

**BLE**

## Objectives For Couples to:

- Understand the meaning and implications of Responsible Parenthood as **core** to their vocation to MARRIAGE!
- Appreciate Natural Family Planning (NFP) as a way of Life and **KEY** to living Responsible Parenthood to the full!
- Consider the culture of life embedded in NFP over and against the culture of death inherent in Contraception.

# The Situation of the Family in the World Today

The situations in which the family finds itself present both positive and negative aspects:

- The first are signs of the salvation of Christ operating in the world.
- The second are signs of the refusal by human beings to be open to the love of God. (JP II, *FC*)

## **Problems in the new context is made worse by what we observe:**

An eclipse of the truth about MAN which, among other things, exerts pressure to reduce sex to something commonplace. In this area, society and the mass media most of the time provide depersonalized, recreational and often pessimistic information. Moreover, this information does not take into account the different stages of formation and development of children and young people, and it is influenced by a distorted individualistic concept of freedom, in an ambience lacking the basic values of life. human love and the family.



Life and the world CAN &  
**MUST NECESSARILY** and  
**URGENTLY** change...

But by **WHO?**

The **PRIMARY EDUCATORS**  
**WITHin** the **FAMILY!**



Alive to the  
World



***“The future of humanity is  
in the hands of those who  
know how to give the future  
generation reasons to live  
and reasons to hope.”***

***(Gaudium et Spes N° 31)***

## **Responsible parenthood**

**A Couple is considered 'to exercise responsible parenthood who prudently and generously decides to have a large family, or who for serious reasons and with due respect choose to have no more children for the time being or even for an indeterminate period'**

*(Humane Vitae, 10)*

In other words, responsible parenthood means:

That parents have a duty to God and to the Society to pass on human life to the next generation. In carrying out this duty, parents must **care for, nurture and educate** their children.

Are parents then to leave the size of their family to chance?

# NO

Family planning decisions are made by the couple after careful considerations with special regards to the resources available to them, to provide what the children need to develop: physically, mentally, morally, emotionally and spiritually into happy, healthy, well balanced and fruitful adults.

In doing so, they must remember their duties toward God, themselves, their families and human society! (HV10).

# Basis of RESPONSIBLE PARENTHOOD

Responsible Parenthood is built on Conjugal love, rooted in the Trinitarian love of God and shares the same characteristics of God's love - uniting and always in communion, self-giving relationality, loving and always richly giving life!

*Responsible Parenthood is God's plan for Couples and his invitation to:*

**“Special sharing in his love and his power as Creator and Father, through their free and responsible cooperation in transmitting the gift of human life”**

*(FC. 28)*

# Responsible Parenthood

- Is a vocation to share in God's love & his power as Creator.
- Invites the couples to adult reflection on how to live their vocation.
- It is their duty "to make certain that their desires are not motivated by selfishness but in conformity with the generosity appropriate to responsible parenthood" (CCC, 2368).
- It is thoughtful and generous...(Guide to Living Christian Love)

## Family planning decisions by the parents should be taken

With special **regards to the resources available** to them, to provide what the children need to develop: **physically, mentally, morally, emotionally and spiritually** into happy, healthy, well balanced and fruitful adults.

What are these Resources?

- TIME
- Energy – physical, spiritual, emotional, mental, psychological etc.
- Attitude, Integrity and Character
- Economic resources ... (Money and others)

## Key points of Responsible Parenthood

- Transmission of Life
- God as the basis of Responsible Parenthood
- Natural Family Planning

## Transmission of Life

- A Child is a gift through the love of his or her parents who become co-creators with God. A child is not therefore a thing that is “produced or manufactured” but a gift that must be received with love, gratitude and responsibility.
- She or he is to be cherished, nurtured and educated to grow into respected, dignified persons and **members of the Kingdom of God.**

# God is the Basis of Responsible Parenthood

- God is Triune in communion and eternal exchange of love;
- God created Man in his image, through parenthood founded in masculinity and femininity, man and woman share in God's total, free, self-giving, life-giving and sanctifying love.

