BIBLIOGRAPHY AND RESOURCES

CATHOLIC CHURCH TEACHING

The Second Vatican Council


One of the 16 documents composed at the Second Vatican Council, this pastoral constitution articulates fundamental Church teachings on the role of the Christian in modern society. Covering a broad range of political, social, economic, and theological topics, the Council fathers devote an entire section to marriage and the family.


Papal Teaching


This apostolic exhortation is the result of Pope Francis’s prayerful reflection on the discussions and outcomes of two synods of bishops held in Rome October 2014 and October 2015 on marriage and the family. Paragraphs no. 80-85, treat the Church’s teaching on “The Transmission of Life and the Rearing of Children.”


This papal encyclical reflects upon the theological virtue of love or Christian charity which is central to the whole of the Christian faith. While broadly teaching about love, the work is nevertheless applicable to all facets of the Christian life, including that of marriage. This encyclical provides fundamental principles for understanding the true nature of love that helps in grasping the anthropology behind the Church’s teachings about conjugal love and responsible parenthood. Recommended paragraphs are nos. 2, 5, 6, 8 and 11.


This papal encyclical teaches about the gift and value of human life. Threats to the value of life are discussed and Christians are urged to create a new Culture of Life, fostering a deeper appreciation and respect for all men and women. Included in the discussion of threats to human life is the subject of contraception [see nos. 13, 16, 17, and 91] which is
described as against God’s design for married love. In the text the goodness of the methods of Fertility Awareness Based Methods of family planning is discussed [see nos. 88, and 97].


This encyclical corrects numerous deviant moral theologies of the modern period. Among the subjects the Holy Father discusses are: the proper understanding of human freedom, conscience and its valid formation, the moral law (including the category of “intrinsic evil”), and the truth expressed in Humanae Vitae. Of particular interest are nos. 55, 56, 63, 64, 67, 68, 75, 76, 79-81.


This Apostolic Exhortation addresses the place of the Christian family both in the Church and in the modern world. At the service of both life and love, the Christian family must seek its identity in the Divine Creator, participate in the mission of the Church, and work to effect change in society. Catholic teachings on marriage, conjugal love and responsible parenthood and the methods of Natural Family Planning are also discussed (see especially nos. 11, 28-36.).

Theology of the Body is the title given to the collection of papal talks [addresses] on God’s design for human sexuality by Pope John Paul II during the course of five years. Appealing to the individual’s experiences of truth, the Holy Father discusses both Sacred Scripture and Catholic Tradition on the subject. This approach seeks not only to make understandable the rich theology of Catholic teaching on the nature of humanity created as man and woman, but also to communicate the truth and beauty of God’s design of human sexuality. Included in this series is a substantial reflection on the papal encyclical, Humanae vitae [Of Human Life] which treats married love and responsible parenthood.

The Holy Father discusses the importance of the knowledge of the “biological laws of human fertility” which can help married couples healthfully regulate births when using the natural methods. He urges further scientific research in this area.

http://w2.vatican.va/content/paul-vi/en/encyclicals/documents/hf_p-vi_enc_25071968_humanae-vitae.html. 
This papal encyclical teaches about God’s design for married love and the gift of life. The important modern question about spacing and limiting births in marriage is considered within the context of God’s design for marriage. Included in the teaching is a discussion of the immorality of contraception, direct sterilization, and abortion [which are intrinsically evil] and the morality of Fertility Awareness Based Methods of family planning.

1958. Pope Pius XII. Address to Hematologists. 
Included in the discussion of the Holy Father is the topic of the immortality of steroidal/hormonal contraception. He does, however, mention that such medical drugs may licitly be used to treat serious organic dysfunction.

https://www.ewtn.com/library/PAPALDOC/P511029.HTM. 
This allocution treats the nature of the midwife’s profession which includes a profound respect for human life. Among the points made are those of the immorality of contraception and abortion.

1932. Pius XI. Address to Physicians. 
The Holy Father discusses his hope that physicians would take on the task of studying the problems as addressed in his encyclical, Casti connubii.

http://w2.vatican.va/content/vatican/it.html. 
This papal encyclical teaches about the virtue of marital chastity. Included is a reflection on the threats to marriage. The dignity of marriage and its spiritual benefits are also treated.

