

## Diocese of Cleveland NFP Services:

- *Directory of Programs and Services* offers NFP Teachers by Parish throughout the diocese. Available through the Department for Marriage & Family Ministry for 15¢ each.
- NFP Classes are listed on the website: [www.ccdocle.org/mfm](http://www.ccdocle.org/mfm) or by calling the office at 216-334-2978.
- Resource list of NFP materials - Department for Marriage & Family Ministry.  
Telephone: 216-334-2978
- Medical Consultants:  
  
Margarita Lassaletta, M.D.  
Family Practice/NFP only/  
Creighton Model Natural  
Treatment of Infertility.  
Telephone: 330-336-5046  
  
James Matheson, D.O.  
OB-GYN / River of Light NFP/only  
Telephone: 440-967-5433
- Presentations for High School Fertility Awareness, Pre-Cana Programs, Mom's Groups, etc.

Please call the Office for Marriage and Family Ministry  
216-696-6525 x2323 or e-mail:  
[kgalicic@dioceseofcleveland.org](mailto:kgalicic@dioceseofcleveland.org)  
with any questions.

## RECOMMENDED RESOURCES FOR ADDITIONAL DISCUSSION:

*Of Human Life*, (Humanae Vitae), Encyclical Letter of Paul VI, 1968.

*The Role of the Christian Family in the Modern World*, (Familiaris Consortio) Apostolic Exhortation of John Paul II, 1981.

*When Can We Use NFP?*  
Mary Shivanandan, MA, STD  
USCCB, 2001, NFP Forum Series

*An Introduction to Natural Family Planning*, Diocesan Development Program (DDP)  
USCCB, #9921—\$1.50,  
Spanish #9927

*Responsible Parents are Open to Life*, DDP/NFP,  
USCCB, #0324

[www.usccb.org/prolife](http://www.usccb.org/prolife)  
202-541-3070  
Toll free - 866-582-0943

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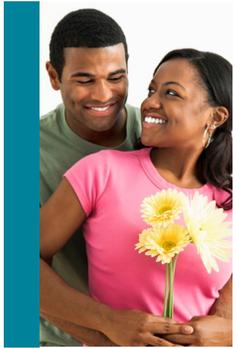
# What is NFP?

OFFICE FOR MARRIAGE  
AND FAMILY MINISTRY  
Secretariat for Parish Life and Development

1404 East Ninth Street  
Cleveland, OH 44114

[www.dioceseofcleveland.org/mfm](http://www.dioceseofcleveland.org/mfm)





## What is NFP?

**Natural Family Planning (NFP)** is an umbrella term for certain methods used to achieve and avoid pregnancies. These methods are based on observation of the naturally occurring signs and symptoms of the fertile and infertile phases of a woman's menstrual cycle.

**NFP** is not "Rhythm." The Rhythm (or Calendar) method was developed in the 1930's. It was based on the scientific theory that ovulation could be predicted by calculating previous menstrual cycles. This method was often inaccurate because it did not take account of the unique nature of a woman's menstrual cycle. Today's methods of NFP do take account of such variations. Based on observable signs and symptoms of the fertile and infertile phases of the menstrual cycle, NFP methods track the changes associated with ovulation and not only treat each woman as unique, but each cycle as well. The accuracy of women's observations has been validated by scientific research.\*

## NFP Methods offered:

**Ovulation:** Days of possible fertility and days of infertility are defined by a woman after she has been instructed in the interpretation of mucus secretion which accompanies ovulation.

**Sympto-Thermal:** Days of possible fertility are defined by the combination of symptoms including mucus observations and the use of basal body temperature occurring at the time of ovulation as a result of the elevated progesterone level.

**NFP** is a holistic approach to family planning. Both husband and wife understand their fertility, emotions, and family planning intention (whether to have a baby or not). *Its successful use to avoid pregnancy relies upon a couple's following what they know about the method and one another.* Successful use of NFP requires a couple to communicate. In the daily charting of their fertility signs, couples quickly appreciate their shared responsibility for family planning. Husbands are encouraged to "tune into" their wives' cycles; both spouses are encouraged to speak openly to each other about their ideas on family size.

Couples using NFP to avoid pregnancy abstain from intercourse and genital contact when the woman is fertile and can conceive.

The total days of abstinence will vary from woman to woman and even from cycle to cycle. Whatever the length of the fertile phase, no barriers or chemicals are used at any time to avoid pregnancy. To achieve pregnancy couples have intercourse during the fertile time of the cycle. **NFP IS NOT A CONTRACEPTIVE.** It does nothing to suppress or block conception. Instead, couples adjust their behavior according to their family planning intention using the naturally occurring signs and symptoms of a woman's cycle.

NFP promotes openness to the transmission of human life and recognizes the value of children. Sexual relations are understood as love-giving as well as life-giving. It is true family planning. Because NFP respects the two-fold nature of sexual intercourse, it can enrich the bond between husband and wife. For these reasons it is an acceptable form of family planning for people of various religious and philosophical beliefs.

\*Fehring, DNSC., RN & Kambic, MSH NFP Bibliography. (Wash D.C.: DDP for NFP, 1995).

