National NFP Awareness Week—Press Release

*The following press release provides general information about the USCCB’s national campaign to raise awareness about Natural Family Planning methods. Feel free to use this text in its entirety or include it in a news release of your own.*

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DATE: [Insert date here]

**NFP Awareness Week—July 20–26, 2025**

WASHINGTON, DC – “Pursue a lasting love … Marriage. Create hope for the future! Natural Family Planning, Supporting God’s gifts of love and life in marriage” is the theme of this year’s national Natural Family Planning Awareness Week (July 20–26, 2025), an educational campaign of the United States Conference of Catholic Bishops (USCCB) to celebrate God’s design for married love and the gift of life and to raise awareness of Natural Family Planning (NFP) methods. “NFP,” as the U.S. bishops have written, is supportive of Catholic beliefs about married love because it “respects the God-given power to love a new human life into being” (see, U.S. Bishops, *Married Love and the Gift of Life* at usccb.org/issues-and-action/marriage-and-family/natural-family-planning/catholic-teaching/upload/Married-Love-and-the-Gift-of-Life-English-version.pdf).

The dates of Natural Family Planning Awareness Week highlight the anniversary of *Humanae vitae* (July 25) as well as the feast of Saints Joachim and Anne (July 26), the parents of the Blessed Mother. Resources (e.g., poster, homily notes, bulletin inserts, web banners, social media files, etc.) and ideas for celebrating and promoting NFP Awareness Week in your area can be found on the USCCB’s NFP Program website at usccb.org/nfp. For more information, contact nfp@usccb.org.