

# 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.

### MEDICAL CONSULT

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

for  
Planning  
and  
Postponing  
Pregnancy

LIFE  
MERCY  
LOVE  
*Opening the Heart of Marriage*

# Natural Family Planning Schedule of Seminars July-December 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:

Instructors' Home  
(English & Spanish)  
(Online option available.)  
Instructors: Miguel & Xhonané Olivas<sup>2</sup>  
Contact: (814) 226-0647

**By Appointment**

## CLEARFIELD COUNTY

### DUBOIS:

Instructors: Megan & Jordan Hoover<sup>3</sup>  
Contact: (814) 591-7681

**By Appointment**

## CRAWFORD COUNTY

### MEADVILLE:

St. Agatha Parish  
(Online Option Available)  
Thurs: July 27, Aug 24, Sept. 28  
Instructors: Peter & Mary Burkett<sup>1&2</sup>  
Contact: (814) 371-5852

**7:30 p.m.**

## ELK COUNTY

### ST. MARYS:

St. Agatha Parish  
Sun: Sept. 17, Oct. 15, Nov 12  
Instructors: Cathy & Andy Dornisch<sup>2</sup>  
Contact: (814) 834-6208

**6:00-8:00 p.m.**

## ERIE COUNTY

### CORRY:

St. Stephen School, Oil City  
Thurs: Sept 14, Oct 12, Nov 9  
Instructors: Ed & Barb Burkett<sup>2</sup>  
Contact: (814) 758-2609

**6:30 - 8:30 p.m.**

### ERIE:

St. Mark Catholic Center  
Instructors: Jeff & Linda Burch<sup>2</sup>  
Contact: (814) 898-1476

**By Appointment**

### ERIE:

Instructors' Home  
Wed: Oct 11, Nov 8, Dec 6  
Instructors: Paul & Gretchen Lorei<sup>2</sup>  
Contact: (814) 866-3008

**7:00 - 9:00 p.m.**

### ERIE:

Instructors' Home  
Thurs: Sept 21, Oct 19, Nov 9  
Instructors: Mike & Annette Ahrens<sup>2</sup>  
Contact: (814) 866-0122

**7:00 - 9:00 p.m.**

### ERIE:

Instructors' Home  
Thurs: Jun 8, Jul 6, Aug 3  
Instructors: Steve & Monica Dvoranchik<sup>2</sup>  
Register at [www.ccli.org](http://www.ccli.org)

**7:00 - 9:00 p.m.**

## MERCER COUNTY

### GROVE CITY:

Beloved Disciple Parish-Faith Formation Wing  
Instructors: Dan & Nelsa Armour<sup>2</sup>  
Call to register: (724) 967-4420

**By Appointment**

## POTTER COUNTY

### COUDERSPORT:

St. Eulalia  
(Online option available.)  
Instructor: Kathryn Elenchin, BSN<sup>3</sup>  
Contact: [learnmmnfp@gmail.com](mailto:learnmmnfp@gmail.com)

**By Appointment**

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.

<sup>1</sup> **Families of the Americas**<sup>1</sup>— Ovulation Method uses mucus signs exclusively.

<sup>2</sup> The **Sympto-Thermal method** combines two primary signs: mucus and basal body temperature.

<sup>3</sup> 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. Occasionally, other scheduling options may be available. Please call (814) 824-1259 to discuss your needs.

## 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 [kwhiteford@eriercd.org](mailto:kwhiteford@eriercd.org)

**St. Mark Catholic Center**

429 East Grandview Blvd.

P.O. Box 10397

Erie, PA 16514-0397

[http://www.eriercd.org/chastity\\_nfp.htm](http://www.eriercd.org/chastity_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**