



Grow deeper in your understanding of NFP, right in the comfort of your own home on the Eternal Word Television Network (EWTN). This Global Catholic Network carries a series called “NFP: Embracing the Marital Gift” featuring Catholic evangelist, Damon Owens as he explores “the major methods, theology, science and proper use of NFP.” Damon Owens is the founder of the New Jersey Natural Family Planning Association and has been featured on EWTN and multiple evening newscasts.

The show airs Fridays at 10:30PM with episode covering various topics such as: “NFP and the Physician, NFP as Theology; Raising an NFP Family; Living NFP in the Real World and

Urgent and Necessary: the Case for NFP.”

These shows feature powerful conversion stories of priests, doctors and couples as well as the facts and know-how to use NFP today.

The series can be ordered on the EWTN website [www.ewtnreligiouscatalogue.com](http://www.ewtnreligiouscatalogue.com) for \$40.



Damon Clarke Owens (EWTN)



## NFP Quick Facts:

-NFP methods fall into three main categories: symptoms based, calendar based and lactational amenorrhea (LAM).

-**Symptoms** based methods use three main signs to determine fertility: body temperature, cervical mucous and cervical position. The Billings Method, Ovulation Method, and Creighton Model Fertility Care System fall into this category.

-**Calendar** based methods use the length of previous cycles to determine set days when a woman is considered fertile. The Standard Days and the Rhythm method fall into this category.

-**LAM** uses the natural infertile time after birth when a woman is fully breastfeeding and not menstruating to prevent pregnancy.



## TLC Mail

Dear TLC,  
My husband and I attended your class over a year ago, and now are happily holding our 4th child, a daughter, because of learning nfp. Without your help, we may have never been given this blessing. Thank you so much.

Now comes the time when I must begin charting again. This is the first time we will be using nfp to avoid pregnancy. Would you also please send us the electronic copy of the chart?

MC



Please email topics, articles, questions, and suggestions to TLC at [jndorsten@gmail.com](mailto:jndorsten@gmail.com)