

Humanae Vitae



http://www.vatican.va/content/paul-vi/en/encyclicals/documents/hf_p-vi_enc_25071968_humanae-vitae.html

ENCYCLICAL LETTER
HUMANAЕ VITAE
OF THE SUPREME PONTIFF
PAUL VI
TO HIS VENERABLE BROTHERS
THE PATRIARCHS, ARCHBISHOPS, BISHOPS
AND OTHER LOCAL ORDINARIES
IN PEACE AND COMMUNION WITH THE APOSTOLIC SEE,
TO THE CLERGY AND FAITHFUL OF THE WHOLE CATHOLIC WORLD, AND TO ALL MEN OF GOOD WILL,
ON THE REGULATION OF BIRTH

*Honored Brothers and Dear Sons,
Health and Apostolic Benediction.*

The transmission of human life is a most serious role in which married people collaborate freely and responsibly with God the Creator. It has always been a source of great joy to them, even though it sometimes entails many difficulties and hardships.

The fulfillment of this duty has always posed problems to the conscience of married people, but the recent course of human society and the concomitant changes have provoked new questions. The Church cannot ignore these questions, for they concern matters intimately connected with the life and happiness of human beings.

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 avoid pregnancy.

Since the methods of NFP respect the love-giving (unitive) and life-giving (procreative) nature of the conjugal act, they support God's design for married love!

The Methods

- Each NFP method is focused on one or more signs of female fertility. They can be grouped into three categories:

1. Cervical Mucus Methods (CMM)

The methods that observe cervical mucus are commonly called the "Ovulation Method" or "OM." In NFP education, a woman learns how to identify the normal, healthy, cervical mucus which indicates the days that sexual intercourse is most likely to result in pregnancy. A number of NFP providers teach a variety of approaches to the observation and charting of cervical mucus (e.g., Billings Ovulation Method Association—USA, Creighton Model FertilityCare™ Centers, Family of the Americas, etc.).

The methods continued...

Sympto-**Thermal** Methods (STM)

The methods that observe several signs of fertility and cross-check two or more of the signs to pinpoint ovulation are commonly called the "Sympto-Thermal Method" or "STM." STM typically combines charting of the Basal Body Temperature (BBT) and cervical mucus with other optional indicators, such as changes in the cervix and secondary fertility signs. A number of NFP providers teach a variety of approaches to the observation and charting of these signs (e.g., Couple to Couple League, Northwest Family Services, various diocesan programs, etc.).

The methods continued...

Sympto-**Hormonal** Method (SHM)

The method that observes several signs of fertility and adds the use of an ovulation predictor kit (OPK) or fertility monitor is called the "Sympto-Hormonal Method" or "SHM." Similar to the STM, this approach adds the self-detection of reproductive hormones in the urine with the assistance of an OPK or fertility monitor. Various diocesan NFP programs make use of the SHM as well as Marquette University's Institute for NFP (Marquette Model).

Couple to Couple League

- www.ccli.org
- Our Mission:
To inspire, educate and support couples in family planning that is natural, effective, healthy and consistent with God's plan for life, love and marriage.



COUPLE TO
COUPLE LEAGUE
CELEBRATING 50 YEARS

Resources

NFP Methods and Instructors from the Orlando Diocese website
<https://www.orlandodiocese.org/wp-content/uploads/2021/07/Orlando-Diocesan-NFP-Brochure-2-Page-FINAL-2019.pdf>

USCCB website resources for NFP
<https://www.usccb.org/topics/natural-family-planning>

Medical Support



- <https://www.aafp.org/afp/2012/1115/p924.html>
- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5346544/>