Documents of the Holy See

This document provides a reflection on the major challenges facing the family in the early twenty-first century. The text serves to articulate the agenda of the 2014 Extraordinary General Assembly of bishops held in Rome.
This document grapples with a number of bioethical questions raised in response to modern technological advancements in the field of human fertility and infertility. Using the principles of Catholic moral teaching, the document brings clarity and truth to the debates surrounding both procreation and genetic manipulation.

This comprehensive treatment of the Church’s teaching touches upon every facet of the Christian faith. The Catechism is divided into four main sections: the profession of faith [the Creed], the celebration of the Christian mystery [the Liturgy], life in Christ [the moral life], and Christian prayer. While references to marriage and family can be found throughout the entire book, one may find paragraphs 1601-1666 and 2331-2400 to be particularly applicable for education on marriage and conjugal morality.

This brief document provides guidelines for the administration of the Sacrament of Reconciliation in difficult moral circumstances (particularly those concerning married life). Although addressed to confessors within the clergy, the document serves as a standard to guide all Christians in carrying out the call of Christ to live the virtue of chastity.


This statement notes that there are no value free methods of family planning. It then lists six ethical challenges of contraception, drawing on examples. The document also explains that though the world sees a family planning crisis, the Church sees the real problem as one of ethics. (Note: The name of the Vatican Dicastery is not provided in this reprint.)

Written in the midst of significant medical innovation on assisted reproductive technology, this document defends the gift and dignity of human life [particularly in its earliest stages], against the onset of intrusive and immoral scientific innovation.


**Catholic Episcopal Conferences**

*United States Conference of Catholic Bishops*


This short anniversary statement revisits the teachings of *Humanae vitae* on its twenty-fifth anniversary. It emphasizes the reverence due to human life and the responsibility of parents to defend such an invaluable gift. In protecting the great worth of human sexuality in God’s plan, the document has a section devoted specifically to Natural Family Planning.


**SCHOLARLY SOURCES**

**Marriage—Natural Reality and Sacrament**


**Conjugal Love and Responsible Parenthood**


Grisez, Germain. *Contraception and the Natural Law*. Bruce, 1964. NB: This is the author’s earliest effort to articulate what would later be called the “New Natural Law Theory” argument against contraception.

Grisez, Germain, Joseph Boyle, John Finnis, and William E. May. “‘Every Marital Act Ought To Be Open To New Life’: Toward a Clearer Understanding.” *The Thomist* 52 (July 1988): 365-426. NB: A groundbreaking article on contraception as “contra-life.”


_____ “Humanae Vitae and the Signs of the Times.” Mosaic (Summer 2008): 2-5. NB: The entire issue of the Archdiocese of Detroit Sacred Heart Major Seminary’s magazine is devoted to the 40th anniversary of Humanae vitae.


_____ “Natural Sex is Best.” Lutheran Forum, Summer 2005.


**Sexual Ethics**


Melina, Livio. Learning to Love at the School of John Paul II and Benedict XVI. Gracewing, 2011.


The National Catholic Bioethics Center. The National Catholic Bioethics Quarterly. The Spring 2003 issue is devoted to the “Theology of the Body.”


**Theology of the Body**


**MISCELLENEOUS SOURCES**


Notare, Theresa. “A Revolution in Christian Morals,” Lambeth 1930-Resolution #15, History & Reception. PhD diss., The Catholic University of America, 2008. Available through ProQuest, 1-800-521-0600. NB: This dissertation is divided into two parts. The first part treats the first phase of the modern sexual revolution. Notare argues that several critical messages combined to change the mentality of the average person to gradually accept contraception in marriage since core concepts of human goods were mixed with falsehoods. Part two covers the Anglican bishops’ discussion on birth control at Lambeth 1930 and analyzes public reaction to the decision to accept contraception in marriage.


**POPULAR BOOKS AND ARTICLES**


http://www.aodonline.org/aodonline-sqlimages/SHMS/Publications/Mosaic/08Summer/mosaic.pdf


**PASTORAL RESOURCES**

*Books*

*A Preachable Message: The Dynamics of Preaching Natural Family Planning*. Billings Ovulation Method™ Association, USA. 2nd ed, 2014. NB: This book provides advice from various bishops, priests, and deacons about how they approach the topic of preaching on NFP and Church teaching which supports its use in marriage in a homily. Contact moma-usa@msn.com.

