

Natural Family Planning
Discussion Questions
for use with
the 2008 version of
the Natural Family Planning Video
for the Archdiocese of Detroit

edited by

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© February 11, 2009

Foreword

This video is intended for the dissemination of Natural Family Planning insights and information to single, engaged, and married people, through individuals, churches, conference and retreat centers, schools, hospitals, medical facilities, doctor's offices, family planning facilities, marriage preparation and support groups and other institutions. Use of the video can be helpful during NFP review sessions.

Individuals may view the video in the privacy of their home, or people may join together in groups for study and discussion of the various aspects of NFP presented in the video. This booklet is provided as an aid to such groups.

The editor gratefully acknowledges the monetary contributions provided by one anonymous donor who started this project.

Additional contributions to help make this video possible were gratefully received from the Knights of Columbus Patrick O'Kelly Council # 3860 the Archdiocese of Detroit the Council of Catholic Women and many private donors.

Gratitude is extended to the numerous participants and video crews who were instrumental in providing the contents of the video.

A special thank you is in order for the gracious work provided by "Technicolor Productions" and their timely delivery of the final DVD copies on the occasion of the fortieth anniversary of Humanae Vitae on July 25, 2008

Introduction

This booklet is intended as a discussion starter for small groups who want to take an in depth look at the issues and concerns treated in the various segments of the "Natural Family Planning" video published by the Archdiocese of Detroit.

This booklet is divided into two sections: "Discussion Questions" for the participants, and a "Leader's Guide" with suggested answers for facilitators. The Leader's Guide Book is available free of charge by e-mail from nfp@aod.org

Discussion Questions

To help with taking notes, each participant should have a copy of the question sheet while viewing the video segment under consideration. Discussions are intended to help participants grow in their knowledge and appreciation of the subject, based on their own experience, the experiences of other participants, and what is presented in the video.

Participants should take the discussion in the direction they need.

Discussion Leaders help facilitate this process and keep the focus of the discussion on track.

References

Dr. Daniel Greene, M.D. is an NFP supportive OB/GYN physician

Mary Bieniasz is an NFP supportive Nurse Practitioner

Fr. Jeffrey Day is a priest of the Archdiocese of Detroit

Dorothy T. Stapel, R.N. is the NFP Coordinator for the Archdiocese of Detroit

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Contents of NFP Video Discs 1 and 2

Disc 1 Medical Aspects of NFP **40 minutes**

<u>A. Medical Support</u>		18.00
1. Dr. Dan Greene, M.D.	Women's Health and NFP vs. Pill	4.45
2. Tanya, Rich, Dr. Dan	Support of NFP Doctor and Friends	3.40
3. Dr. Dan Greene, M.D.	Answers to Common NFP Questions	7.25
4. Mary Bieniasz, N.P.	Specialist in Fertility and Health Issues	2.10
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3. Jennifer & Pat	Pill vs. NFP, the Man's Knowledge and Role	3.30

Disc 2: Moral Aspects of NFP **53 minutes**

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2. Jim	Educate Yourself - Why is NFP Unknown?	2.25
 <u>E. Credits</u>		 1.00

Cross References of Discussion Questions

video section	question number									
	1	2	3	4	5	6	7	8	9	10
1A1 1A2 1A3 1A4	1A4-2	1A1-1				1C3-10 1B2-4	1A4-5 1B3-4 2C3-8	1C3-8 1A2-8-9	1A4-8	
1B1 1B2 1B3			1C2-6	1A2-7 2C3-8 1A2-7 2C3-8		1B1-9 1C2-8 2C1-1	1A3-6 1C1-3 1C2-3		1B2-6	
1C1 1C2 1C3		2B1-4 2B1-3	1B3-7 1C1-3 2B1-4 2B4-10			1A1-6-7 1B1-3		HV-16 G&S-51 1A1-8		G&S-50 1A1-6
2A1 2A2 2A3		1Co 13 G&S-51		Eph 5:21-33 1Jn 4:18						2C2-8-9
2B1 2B2 2B3 2B4		2B3-4, 2C2-1	1C3-1	1C2-2 2B2-2, 2C2-1 2C3-3	2C3-4					1C3-3
2C1 2C2 2C3 2C4		2B2-2 2B3-4	CCC-1601 2B2-4					1A2-7 1B3-4	2A3-10	
2D1 2D2										

