



**DIOCESE OF ROCKVILLE CENTRE
OFFICE OF FAITH FORMATION**

50 N. Park Avenue, P.O. Box 9023
Rockville Centre, NY 11570
phone: 516-678-5800
website: www.drvc-faith.org

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PLAN YOUR FAMILY
Naturally
AN INTRODUCTION TO NATURAL FAMILY PLANNING

DVD STUDY GUIDE

Resources

For more information, Church teachings on NFP, and how to find an NFP class near you, contact:

Natural Family Planning Program
Secretariat for Laity, Marriage, Family Life & Youth
3211 4th Street, NE,
Washington, DC 20017
Email: nfp@usccb.org
Telephone: (202) 541-3040
Website: http://www.usccb.org/prolife/issues/nfp/index.shtml

Other links

The Couple to Couple League
www.ccli.org/
Billings Ovulation Method Association – USA (BOMA-USA)
www.boma-usa.org
Marquette University College of Nursing Institute for NFP (MINFP)
www.marquette.edu/nursing/NFP/
Northwest Family Services (NWFS)
www.nwfs.org
Family of the Americas Foundation (FAM)
www.familyplanning.net/

Chapter 1

INTRODUCTION



- 1. Most people do not know Church teaching about the moral regulation of births or even the nature of conjugal relations as God intended them.

Before viewing this film, write down briefly how you understand the teaching of the Catholic Church regarding marriage, sexuality, and family planning.

► Where did you acquire your understanding of these teachings (family, friends, priests, TV, magazines, newspapers, the Catechism, theological books, papal documents)?

Horizontal lines for writing notes.

- 2. Have you heard about the methods of Natural Family Planning?

► What do you know about them?

► What questions, concerns or comments do you have after listening to the couples in the introduction?

Genesis 2:4-25

At the time when the LORD God made the earth and the heavens — while as yet there was no field shrub on earth and no grass of the field had sprouted, for the LORD God had sent no rain upon the earth and there was no man to till the soil, but a stream was welling up out of the earth and was watering all the surface of the ground — the Lord God formed man out of the clay of the ground and blew into his nostrils the breath of life, and so man became a living being.

Then the Lord God planted a garden in Eden, in the east, and he placed there the man whom he had formed. Out of the ground the Lord God made various trees grow that were delightful to look at and good for food, with the tree of life in the middle of the garden and the tree of the knowledge of good and bad.

A river rises in Eden to water the garden; beyond there it divides and becomes four branches. The name of the first is the Pishon; it is the one that winds through the whole land of Havilah, where there is gold. The gold of that land is excellent; bdellium and lapis lazuli are also there. The name of the second river is the Gihon; it is the one that winds all through the land of Cush. The name of the third river is the Tigris; it is the one that flows east of Asshur. The fourth river is the Euphrates.

The Lord God then took the man and settled him in the garden of Eden, to cultivate and care for it. The Lord God gave man this order: “You are free to eat from any of the

Chapter 2

THE VOLPE’S STORY: *Why we switched to NFP*



1. Have you ever discussed the issue of family planning with anyone?

2. If you are engaged or married, have you as a couple discussed how you will live out the Church’s teaching on sexuality, married love, and responsible parenthood?

► *Is this an important subject for you to discuss as a couple?*

3. How are you making your decision as a couple about family planning?

► *What factors are influencing your decision?*

4. Chris Volpe says that “fertility is a healthy thing...” and therefore it is a contradiction to take something that would interfere with the natural, healthy functioning of her body.

► *As a woman, what does that mean for you? As a man, what does that say to you?*

Chapter 9

HOW CAN NFP HELP US SPIRITUALLY?



1. If you are engaged or married, do you believe that God has a plan for your marriage?

► *If so, how would you describe it?*

2. Many couples say that practicing NFP as part of God’s plan for their marriage and family leads them to a deeper, more trusting, and life-giving relationship with God.

► *In what ways is your relationship with your spouse, and how you plan your family, related to your relationship with God?*

Chapter 3

WHAT EXACTLY IS NFP?



1. Natural Family Planning is an umbrella term for those natural methods used to achieve or postpone pregnancy by reading the signs of a woman’s fertility.

► *Have you considered NFP as a means to plan the size and the spacing of your family?*

2. Dr. Jennifer DeMarco says that the beauty of NFP is that you are giving freely to your spouse and inviting God into your marriage.

► *Do you feel that God is present in your relationship? Why or why not? If yes, in what ways is He present?*

3. Matthew DeMarco says that the Catholic teaching on marriage and sexuality is a “return to Eden” and that each and every act of sexual union is the two of you joining together with God.

► *Read Genesis 2:4-25 (p. 14) and discuss the DeMarco’s comments. What are the implications for your own relationship?*

► *Discuss how sexuality is connected to the sacrament of marriage.*
