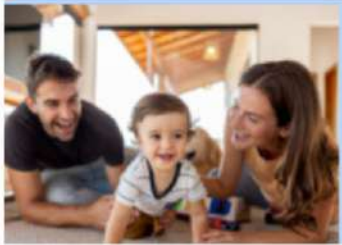


# LOVE BEYOND MEASURE



**NFP AWARENESS WEEK  
JULY 21-27, 2024**

## WHAT IS NATURAL FAMILY PLANNING?

Natural Family Planning (NFP) is the general title for the scientific, natural, and moral methods of family planning that can help married couples either achieve or postpone pregnancy.

NFP methods are based on the observation of the naturally occurring signs and symptoms of the fertile and infertile phases of a woman's menstrual cycle. No drugs, devices, or surgical procedures are used to space pregnancies. It is 100% organic!

Since the methods of NFP respect the love-giving (unitive) and life-giving (procreative) nature of marital love, they support God's design for married love! *Source: USCCB*

## WHAT IS FERTILITY AWARENESS?

Modern fertility awareness-based methods (FABMs), when used correctly, are 99% effective forms of natural family planning. A woman charts the daily signs & symptoms of her cycle as a way to monitor her health and make informed decisions based on what she observes. This creates opportunity for options in healthcare, bodily autonomy, and informed consent in decision-making about her reproductive health. Fertility Awareness arms women with the self-knowledge to tackle even such challenges as infertility, menopause, and irregular cycles in a manner that upholds the dignity of the person and family. *Source: Managing Your Fertility*

## RESOURCES

With so many choices, discerning what is best for your body and your family can feel overwhelming. Just know that you are not alone in this. We have lots of great mentor couples of all ages and stages here at SMHOC. See contact information at right. See below for just a few of the many great online resources available:

- <https://www.usccb.org/topics/natural-family-planning/what-natural-family-planning>
- <https://charlestandiocese.org/family-life/natural-family-planning/>
- <https://www.managingyourfertility.com/>
- <https://mycatholicdoctor.com/family-planning-fertility-care/>
- <https://www.factsaboutfertility.org/about/>

## METHODS

- **Marquette Method:**
  - <https://www.mmnfp.com/>
- **Couple to Couple League:**
  - <https://ccli.org/>
- **Creighton Model:**
  - <https://creightonmodel.com/>
- **Billings Ovulation Model:**
  - <https://billings.life/en/>
- **FEMM Health**
  - <https://femmhealth.org/>
- **SymptoPro**
  - <https://symptopro.org/>
- **And more!**

## UPCOMING:

- August 1 (Thurs) 7PM Creighton
  - Virtual
  - Contact [lexiesawoni@gmail.com](mailto:lexiesawoni@gmail.com)
- August 6 (Mon) 8PM SymptoPro
  - Virtual
  - Contact [bit.ly/introwithemma](https://bit.ly/introwithemma)
- August 21 (Wed) 6PM Creighton
  - St. Joseph Catholic Church, Columbia, SC
  - RSVP to [naprogal@gmail.com](mailto:naprogal@gmail.com)
- Online Self-Paced Retreat (free)
  - Healing After Contraception
  - <https://onemoresoul.com/retreat>

## LOCAL CONTACTS:

- Dcn Stephen Platte, MD & Kimberly Platte, RPh:
  - [sjplatte@bellsouth.net](mailto:sjplatte@bellsouth.net)
- Mary Catherine Lawton: 912.246.0091
- Stephanie Lee: 803.634.3171