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. 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—July 20–26, 2025**

[NAME OF CITY]: “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).

As an educational campaign of the United States Conference of Catholic Bishops (USCCB), “NFP Week” celebrates God’s design for married love and the gift of life and raises awareness about Natural Family Planning (NFP) methods. “NFP,” as the U.S. bishops have written, is supportive of Catholic beliefs about married love because NFP “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 are July 20–26, 2025. 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.   
  
The [*insert the name of your diocesan office here*] joins with the U.S. bishops in highlighting the benefits of NFP as ethical 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: [usccb.org/nfp](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*]. Learn NFP in the comfort of your home by contacting one of the NFP providers listed at usccb.org/topics/natural-family-planning/nfp-distance-learning.

The Catholic Church invites all the faithful to embrace God’s plan for married love and the gift of life. Learn more about these beautiful teachings which support the use of NFP in marriage at usccb.org/topics/natural-family-planning/church-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*].