

"So, sons are a heritage from the Lord . . ."

Psalm 127:3



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Natural Family Planning



*A Safe, Effective and Moral
Alternative to Contraception*

Did you know?

1. Natural Family Planning is a medically proven and highly effective method for achieving or postponing pregnancy by increasing a couple's fertility awareness.
2. Several medical studies have concluded that NFP is effective in avoiding pregnancy. It is just as effective as chemical birth control and more effective than condoms, diaphragms, and spermicides. This is NOT the old Rhythm Method!

A US Department of Health Education and Welfare Study carried out in Los Angeles from 1976-78 found the NFP effectiveness from 96% (ovulation method) to 100% (Sympto-thermal method).

The 1978 Roetzer study found an average NFP effectiveness from 99-100%. This is compared to effectiveness rates for the pill of 90-96% as found in a 1988 Ohio State University Study, and 97% as listed in the 1998 Physician's Desk Reference.

3. Up until 1930, all Christians condemned artificial means of birth control. Today the Catholic Church stands alone in upholding this Christian truth.

4. In 1968, Pope Paul IV accurately predicted that condoning contraception would lead to increased marital infidelity, a lowering of morality, disrespect towards women, and a disregard for her physical and psychological health.

5. Those who use chemical birth control can increase their risk of breast cancer and other diseases.

According to a study published in the 8 January 1999 British Medical Journal, women using "the pill" experienced "significant increased mortality." For example, the risk of death from cervical cancer increased by approximately 200%, death from stroke increased 170% and circulatory diseases increased 120%.

6. The younger you start using chemical birth control, the greater the risk of breast cancer and death due to breast cancer.

A study published in the 1991 edition (vol. 15, issue 4) of South Sweden Cancer Detection and Prevention journal found that risk of death from breast cancer increased 820% for women starting on the pill prior to 20 years of age and 180% higher for those beginning on the pill between ages 20-25 years.

The same researchers, publishing in a 1989 issue (vol. 81, issue 12) of the Journal of the National Cancer Institute (of Sweden) showed that the risk of breast cancer is 200-480% higher in young women under age 20 who take the pill than for those who do not!

7. The Physician's Desk Reference (and other medical sources) lists the following side effects for the pill: headaches, depression, decrease of sexual drive, abdominal cramps, weight gain, and more. These side effects are also noted in chemical birth control packaging.

8. Every form of chemical birth control (the "pill," Norplant, Depo-Provera) can cause early-term abortions!

9. The divorce rate among couples who practice Natural Family Planning (NFP) is **LESS THAN 5%**. (This figure is according to a 1995 Couple to Couple League assessment).

10. The Catholic Church teaches and has always taught that each and every marriage must be open to life. (Catechism of the Catholic Church 2366, *Didache**, *Casti connubii*, *Humanae vitae* 11, *Familiaris consortio***)

* *Didache* - Church manual and liturgical document written in the 1st Century that reflects the teaching of the apostles.

** *Encyclicals* written by Popes Pius XI, Paul VI, and John Paul II respectively.

11. For just reasons (physical, psychological, emotional, financial) spouses may wish to space the births of their children. Birth regulation based on self-observation and the use of infertile periods respects the bodies of the spouses, encourages tenderness, and favors the education of an authentic freedom (CCC 2368, 2370).

12. We can trust the Catholic Church with this and all her teachings on faith and morals because:

The Church is the "pillar and foundation of truth" (1 Tim. 3:15).

Jesus sent the Holy Spirit to guide it in all truth (John 16:13).

The Pope, along with the bishops as successors to the Apostles, speaks with the voice of the Holy Spirit (Acts 15:28).

Would You Like to Know More?

Top Ten Reasons to Use NFP

Natural Family Planning Instruction

Washington DC Archdiocesan NFP office:

(301)853-4564

for class schedules see events at

<http://www.adw.org/>

Couple To Couple League:

(513)471-2000

<http://www.ccli.org/>

World Organization Ovulation

Method of Billings -

<http://www.woomb.org/index.shtml> or

<http://www.boma-usa.org>

Natural Family Planning Outreach

(405)942-4084

<http://www.nfpoutreach.org>

Effects of Contraception

One More Soul:

1-800-307-SOUL

<http://www.omsoul.com/>

Priests for Life

1-888-PFL-3448

<http://www.priestsforlife.org/>

Human Life International

(540)622-5212

<http://www.hli.org/>

10. Because it works (see "Did you know" # 1, 2).

9. Because it is natural, there are no dangerous side effects.

8. Because it will not destroy an unborn child (see "Did you know" # 8).

7. Because marriage is a Sacrament and sexual relations bring about a renewal of sacramental grace. God designed sex to be unitive **and** procreative and we must not separate the two. Contraception deliberately prevents two from becoming one (Gen 2:24, Mk 10:8-9, Mt 19:5-6; Catechism of the Catholic Church 2363, 2366, 2370).

6. For your health and safety (see "Did you know?" # 6,5,7).

5. For the sake of your marriage (see "Did you know?" #9).

4. Because of God's command to us, He says "Be fruitful and multiply" (Gen 1:28).

3. Because children are gifts from God (Gen 17:16,20; 28:3; 29:32-35; Psalm 107:38; 127:5; 113:9 *and too many more to mention*). What would you do if someone treated your most precious gift as though it were a curse?

2. God has condemned contraception. (God punished Onan for the "withdrawal method" as a capital crime in Gen. 38:7-10).

1. For the sake of your soul!