Mar 15, April 12
 Instructors: Paul & Gretchen Lorei
 RSVP (814) 866-3008

III. ERIE 7:00 - 9:00 p.m.

St. Peter Cathedral
 Tuesdays: Mar 16, April 6, May 4
 Instructors & RSVP: Jeff & Linda Burch
 (814) 898-1476

- IV. ERIE** 7:00 - 9:00 p.m.
Our Lady of Peace
 Thursdays: April 29, May 20, June 17
 Instructors: Ed & Barbara Burkett
 RSVP: Jen (814) 868-6901

MERCER COUNTY

- GREENVILLE** 7:00 - 9:00 p.m.
St. Michael Parish
 Wednesdays: Mar 24, April 21, May 19
 Instructors: Ed & Barbara Burkett
 RSVP: Barbara (724) 932-3414

- GROVE CITY** 7:00 - 9:00 p.m.
Beloved Disciple
 Thursdays: May 6, June 3, July 1
 Instructors & RSVP: Dan & Nelsa Armour
 (724) 992-0414

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

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.

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.

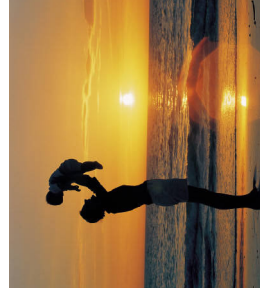
... is inexpensive. Once

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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Step over to the NATURAL side of Family Planning

Marriage and Natural Family Planning . . .



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CHASTITY EDUCATION OFFICE
Diocese of Erie**