

Teaching Centers of the Archdiocese

KINGSTON: Benedictine Hospital
(914) 336-4703

LIBERTY: Religious Education Center
(914) 292-9100

MAHOPAC: St. John's Church
(914) 658-8279

MIDDLETOWN: St. Joseph's
(914) 658-8279

NEW YORK CITY:

BRONX: Our Lady of Mercy Hospital
(212) 371-1000 ext 3189

MANHATTAN: St. Vincent's Hospital
(212) 371-1000 ext 3189

MANHATTAN: St. Charles Borromeo Church
(212) 371-1000 ext 3189

STATEN ISLAND: St. Vincents Medical Center
(718) 966-3798 (NFP OFFICE)

PORT JERVIS: Mercy Hospital
(201) 875-2164

POUGHKEEPSIE: St. Francis Hospital
(914) 658-8279

SUFFERN: Good Samaritan Hospital
(914) 357-1310

WARWICK: St. Anthony Hospital
(914) 658-8279

WEST HAVERSTRAW: Don Bosco-Marian Shrine
(914) 357-1310

WHITE PLAINS: St. Agnes Hospital
Evenings (914) 769-3103

SPANISH: All areas as requested
(914) 674-0243 / (718) 892-8100

For more Information call (212) 371-1000 or
local numbers above.

Other N.F.P. Programs

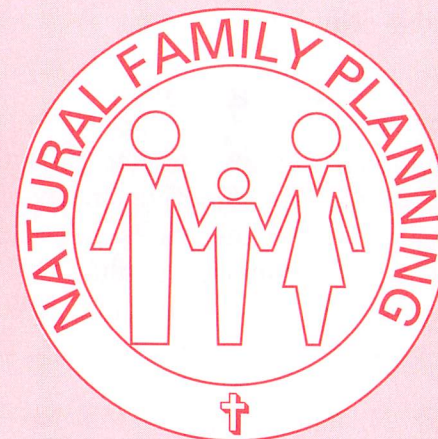
Brooklyn Diocese - (718) 492-1800 x71
Rockville Center Diocese - (516) 678-5800 x206
Family Life Promotion of N.Y. - (516) 981-1971
New Jersey Diocese - (201) 833-3121
Other Dioceses & International Programs
NCCB's Diocesan Development
Program for N.F.P. - (202) 541-3240

Natural Family Planning Apostolate
New York Archdiocese
1011 First Avenue, New York, N.Y. 10022
(212) 371-1000

Family Life † Respect Life Office
Archdiocese of New York
1011 First Avenue
New York, N.Y. 10022



Natural Family Planning



Teaching Centers
*Archdiocese of
New York*

Natural Family Planning Apostolate REGISTRATION FORM

NAMES _____ PHONE (DAY) _____ (EVE.) _____
 ADDRESS _____ CITY _____ ZIP CODE _____


(FOR ENGAGED COUPLES) WEDDING DATE _____ OTHER PHONE _____

We would like to attend the session starting in _____

Location desired _____

The fee for the series is \$75.00. This includes instructions, books, materials and follow up as long as needed by the couple.
 Make check payable to NFP or Natural Family Planning

Please mail registration and check to:


Family Life/Respect Life Office
Natural Family Planning
 Archdiocese of New York
 1011 First Avenue
 New York, N.Y. 10022

Additional Information
 212-371-1000

- NFP is highly reliable. NFP precisely identifies days of fertility and infertility.
- NFP is morally acceptable.
- NFP is easy to learn.
- NFP is inexpensive.
- NFP enhances mutual respect, mutual responsibility and communication.

What is Available?

Natural Family Planning is taught in each county of the Archdiocese in both English and Spanish by volunteer married couples who live Natural Family Planning and are trained and certified by the Family Life/Respect Life Office. Instructions are offered in a series of three classes. NFP can be used after the first class. Unlimited consultation with a trained and certified teaching couple and all materials are provided through the program.

The Church

“If then there are serious motives to space out births, which derive from the physical or psychological conditions of husband and wife, or from external conditions, the Church teaches that it is licit to take into account the natural rhythms (phases) immanent in the generative functions for the use of marriage in the infecund (infertile) period only and in this way regulate birth without offending the moral principles....”

—POPE PAUL IV, HUMANAE VITAE

Natural Family Planning

Natural Family Planning (NFP) uses practical and dependable signs (e.g. cervical mucus, cervical changes and basal body temperature) to identify a woman's fertile and infertile phases. With this knowledge couples can accurately achieve or avoid pregnancy without contraceptive procedures or drugs. Natural Family Planning can be used during variable cycles, while breast feeding and during premenopause. This is not Calendar Rhythm.

Reliability

The modern methods of natural Family Planning is 98% effective in avoiding pregnancy when the rules are clearly taught and properly applied. (Most recent: R.E.J. Ryder, British Medical Journal, v. 307: pgs. 723-6, 18 Sept., 1993)

Aguilar N: The New No Pill No Risk Birth Control. Rawson Publication 1986.

Advantages of Natural Family Planning

- NFP is medically safe.

