

SEPTEMBER | OCTOBER | NOVEMBER

New

# Natural Family Planning

Course Offered



Come learn a simpler more  
stream-lined method.

Has anyone ever clearly explained for you WHY the Catholic Church prohibits unnatural forms of birth control? For most of us the answer is no. Learn about your faith and discover a natural method of family planning that goes beyond the physical. If you are a CCL member and have taken NFP class before: Attend a one-meeting "update class" to learn the new, more stream-lined method (class listing at [www.nova.ccli.org](http://www.nova.ccli.org)), or retake the entire course for free any time!

## For More Information

Call or e-mail Dustin and Erin Atkinson

703-753-8537, [NFP@holytrinityparish.net](mailto:NFP@holytrinityparish.net).

**Time: 12-3PM Sundays**

**Class 1: Sunday, Sept. 13<sup>th</sup>**

**Class 2: Sunday, Oct. 4<sup>th</sup>**

**Class 3: Sunday, Nov. 8<sup>th</sup>**

## Theology of the Body

Anyone ever told you that:

Couples who use Natural Family Planning (NFP) report more satisfying marriage relationships than couples using artificial methods.

NFP is just as effective for postponing pregnancy as the Pill yet:

- costs less
- is safe & healthy for your body
- is immediately reversible
- can be used for your entire fertile years
- is morally acceptable and in conformity with Church teaching
- increases your faith & trust in God and in your spouse
- is great Marriage Insurance!

DEBUNK THE MYTHS,  
GET THE FACTS,  
CHECK OUT THE TRUTH