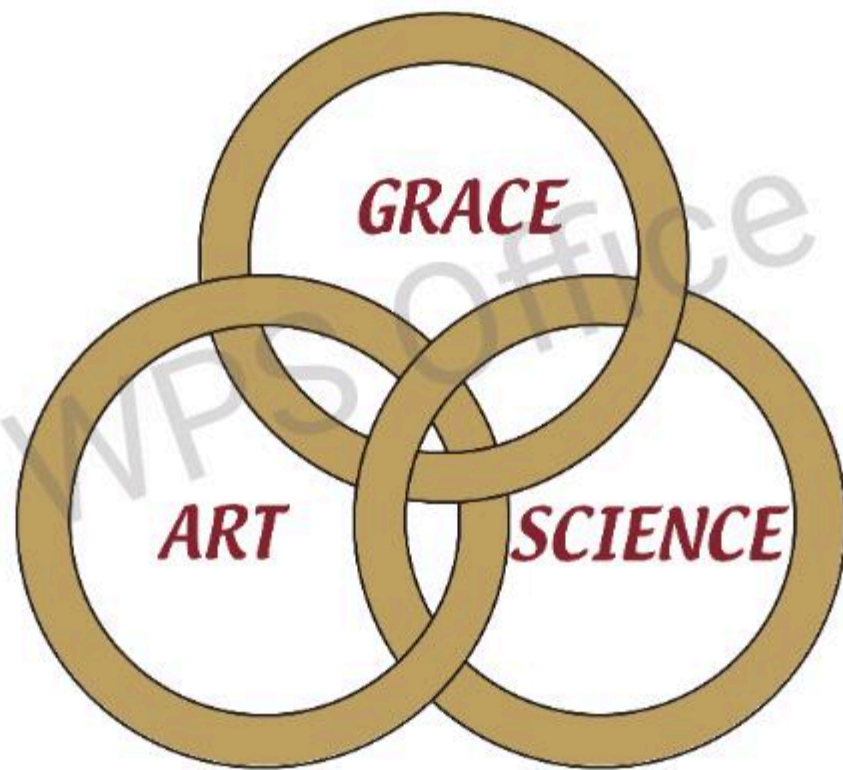
# Natural Family Planning (NFP)

- It is a way of life based on God's plan for couples to live their vocation of responsible parenthood,
- It is grace, science and arts,
- It is a scientific method of spacing births based on the woman's menstrual cycle to defer/postpone or achieve pregnancy.

