

## What is Natural Family Planning?

Today we understand the human body, especially the reproductive system, much better than we did even 20 years ago. Fertility specialists have taught us how to determine when a woman is likely to conceive, and when she is infertile. Using this knowledge, we can now show couples how to achieve or avoid pregnancy with up to 99% effectiveness; that's higher than any method of simple contraception, according to the World Health Organization.

*Natural Family Planning is highly personalized.* Every woman learns how to understand her own body and its cycles, through one or more simple biological signs. With her husband, the two of them discuss and record their observations, gaining an awareness of and new appreciation for their shared fertility. If a couple wants to conceive, they make love on fertile days. If they need to wait – well, they wait until the infertile times. The average woman is fertile 8-10 days a month. NFP works for women of any age even with an irregular cycle.

## What if I have an irregular cycle or fertility problems?

If you have fertility problems, we can help you raise the odds that you'll conceive. The Creighton Model is now available in the Diocese of Lansing. This model can be utilized by ALL women, married or single, who are interested in taking control of and understanding their own reproductive and gynecological health. It is safe, effective, and works cooperatively with a woman's cycle to identify and treat a wide variety of issues including, infertility and/or repetitive miscarriages; PMS; PCOD; menstrual cramps, abnormal bleeding; postpartum depression; and premenopause symptoms. If you would like more information, you may contact **Amanda Venema** at (517)242-3710, or Maria Carlin (586) 344-8442, at Hope Fertility Care of Mid Michigan. Email address: [www.hopefertilitycare.com](http://www.hopefertilitycare.com)  
[amanda@hopefertilitycare.com](mailto:amanda@hopefertilitycare.com)  
[maria@hopefertilitycare.com](mailto:maria@hopefertilitycare.com)

## What are the benefits of NFP?

Natural Family Planning is advantageous for many reasons! The most wonderful benefit is mutual cooperation of the couple, which enhances communication skills and respect for one another's fertility. NFP is also:

- *Harmless* to the human body – NFP users utilize the natural signs of fertility and use no drugs, chemicals or barriers to impair normal bodily function.
- *Reliable* - when used as taught, couples using NFP can expect a 99% rate of effectiveness to postpone pregnancy.
- *Inexpensive* – after initial instruction, NFP can cost as low as \$4/year for all materials!
- Marital strength – NFP marriages have a less than 5% divorce rate in part due to continual communication.

## Are engaged couples Required to take NFP?

All engaged couples getting married in the Diocese of Lansing must complete an Introductory course in NFP or a formal class in NFP. Many couples may decide to take the three part series of Natural Family Planning upon completion of the Introduction video-assisted program. Your parish priest may require you to take a course in NFP (often called “the 3-part series”) as part of your Marriage Preparation instead of the Introduction Program.

## What is the Introduction to NFP?

The *Introduction to NFP* is one portion of the Marriage Preparation process for the Diocese of Lansing. The *Introduction to Natural Family Planning* is a 2 hour class designed specifically for engaged and married couples. It includes a video called *Introduction to Natural Family Planning*, as

well as time for discussion and a basic lesson in NFP. This program helps couples learn the benefits of using NFP in their marriage. It explains the Church's teaching on the beauty of married love and human sexuality. The *Introduction* is often taught as one of the Basic Catholic Teaching or Catholic Information Series class as part of Marriage Preparation in some regions.

## Are Couples required to take additional instruction in Natural Family Planning?

As part of your Marriage Preparation, you may be required to take a formal 3-part series class in Natural Family Planning, instead of the Introduction Classes. The Natural Family Planning Program of the Diocese of Lansing offers classes in the Billings Ovulation Method and Creighton Model, beside the Sympto-Thermal Method by Couple to Couple League. Home study courses on Sympto-Thermo are also available on-line. You may contact the NFP office for a class schedule of these classes or the websites.

## Where can I take the Introduction Class?

The *Introduction* is offered in various regions of the Diocese of Lansing. Schedules are available by calling the NFP Office at (517) 342-2587, or by e-mailing: [nfp@dioceseoflansing.org](mailto:nfp@dioceseoflansing.org), or by checking the Diocese of Lansing website. Couples will receive a letter from the Department of Catholic Charities and a Certificate of Completion, to be included in their Marriage Preparation file at their parish upon successful attendance of the Introduction Class.

## Cost for taking the Class?

There is a charge for the *Introduction to Natural Family Planning Class*, when offered by parishes as scheduled in this brochure. The cost for the *Introduction to Natural Family Planning Class* is **\$10.00** per couple, which is payable prior to the first day of class.

## TO REGISTER:

You need to call the Natural Family Planning Office to register. You can also do one of the following:

- Fill out the form on the bottom of this sheet and mail, with a check payable to the Diocese of Lansing, or
- Call the NFP Office: (517) 342-2587, or
- E-mail: [nfp@dioceseoflansing.org](mailto:nfp@dioceseoflansing.org)

When calling or emailing the Natural Family Planning Program, please provide the following information:

- Names of both fiancés/spouses
- Location & Date of your wedding
- Telephone number/email address
- Dates preferred for Class
- And, how payment will be made

Fill out the information below and send it to:

**NATURAL FAMILY PLANNING PROGRAM  
DIOCESE OF LANSING  
228 N. Walnut Street  
Lansing, MI 48933**

## Registration Information

Bride/Wife \_\_\_\_\_

Groom/Husband \_\_\_\_\_

Date of Wedding \_\_\_\_\_

Church: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Address: \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

- We would like to register for the Introduction Class to NFP. (Write preferred location & date as listed).  
1<sup>st</sup> choice: \_\_\_\_\_  
2<sup>nd</sup> choice: \_\_\_\_\_  
3<sup>rd</sup> choice: \_\_\_\_\_
- We would like instruction in a 3 part series of NFP as well. Call us with dates and teachers.

