

NATURAL AND EFFECTIVE
NATURAL FAMILY PLANNING



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NATURAL AND EFFECTIVE



THE FAMILY MINISTRY OFFICE
THE DIOCESE OF HAMILTON'S INFORMATION GUIDE
TO NATURAL FAMILY PLANNING

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Pope Francis



“The family is founded on marriage. Through their free and faithful act of love, Christian spouses testify to the fact that marriage, insofar as it is a sacrament, is the foundation of the family and strengthens spousal union and the couple’s mutual gift of self.”

-Pope Francis, October 25th, 2013

FertilityCare System **CREIGHTON MODEL**

What is the Creighton Model?

The Creighton Model Fertility*Care* System is an advanced procreative education model that combines family planning with reproductive and gynecologic health maintenance. The model uses Natural Procreative Technology to track, evaluate and modify the various biological markers identified in the course of a woman's cycle. The marker reveals critical information essential for restoring gynecological and procreative health.

We Will:

- * "Always respect the inherent God-given dignity of each woman and each man that we come into contact within our practice and will equally respect the God-given integrity of marriage..."
- * Always attempt to provide accurate and up to date information to patients regarding the Creighton Model...
- * Agree to the principle that it is the right of each married couple to determine for themselves the number of children they wish to have in consultation with each other, in generosity and in prayer..."

Contact Information

416 465 2868

or

1 866 509 9252

www.fertilitycare.ca

What is Natural Family Planning?

Natural Family Planning (NFP) is a highly effective and safe approach that allows the couple to work together and share the responsibility of managing their own fertility.

Couples learn to observe and chart natural changes in a woman's body that tell the couple when she is fertile or infertile on any given day of any menstrual cycle. With this knowledge they can determine when they are fertile as a couple, and avoid or engage in intercourse at that time.

NFP has no health risks or side effects and fosters positive communication within the couple's relationship.



The Church Teaching on Contraception

The Church teaching on the use of contraception celebrates the greatest gifts we have been given, the beauty of our sexuality and the ability to procreate. The Church's belief in the connectedness of our married sexual love and our openness to create and accept new life is the reason it does not condone the use of artificial contraception. The teaching is not meant to be punitive, but to be life-giving.

The Church today identifies the principal ends of marriage as both the procreation and education of children and what it calls the "good of the spouses," the bonum coniugum. Both of these ends are considered equally important outcomes of the married relationship.

(Catechism 1601; Code of Canon Law 1055)

The sexual expression and bonding, both physically and spiritually, of the couple during the intimate expression of love unites them as co-creators with God. Both aspects of sexual expression are therefore equal in importance.

For this reason, the Church believes that we must always respect the body's ability to create life. When a couple uses the knowledge of their bodies to refrain from creating a new life by not engaging in intercourse, they are keeping equal the desire for physical closeness and the ability to procreate.



What is the Billings Ovulation Method?

The Billings Ovulation Method teaches a woman to interpret her natural signs of fertility through all her changing life stages from puberty to menopause. It is not the Rhythm Method nor the Calendar Method and it does not involve temperature taking. The Billings Ovulation Method is easy to learn and highly successful when used to achieve or avoid pregnancy.

This method of NFP develops love and concern for each other and for the child, thus enriching the couple's relationship.

Mission:

The Billings Ovulation Method provides free education to foster the understanding of fertility and support the planning and spacing of children. We are committed to advancing the development of knowledgeable, proficient and accredited instructors who serve couples and individuals.

Contact Information

905 683 9055

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What is Serena?

Serena is a national organization that specializes in the teaching of the Sympto-Thermal method of NFP. Serena respects the natural fertility cycle and is committed to the empowerment and support of couples.

The Serena philosophy is that every couple can understand their fertility, and that this awareness can provide the information on which they base their family planning decision and behavior. Respect for individuals and for human life from conception is central to the Serena philosophy.

Mission:

Serena's mission is to enable couples to manage their fertility in a natural and effective manner based on a better knowledge and understanding of the female cycle of fertility.

We are committed to building healthy marriage relationships based on respect and trust, and supporting couples in seeking to delay or achieve pregnancy through the utilization of the Sympto-Thermal Method of Natural Family Planning.

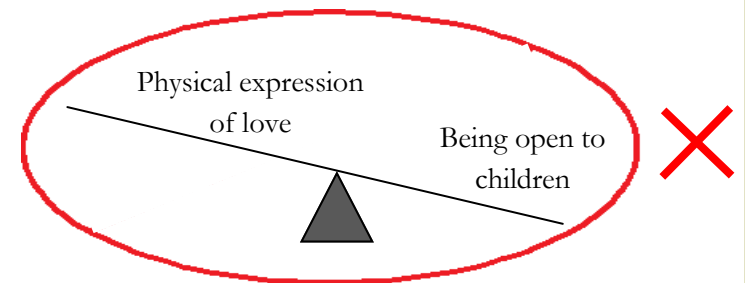
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Niagara	905 358 0833

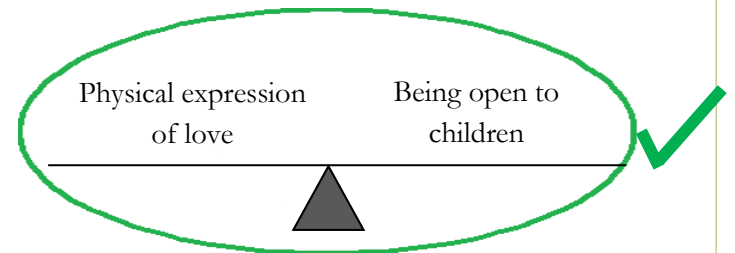
www.serena.ca

Why Not Use Artificial Birth Control?

Using artificial birth control changes the dynamic of the two purposes of marriage; it puts the desire for physical expression of love above being open to children.



The Church believes that both are so important that we cannot, even if only for a period of time, make one aspect more important than the other.



Marital intimacy and procreation must be kept equal and balanced. The decision as to the spacing of your children and the number of children you will conceive, using NFP, is a decision each couple must decide together. Catholic married sexuality calls for an openness to life.

Advantages to NFP

1. Natural

- * It encourages and respects the natural process
- * Environmentally friendly
- * NFP has no physical side effects; no risks to health, no harmful side effects or interventions

2. Economic

- * It does not cost a lot of money (sometimes no charge)
- * One-time fee for material and teaching, only ongoing purchase is for charts

3. Life-long use

- * Can be used in all phases of life (breastfeeding, pre-menopause)
- * Can be used at any time to plan or prevent pregnancy, without a waiting period; the method used to overcome infertility

4. Empowerment

- * Provides greater self-awareness and independence
- * Physical and psychological influence of cyclical hormones can be identified

When used properly, the success rate is as high as the most effective artificial contraception.

What to Expect at a NFP Meeting

- * Natural Family Planning instructors strive to create a positive experience for couples looking to use NFP.
- * Generally, once a couple has decided on a NFP organization the couple sits down at a meeting with the NFP instructors or attends a group information session (followed by a sit down meeting with a NFP instructors).
- * The instructor will explain how the NFP method works and how it can best suit the couple's situation.
- * The organization will be at the couple's ready access during the different phases of life.

