



God as Divine Author wrote LOVE and LIFE on the heart of marriage.

Humanae Vitae, Written by Pope St. Paul VI, Released July 25, 1968

FOUNDATIONAL CONCEPTS

1. Sacramental, married love is free, total, faithful, and fruitful. (*HV* 9)
2. Sexual union of the married couple always needs to have unitive AND procreative potential. (*HV* 12)
3. Responsible parenthood is a prayerful balance of prudence, generosity, and marital chastity while respecting the nature and purpose of sex. (*HV* 10)

FREE, TOTAL, FAITHFUL, FRUITFUL

- Marriage is a sacrament.
 - A couple entering into marriage gives the sacrament to one another.
 - Sacrament is not completed until the sexual embrace.
 - Vows are words and sexual intercourse is expressing those vows with their bodies.
 - Wedding vows promise a free, total, faithful, fruitful gift of self to the other.
 - Every time a couple comes together in sexual intercourse they are renewing their wedding vows.
- Natural Family Planning never impedes the authentic renewal of wedding vows when a couple comes together in the marital embrace.
 - Contraception inhibits a total and fruitful gift of self to the other.

UNITIVE + PROCREATIVE

- What is the purpose of sex?
 - The objective answer for what sexual intercourse is for is unification and procreation.
 - Unification evidenced in our biological response to sex in a release of oxytocin (the “bonding hormone”).
 - Procreative potential
 - Simply because we can have sex without conceiving doesn’t negate procreative potential (important point for infertile couples and for use of NFP to avoid pregnancy)
 - Problem of contraception is when people directly work against the nature of sex, they violate its purpose.
- The unitive and procreative aspects of sexual union have an “inseparable connection.” (*HV* 12)

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RESPONSIBLE PARENTHOOD

- Responsible parenthood is a balance of prayerful discernment with attention to generosity, prudence, and chastity.
- Openness to pregnancy is the default posture entering into a Catholic marriage given an integral part of the marriage covenant is being open to children
- The Church recognizes that exceptions to the default of “openness to life” occur – physical, economic, psychological, and social - *HV* 10
- “Let them [parents] thoughtfully take into account both their own welfare and that of their children, those already born and those which the future may bring. For this accounting they need to reckon with both the material and the spiritual conditions of the times as well as of their state in life. Finally, they should consult the interests of the family group, of temporal society, and of the Church herself. **The parents themselves and no one else should ultimately make this judgment in the sight of God.**” (*Gaudium et Spes*, 50)
- Educate couples on principles of good discernment as a couple while navigating implementation of responsible parenthood.



Refer To:

- **Body and Soul letter** – Archbishop Carlson’s pastoral letter regarding *Humanae Vitae*
- ***Humanae Vitae: A Challenge to Love*** – Encyclical by Pope Paul VI with an introduction by Dr. Janet Smith.
- [The Secret about Sex and Holiness Fr. Mike Schmitz, Ascension Presents](#) - YouTube
- [Catholic Teaching on IVF and Contraception Explained, Fr. Mike Schmitz, Ascension Presents](#) - YouTube



See current links to these and other up-to-date resources at bit.ly/NFP-TP-Resources