



**Natural Family Planning from
The Couple to Couple League**

EXTREME MAKEOVER

New Course Emphasizes Teacher Retraining

The Couple to Couple League has been teaching the Sympto-Thermal Method of natural family planning for over 35 years. This monumental task has been accomplished through the work of volunteer teaching couples, who impart the technical instruction while they share their personal witnesses as husband and wife. “Our volunteer teaching couples,” said Executive Director Andy Alderson, “are the unsung heroes in the CCL story.”

In order to launch its new program, CCL retrained its 800-some teaching couples. They asked couples to complete the online training, which takes an average of 30 hours – not easy to carve into a busy schedule. But the teaching couples rose to the challenge and according to extensive surveying by CCL, report very positive reactions to the new teaching curriculum.

Here’s just a glimpse into some aspects of their new training:

- An examination of the cultural shift regarding natural family planning, as reflected in:
 - Recent marriage and family trends
 - The reasoning used in the Supreme Court’s 1992 “Planned Parenthood vs. Casey” decision
 - The language and reasoning used in a 2006 New York Times feature about contraception
- An analysis of today’s young couples, including:
 - Their thought processes
 - Inductive, subjective and experiential
 - Their terminology
 - “How many young couples today have ever even heard of the word continence, let alone creative continence?”
- A review of the theology behind natural family planning, as described in:
 - John Paul II’s *Familiaris Consortio*
 - John Paul II’s *Theology of the Body*
- A study of the difference between NFP and Responsible Parenthood, such as:
 - NFP is fertility awareness; Responsible Parenthood is the application of NFP
 - Fertility awareness can be taught; virtue is best modeled

All-star volunteers

“The commitment of our volunteers during the development, the pilot program, the re-tooling and final implementation phases of this project has been impressive,” said Linda Kracht, Chair of CCL’s Board of Directors. “We may have the most committed volunteers of any non-profit organization in the world!”

Safe, healthy, effective... and it can change hearts in surprising ways