

**Why one couple 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*

**How effective is the Ovulation Method?**

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.

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

**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 male and female bodies work?

**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.



*“I give thanks that I am fearfully, wonderfully made.” Psalm 139*

*“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*

**Couples wishing to learn Natural Family Planning:** Send in the registration form below, and a certified instructor (NFP users themselves) will contact you to set up several instructional meetings.

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Phone: Home \_\_\_\_\_ Cell \_\_\_\_\_  
Work \_\_\_\_\_  
E-Mail \_\_\_\_\_  
Fiance's name \_\_\_\_\_

If married, how long \_\_\_\_\_  
If engaged, wedding date \_\_\_\_\_

**\$25.00 fee** for the course. Send to: Family Life Office, Altoona-Johnstown Diocese, 5379 Portage St., Lilly, PA 15938  
814-886-5551-familylife@dioceseaj.org



**To learn more...**

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

(Contains scientific confirmation of the effectiveness of NFP, scientific description of how it works, downloadable articles and videos, sections for wishing to postpone, wishing to conceive, discontinuing artificial methods, etc.)

[www.ajdiocese.org](http://www.ajdiocese.org)

**Did you know?**

- The presence of light during a woman's primary sleeping hours can affect hormones which govern her menstrual cycle. (NFP Quarterly, St. Cloud, MN)
- Ultra-sound scanning, the most accurate method of timing ovulation, affirms the reliability of The Ovulation Method.
- As the sperm migrate up the women's cervix, they emit minute sound vibrations, establishing a primitive communication with other sperm cells. (*The Ovulation Method* by John Billings)

*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.*

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# Thinking about Family Planning?

“The Ovulation Method will be recognized in medical history as one of the greatest discoveries of the 20<sup>th</sup> century.”

*Thomas W. Hilgers  
Professor of Obstetrics & Gynecology  
Creighton University*



Ovulation Natural Family Planning  
Instruction provided by: Family Life Office,  
Altoona-Johnstown Diocese  
(Bedford, Blair, Cambria, Centre, Clinton,  
Fulton, Huntingdon, Somerset counties)