### First, let us define NFP

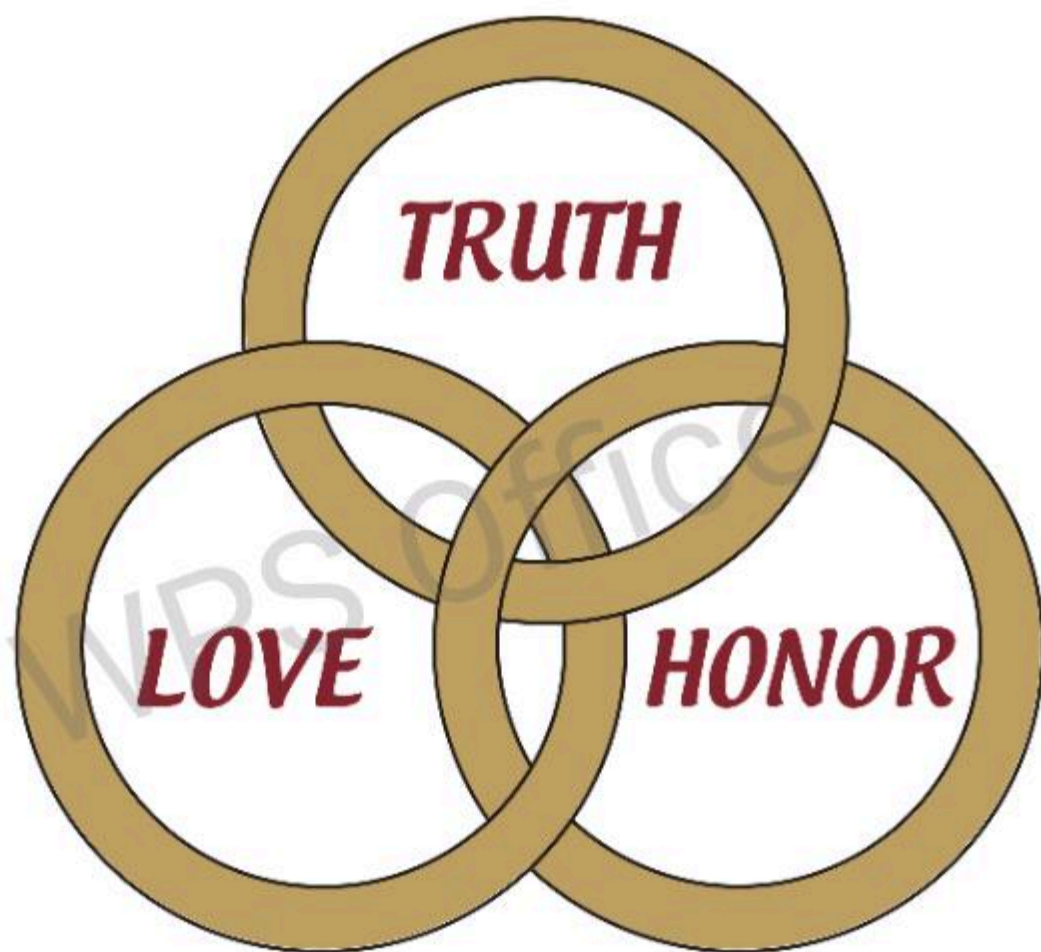
NFP is a **way of life**. It comprises of methods by which a **properly instructed couple** plan; to **achieve** or **postpone** pregnancy by applying appropriate sexual behavior during the **fertile** and **infertile** phases of the menstrual cycle of the wife, without recourse to non-natural means.

# Natural Family Planning



IT IS OUR WITH GOD,  
OUR JOURNEY TO HOLINESS





For pregnancy to occur:



**As Parents;** *“you should earnestly desire the most helpful gifts. But now let me show you a way of life that is the most excellent of all.”*

1<sup>st</sup> Corinthia

ns 12:31

## Natural Family Planning: An Excellent Way



## Benefits of NFP

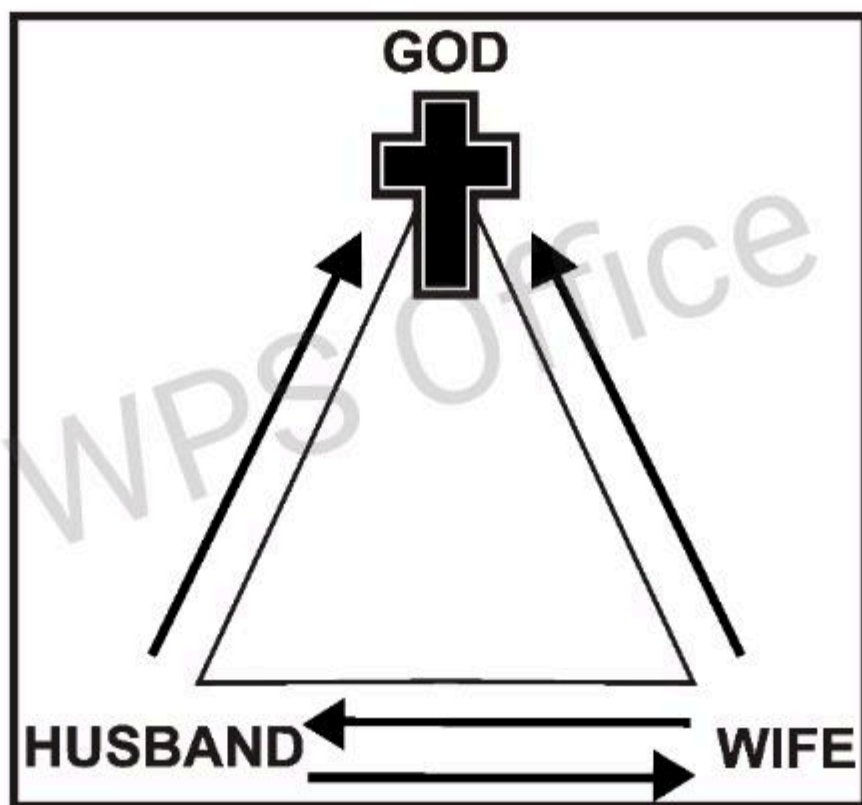
- Affordable and No side effects
- Can be used by couples of all literacy levels
- Culturally and spiritually acceptable
- Fosters respect/reverence for the woman



