

Real Quotes from Real Couples

taking the NFP on-line course

Dear pastors,

Since Bishop William Patrick Callahan made instruction in Natural Family Planning a required part of marriage preparation just over a year ago, we have been eliciting feedback from engaged couples as they exit the course. We wanted to share the good news with you that, even if this requirement meets some resistance at the front end of the process, most couples find the course a worthwhile and even enlightening experience.



Since we started collecting feedback, **95%** of those who went through the program said that it was either helpful or very helpful and 58% said that they would recommend this course to others.

More specifically, 78% said they felt this course has prepared them to use Natural Family Planning effectively and 86% said the course gave them a better understanding of their fertility.

Most importantly, **40%** of the couples indicated that they would use Natural Family Planning in their marriages! We know that of the 46% who said they are undecided, some of them will come to use NFP eventually as well.

Read what our engaged couples are saying about this online course:

These comments came from couples who started the course with a negative attitude about Natural Family Planning. After the course, here is what they sent us.



“We were skeptical about NFP before we started this course. As we went along we became more comfortable with using it. We plan on using it in the coming months for our family planning. This course gave us more respect for the woman's body and a natural means of achieving/avoiding pregnancy.

“Both of us felt this class was much different than what we intended to learn about from this course. We were not sure what to really expect going into the class. I feel this course has important info for women who are trying to achieve pregnancy and may be struggling to conceive. It gives you a different outlook on your body, along with the signs of when you should try to have children. I have to say learning to chart is the hardest part of the course, you really need to practice if you want to use charting as a way to help you conceive.

“Going into this class, I was very skeptical. I had the assumption that I already knew how to avoid or achieve pregnancy. Boy, was I wrong! I quickly realized that there was far much more that went into it.

At times the quantity of information was overwhelming, but the class was structured so the activities supplemented the information. I am very grateful I took this class and I know I will be using it from now on!



“While I do not personally value NFP nor intend to use it consistently in my life, I still learned a lot from this course. The information and the instructor would have been good resources for anyone intending to use NFP. That being said, because I do not intend to use it, the course was very time consuming and somewhat difficult.

As you can see from that last quote, we don't convert every heart and mind, but we can at least offer a better understanding of what Natural Family Planning is and why it corresponds to God's plan for married love and family life.

Other couples found great value in learning about their fertility. One advantage of Natural Family Planning is that it teaches couples to respect their fertility.

“This course was a completely new learning experience. My fiancé and I learned a lot regarding what signs and symptoms to look for during this course. It was challenging, yet exciting being able to figure out how NFP works.



“This was the first experience both myself and my fiancé had to any form of fertility awareness education. It was informative and enlightening, and we do hope to implement this in our lives down the road. We did appreciate the clear feedback we received on assignments, both on questions we answered correctly and on those that we missed. We could tell (our instructor) really took the time to read through our answers, and even more so that he was extremely knowledgeable in the subject area.

“I learned a lot about myself and the signs my body gives to indicate fertility. I thought it was very helpful being able to understand my own body! Thanks for putting this course together.

“Very informative class. There was a lot of things that I did not know and will be able to use that information learned in the future.

Finally, we'd like to remind you that this course is designed to offer couples both the flexibility of online learning and the support of a personal instructor. One concern of moving to an online program was to ensure that couples got the personal support they needed. Our instructors are doing a great job! **94%** of our couples rated their instructor excellent or good and 92% said the information their

instructors shared with them was enlightening and informative or interesting and helpful.

“The course was actually really eye-opening. I am an advanced practice clinician and it was a great review for me to be able to discuss this more with my patients that are interested in NFP! I loved the self-paced style of the course as well!



“Thank you for reaching out to us. I have been struggling with the charting. We feel that this is a helpful tool and we definitely understand it much better after our retreat day. We wish we didn't start till after hearing from them.

“Thank you so much for all your help through this course. I never heard about this natural family planning method until we were getting married so I was glad to hear there was a safer method for myself. We appreciate all the information you have given us and going through the questions with us.

Thank you for requiring your engaged couples who are within childbearing years to learn about NFP during their immediate preparation for marriage. Together, we are making a real difference in the lives of those asking for the Sacrament of Marriage. Together, we are revealing to them God's beautiful plan for intimate love between spouses.