



St. Gabriel the Archangel, messenger of life
Guardian Angels

- **Meet them where they are.** Couples may not know nor understand that contraception is morally incompatible with Catholic theology. In a society where such methods are commonplace, it is best to approach the couple with truth and with compassion.
- **Clearly, consistently, compassionately.** Even when a couple has seemingly convincing reasons for sterilization or contraception, recognize and compassionately reiterate the Church's teaching about marital intimacy and the obstruction that contraception and sterilization create within a relationship.
- **Natural and healthy.** NFP is simply the observation of a woman's natural cycle reflecting times of fertility and times of infertility. Understanding the signals the body is created to send is the most natural, healthy and moral way to plan and space children.
- **Fertility is not a disease.** Fertility is a precious gift given to us as a way to participate with God in creation. Modern methods of contraception treat fertility like a problem to fix, or something that can be turned on and off at will.
- **Effective.** Avoiding pregnancy is the goal of a contracepting couple. What they may not realize is that NFP, when practiced properly, can be equally as effective (99% effective) in avoiding pregnancy – without the side effects or moral complications of contraception. See *What Can NFP Do For You?* Brochure for specific effectiveness rates.
- **Unwanted side-effects.** Hormonal contraception may have increased risk of various side-effects. The Pill, even when prescribed for "health reasons," can cause depression, weight gain, headaches, irregular bleeding, etc. Often, if a couple decides to have children after using hormonal contraception, it may take a long time to return to a "normal" cycle. See *What Can NFP Do For You?* Brochure for specific side effects. Find a physician documented chart of effectiveness and side effects of NFP and contraception methods on our blog. See the link below.
- **Group 1 carcinogen.** The World Health Organization's (WHO) International Agency for Research on Cancer (IARC) lists Estrogen-progestogen oral contraceptives (like the Pill, the Patch, or Vaginal Ring) as group 1 carcinogens.
- **Barrier to the relationship.** By using contraceptive methods, the couple is putting a barrier between themselves and thereby withholding the total gift of self. Practicing self-discipline and self-sacrifice while practicing marital chastity strengthens the couple's relationship.

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- **Listen to their difficulties.** A couple may have serious reasons for avoiding pregnancy, or may have an unexpected pregnancy (which can happen with NFP or contraception). If a couple who has experienced fertility-related difficulties, please strongly recommend working with an NFP teacher who has experience with clients who have dealt with all these situations and may be able to help them find a natural and moral solution. Couples may feel ashamed, frustrated, or simply not know why NFP is the only moral option in the Church, and they could benefit so much by one-to-one instruction with a trained teacher who can empathize with them and help them find a practical solution.
- **Marital chastity.** Avoiding intercourse during times of fertility when a couple has discerned to avoid pregnancy adopts an attitude of trust in God's grace month to month and year to year, and maintains an openness to life. Couples with challenging charts may feel frustrated because they choose to abstain for extended periods while the cycle and biomarkers regulate. Spiritual support and encouragement during these stressful times may be crucial.



Refer To:

- **The Natural Choice Video Series**
- **What Can NFP Do For You?** brochure
- **A Dozen Differences** handout
- **NFP Providers list**
- **NaPro Physicians list**
- **Introductory Session Schedule**
- ***Humanae Vitae: A Challenge to Love***
- **Cracking the Contraceptive Myths by Dr. Janet Smith -**
- **USCCB page on Contraception**



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