CCC Catechism of the Catholic Church
G&S Gaudium et Spes (Documents of Vatican II)
HV Humanae Vitae

index of words by section and question numbers

432 video section	13 abst-	7 abort-	69 bab- child-	25 chart-	13 class	8 contra-	34 doctor heal- nurse	19 effectiv-	11 estro- hormon- progest-	55 fertil-	36 medi-	22 moral-	5 natural-	61 pregn-	14 rule-	17 stress-	18 support-	5 unexpe- unexpl- unplan-
1A1 1A2 1A3 1A4	2 10 7	11 12 3	2 3 6 7 5	5 8 9 10 8 9	4 9	8 10	1 2 6 8 10 2 8 1 2 5-7	9 8 9	10 6 5 8	2-5 8-10 2 3 10 1 2 5 7 8 9 10	1 8 9 1 2 6 9	1 4 5		2 4 6 10 11 2 4 7 9 3 4 5 8 9 4 9	4 7	3 4 6 9 10	6 7 8 10 7	8
1B1 1B2 1B3	9 3	5	2 4 5 9 3 5 2-4 7 9 10	7 8 2 5	6	1 3	1 2 5 6 1 3 4-8	2 10	4	6 9 2 3 6 10	1 2 5 6 2 5 10	3 5 6 10	9 6	1 2 5 1 2 3 4 6 9 2 7 8 10	2	5 7 8 9 10 8 9	5 2 10 4 6 7	
1C1 1C2 1C3	9		9 10 5 10	3 7 3	3 5 4	6 9	5 2	9	3 4 1	2 5 5 7 2 3 8 9	5 2	8 2 6 9	8	2 4 7 3 9	3 3		2 3 3 5	3
2A1 2A2 2A3			10 1-4 7-10		1	8 8	7 10			8 8 9								
2B1 2B2 2B3 2B4	6 7 8 6 7 9	1	1 10 1 3 6 3 5 9 10 2 4-7 9	10	1 3 4		8 6 8	4 5 8 9 3 8		6 9 5 6 8 9 10 2 3	4 8 10 1 3	1 4 8 1 1 8	2	6 7 8 10 8 9 10 2 3 9 10	6 8 9 10		1	2 10
2C1 2C2 2C3 2C4			1 5-9 1 2 3 5 9 5	1-3 6-9 6 7 8 9	5		1 4 5 6	3 7 10 3	8 3 9	1-3 8-10 3 4 6	9 2 10 5 9 10	10 1	1	2 7 9 1 2 6-8 10 3-6 8 10	4-7 2	8 6 9 10		7
2D1 2D2	9		1-6 8 9 10 5	10	3 4			5 6 10		3 5 9	3 5 7	4 5 7		7 1		3	\$4, 8	

Natural Family Planning Video - Disc 1
Discussion Questions

Disc 1 Medical Aspects of NFP 40 minutes

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**Natural Family Planning Video - Disc 1A1
Discussion Questions**

1A1 Dr. Daniel Greene, MD

- 1 Which medical school provided the thorough Natural Family Planning, NFP, background acquired by Dr. Greene?
- 2 What is the common feature of all Natural Family Planning Methods?
- 3 What three body signs provide the woman with timely knowledge about her fertility?
- 4 What signs of fertility do various NFP methods teach?
- 5 Which sign of fertility is the simplest to observe and chart?
- 6 What three conditions did Dr. Greene observe in patients who used the birth control pill? *(see 1C3 q 10)*
- 7 Why doesn't Dr. Greene prescribe the birth control pill for his patients? *(see 1A4 q 5)*
- 8 How does the medical community treat fertility? *(see 1C3 q 8)*
- 9 For what conditions, besides fertility, is the birth control pill prescribed?
- 10 How does the birth control pill work?
 - a
 - b
 - c
 - d
- 11 Define abortifacient and abortion.
- 12 Which of the ways described in Q 10 are abortifacient? Which ways are not abortifacient?

