



Natural Family Planning

The natural, safe, and effective way to plan a family. It's not just a regulation method, it's a way of life.

Marriage & Family Life Ministries – Catholic Diocese of El Paso

*"For this reason a man shall leave [his] father and [his] mother and be joined to his wife, and the two shall become one flesh."
Ephesians 5:31*

NFP

*NFP – Respecting
God's plan for love and
marriage*



Why choose NFP?

- † It's moral - the only method approved by the Church because it respects God's plan for love and marriage, but also used worldwide by people of many faiths
- † Deepens respect and understanding of God's gift of human reproduction
- † Requires the participation of both partners in the marriage where the responsibility is not solely on one person
- † Encourages open communication in planning a family
- † Less than five percent divorce rate among NFP couples
- † Used to achieve and avoid pregnancy
- † Scientifically proven
- † Very Effective
- † Very Affordable
- † Healthy and Safe

Couples can begin classes any time, but starting classes six months prior to the wedding is ideal.

Register online at www.elpasodiocese.org , or call 915-872-8401.



Introductory class = no charge

Follow-up sessions = \$20.00 ea. (Minimum of three sessions recommended)

Materials = \$10.00

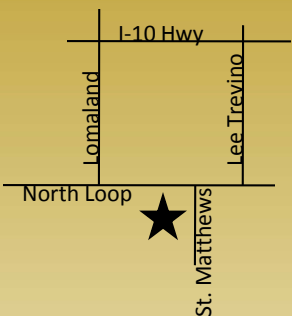
2010 NFP CLASS SCHEDULE

Date	Time	Class
Jan 9	Sat. 9:00 AM – 12:00 PM	Intro to NFP
Jan 9	Sat. 12:00 PM – 1:00 PM	Follow-up Session
Feb 6	Sat. 9:00 AM – 12:00 PM	Intro to NFP
Feb 6	Sat. 12:00 PM – 1:00 PM	Follow-up Session
Mar 6	Sat. 9:00 AM – 12:00 PM	Intro to NFP
Mar 6	Sat. 12:00 PM – 1:00 PM	Follow-up Session
Apr 10	Sat. 9:00 AM – 12:00 PM	Intro to NFP
Apr 10	Sat. 12:00 PM – 1:00 PM	Follow-up Session
May 8	Sat. 9:00 AM – 12:00 PM	Intro to NFP
May 8	Sat. 12:00 PM – 1:00 PM	Follow-up Session
Jun 9	Wed. 6:00 PM – 9:00 PM	Intro to NFP
Jul 7	Wed. 6:00 PM – 9:00 PM	Intro to NFP
Jul 8	Thurs. 6:00 PM – 8:00 PM	Follow-up Session
Aug 12	Thurs. 6:00 PM – 9:00 PM	Intro to NFP
Aug 18	Wed. 6:00 PM – 8:00 PM	Follow-up Session
Sep 1	Wed. 6:00 PM – 9:00 PM	Intro to NFP
Oct 2	Sat. 9:00 AM – 12:00 PM	Intro to NFP
Oct 2	Sat. 12:00 PM – 1:00 PM	Follow-up Session
Nov 6	Sat. 9:00 AM – 12:00 PM	Intro to NFP
Nov 6	Sat. 12:00 PM – 1:00 PM	Follow-up Session

This schedule is for instruction in the **Billings Ovulation Method**. For information contact Grace Akers at 915-274-2759 or graceakers@sbcglobal.net

Creighton Method classes are available with Pam Richardson at 915-269-7658

For Spanish classes contact Paty Arnal at 588-1350 or Claudia and Felipe Barraza at 915-581-8439



Classes are held at the Diocese Office, 499 St. Matthews, Bldg E (corner of St. Matthews and North Loop Dr.)