## Benefits of NFP cont.

- OPEN TO LIFE - It is the only method of family planning used to achieve or postpone pregnancy
- Strengthens marriage and family relationship
- Promotes communication and understanding between couples
- All women of reproductive age can use the method
- Promotes physical, mental and spiritual health of the woman

As a tool to live marital chastity and fidelity, it demands  
VERTICAL and HORIZONTAL COMMUNICATION /  
DIALOGUE



# NFP Always Respects Human Life: No Abortifacient Properties

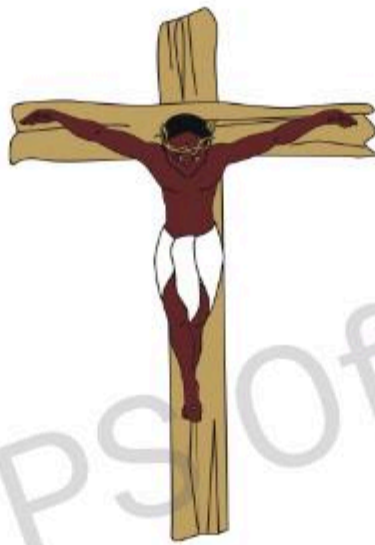


"sexuality is ordered to the conjugal love of man and woman. In marriage the physical intimacy of the spouses becomes a sign and pledge of spiritual communion". [CCC 2360]

## 'ROLE OF SEX IN MARRIAGE'

"sexuality is ordered to the conjugal love of man and woman. In marriage the physical intimacy of the spouses becomes a sign and pledge of spiritual communion". [CCC 2360]

Marriage bond between baptized persons is "sanctified by the sacrament". *Catechism of the Catholic Church*, 2360. Note also 2361-3.



- We honor the purposes of human sexuality: To affirm LOVE (unitive), To give LIFE (procreative) and To IMAGE God in marriage, in celibacy and in chastity

# Intercourse/ INTIMACY

Very Personal and happens at various levels;

- Mental
- Emotional
- physical

- Involves the whole person and at all times  
[I...take you Jane/James to be my lawful wedded wife/husband, for better for worse....until death do us...]
- Completely involves them in their:

***Mind, heart, will, intellect and at the peak; their bodies.***

Typical Characteristics of TRUE LOVE (cf 1Cor 13; 1John 4:7-16: John 13:34) contrast with "false love"

