



"The fundamental task of the family is *to serve life.*"

- St. John Paul II, *Familiaris consortio*

How is
 NATURAL FAMILY
 PLANNING
at the service of life?



NFP RESPECTS SPOUSES
 AS WHOLE PERSONS-
 BODY AND SOUL

NFP combines biology with an authentic understanding of theological anthropology: namely, that the relationship of husband and wife is expressed through a total gift of self both spiritually and physically. It maintains both the unitive and procreative aspects of spousal love, and helps us to understand marriage as a gift from the Creator.

NFP CAN BE USED TO
 BOOST CHANCES OF
 CONCEPTION

About 15% of couples will have trouble conceiving. While NFP cannot cure infertility, it can help women identify ovulation and look at cycle patterns, which can assist with:

- timing of intercourse to maximize probability of conception
- diagnosis of underlying conditions which may contribute to decreased fecundity
- real-time information for doctors to provide early pregnancy support
- determination of healthy cycles in the woman, which could speed up investigation of male-related infertility

NFP TEACHES US THE
 VIRTUES WE NEED TO
 BUILD A CULTURE OF LIFE

We are all called to develop virtues and to grow in holiness throughout our lives. NFP in particular offers us the opportunity to grow in: respect for the dignity of the person, chastity, humility, gratitude, and generosity, which are virtues we need for all pro-life ministry!



PEARL & THISTLE



This resource is brought to you by Pearl & Thistle, LLC, in conjunction with The Pelican Project. Pearl & Thistle provides lifelong body literacy programs for Catholics to help them joyfully live out the Language of the Body. The Pelican Project supports parents in the holy work of teaching our kids about the sanctity of human life.

Learn more at www.pearlandthistle.com or www.pelicanprojectministry.org