



Building joyful marriages through natural family planning...couple to couple

Presenting the Couple to Couple League's Natural Family Planning Program

Who we are

The Couple to Couple League International (CCL), based in Cincinnati, Ohio, is a leading provider of Natural Family Planning (NFP) instruction. Since its founding in 1971, CCL has instructed more than 200,000 engaged and married couples in 23 countries. The organization currently trains over 6,500 couples each year in the United States in English and Spanish.

What we do

We help build joyful marriages by teaching NFP, couple to couple. CCL's educational platform is built on a "triple strand approach": the Sympto-Thermal Method of NFP, the promotion of breastfeeding and its effect on fertility, and the moral underpinnings for the NFP decision.

The focus of CCL teaching is:

- 1) **NFP is knowledge** of a couple's fertility;
- 2) **Responsible parenthood** is the **virtuous application** of this **knowledge to marriage**.

We provide couples with the knowledge and ability to read all the signs of fertility in order to achieve or avoid pregnancy through the Sympto-Thermal Method.

Then we discuss the *virtuous application* of this knowledge — known as

responsible parenthood — by couples who model dignity, respect and love for each other by practicing NFP.

The Couple-to-Couple difference...

The fundamentals of NFP and the Sympto-Thermal Method can be taught by anyone with the proper training. However, the profound impact of this choice in marriage is best understood through the witness of a practicing couple. Therefore all CCL courses are taught by certified teaching couples who have successfully completed a rigorous 50-60-hour training program, received mentoring from another veteran couple, and have experienced the benefits of NFP in their own relationship. Further, since fertility is a shared gift between husband and wife, we strongly encourage students to learn as couples.

Inspired by *Theology of the Body*

CCL has fully integrated the tenants of the late Pope John Paul II's seminal masterpiece, *The Theology of the Body*, throughout all educational and operational programs, including its training, teaching, writing and counseling. From a practical standpoint, this means that CCL's teaching approach starts with the person as a reflection of God, without relying first on the legalistic authority of the Catholic Church. Thus the moral underpinnings of NFP can be understood and appreciated by any couple interested in this deep expression of love, concern and respect for each other regardless of their faith background.

Called to the *New Evangelization*

CCL embraced Pope John Paul's call in *Ecclesia in America* to speak in a language that resonates with all of God's people while using the most modern means of communication to spread the Good News. The recent rewriting and redesign of all CCL teaching materials to make them both easier to teach and understand exemplifies this commitment. In addition, CCL is appealing to the "iPod generation" with several new communication technologies including a dynamic teaching DVD, online teacher training and student resources, and

specialized Webcasts and Podcasts. Using virtual meeting technology we can now connect teachers and students regardless of geography.

Basics of the Sympto-Thermal Method

CCL teaches the Sympto-Thermal Method of NFP. In this system, a couple uses crosschecking signs of fertility: cervical mucus, waking temperatures, and changes in the cervix itself. The woman may also use secondary signs of fertility such as ovulation pain and others. This is NOT the Calendar Rhythm Method, but rather a scientifically proven technique for postponing or achieving pregnancy that is 100 percent safe and just as effective as artificial means of birth control. Couples are also taught the benefits of breastfeeding and its impact on fertility.

Our Leadership

Our Board of Directors is composed of representatives from a broad range of backgrounds including medicine, science, education, business, law and the clergy. Extensive support services are provided to teaching couples, candidate teaching couples, promoters, student couples and members by a professional headquarters staff of 16 employees. The strength of our organization lies in our more than 1,000 volunteers in the U.S. and around the world who promote and teach NFP. Local chapter leaders coordinate class schedules, registration and teaching assignments with the diocesan family life offices and local parishes.

Our Founding

When Pope Paul VI reaffirmed the traditional Christian teaching against unnatural forms of birth control in 1968 through the encyclical *Humanae Vitae*, he recommended that married couples help other married couples with Natural Family Planning. In response, John and Sheila Kippley founded the Couple to Couple League in 1971 for three purposes:

- 1) To meet the need for a nationwide, independent, and organized way of delivering NFP services;
- 2) To provide instruction in NFP that includes moral and religious values along with physiological and scientifically accurate information;

- 3) To train volunteer married couples to be proficient counselors and teachers in a 99 percent effective method of NFP, and at no cost to those who generously undertake this training.

Locate a Local Class or a Teaching Couple

English classes are located by using our national online registration system found on our website: www.ccli.org. Spanish classes are found by locating local Spanish teaching couples through our online database of teachers: <http://ccli.org/learn/index.php>.

More Information

For more information, please visit www.ccli.org. Additional resources are available at <http://ccli.org/resources/jump-start-spanish/> Or, contact:

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