

**Why couples chose the Ovulation Method:**

*“We decided on Natural Family Planning during our Engaged Encounter Weekend. One of the team couples talked openly about their decision to have another child. We assumed they were on the pill or some other type of contraceptive to be that confident about choosing to get pregnant. They later shared that they were practicing the Ovulation Method. It sold us right there. If they could be that confident, we knew it could work for us, and it has.”*  
-Karen & Mike

*“I highly recommend NFP after using it for the first year of marriage. It gives us full control with complete freedom from contraceptives. Even greater is the understanding and respect I gained from tracking my wife’s cycle. With NFP I don’t take my wife for granted; it helps me realize what is really important in our marriage. Try to get all that from a condom!”* -Curtis

*“Women should understand and be able to monitor how their bodies work. NFP is great for our relationship...isn’t marriage all about understanding and appreciating each other?”* -Clare

**Natural Family Planning  
Ovulation Method  
is most effective  
when learned  
from qualified  
instructors.**



*Lord, we are in awe  
of the gift of  
sexual love making  
you have given us!*

*How marvelous that our love  
and our unity  
are so powerful  
that at some point,  
as co-creators with you,  
there is a new being  
to name!*

*Help us to use our gifts well.*

**For more information, contact:**

Family Life Office  
Altoona-Johnstown Diocese  
2713 West Chestnut Street  
Altoona, PA 16601  
(814) 695-5579  
(814) 949-8234  
familylife@dioceseaj.org  
www.dioceseaj.org  
Click on Offices, Family Life

# **Natural Family Planning**



## **The Natural Way to Postpone or Achieve Pregnancy**

Sponsored by the Family Life Office,  
Altoona-Johnstown Diocese serving  
Bedford, Blair, Cambria, Centre, Clinton,  
Fulton, Huntingdon, Somerset counties



### What is the Ovulation Method of Natural Family Planning?

The Ovulation Method is a scientifically proven method of natural family planning researched by Drs. John and Evelyn Billings. It is a natural and moral method of family planning approved by the Catholic Church to support God's design for married love!

According to the US Department of Health and Human Services and a World Health Organization study, the Ovulation Method is 98.6-99% effective in postponing pregnancy when couples are properly taught and the method is used correctly. Ideal for couples wanting to achieve pregnancy when desired.

### How does it work?

The Ovulation Method is not the rhythm method, nor does it involve temperature taking. It is an easy addition to your lifestyle without complicated procedures. The woman learns awareness of her bodily signs of fertility or infertility as she goes about her day.

### Will Natural Family Planning work for our relationship?

Your marriage is the most important relationship you will have. It needs nurturing, commitment, love, and a desire to work together to make it succeed for both of you. Those are the very qualities exercised when a couple uses natural family planning. NFP will enhance your relationship through open, intimate communication, commitment to a common ideal, a deeper respect for each other, creative expression of your love, and a thorough understanding of your sexuality.

### Making an informed choice

The choices about family planning are numerous and include chemical, surgical, prophylactic and natural methods. How do you make an informed choice? You need to learn the facts about each. What affect do they have on your body and your spirit? What health risks do they pose? Do they protect life in its earliest moments or dispose of it? Do they bring you to a greater reverence for the wondrous way God created the male and female bodies and how they work?

### To learn more...

[www.familyplanning.net](http://www.familyplanning.net)

Contains information on natural versus artificial, scientific support of the effectiveness of the Ovulation Method, downloadable articles and videos, sections for those wishing to postpone or conceive, discontinuing artificial methods, etc.

### Couples wishing to learn Natural Family Planning

Send in the registration form below. An instructor (*NFP users themselves*) will contact you to set up instructional meetings.

Name \_\_\_\_\_

Address \_\_\_\_\_

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

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

E-Mail \_\_\_\_\_

### Fiance/Spouse Name

\_\_\_\_\_

Address \_\_\_\_\_

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

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

E-Mail \_\_\_\_\_

If married, how long \_\_\_\_\_

If engaged, wedding date \_\_\_\_\_

**\$75.00 fee** for the course.

Send form and fee to: **Family Life Office  
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