

what priests are saying

Couples are exposed to a new and wholesome outlook on marriage, family and children that they don't get from the world.

Many couples today are already sexually active and the woman is on the Pill long before they come in to see the priest about marriage. An NFP course is a way to make them look seriously at sexuality and fertility.

I bring out the low divorce rate among NFP couples and tell them that I want their marriage to have every aid to success.

Couples are usually happy that they went through the full NFP training. My conscience is relieved when I know they have been exposed to an alternative to contraception.

NOTE: This seminar is NOT a full course in NFP. Engaged couples can satisfy the marriage preparation requirement by taking a full course **or** the NFP Seminar. To start a full course, call a certified NFP Instructor near you (see website for listing).



Pope John Paul II:

“... natural methods of regulating fertility should be promoted as a valuable help to responsible parenthood, in which all individuals, and in the first place the child, are recognized and respected in their own right and where every decision is guided by the ideal of the sincere gift of self.”

-Evangelium Vitae #88, 1995

what couples are saying

I never realized the power of a woman's body. I was skeptical of the message against contraceptives, but this opened my eyes. The charting looks very easy. I don't see a negative aspect of NFP. This was very helpful.

*I guess I have always known the stance of the Church on pre-marital sex and contraceptives. It was very nice to know **why** it holds such a stance and to have the evidence portrayed. It would have been nice to know this a long time ago.*

The entire program was a learning experience ... the overall success of NFP, the overall results of contraceptives. Basically NFP was a subject on which I knew very little.

It never really occurred to me how closely related contraception and abortion were. It has really opened my eyes to how NFP can not only open up communication in a marriage, but can also help to keep a marriage strong.



Diocese of Rockford

Respect Life--NFP

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For information on NFP methods and instructors visit:

www.rockforddiocese.org/nfp

Natural Family Planning



Honest and Open Sexuality
in Accord with Church Teaching

2010 SEMINARS

The **Natural Family Planning Seminar** is an **opportunity** for engaged and married couples to gain **meaningful insight into Church teaching** on marriage and family, with an emphasis on **family planning**. Presenters in this three-hour seminar include certified Natural Family Planning (NFP) Instructors who provide a **brief** introduction to NFP, as well as married couples who give **personal witness** to the value and benefits of following Church teaching.

Natural Family Planning (NFP) is a **scientific** and **natural** means of **avoiding, achieving, or spacing** pregnancy. Although a man tends to be continuously fertile, a woman is naturally infertile most of the time. NFP involves developing a greater **awareness** and **understanding** of the **human body**. Through observing the **distinctive signs** that each **unique** woman's body gives, any couple can learn when a woman is possibly fertile and when she is not.

NFP is not the old-fashioned and often unreliable Rhythm Method. NFP is not only as **effective as any other method of family planning** for avoiding pregnancy, but it can also help couples achieve pregnancy.

Couples using NFP show **respect** and **love** for each other in conjunction with **God's design** of their fertility. A **cooperative** method which involves both spouses, NFP **enhances the communication between spouses**, while providing a **healthy, reliable** method for planning their families.

The seminar fee of \$40 covers materials including the highly acclaimed book, **Good News About Sex and Marriage**, by Christopher West.

Sponsored by the Catholic Diocese of Rockford Respect Life Office

2010 NFP Seminar Dates

Offered Fridays 6:45 – 10:00 PM OR Saturdays 8:45 AM – Noon

Fri Jan 15	Holy Cross- Batavia
Fri Jan 29	St. Mary- Woodstock
Sat Feb 6	OSF St. Anthony Med Ctr- Rockford
Fri Feb 19 <i>*Spn</i>	St Thomas the Apstle- Crystal Lake
Sat Feb 20	Christ the Teacher- DeKalb
Fri Feb 26	St. Patrick- St. Charles
Fri Mar 12	St. Thomas Aquinas- Freeport
Sat Mar 20	St Thomas the Apostle- Crystal Lake
Sat Mar 27 <i>*Spanish</i>	Provena Mercy Ctr- Aurora
Fri Apr 9	St. Patrick- Dixon
Sat Apr 24	Holy Cross- Batavia
Fri Apr 30	OSF St. Anthony Med Ctr- Rockford
Fri May 7 <i>*Spanish</i>	St. Patrick- Rochelle
Sat May 15	St. Patrick- St. Charles
Sat May 22	St. Thomas the Apostle- Crystal Lake
Fri Jun 4	Holy Cross- Batavia
Sat Jun 19 <i>*Spanish</i>	Provena Mercy Ctr- Aurora
Sat Jun 26	St. Patrick- St. Charles
Sat Jul 10	OSF St. Anthony Med Ctr- Rockford
Fri Jul 23	St. Patrick- Rochelle
Sat Aug 7	St. Mary- Woodstock
Fri Aug 20 <i>*Spanish</i>	St. Monica- Carpentersville
Sat Sep 11	Provena Mercy Ctr- Aurora
Sat Sep 25 <small>Note Time:</small>	12:30 - 3:45 PM St. Mary- Galena
Fri Oct 8	OSF St. Anthony Med Ctr- Rockford
Sat Oct 16	St. Monica- Carpentersville
Sat Nov 13 <i>*Spn</i>	OSF St. Anthony Med Ctr- Rockford
Fri Nov 19	St. Mary- Woodstock
Fri Dec 3	St. Andrew- Rock Falls

Spanish/*Spn – Presentado en español – Si no domina el idioma ingles favor de asistir al seminario en español.

For your records: Mark the (1st & 2nd) dates above that you have requested on your Registration Form.

Reservation questions? Contact the Respect Life-NFP Office: 815-399-4300 x382 or DLrwin@RockfordDiocese.org

NFP Seminar Registration

Please PRINT clearly Registrations by mail only

Woman's Name _____

Address _____

City, St, Zip _____

Phone Day _____ Eve _____

Age _____ Religion _____

Man's Name _____

Address _____

City, St, Zip _____

Phone Day _____ Eve _____

Age _____ Religion _____

Anticipated Wedding Date _____

Name of Priest/Marriage Preparer _____

Parish & City of Wedding _____

1st choice of Seminar date _____

Location _____

A \$10 rescheduling fee applies to subsequent requests for date change.

2nd choice of Seminar date _____

Location _____

Please check the applicable boxes:

I prefer confirmation by e-mail to _____

Preparation materials will be sent to woman's address unless otherwise specified. _____

Prefiero el cd y la hoja de trabajo en español.

Register early to ensure seating and materials. Reservation must be postmarked at least 14 days prior to seminar to avoid the late fee.

The \$40 fee made to "Respect Life-NFP" is enclosed.

I have enclosed the \$50 fee for late registration.

Registration required: additional late fees may apply.

Please mail to: **Respect Life-NFP**

P.O. Box 7044

Rockford, IL 61125



Office use only

Postdate _____ Fee _____ Confirmation sent _____