*Enchiridion on the Family, A Compendium of Church Teaching on Family and Life Issues from Vatican II to the Present*. 2000. This volume provides a variety of Church documents from the Magisterium, papal teachings, and instructions from Vatican decasteries.


*Lexicon: Ambiguous and Debatable Terms Regarding Family Life and Ethical Questions*. Pontifical Council for the Family, 2003. This dictionary, edited by the Pontifical Council for the Family, collects in 1,000 pages 78 topics/articles written by well-known experts. This volume is useful for pastoral work.


Brochures

Natural Family Planning. NFP Program, Secretariat of Laity, Marriage, Family Life and Youth, USCCB. Washington DC, 1995. www.usccb.org/nfp/what-is-nfp/index.cfm. This eight panel brochure provides basic information on the methods of Natural Family Planning. Written in a popular conversational style, this brochure is useful for marriage preparation programs and general parish education. Orders: customerservice@ifcweb.com; tel., 1-866-582-0943. Ask for publication #9521 (English) and #9525 (Spanish).

Natural Family Planning—LOVE—MERCY—LIFE—Opening the Heart of Marriage. NFP Program, Secretariat of Laity, Marriage, Family Life and Youth, USCCB. Washington DC, 2016. www.usccb.org/issues-and-action/marriage-and-family/natural-family-planning/what-is-nfp/responsible-parenthood.cfm. This eight panel brochure features a reflection on Church teaching regarding conjugal love, responsible parenthood and the methods of Natural Family Planning viewed through the lens of love, mercy and life. The text is conversational but instructive with important Church documents referenced. This brochure is designed to be used for catechetical programs, including marriage preparation. Orders: customerservice@ifcweb.com; tel., 1-866-582-0943. Ask for publication #1626 (English).

NFP Myth and Reality. NFP Program, Secretariat of Laity, Marriage, Family Life and Youth, USCCB. Washington DC, 1995. www.usccb.org/nfp/what-is-nfp/frequently-asked-questions.cfm. This eight panel brochure provides information on the most misunderstood points concerning the methods of Natural Family Planning and Catholic teachings which support its use in marriage. Orders: customerservice@ifcweb.com; tel., 1-866-582-0943. Ask for publication #9522 (English); Item #9523 (Spanish).

Diocesan NFP Programming


National NFP Awareness Week. United States Conference of Catholic Bishops, NFP Program. http://www.usccb.org/issues-and-action/marriage-and-family/natural-family-planning/awareness-week/index.cfm. This national NFP education campaign provides various resources for NFP educators who plan activities in their dioceses. Among the central resources are a poster and homily notes for clergy. The week is celebrated in July from the Sunday to the Saturday in the month of July that includes the anniversary date of Humanae vitae (July 25).
Educational Programs

Imago Dei-Imaging God in Our Lives. Imago Dei, Inc. http://www.imagodei-tob.org. Imago Dei is a Catholic nonprofit corporation in Washington, DC. It was formed in 2007 to manage the study group program for A New Language: A Study Guide for the Theology of the Body, which was started by Women Affirming Life, Inc. Today, this non-profit organization trains facilitators to lead small study and prayer groups on the Theology of the Body. Contact: 1-202-962-0040; TOBStudy@imagodei-tob.org.

The Theology of the Body Institute. http://tobinstitute.org. The TOB Institute, which is located in Pennsylvania, provides education on St. John Paul II’s Theology of the Body. A variety of programs held on site are offered throughout the year. Of note are the special clergy TOB retreats where prayer and study are combined. An annual national conference is also offered at various locations around the country.

E-Learns

Catholic Sexuality, Chastity Education. The St. Augustine Foundation. www.catholicsexuality.com. The St. Augustine Foundation is committed to providing education on Church teachings, especially the subjects of human sexuality, the virtue of chastity, and the moral regulation of birth. Among their resources are several brief e-courses tailored for young adults. The full 9-session Course Lesson Plan from LIFENET is available as a free download to be used in forty-minute classroom settings.

