

NFP Awareness Week—July 19–25, 2020

“Live the truth and beauty of 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.

The dates of Natural Family Planning Awareness Week (July 19–25, 2020) annually highlight the anniversary of *Humanae vitae* (July 25) as well as the feast of Saints Joachim and Anne (July 26), the parents of the Blessed Mother.

Natural Family Planning (NFP) is a general title for ethical, natural, safe and effective methods for both achieving and avoiding pregnancy. 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)

Want to learn more about the methods of NFP offered in our diocese?

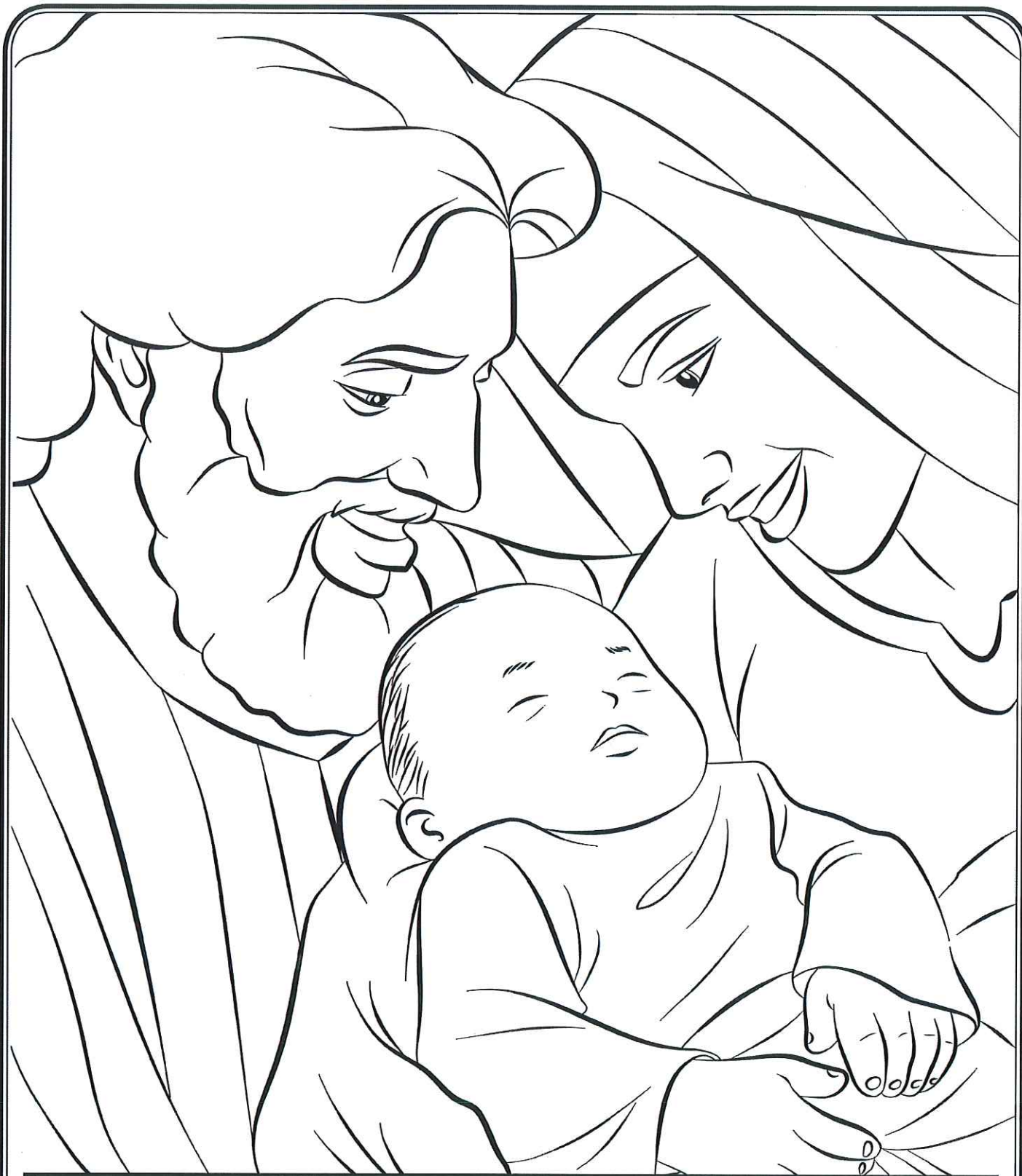
<https://www.sfcatholic.org/familylife/natural-family-planning/> , or visit the NFP section of the USCCB website at: usccb.org/nfp/what-is-nfp/index.cfm.

In Mitchell, contact Briana Mueller, FCP, 605-299-5026 or brianafertilitycare@gmail.com This method, which follows an allied health care model (NaProtechnology), has a high success rate not only in achieving and avoiding pregnancy, but also in treating infertility, chronic miscarriage, ovarian cysts, and other gynecologic problems. Please ask about an introductory session. More information <https://fertilitycare.org/>

www.factsaboutfertility.org FACTS is a group of **physicians, healthcare professionals and educators** working together to provide information about natural or fertility awareness based methods of family planning with the medical community.

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

Coloring page of Saints Anne and Joachim courtesy of <https://brotherfrancis.com/>



Mary was a special person and her parents were very special too! Their names were Joachim and Anne.