



DIOCESE *of* SACRAMENTO  
Office of Family and Faith Formation

**NFP Awareness Week is July 19 – 25, 2020!**

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 pregnancies.

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!

We encourage you to promote NFP throughout your parish during this upcoming week. You can access NFP Week Flyers and more information from USCCB here: <http://usccb.org/issues-and-action/marriage-and-family/natural-family-planning/awareness-week/posters.cfm>

You can also find more information about NFP, local teachers, testimonies, and a multitude of other NFP resources on our SCD website at <https://www.scd.org/nfp>

For more information, contact Dcn. Kevin Staszko, Director of Family and Faith Formation at [kstaszko@scd.org](mailto:kstaszko@scd.org) or 916-733-0177.



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