Natural Family Planning Video - Disc 1A2
Discussion Questions

1A2 Dr. Daniel Greene, MD, Tanya & Rich

- 1 Name some ways for an engaged couple to start a conversation with the fiancé(e) about family planning?
- 2 How confident can a couple be about their ability to have children?
- 3 What type of behavior can affect a couple's ability to have children?
- 4 When did Tanya share with Rich her concern about possibly not being able to get pregnant?
- 5 How did Tanya and Rich learn about NFP?
- 6 How much support can a couple expect from the medical community when a child dies?
- 7 What type of support does a couple need when a child dies? *(see 1B3 q 4, 2C3 q 8)*
- 8 What type of support does a couple need when learning NFP?
- 9 How can a couple gain confidence in the effectiveness of NFP? *(see 1A4 q 8)*
- 10 List difficulties a couple may expect when learning NFP.

1A3 Q&A - Dr. Daniel Greene, MD

- 1 What three factors are needed for couple fertility?
- 2 What are the known functions of cervical mucus?
- 3 How is it possible for a woman to have intercourse on Monday and get pregnant on Friday?
- 4 Why doesn't EACH sexual act result in pregnancy even when cervical mucus is present?
- 5 Can a woman become pregnant while menstruating? Explain
- 6 Can a woman ovulate more than once in a cycle? Explain *(see 1B2 q 4)*
- 7 Using NFP how does a couple determine the times of required abstinence?
- 8 How effective is NFP compared to the birth control pill?
- 9 What family planning method is 100% effective?
- 10 How long does it take to learn an NFP method?

**Natural Family Planning Video - Disc 1A4
Discussion Questions**

1A4 Mary Bieniasz, NP

- 1 What is a Nurse Practitioner?
- 2 Name the type of medical personnel that most people expect to know about NFP. (see 1A1 q 1)
- 3 Where can a medical professional learn in depth information about NFP?
- 4 How does a person develop an informed moral conscience?
- 5 How would an "informed, developed, conscience" cause a health professional to not prescribe the birth control pill?
- 6 Doesn't a health professional **have to** provide services requested by the client?
- 7 Would income suffer when a health professional does not provide all methods of birth control?
- 8 What are some medical conditions identified from a NFP chart review? (see 1A2 q 8, 9)
- 9 How can natural family planning help a couple achieve a pregnancy?
- 10 What is the Creighton Model of natural family planning?

**Natural Family Planning Video - Disc 1B1
Discussion Questions**

1B1 Henry & Claire

- 1 What are Henry & Claire's concerns that brought them to NFP?
- 2 Name other situations that can affect a wife's pregnancy?
- 3 For what reasons did Henry not want Claire to take the birth control pill? *(see 1C2 q 6)*
- 4 Why did Henry and Claire want children? *(see 1A2 q 7, 2C3 q 8)*
- 5 Name other reasons for a couple to avoid pregnancy even when they want a baby.
- 6 What can a couple do when it is difficult to identify the woman's signs of fertility?
- 7 What does Claire like about natural family planning?
- 8 What does Henry like about charting?
- 9 What are we to do when illness requires prolonged abstinence? *(see 1B2 q 6)*
- 10 How often does the average couple engage in the sex act?

**Natural Family Planning Video - Disc 1B2
Discussion Questions**

1B2 Henry & Maria

- 1 What did the doctor advise Henry and Maria after her miscarriage?
- 2 List what a couple needs to do for effective use of a natural family planning method.
- 3 How does NFP align with Henry and Maria's values?
- 4 Describe a woman's behavior and moods at various times in her cycle.
- 5 What is a miscarriage and still birth?
- 6 How can NFP be said to be "natural" or "unnatural"? *(see 1B1 q 9, 1C2 q 8. 2C1 q 1)*
- 7 How does stress affect a woman's cycle? *(see 1A3 q 6)*
- 8 How can stress affect a couple's relationship?
- 9 List some causes for stress.
- 10 What steps can a couple take to reduce stress?