**TRUE LOVE (NFP)**

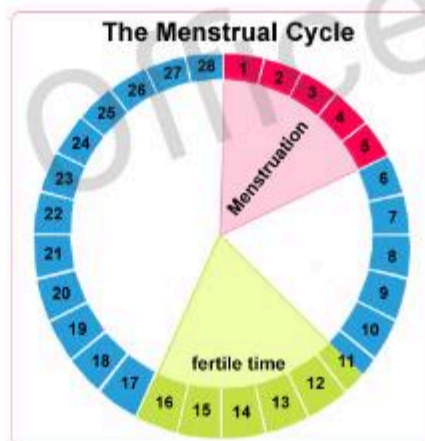
**FALSE LOVE/ USE  
(contraception)**

- |                                     |                                        |
|-------------------------------------|----------------------------------------|
| • <i>Founded in God</i>             | • <i>Founded in Self</i>               |
| • <i>Directed to God and others</i> | • <i>Directed to Self</i>              |
| • <i>Respects the other</i>         | • <i>Uses the other</i>                |
| • <i>Attraction with commitment</i> | • <i>Attraction without commitment</i> |
| • <i>Responsible</i>                | • <i>No Responsibility</i>             |
| • <i>Unconditional</i>              | • <i>Conditional</i>                   |
| • <i>Self control</i>               | • <i>Poor/No self control</i>          |
| • <i>Waits/ Temperate</i>           | • <i>Hurries/ No temperance</i>        |
| • <i>Based in the Whole Person</i>  | • <i>Based on Lust or Infatuation</i>  |
| • <i>Faithful</i>                   | • <i>Cheats</i>                        |
| • <i>Mutual sexual satisfaction</i> | • <i>Self sexual gratification</i>     |

# How Does NFP work?



A woman is only fertile for six days during her menstrual cycle



This 6 day time frame is the “fertile window” and consists of the 5 days before ovulation and the

The 5 days before egg release...

...and the day of egg release

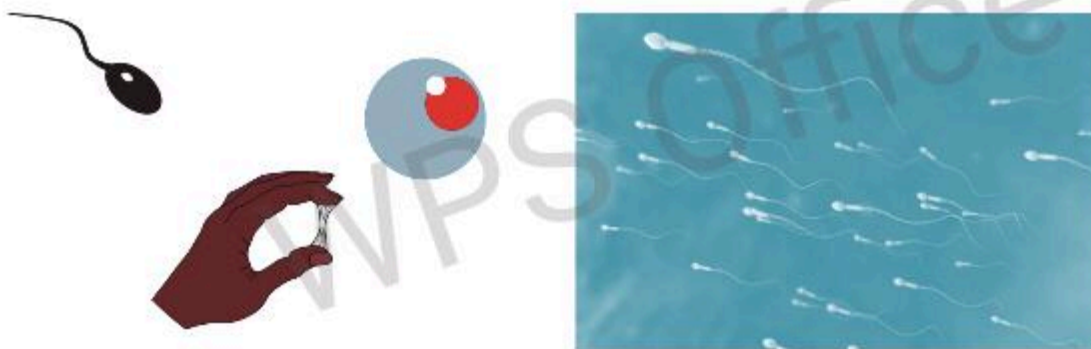


# Fertile Window Identified by CYCLE DAY and CERVICAL MUCUS OBSERVATIONS

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29  
JAN 1<sup>st</sup> ----- JAN 15<sup>th</sup> ----- JAN 29<sup>th</sup>



# Cervical Mucus Necessary for Life of the Sperm



Cervical Mucus = “Wet  
Season”

Dryness (No cervical mucus)



# CBM: A Shared Responsibility between husband and wife



A WOMAN  
OBSERVES

THE COUPLE  
PLACES BEADS

THE COUPLE  
JUDGES IF FERTILE  
OR NOT

# NFP Effectiveness



- PERFECT USE: 98% to 99% Effective
- TYPICAL USE: 88% to 90% Effective
- COMPARABLE TYPICAL USE: Pill 91%, Male Condom 82%, Diaphragm 84 %

# A METHOD IS NOT JUST IT EFFECTIVENESS

## Greater H.I.V. Risk

A study found that an injected hormonal contraceptive widely used by women in Africa increases the risk of H.I.V. infection.

