

The Art of Natural Family Planning® with CCL

Natural Family Planning is fertility awareness, the knowledge of a couple's fertility. It is a means of reading a woman's signs of fertility and infertility. The Couple to Couple League teaches three basic signs of fertility – temperature, mucus and cervix – and how to apply this knowledge through the Sympto-Thermal Method (STM) of NFP, which can be used both to achieve and to avoid or postpone pregnancy.

With the Couple to Couple League, the Art of Natural Family Planning® goes beyond the method as we teach NFP within the moral constructs of the Magisterium of the Catholic Church, with an emphasis on the teachings of Pope John Paul II and the Theology of the Body. Couples learn of God's vision and plan for marriage and family, and how to live out their sexuality while upholding and respecting the dignity of each other and their union. A married couple's virtuous application of their fertility awareness knowledge, either to try to achieve a pregnancy or to postpone a pregnancy, is called responsible parenthood.

The Art of Natural Family Planning® also includes the return of fertility after childbirth. CCL promotes and encourages exclusive and continued breastfeeding as best for babies, couples, and families and provides information and instruction on how these practices can impact the return of fertility and be a part of responsible parenthood.

Finally, CCL helps couples complete their art of Natural Family Planning® journey with instruction on navigating the changing fertility status of the premenopause years.

Natural Family Planning Resources

The Couple to Couple League

The Couple to Couple League is an international, interfaith, non-profit organization dedicated to teaching Natural Family Planning to married and engaged couples. They also provide seminars for clergy and physicians.
www.ccli.org

Cleveland Catholic Diocese

Marriage and Family Ministry lists NFP class dates and locations and local medical support.
www.clevelandcatholiccharities.org/mfm

God's Plan for Joy-Filled Marriages

God's Plan for a Joy-Filled Marriage, one-day retreat for engaged couples. This retreat is held in various locations in the Youngstown diocese.
www.doy.org/offices_educ_prolife-marriagefamily.asp

Theology of the Body

Ascension Press publishes many books and audio and visual presentations of the Theology of the Body for individual or group study.
www.ascensionpress.com

One More Soul

One More Soul is a non-profit organization dedicated to spreading the truth about the blessings of children and the harmful effects of contraception. They publish many materials and a national directory of NFP-only physicians.
www.OMSoul.com

Family of the Americas

Family of the Americas is a non-profit organization promoting programs for the family worldwide. They have published studies on NFP and marriage.
www.familyplanning.net

Advantages of Natural Family Planning

Medically safe

100% natural

Highly Effective

Environmentally Sound

Increased health awareness

Helps couples of marginal fertility

Immediately reversible

Seeking or postponing pregnancy - just change your timing

More satisfying marriages

Improved communication

Increased respect for each other

Morally acceptable

Respects God's plan for sexuality

Easy to learn, easy to use

Inexpensive

Lifelong

Learning NFP through the Couple to Couple League

The best way to learn NFP from CCL is by attending a class series. CCL classes are taught by professionally trained volunteers who are committed to the principles of the League and who have witnessed the benefits of NFP in their own lives.

A CCL NFP series consists of three classes spaced about one month apart. Supplemental classes for the postpartum and premenopause transitions—special instructions for these special times—are also offered.

All CCL classes are taught by volunteer teachers who have successfully completed our certification program. Class series are held in various locations, including churches, hospitals, and homes. Local classes are posted on the Cleveland Catholic Diocese Marriage & Family office website:
www.clevelandcatholiccharities.org/mfm

For the Youngstown diocese, check:

www.doy.org/offices_educ_prolife-marriagefamily.asp

To find and register for the nearest class, access the CCL website:
www.ccli.org
and search by zip code.

For those couples with no Teaching Couples in their area, CCL provides instruction and consultation through its *Home Study Course*.

To obtain most recent version of this brochure and to find other NE Ohio Couples who support NFP go to www.meetup.com/NEO-NFP.

Couple to Couple League Certified Teaching Couples

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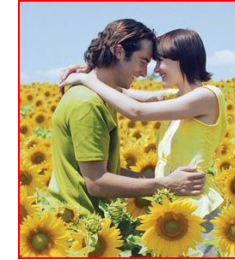
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Couple to Couple League for Natural Family Planning

Northeast Ohio

Safe

Healthy

Effective