Marriage Preparation Programs

Joy-Filled Marriage. Ascension Press. http://shop.ascensionpress.com/t//category/study-programs/marriage-preparation. This marriage preparation program is divided into two parts: God’s Plan for a Joy-Filled Marriage, which discusses the sacramality of marriage; and Living a Joy-Filled Marriage, which approaches “life-skills” through an emphasis on virtue. The content draws from the rich and positive language of St. John Paul II’s Theology of the Body. It provides a compelling vision of human sexuality and the Catholic sacramental understanding of marriage. The format is flexible and can be integrated into existing marriage preparation programs.

Fully Engaged, A Catholic Catechetical Premarital Inventory. Diocese of St. Cloud. http://omf.stcdio.org/marriage-ministries/fully-engaged. This premarital inventory that was designed by the staff of the Office of Marriage and Family Life in the Diocese of Saint Cloud, helps engaged couples solidify the foundation upon which they, together with Christ, will build their Sacrament of Marriage. The program invites engaged couples to become: more familiar with the richness of the Catholic tradition on marriage; more aware of their strengths and areas of needed growth; more involved in Catholic parish life; more committed to Christ and one another; and integrates Church teaching on conjugal love, responsible parenthood and the methods of NFP. These high-quality, affordable Catholic catechetical materials, are provided in both English and Spanish. Training in the use of the materials is also offered.
Parish Based Programs

Parish Missions and Pastoral Educational Resources on NFP. NFP Outreach. http://www.nfpoutreach.org. NFP Outreach is a comprehensive clearinghouse for accurate, practical, up-to-date information on Natural Family Planning, its practice, effectiveness, benefits and its underlying moral principles. To achieve this mission, NFP Outreach: encourages each married couple to study and fully understand the vocation of marriage to which they have been called by God. NFP Outreach does this primarily through missions and seminars presented by Fr. Daniel McCaffrey and Fr. Matthew Habiger, OSB. Of note, NFP Outreach also makes use of the services of qualified physicians or teachers of Natural Family Planning in their parish missions and seminars.

Videos

Made for Life: A Catechetical and Educational Aid on the Gift of Children and the Indispensable Place of Fathers and Mothers in Marriage and Society. United States Conference of Catholic Bishops (USCCB), 2011. The video can be watched for free at www.marriageuniqueforareason.org; order from the USCCB Store: http://store.usccb.org. Part of the USCCB’s Marriage: Unique for a Reason series, this DVD discusses the Church’s teaching on marriage, children, and the importance of fathers and mothers in an accessible, attractive way, through interviews with married couples and parents. A Viewer’s Guide and Resource Booklet for priests, deacons, catechists and teachers break open the topic further. A great resource for educational settings in the school or parish; designed for high school aged and older.

Plan Your Family Naturally, An Introduction to Natural Family Planning. Diocese of Rockville Centre. http://www.drvc-faith.org/videos/plan-your-family-naturally-an-introduction-to-nfp-dvd-trailer/#.V91SOvao5jp. This twenty-two minute video covers basic information about the science and methods of Natural Family Planning, including Catholic Church teaching which supports its use in marriage. The video features married couples who use NFP. A version of this video with different couples is also provided in Spanish: Planifique su Familia Naturalmente; http://www.drvc-faith.org/videos/dvd-planifique-su-familia-naturalmente/#.V91Skfao5jp.

FERTILITY AWARENESS BASED METHOD RESOURCES

FABM General Information, Method and Medical Resources


**FABM Bibliography**


For reviews of scientific research on FABMs and related subjects, see http://www.usccb.org/issues-and-action/marriage-and-family/natural-family-planning/medical-research/index.cfm.

**FABM Providers**

Billings Ovulation Method™ Association—USA (BOMA-USA)

BOMA-USA is the only authorized representative of the Billings Ovulation Method™ (BOM) in the United States. The BOM™ is a cervical mucus method developed by the Drs. John and Evelyn Billings of Melbourne, Australia.

- Both client and teacher education in the Billings Ovulation Method™ are provided.
- Client education is provided in group or private on-site class instruction.
- Online charting software is available.
- Teacher education is provided in English and Spanish via on-site programs or through a correspondence course.
- BOMA-USA maintains a list of its certified teachers.
- Multi-language education is provided by WOOMB-International (http://www.thebillingsovulationmethod.org)
- Additional education programs can be scheduled for health-care professionals, clergy, and the general public.

