

Bulletin Announcements for the month of July

Trust: God has a plan for your marriage

Concerned about the possibility of having (another) child right now? Natural Family Planning (NFP) includes methods of avoiding, postponing, or achieving pregnancy all in accordance with God's plan for your sexuality and marriage. NFP methods are 99% effective in avoiding pregnancy. Learn more at rockforddiocese.org/nfp or by calling 815.399.4300 x382

Making Good Marriages Great

Wondering what you can do to become closer to your spouse? Couples who use Natural Family Planning (NFP) report greater intimacy in their marriage than those who use contraception. Only two percent of NFP-practicing couples experience divorce. Learn more at rockforddiocese.org/nfp or by calling 815.399.4300 x382

Living Your Wedding Vows

Are you married? On your wedding day, you promised to freely, totally, faithfully, and fruitfully give yourself to your spouse for the rest of his/her life. Spend some daily time in prayer reflecting on how you both succeed and fall short of fulfilling your wedding vows. Contraception is one way couples prevent a renewal of their wedding vows in the marital embrace. Have you considered learning Natural Family Planning? Learn more at rockforddiocese.org/nfp or by calling 815.399.4300 x382

An Alternative to the Birth Control Pill

Did you know there is a safe, effective alternative to treating medical conditions for which some physicians prescribe hormonal contraceptives? The pill does not treat the underlying problems of conditions such as: endometriosis, polycystic ovarian syndrome, premenstrual syndrome, dysmenorrhea, and amenorrhea; it simply treats the symptoms. Natural Family Planning, in association with NaProTechnology, can help you identify the root of the problem and thereby help you experience reproductive and overall health. Learn more on the web at naprotechnology.com or rockforddiocese.org/nfp or by calling 815.399.4300 x382

Married Couples, Are You Struggling with Infertility?

Do you know there is an alternative to In Vitro Fertilization that is moral, much less expensive, and significantly more successful? Natural Family Planning can help a woman understand her cycle and identify the root problems of infertility, so that your desire for (more) children may be fulfilled. Learn more at rockforddiocese.org/nfp or by calling 815.399.4300 x382