

NFP Awareness Week Begins July 23rd, 2017

“**It's Time! Say "Yes" to God's Plan for Married Love**” is the theme of this year’s Natural Family Planning Awareness Week, a national educational campaign of the United States Conference of Catholic Bishops (USCCB) to celebrate God’s vision for marriage and promote the methods of Natural Family Planning.

Natural Family Planning (NFP) is an umbrella term for the safe, natural and effective methods of both achieving and avoiding pregnancy. NFP methods teach couples how to observe and interpret the woman’s signs of fertility and infertility. In the words of the *Catechism of the Catholic Church*, NFP methods “respect the bodies of the spouses, encourage tenderness between them and favor the education of an authentic freedom.” (CCC, no. 2370)

The dates of Natural Family Planning Awareness Week are: July 23rd – 29th, 2017. These dates highlight the anniversary of the papal encyclical *Humanae Vitae* (July 25) which articulates Catholic beliefs about human sexuality, marriage, conjugal love and responsible parenthood

The Office of Marriage and Family Life and NFP teachers join with the U.S. bishops in highlighting the benefits of NFP. Several special activities will be held throughout the diocese, including: Parish celebrations, Noon Mass at the Cathedral of the Immaculate Conception on Thursday, July 27, 2017 and an appreciation dinner for NFP teachers, Medical Consultants and supporters and their families.

Want to learn more about the methods of NFP offered in our diocese? See, www.catholicdioceseofwichita.org/NFP

A schedule of local NFP classes can be viewed at: <http://catholicdioceseofwichita.org/nfp/nfp-classes/classes-in-english>; or call 316-685-5240.

The Catholic Church invites all the faithful to embrace God’s plan for married love. Learn more about these beautiful teachings which support the use of NFP in marriage at: <http://www.usccb.org/nfp/catholic-teaching>.

Please join the diocesan NFP team to spread the word about God’s design for married love and the gift of life as well as the methods of NFP. Contact us to get involved: Becky Knapp, Program Coordinator of Natural Family Planning, 316-685-5240, knappb@catholicdioceseofwichita.org.