Natural Family Planning Video - Disc 1B3
Discussion Questions

1B3 Tanya & Rich

- 1 What personal information should an engaged couple share with each other before the wedding?
- 2 Should a couple marry if they know that pregnancy is impossible? Explain.
- 3 How does a miscarriage, stillbirth, or child's early death affect marriage?
- 4 List healthy ways of dealing with a miscarriage, stillbirth, or child's early death. *(see 1A2 q 7, 2C3 q 8)*
- 5 How did Tanya's natural family planning charts help to diagnose her medical condition?
- 6 How far would a couple expect to travel to consult a health professional who supports their moral values?
- 7 How does a husband support his wife in pregnancy and/or with health concerns? *(see 1C1 q 3, 1C2 q 3)*
- 8 How can pregnancy affect a woman's career, and vice versa?
- 9 What are some advantages/disadvantages of a stay at home mom or dad?
- 10 Name some benefits of choosing natural family planning .

Natural Family Planning Video - Disc 1C1
Discussion Questions

1C1 Mike & Lea

- 1 What is generally a man's attitude toward family planning methods?
- 2 Why should a husband know about his wife's fertility?
- 3 How can NFP help a husband understand his wife's changing moods? *(see 1B3 q 7)*
- 4 What is a woman's understanding of family planning methods?
- 5 How does natural family planning help a woman to know her body?
- 6 What is the difference between regular and irregular cycles?
- 7 What did Social Science Studies discover about cohabitation?
- 8 What does the Church teach about cohabitation? *(see Catechism of the Catholic Church 2390)*
- 9 Name some benefits of abstaining from pre-marital sex.
- 10 List some guidelines for couples who want to remain chaste before marriage.

Natural Family Planning Video - Disc 1C2
Discussion Questions

1C2 Laura & Darrin

- 1 Describe Laura & Darrin's sexual attitude changes when going from synthetic hormones to NFP.
- 2 How does a couple discern which family planning method to use? *(see 2B1 q 4)*
- 3 What was Darrin's role in learning about a family planning method and its use? *(see 1C1 q 3, 2B1 q 4)*
- 4 How do you feel about someone who has a change of mind?
- 5 Why should a "couple" attend a natural family planning class?
- 6 Why learn about family planning when 'my' method has no adverse effects for me? *(see 1A1 q 6-7, 1B1 q 3)*
- 7 How does natural family planning help a couple communicate?
- 8 What does the Church teach about natural family planning? *(see HV-16, G&S 51)*
- 9 What is a contraceptive mentality?
- 10 What is "responsible parenthood"? *(see G&S 50)*

**Natural Family Planning Video - Disc 1C3
Discussion Questions**

1C3 Jennifer & Pat

- 1 Where do we get most of our information about sex?
- 2 Why would a woman find it empowering to know when she is fertile? *(see 2B1 q 3)*
- 3 How can a couple be confident of not having an "unplanned" pregnancy? *(see 2B4 q 10)*
- 4 How should a couple respond when asked questions about NFP?
- 5 How can a couple let others know that natural family planning does work?
- 6 Why did Jennifer switch from the use of the birth control pill to natural family planning?
- 7 What does the Church teach about the pill, sterilization, and other methods of family planning?
- 8 What does the Church teach about fertility? *(see 1A1 q 8)*
(see 1Co 3:16-17; 6:19-20)
- 9 What activities do Pat & Jennifer find appropriate for them during the fertile time when avoiding pregnancy?
- 10 How can the use of NFP lower chances of a divorce? What are major reasons for divorce? *(see 1A1 q 6)*

Natural Family Planning Video - Disc 2
Discussion Questions

Disc 2: Moral Aspects of NFP

53 minutes

<u>A. Wedding Ceremony</u>		8.20
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2A1

- 1 What type of preparation is required for a couple to be married in the Catholic Church?