H.I.V. TRANSMISSION RATES  
*Annual incidence per 100 people*

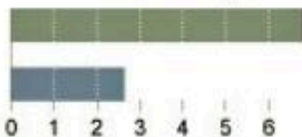
### No hormonal contraceptive

Men to women  
Women to men



### Injected hormonal contraceptive

Men to women  
Women to men



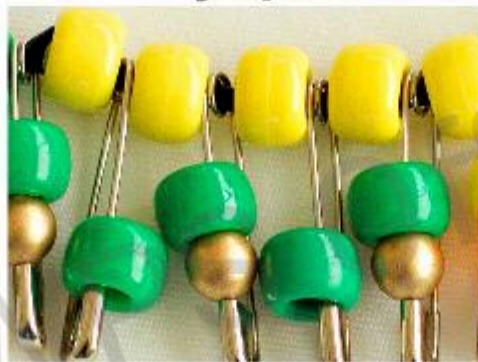
Source: The Lancet Infectious Diseases



# What do we do?

- We **EDUCATE** married and engaged couples on NFP.
- We **EMPOWER and SUPPORT** them (time, information, knowledge and materials) to live responsible parenthood through NFP.
- We **PROVIDE** counselling to cultivate an attitude of respect and care for one another as well sexual self mastery and married chastity.

# NFP meets an unmet need for family planning



- Over 200 million worldwide have an unmet need for contraception. Twenty three percent of this unmet need is secondary to women's dissatisfaction from prevailing methods of artificial contraception.

# Our Strategies

- Sensitization
- Education
- Marriage preparation
- Marriage enhancement programs
- Education on chastity and self-sexual mastery



# Contraception

Definition:

A deliberate act of intervention before, during or after a conjugal sexual act to render it sterile.

**IUD Implant Failure: Victory for Life.**



*Dexter holding the IUD implant moments after birth.*

# The purpose of conjugal sexual intimacy



- Unitive

- Procreative



# Some statistics- Contraceptive methods

METHOD	TYPICAL USE	PERFECT USE
Oral Contraceptives	91%	99%
Diaphragm	84%	94%
Male Condom	82%	98%
Depo-provera	94%	99%
LONG ACTING/PERMANENT		
Implant	99%	99%
Sterilization	99.5%	99.5%
Intrauterine Device	99.4%	99.6%

# Compare NFP & Contraception

## NATURAL METHODS OF FAMILY PLANNING

METHOD	TYPICAL USE	PERFECT USE	NOTES
Sympto-Thermal	89-92%	98-99.4%	ALL S-T METHODS TOGETHER
Sympto-thermal: European study	98.2%	99%	REGULAR CYCLE LIMITATION
Marquette Method	88 to 89%	98 to 99.4%	INCLUDES ALL (REGULAR + IRREGULAR + BREAST FEEDING)
CycleBeads	88%	95%	ONLY REGULAR CYCLES OF 26-32 DAYS
Two Day Method	86%	96%	
Ovulation Method	81%	97% to 99.5%	Includes All Cycles
Couple Bead Method	88 to 90% (estimate)	97% to 99.5%	Includes All Cycles

## ARTIFICIAL FAMILY PLANNING

METHOD	TYPICAL USE	PERFECT USE	notes
Oral Contraceptives	91%	99%	abortifient
Diaphragm	84%	94%	
Male Condom	82%	98%	
Depo-provera	94%	99%	abortifient
LONG ACTING/PERMANENT			
Implant	99%	99%	abortifient
Sterilization	99.5%	99.5%	irreversible ...
Intrauterine Device	99.4%	99.6%	abortifacint