## Introduction to NFP Classes

All classes meet from 7 – 9 PM  
Unless otherwise noted.

## Washtenaw Area Classes

**St. Joseph Parish, Dexter**  
(734) 426-8483

Saturday, February 18, 2012(10:00 am)  
October 2012 (TBA)

## Lansing Area Classes

**St. Martha Parish, Okemos**  
(Knights of Columbus Room)  
Monday, January 30, 2012 @ 7:00 pm

**St. Gerard Parish, Lansing**  
(Parish Center)  
Sunday, March 11, 2012 @ 4:00 pm  
Sunday, October 14, 2012 @ 4:00 pm

**St. Casimir Parish, Lansing**  
(Church basement)  
Thursday, March 29, 2012@ 7:00 pm

**St. Michael Parish, Grand Ledge**  
(Siena Room)  
Wednesday, March 28, 2012 @ 7:00 pm

**St. Mary Cathedral, Lansing,**  
(Cathedral Parish Hall)  
Sunday, May 20, 2012 @ 4:00 pm

**St. Therese Parish**  
(Social Room)  
Tuesday, June 26, 2012 @ 6:00 pm

**St. Jude Parish, DeWitt**  
(Parish Community Center)  
Thursday, August 23, 2012 @ 7:00 pm

**St. Mary Parish, Charlotte**  
(St. Mary Family Life Center)  
Saturday, October 27, 2012 @ 10:00 am

**St. James Parish-Mason**  
Thursday, November 15, 2012 @ 7:00 pm

## Livingston Area Classes

All Livingston area classes are taught in  
conjunction with Basic Catholic Teaching.

**St. Patrick Parish, Brighton**  
Saturday, January 21, 2012 @ 12 Noon

**St. Agnes Parish, Fowlerville**  
Saturday, March 3, 2012 @ 2:30 pm

**St. John the Baptist, Hartland**  
Wednesday, August 1, 2012 @ 7:00 pm

**St. Mary Parish, Pinckney**  
Thursday, August 23, 2012 @ 7:00 pm

**St. Mary Magdalen, Brighton**  
Thursday, September 27, 2012 @ 7:00pm

**St. Joseph Parish, Howell**  
Tuesday, November 27, 2012 @ 7:30pm

## Jackson Area Classes

All Jackson area classes are taught in  
conjunction with Overview of the  
Catholic Church classes.

Couple to Couple Sympto-Thermal Class  
Will be presented at:

**Queen of the Miraculous Medal**

January 21, 2012 @ 6:00 pm  
(this is a 3 part series class)

Email: [uneewk@yahoo.com](mailto:uneewk@yahoo.com)

## FLINT AREA CLASSES

All classes are taught in conjunction  
with Basic Catholic Teachings.

**St. Robert Bellarmine Parish,**  
Flushing, Michigan  
January 21, 2012 (9-12pm)  
May 26, 2012 (9-12 pm)  
September 2012 - TBA

## HILLSDALE/LENAWEE AREA CLASSES

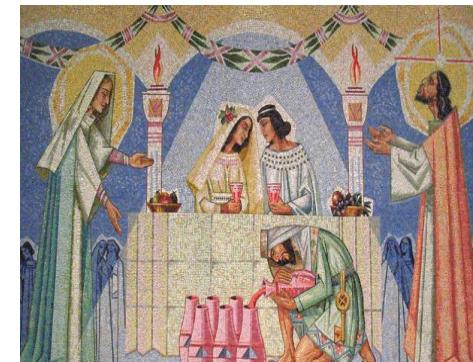
Classes at **St. Anthony Of Padua,**  
11 North Broad Street, Hillsdale, MI

**Contact:** Maria (517) 523-3526  
to attend class @ St. Anthony  
**2012 Classes**

Tuesday, January 10, @ 7:00 pm  
Saturday, February 18, @ 10:00 am  
Wednesday, March 14, @ 7:00 pm  
Saturday, April 21, @ 10:00 am  
Tuesday, May 8, @ 7:00 pm  
Saturday, June 6, @ 10:00 am  
Wednesday, September 5, @ 10:00 am

# GOD'S PLAN FOR HAPPY MARRIAGES:

## *Natural Family Planning &*



## *Introduction to NFP*

**Information &  
Schedule of Classes**  
Natural Family Planning Program  
Diocese of Lansing, Michigan

**Diocese of Lansing**  
228 N. Walnut Street  
Lansing, MI 48933  
(517) 342-2587 Office  
(517) 342-2446 Fax

Email: [nfp@dioceseoflansing.org](mailto:nfp@dioceseoflansing.org)

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**Brochure**