

NATIONAL NFP AWARENESS WEEK + JULY 22- 28, 2018

Celebrate God's Gift of Married Love!



A MESSAGE FROM BISHOP JEFFREY M. MONFORTON



Fifty years ago, Blessed Pope Paul VI issued his landmark encyclical *Humanae Vitae* which reaffirmed the Church's constant teaching about human sexuality and contraception. In recognition of this anniversary, the United States Conference of Catholic Bishops have designated July 22-28 National Natural Family Planning Awareness Week. The theme for this year's observance is "**Generations of Love *Humanae Vitae* (1968-2018) Celebrate God's Gift of Married Love!**"

Why is this such an important anniversary? It's an opportunity to be reminded:

- The Church, through her teaching, **protects us from things that would harm us.**
- Pope Paul VI's warnings in *Humanae Vitae* have proven prophetic: **the widespread use of contraception has harmed our culture and harmed families.**

What do faithful Catholics need to know now?

- The Church's teachings **have not changed.**
- Couples are encouraged to practice responsible parenthood, but the **way they do this matters.**
- Using contraception and sterilization for the purposes of preventing pregnancy are **gravely immoral and are contrary to God's will.**
- Modern methods of Natural Family Planning **are the solution!** They are:
 - **Highly effective***
 - **Natural (with no side effects)****
 - **Respectful of the dignity of both husband and wife**

Natural Family Planning (NFP) is a noble way for married couples to open their hearts to God's plan.

NFP enables couples to discern whether God is calling them to bring forth new life or to wait for a time. Based on the **latest science**, NFP allows couples to celebrate and reverence God's vision for human sexuality by respecting their bodies in a way that artificial means do not. As Pope Francis observes: "We need to return to the message of the Encyclical *Humanae Vitae* of Blessed Pope Paul VI, which highlights the need to respect the dignity of the person in morally assessing methods of regulating birth" (*The Joy of Love*, no. 82).

If you are not familiar with NFP, I want to encourage you to visit our diocesan NFP webpage at www.diosteub.org/family/nfp.

To learn more about Natural Family Planning, or to find classes in your area, please contact:

The Office of Marriage, Family and Respect Life

Mail: 506 4th St., Marietta OH 45750

Web: <http://www.diosteub.org/family/nfp>

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* Modern methods of NFP are up to 99% successful in postponing pregnancy for couples who are trained in the method and are committed to following it.

** NFP works *with* God's design by respecting the natural fertility cycles of women, instead of using artificial means to manipulate or control them.