Natural Family Planning

BUILD STRONGER MARRIAGES, FAMILIES & PARISHES

Why include NFP and Fertility Awareness in Parish Ministry?

Fertility awareness is a means to teach the incomparable dignity of the human body as the expression of the human person. Taught in the context of theology of the body and theology of the family, NFP leads to responsibility, generosity and virtue.

♥ Individuals and couples better understand their vocation and the means to live it.
♥ Couples using NFP are more open to life and to Church teaching.
♥ Couples using NFP have a lower divorce rate.¹
♥ Parents using NFP find it helps in explaining sexuality to their children.²

NFP Teachers can strengthen parish ministries:

- Marriage Preparation • Marriage Enrichment • RCIA
- Women’s health • Teen Programs • Family Programs

For help in training an NFP teacher for your parish:

Jennifer Fullin, Diocesan NFP Coordinator
jfullin@columbuscatholic.org, 614.241.2560 x 3

Q: What is involved in getting someone from my parish trained as an NFP teacher?

1. Parish identifies teacher-candidates and connects them with the Marriage & Family Life Office.
2. The NFP Coordinator helps candidates find training that fits their experience, learning style and schedule.
3. Teacher-candidates participate in the training program, which involves study, practice teaching, and testing.
4. Once training is successfully completed, newly-certified teachers collaborate with their parish and diocese to offer local NFP ministry.

Q: Who can be trained to teach NFP?

Prospective teachers should be Catholic and currently practice or philosophically accept NFP. Individuals or married couples can become NFP teachers. Some NFP teacher-training programs certify only health professionals, while other training programs do not require any specific experience or education. NFP teacher training is available in many languages.

Q: How much does training cost and who pays for it?

Training costs vary considerably among NFP teacher-training programs, depending upon whether professional certification or continuing education credit is included. Health professionals or their practice sometimes pay for their NFP training. Otherwise, a parish or deanery typically pays for a parishioner or couple to be trained so they can serve locally. The Marriage and Family Life Office seeks to make NFP education attainable to all parishes, particularly those on the peripheries of the diocese or where NFP ministry is absent, through the Diocesan NFP Teacher Training Sponsorship Program. The sponsorship pays partial/full training costs of a teacher-candidate who agrees in turn to provide at least two years of NFP ministry in their parish and/or diocese. Contact Jennifer Fullin, NFP Coordinator, for details.

Q: Are NFP teachers paid or volunteer?

Many NFP teachers provide their services voluntarily for their parish, diocese or community because they feel called to NFP ministry. However, teachers sometimes incur costs such as travel expenses or paying for a babysitter; a stipend from the parish is a thoughtful gesture of appreciation. Because of their intensive training and the level of care provided, medical professionals typically charge their clients for NFP instruction and follow-up; these fees may be covered under the individual’s health insurance. NFP teaching materials (books, etc) are typically paid for by participants, which encourages them to “buy into” the program more actively.

Q: What assistance can the Marriage & Family Life Office provide?

The NFP Coordinator can provide information about different NFP methods and teacher training, offer support to teacher-candidates as they train, coordinate and promote NFP classes, and provide opportunities for continuing education.

For additional information about NFP methods, teacher training or the Diocesan Sponsorship Program, contact Jennifer Fullin at 614-241-2560 x 3 or jfullin@columbuscatholic.org.