



Announcements
from the
USCCB

-"The year 2010 is around the corner, please help with the creation of an NFP slogan for the 2010 poster for National NFP Awareness Week. Send in all suggested slogans to nfp@usccb.org.



TLC would like to start a new column with witness stories from couples using NFP. These stories can be anywhere from a few lines to a full page (remember we have limited space). Also, we would love to receive pictures of your new babies for publication in TLC along with these stories.

The USCCB is also looking for NFP couple witness stories. Please send them to either jndorsten@gmail.com, or nfp@aod.org.

Also, check out the great NFP witness stories at the USCCB www.usccb.org/prolife/issues/nfp/nfpweek/couples.shtml.

Below, are my reflections on how NFP has affected my marriage and my life.



I had always thought of the Catholic teachings on birth control as archaic. However, after my husband and I attended the retreat for our preparation for marriage, my views began to change. There, a woman gave a talk on NFP and the many blessings it had brought to her marriage. In a moment of openness to God calling, I remember saying "I want to try this!"

After taking classes in NFP, I was left in awe at the orchestration of my hormones, cycles, and the signs the body gives during fertile times. I was also angry though. I was angry that this was the first time I was hearing this information about my own body. My OB/GYN, had never even mentioned it! This is a reflection of the present attitude in our society where instead of truly understanding our fertility, we are just told 'Here, take this pill and don't worry about what's going on in your body.'

NFP fosters a respect for a woman's body. It allows the couple to understand and appreciate the events that have the potential to lead to the production of

an egg every month and when intercourse could result in a new life. This understanding brings about a new respect for the marriage act.

My husband and I are keenly aware every month of the full power and significance of our decisions to bring a child into this world. Knowing this elevates sex to its rightful place: within marriage, with a partner who stood before God and witnesses, and vowed that he/she will be by your side for better or for worse. This is the power of NFP within a marriage, and it has helped my husband and me to continually keep our eyes on God and keep His will for us at the center of our marriage. We have been blessed with two beautiful daughters and below is a picture of our daughter, Claire, born six weeks ago.



Please send topics, articles, questions, and suggestions to jndorsten@gmail.com