The Catholic vision for planning our families is rooted in Sacred Scripture and is expressed in the teachings and practices of the Church. Natural Family Planning (NFP) has these main elements and benefits:

- The only method of family planning in line with Church teachings - it’s God’s Divine Plan!
- Empowers husband and wife to know and understand each other’s body and the gift of their fertility.
- Helps to foster respect, trust, and cooperation between husband and wife.
- Helps to train a man to love a woman as Christ loves the Church, strengthening a couple’s spiritual bond with God and with each other.
- Enhances couple communication and intimacy, building healthy and loving marriages with less than a 4% divorce rate.
- Nurtures a deeper understanding and acceptance of children as blessings to be welcomed, treasured and loved beyond measure, building healthy and loving families.
- Periodic abstinence, while not always easy, provides periods of time to focus on other ways to love and care for each other. Abstinence can make the heart grow fonder.
- Up to 99% effective when used to avoid or delay the conception of a child, and has been highly successful in helping couples conceive when issues of infertility arise.
- No unwanted or harmful side effects.
- As green and natural as you can get, yet scientifically researched and tested.
- Inexpensive, with minimal and sometimes no ongoing costs after initial instruction and supplies.
- Charting of fertility signs provides a valuable health record and diagnostic tool.

OMFRL Website
www.sfcatholic.org/RespectLife

Start your NFP research and inquiry on the Office of Marriage, Family & Respect Life website. Information, including much of what is listed below, can be found on the website, along with updated contact information for trained NFP instructors. There is also a list of physicians trained in NFP who can support you and your family while providing quality medical care.

Other Websites
USCCB, Natural Family Planning: www.usccb.org/prolife/issues/nfp
Pope Paul VI Institute: www.popepaulvi.com
Creighton Model of NFP: www.creightonmodel.com
Fertility Care Centers of America: www.fertilitycare.org
Couple to Couple League: www.ccli.org
One More Soul: onemoresoul.com
Natural Family Planning Outreach: www.nfpoutreach.org
Theology of the Body – Ascension Press: thetheologyofthebody.com
Theology of the Body – Christopher West: www.christopherwest.com
Online Videos
Visit the OMFRL website and click on the “Video Library” link for some great videos witnessing to the gift and benefits of NFP, dispelling many myths, and sharing the truth about oral and barrier methods of contraception. Be sure to check back often, as videos will continue to be added.

Audio CDs & DVDs
“Contraception: Why Not?”
  By Janet Smith
“The Gift of Sexuality”
  by Fr. Thomas Loya
“Plan Your Family Naturally, an Introduction to Natural Family Planning”
  by the Diocese of Rockville Centre

Papal Encyclicals, Books & Pamphlets
“Humanae Vitae” (On Human Life)
  by Pope Paul VI
“Evangelium Vitae” (The Gospel of Life)
  by Blessed John Paul II
“Natural Family Planning: A Catholic Approach”
  by Mary Lee Baron
“Natural Family Planning Blessed Our Marriage: 19 True Stories”
  by Fletcher Doyle
“Good News about Sex and Marriage: Answers to Your Honest Questions about Catholic Teaching”
  by Christopher West
“Sex Au Naturel: What It Is and Why It’s Good for your Marriage”
  by Patrick Coffin
“Heaven’s Song”
  by Christopher West
“Holy Sex”
  by Gregory K. Popcak
“Love & Responsibility”
  by Blessed John Paul II
“Men, Women and the Mystery of Love: Practical Insights from John Paul II’s Love & Responsibility”
  by Edward Sri
“Man and Woman He Created Them: A Theology of the Body”
  by Blessed John Paul II, Translation by Michael Waldstein
“Theology of the Body for Beginners”
  by Christopher West
“The Contraception Question” Pamphlet (and others)
  By Christopher West (found at www.ascensionpress.com)
“The Pill vs. NFP” Pamphlet (and others)
  By Jose R. Fernandez, MD (found at onemoresoul.com)

Other Resources
“Like” the Office of Marriage, Family & Respect Life Facebook page for ongoing posts and updates.