- 2 What are the 3 questions asked at a Catholic wedding called and why are they important?

- 3 What answers are the bride and groom to give to each of these three questions?

- 4 When are these "Statement of Intentions" asked of the bride and groom?

- 5 What is the first question?

- 6 What does "FREELY" mean?

- 7 What is the meaning of "NO RESERVATION"?

- 8 What does it mean to give my "SELF"? What is included in that term?

- 9 What does the couple say to each other at the vows?

- 10 What is the main goal in life for Rachel and Chris? What do you think about their answer?

Natural Family Planning Video - Disc 2A2
Discussion Questions

2A2

1 What is the second question?

2 What does it mean to "LOVE"?

(see 1Co 13)

3 What is another word for "HONOR"?

4 What does it mean to "HONOR"?

(see Eph 5:21-33)

5 How is it possible to stay married for "THE REST OF OUR LIVES"?

6 What does it mean for spouses to love each other as Christ loves the Church?

7 What is the difference between love and lust?

8 How does the use of contraceptive and/or barrier methods affect the spouses' respect for each other?

9 How does Giovanni reason that barrier methods constitute an act of selfishness and a lie to himself and his spouse?

10 What is the purpose of this Sacrament of Marriage?

2A3

- 1 What is the third question?
- 2 Who should decide the number of children a couple accepts into the family? *(see Gaudium et Spes §51)*
- 3 Does the Church expect a couple to accept as many children as they can physically conceive?
- 4 What does "LOVINGLY" mean? *(see Mt 6:25-34, 19:14, Mk 10:14, Lk 18:16, 1Jn 4:18)*
- 5 How do kids really learn? What do the bride and groom really promise in this question?
- 6 Do you "know" the law of Christ and His Church?
- 7 What type of example do Tracy and Scott plan to give their children?
- 8 Before their marriage how many children did Laura and Darrin plan to have?
- 9 What changed Darrin's mind about having more children?
- 10 Explain why you think Laura & Darrin practice responsible parenthood. *(see 2C2 q 8 & 9)*

**Natural Family Planning Video - Disc 2B1
Discussion Questions**

2B1 Kelly & Dominic

- 1 How did having a child change Kelly & Dominic's life?
- 2 Why was Dominic not comfortable with Kelly using the birth control pill?
- 3 What did Kelly and Dominic like about natural family planning? *(see 1C3 q 1)*
- 4 How does a couple discern which family planning method to use? *(see 1C2 q 2)*
- 5 What did Kelly & Dominic find when they switched from the pill to NFP?
- 6 How many days of fertility are experienced in an average cycle?
- 7 What do Kelly & Dominic do during times of abstinence?
- 8 Will natural family planning work for everyone? Explain.
- 9 How does natural family planning increase a man's respect and love for his wife?
- 10 How can natural family planning bring God back into a couple's relationship?

Natural Family Planning Video - Disc 2B3
Discussion Questions

2B3 Dan & Sheila

- 1 In your circle of family, friends, or acquaintances who have been married longer than 23 years?
- 2 What qualities kept married couples together for more than 23 years?
- 3 What was the best marriage preparation that Dan and Sheila had? Why?
- 4 When did you last hear a talk on NFP or sex? Do people talk about NFP or sex? *(see 2B2 q 2, 2C2 q 1)*
- 5 How did Dan introduce the topic of sex to his fiancée?
- 6 How did Sheila and Dan discern the right time to begin a family?
- 7 How long did Dan and Sheila wait before starting a family?
- 8 When did Dan and Sheila tell their friends that they were using natural family planning?
- 9 When did Dan and Sheila consider their family complete?
- 10 Name some of the more serious genetic and medical conditions that can affect the life of a child?

