

**NFP IS NOT “RHYTHM.”**

**NFP is a  
holistic approach  
to family planning.**

**God's plan for human  
sexual love [is] not an  
arbitrary list of  
"do's" and "don'ts" but  
an integrated tapestry  
that must be seen  
as a whole.**

**Rev. Charles Goraieb, *A Boost for NFP***

**The love between spouses  
is intended to be a mirror,  
an icon of the love which  
exists between the three  
persons of the Godhead.**

**Rev. Charles Goraieb, *A Boost for NFP***

The Theology of the Body  
is *a breath of fresh air*  
for all of us who want to  
serve God's people and  
turn their hearts towards  
the Author of Love.

Rev. Charles Goraieb, *A Boost for NFP*

Catholics who have not  
heard a defense of the  
Church's teaching on  
contraception might be

surprised how rich and full  
of common sense it is.

Janet E. Smith, PhD. For more information,  
check out the transcript of “Contraception:  
Why Not?”

**Despite their differences of nature and moral gravity, contraception and abortion are often closely connected, as fruits of the same tree.**

***Gospel of Life n. 13.***

*The trivialization of  
sexuality is among the  
principal factors which have  
led to contempt for new life.*

*Gospel of Life n. 97.*



With regard to physical, economic, psychological and social conditions, responsible parenthood is exercised by those who prudently and generously decide to have more children, and by those who, for serious reasons and with due respect to moral precepts, decide not to have additional children for either a certain or an indefinite period of time. *Humane Vitae* n. 10.

**The transmission of human  
life is a most serious role in  
which married people  
collaborate freely and  
responsibly with God the  
Creator. *Humanae Vitae* n. 1.**