

Natural Family Planning (NFP)

What are the Benefits of NFP?



Safe and Healthy

- No medical side effects
- No abortifacient effects (unlike methods using artificial hormones—Pill, Patch, Shot, etc.)
- Promotes self-awareness and wellness

True Family Planning

- Can help couples with low fertility to have the best chance of conceiving a child
- Does not risk extended loss, reduction, or elimination of fertility as do the Pill, Dep-Provera, IUD, etc.
- Can be “reversed” at any time

Effective in Postponing Pregnancy

- Same range of effectiveness as the most effective artificial means (Pill, IUD, etc.)
- More effective than barriers

Inexpensive

- Instruction in methods between \$60 and \$500, sliding scale available in all methods
- Pay back vs contraception is a few months

Morally Right

- When used in the context of Responsible Parenthood
- Respects the integrity of the man and wife created in God’s image
- Contraception “must be excluded as intrinsically immoral” (Familiaris Consortion, 32)

Good for Marriages and for Children

- Promotes communication, faithfulness, intimacy, mutual respect, chastity, love
- Helps parents appreciate children as gifts from God

Natural Family Planning series

St. Helen Church
Oblate Center
Sundays: 1—3 PM

August 27th
September 24th
October 29th



For more information, contact Joe DeVet at jodlid@aol.com or 713.683.8544