2B4 Wendy

- 1 Why consider talking with in-laws or parents about family planning methods?
- 2 How did Wendy's mother-in-law convince her that NFP really works?
- 3 For what reasons did Wendy and Joe use NFP?
- 4 What is the average size family in our society today? (See 2C3 q3)
- 5 Why do couples who use NFP usually have more than one or two children?
- 6 What attitude is commonly displayed toward a couple with many children?
- 7 How can a large family provide for their children's basic needs in today's society?
- 8 Why do couples change family planning methods?
- 9 Why limit the number of children? Shouldn't we just accept what God sends us?
- 10 What is the difference between an unplanned pregnancy and an unexplained pregnancy? (see 1C3 q 3)

2C1 Debbie & Mike

- 1 What attracted Debbie & Mike to NFP in the first place?

- 2 When did Debbie and Mike become overconfident in using NFP?

- 3 What happened when Debbie & Mike stopped observing and charting their signs of fertility?

- 4 How did Debbie and Mike feel after "blessed surprise" number two came?

- 5 What did Debbie and Mike do after "blessed surprise" number two?

- 6 What is the decision that Debbie & Mike had to make regarding NFP?

- 7 What helped Debbie and Mike to recommit to NFP?

- 8 How frequently should a chart be reviewed by a certified teacher?

- 9 Why is it important to chart the signs of fertility and infertility every day?

- 10 Why are barrier methods during the fertile time not part of NFP?

Natural Family Planning Video - Disc 2C2
Discussion Questions

2C2 Matt & Heather

- 1 How difficult is it to talk about sex and sexual intimacy? *(see 2B2 q 2, 2B3 q 4)*

- 2 What does Heather say is the most beautiful thing about using NFP?

- 3 How can sexual intimacy be spiritual? *(Catechism of the Catholic Church 1601)*

- 4 How realistic is it to control everything in our life?

- 5 List some advantages and disadvantages of having children close together.

- 6 List advantages and disadvantages of having children several years apart.

- 7 What should we do when our child has a mental or physical disability?

- 8 When is a couple financially able to afford a child?

- 9 How do we discern God's plan for us and for our family? *(see 2A3 q 10)*

- 10 What is your response to Heather's "trust in God"?

2C3 Jim & Cindi

- 1 How soon after the wedding does the average couple plan to get pregnant?
- 2 What assumption did Jim make about their ability to get pregnant?
- 3 How many children are needed on the average to reach replacement levels in a society? *(see 2B4 q 4)*
- 4 What are the differences between the various NFP methods?
- 5 What is society's attitude toward a couple who is childless?
- 6 Does a couple using NFP to get pregnant have to keep a chart? Explain
- 7 Why is not getting pregnant emotionally upsetting?
- 8 What does the Church have to offer couples who have difficulty getting pregnant? *(see 1A2 q 7, 1B3 q 4)*
- 9 When should a couple consider adoption?
- 10 List some artificial means for getting pregnant and Church teachings about them.

2D1 Fr. Kelly Dominic

- 1 Why did Kelly and Dominic visit Fr. Jeff?
- 2 What is Fr. Jeff's suggestion to Kelly and Dominic to help them discern whether or not to have another child?
- 3 Make a pro & con list of considerations for discerning when to have another child.
- 4 Why make a balanced list of reasons for having and for not having a baby now?
- 5 How can we be sure that we are acting responsibly in the decision to have another child?
- 6 How should we respond to friends or family who "advise" against more children?
- 7 What kind of response does Kelly get from others when she is shopping with the kids?
- 8 Why should we as a couple, "pray" about whether or not to have a child?
- 9 What criteria should we, as a couple, use to prioritize our reasons for and against more children?
- 10 Why were Kelly and Dominic hesitant to have another child?

2D2 Jim

- 1 Explain how natural family planning may be said to be “unique”.
- 2 What is the economic interest for promoting other methods of family planning?
- 3 What costs are involved in learning and using NFP?
- 4 Why does the Church financially support NFP classes?
- 5 Why should a couple use NFP?
- 6 What difficulties can couples expect in educating themselves about NFP?
- 7 Why should a couple learn about other family planning methods?
- 8 What difficulties did Jim experience in learning about other family planning methods?
- 9 List the disadvantage of natural family planning methods?
- 10 List some reasons why couples do not learn about natural family planning?