

Three *Little* Things Your Parish Can Do to Make a *Big* Difference in NFP Support

I used contraception. I honestly never knew about NFP. Until one year in July (I guess it was natural family planning awareness week), my church happened to have a table set up and a couple there talking about it. It was the only time they had that. When I listened to them it didn't make sense since I knew sperm could live up to a week. So I didn't understand how you would know when it was safe to have sex when trying to avoid pregnancy. I decided to go to an introduction to NFP to talk/learn about it and it was then when everything "clicked." Basically all this to say: don't assume everyone knows about NFP. If they are like me, they probably think it's the calendar method since that's a common misinterpretation.

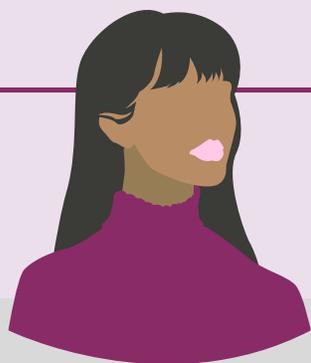


BRITTANY'S STORY

Talking About NFP



- Set up an NFP Awareness Table
- Host an Info Session



MARY'S STORY

Making Connections
Beyond Marriage Prep

I grew up in the Catholic Church who does a beautiful job of expressing the value of new life. But without placing the same emphasis on spiritual motherhood, adoption, and alternatives to artificial reproductive technologies, those of us who are infertile tend to feel isolated. It can be easy to forget about those who often suffer in silence. This has been my experience, but one priest made a big difference for me. He simply told me about NaProTechnology in confession one day and although I had already been a patient, I finally felt seen by the Church I love. For some couples, learning fertility awareness early on can improve fertility outcomes and make a big difference. A little awareness goes a long way!



- Share with couples how NFP can help with infertility
- Be aware of ongoing pastoral challenges for couples

When I was newly married, we decided pretty quickly we wanted to start our family. We were young and in grad school in a big city, and we were poor. It was so hard to find an NFP instructor after having our baby girl, so when I finally found someone I vowed that I would learn how to teach that method and be a part of the solution to help other women in my situation. But I couldn't afford the teacher training. So, I asked my pastor if he would sponsor me to do the training in exchange for free NFP instruction to his parishioners. He agreed. I was so grateful for his generosity and his commitment not only to helping couples in his parish get access to NFP, but also for supporting a young family as we tried to live out the Church's teaching.



CHRISTINA'S STORY

Getting Creative
With Financial
Assistance



- Offer financial support for training
- Partner with instructors to provide NFP access in your parish



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