



Below is a list of resources for Natural Family Planning (NFP). There are many methods, all of which are effective in timing fertility. They have the added advantages of being natural (no chemicals, mutilations, or implanted foreign objects) and of being in conformity with the teachings of the Church in the proper way to plan your family. Also included below is a prayer for Married Couples and their use of Natural Family Planning.

1. Archdiocese of Washington website: <http://www.adw.org/nfp/>

The links, below, are also on the Archdiocese of Washington website. But, there is additional information, including the NFP classes sponsored by the Archdiocese.

2. Couple to Couple League: <http://www.ccli.org/>
3. Billings Ovulation Method: <http://www.boma-usa.org/>
4. Family of the Americas Ovulation Method:
<https://www.familyplanning.net/>
--contact Mercedes Wilson at 301-627-3346
5. Creighton Model: <http://www.fertilitycare.org/>
6. There are various Apps. One of which is Natural Cycles:
<https://www.naturalcycles.com/#!ncprevention>

You should take one of the courses above before relying on this or any App

Natural Family Planning Prayer

(over)

Eternal Father, through Natural Family Planning we have come to appreciate that we should never use another person for our own self-gratification. We pray for an increase in the grace needed to appreciate the sanctity of all human life, and for an increase in the virtues You know we need most. Strengthen our marriage, so that we may be living examples of a chaste and holy marriage for Your greater glory and the salvation of souls, particularly the souls of our (future/possible) children.

The Scriptures are clear that children are a great blessing. The Psalmist declares, "Behold, children are a heritage from the Lord, the fruit of the womb a reward!" (Psalm 127:3). We know that we are called to be open to life and to raise up children for Your honor and glory in accordance with Your will. However, we know that for serious reasons, the Church permits the spacing of children through the use of Natural Family Planning. Please come into our hearts and fill us with knowledge, prudence, wisdom, grace, and generosity of spirit, so that we may know what You are calling us to do with our fertility at this time.

Lord Jesus, born into a loving and caring human family, we turn to You in this moment of need. You know the desires of our hearts even before we voice them, yet you encourage us to pray in Your Name. Therefore we come to You, asking that You touch our hearts and make known Your Holy Will regarding our family. Led by the Spirit, we submit ourselves humbly to your Church, and we call upon Mary and Joseph to keep us always in communion with You and the will of Your Father. Amen.