



## Catholic Diocese of Columbus

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# News

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### **NFP Awareness Week begins July 19**

COLUMBUS - “*Marriage and Natural Family Planning . . . a Divine Design,*” is the theme of the 2009 observance of Natural Family Planning (NFP) Awareness Week, July 19-25, a time set aside by the United States Conference of Catholic Bishops (USCCB) as a reminder to “celebrate and reverence God’s vision of human sexuality.”

The Marriage and Family Life Office (M&FLO) of the Catholic Diocese of Columbus joins with the Bishops in highlighting the benefits of NFP. Married couples who use NFP report many benefits including: better communication between spouses, increased patience and emotional maturity, deeper understanding of each other’s bodies, and growth in respect for God’s gift of fertility.

NFP classes are offered to interested couples by the M&FLO. Read more regarding NFP on the USCCB web site at [www.usccb.org/prolife/issues/nfp](http://www.usccb.org/prolife/issues/nfp). To inquire about diocesan classes, call 614-241-2560 or e-mail [FLOMailbox@colsdio.org](mailto:FLOMailbox@colsdio.org).