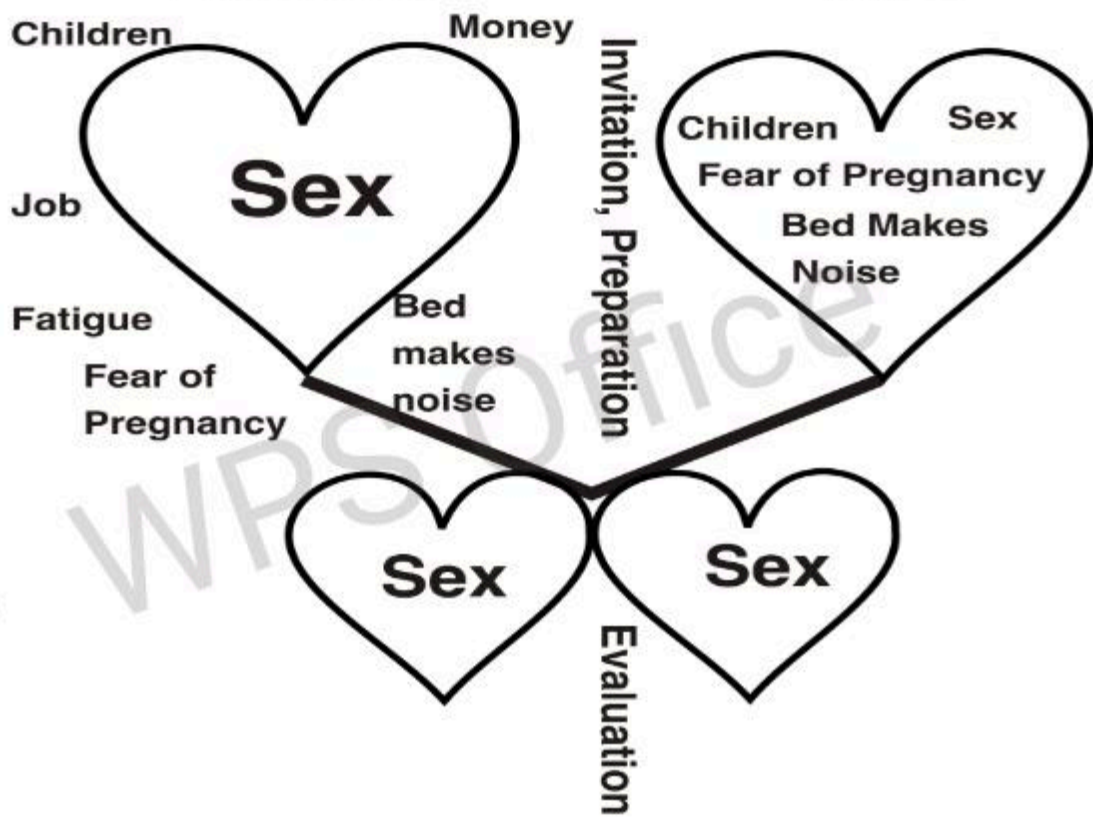


# Some of the NFP Methods available in Nigeria

METHOD	TYPICAL USE	PERFECT USE	NOTES
Sympto-thermal	89-92%	98-99.4%	ALL S-T METHODS TOGETHER
Marquette Method	88 to 89%	98 to 99.4%	INCLUDES ALL (REGULAR + IRREGULAR + BREAST FEEDING)
Ovulation Method including Billings	81%	97% to 99.5%	Includes All Cycles
Couple Bead Method	88 to 90% (estimate)	97% to 99.5%	Includes All Cycles
Lactational Amenorrhea	98-99%	99.5%	Must meet all 3 guidelines
Creighton (Naprotech)			

## Husband

## Wife



Learn to negotiate and appreciate the God given precious gift of your conjugal intimacy.

Enlist the help and patronage of the Queen Mother & her chaste spouse:

- ❖ Trust her like a child.
- ❖ Call on her at all times.
- ❖ Cultivate her friendship!



**Mary Our Mistress and our Queen of peace, most chaste, Cause of our Joy and Queen and Mother of all Families :**

**pray for us!**

Thank you



Wishing you God's  
blessings!

Questions

comments

WPS Office