**BULLETIN BRIEFS**

**Couples’ Stories**

“I am confident that had I not been open to life in the practice of NFP, I would not have needed to depend on God, and not have grown as a person. This growth benefits my family and the people I meet in everyday life.” (Dawn Farias, “How Natural Family Planning Changed my Life,” available at: www.usccb.org/issues-and-action/marriage-and-family/natural-family-planning/what-is-nfp/couples-stories/upload/How-Natural-Family-Planning-has-Changed-My-Life-2.pdf)

“Jesus calls us to serve others. Marriage and parenthood are ways we can immediately apply this call in our lives. NFP has led me to be more open to life, more aware of God’s design for intimacy in marriage, more dependent on Him to fulfill these plans. It has strengthened my relationship with my husband, given me personal insight and it has given our children life!” (Dawn Farias, “How Natural Family Planning Changed my Life,” available at: www.usccb.org/issues-and-action/marriage-and-family/natural-family-planning/what-is-nfp/couples-stories/upload/How-Natural-Family-Planning-has-Changed-My-Life-2.pdf)

 “Many will tell you that the responsibility of being permanently faithful to one person is too great and that being open to life is too much of a burden. They say contraception brings with it freedom and life; however, we have found that it is in openness to God, to each other, and to new life that true freedom is obtained. This is what living Natural Family Planning can help couples to experience.” (Michael and Alysha Chambers, “NFP, The Theology of the Body, and Our Marriage,” available at: www.usccb.org/issues-and-action/marriage-and-family/natural-family-planning/what-is-nfp/couples-stories/upload/Chambers-NFP-TOB-and-our-Marriage.pdf)

“Two years after joining the Catholic Church, my wife and I began practicing Natural Family Planning. I found that the chastity required to get through the periods of abstinence caused profound changes in me … I became grateful for all God had given me, most of all for my wife. My appreciation for her and all that she gives me grew, improving an already good 20-year marriage.” (Fletcher Doyle, “My Slogan—Practice Saved Sex!” Available at: www.usccb.org/issues-and-action/marriage-and-family/natural-family-planning/awareness-week/upload/Fletcher-Doyel.pdf)

“As we lived the NFP lifestyle, we began to realize that all of our reasons for avoiding pregnancy were ‘earthly’ – we would need a new car, a bigger house, and more money for everything….We are so grateful that we now have the kind of marital union that God had planned for us! It has changed our lives so much that we became NFP teachers to spread the good news.” (Jennifer and Frank Ricard, “Signs of Grace,” available at: [www.usccb.org/issues-and-action/marriage-and-family/natural-family-planning/what-is-nfp/couples-stories/upload/Jennifer-Ricard-Signs-of-Grace.pdf](http://www.usccb.org/issues-and-action/marriage-and-family/natural-family-planning/what-is-nfp/couples-stories/upload/Jennifer-Ricard-Signs-of-Grace.pdf))

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