

The following press release provides general information about the USCCB's national campaign to raise awareness about Natural Family Planning methods. It includes simple information about NFP and provides space for information about local NFP events and classes. Please insert your information where indicated.

DATE: [Insert date here]

NFP Awareness Week Begins July 22nd, 2018

[NAME OF CITY]: “Generations of Love: *Humanae vitae* (1968-2018)” is the theme of this year’s Natural Family Planning Awareness Week, a national educational campaign of the United States Conference of Catholic Bishops (USCCB) to celebrate God’s vision for marriage and promote the methods of Natural Family Planning.

Natural Family Planning (NFP) is a general title for ethical, natural, safe and effective methods for both achieving and avoiding pregnancy in marriage. NFP methods teach couples how to observe and interpret the wife’s signs of fertility and infertility. In the words of the *Catechism of the Catholic Church*, NFP methods “respect the bodies of the spouses, encourage tenderness between them and favor the education of an authentic freedom.” (CCC, no. 2370)

The dates of Natural Family Planning Awareness Week are: July 22nd – 28th, 2018. These dates highlight the anniversary of the papal encyclical *Humanae vitae* (July 25) which articulates Catholic beliefs about human sexuality, marriage, conjugal love and responsible parenthood. This year commemorates the 50th anniversary of *Humanae vitae*.

The [insert the name of your diocesan NFP or Marriage and Family Life Office] joins with the U.S. bishops in highlighting the benefits of NFP as moral methods to help married couples live God’s design for their marriages. Several special activities will be held throughout the diocese, including: [insert your local events here].

[In this next paragraph, you may want to quote your bishop, or diocesan NFP coordinator or director of Marriage and Family Life to remark on the importance of the Church’s teachings on marriage and the “marriage strengthening” potential of NFP.]

Want to learn more about the methods of NFP offered in our diocese? See, [insert the diocesan web address here] or visit the NFP section of the USCCB website at: <http://www.usccb.org/nfp/what-is-nfp/index.cfm>.

A schedule of local NFP classes can be viewed at: [insert the web address of the diocesan NFP classes]; or call [insert the phone number of the diocesan NFP office]. Don’t have time to attend an in-person class? Learn NFP in the comfort of your home by contacting one of the NFP providers listed at: <http://www.usccb.org/nfp/nfp-distance-learning.cfm>

The Catholic Church invites all the faithful to embrace God's plan for married love. Learn more about these beautiful teachings which support the use of NFP in marriage at: <http://www.usccb.org/nfp/catholic-teaching>.

Please join the diocesan NFP team to spread the word about God's design for married love and the gift of life as well as the methods of NFP! Contact us to get involved: [*insert your phone number and e-mail address here*].