For further information, contact:
St. Cloud, MN 56302
Website: www.boma-usa.org
(651) 699-8139
(320) 654-6486 FAX
Email: boma-usa@msn.com
Couple to Couple League International (CCLI or “CCL”)
CCLI is a provider of the Sympto-Thermal Method (STM). STM is a multi-indexed method of NFP. It teaches the detection and interpretation of cervical mucus, changes in the basal body temperature (BBT) and cervical changes. It also teaches how to interpret other secondary signs of fertility.

- Client and teacher education in the Sympto-Thermal Method (STM) is provided in both English and Spanish.
- Client education (English and Spanish) is provided by professionally certified teaching couples in their local areas or via live on-line classes. A Self-Paced Online Class is also an option; this is a video-based version of the live class with support available through phone and e-mail contact.
- Teacher education is provided via live on-site classes or through the Internet.
- CCL maintains a list of its certified teachers at http://register.ccli.org/teacher_search.
- National online class search is available at http://register.ccli.org.
- CCL provides a variety of educational seminars for health-care professionals, clergy and the general public.
- CCL publishes many resources including the only NFP magazine in the USA (Family Foundations).

P.O. Box 111184  
Cincinnati, Ohio 45211-1184  
or:  
4290 Delhi Pike  
Cincinnati, OH 45238  
Website: http://www.ccli.org  
1-800-745-8252  
(513) 557-2449 FAX  
Email: info@ccli.org

Family of the Americas Foundation (FAM)
FAM is a provider of the cervical mucus detection method. The FAM methodology is based on the research of the Drs. Billings.

- Client education is provided in on-site classes and via the US Postal system.  
  An interactive CD program enhances the program.
- Teacher education is provided in on-site programs and via the US Postal system.
- FAM maintains a list of its certified teachers.
- FAM will work with diocesan NFP staff to offer on-site educational events.
- FAM publishes educational resources in a variety of languages.

For further information, contact:
FAM  
P.O. Box 1170  
Dunkirk, MD 20754  
Website: http://www.familyplanning.net...  
(301) 627-3346
Marquette University College of Nursing Institute for NFP (MINFP)
MINFP provides education in the Sympto-Hormonal Method (SHM) also called the "Marquette Method." This approach integrates the basic information of the STM with the added feature of an electronic hormonal monitoring device.
- MINFP offers online education for both clients and teachers at: http://nfp.marquette.edu
- Teacher candidates must be health-care professionals (e.g., nurses, physicians, etc.).
- On-site classes are provided by individual teachers.
- Education in the Spanish language for clients is available.
- MINFP maintains a list of its certified teachers.
- MINFP is a research-based institute. Questions regarding the state of NFP scientific research are welcomed.

For further information, contact:
MINFP
P.O. Box 1881
Milwaukee, WI 53201-1881
Website: http://www.marquette.edu/nursing/natural-family-planning/index.shtml
(414) 288-3838
(414) 288-1939 FAX
(Director, Richard Fehring, PhD, RN; richard.fehring@marquette.edu)

Northwest Family Services (NWFS) – SymptoPro Fertility Education
NWFS provides education in the Fertility Matters method (or STM), a multi-indexed method of NFP that teaches the detection and interpretation of cervical mucus, basal-body temperature (BBT) and changes in the cervix. It also teaches how to interpret secondary signs of fertility.
- Both client and teacher education in the SymptoPro method (STM) are provided.
- Client education is provided in on-site class programs and through correspondence course via the US Postal system, a client Internet course, and also a combination of correspondence and online education for clients who request both.
- A chart app. is available at no extra cost for Internet clients. All others will pay a one-time fee at time of purchase.
- Teacher education is only provided online.
- Client and teacher education is available in the Spanish language.
- NWFS maintains a list of its certified teachers.
- A variety of educational programs are available, notably an adolescent chastity curricula entitled, FACTS.
- Many resources are published by NWFS including an e-newsletter.

For further information, contact:
NWFS
6200 SE King Road
Portland, OR 97222
Pope Paul VI Institute Creighton Model FertilityCare™

The Pope Paul VI Institute provides education in the Creighton Model FertilityCare™ Method of NFP.

- This is a cervical mucus detection method.
- Both client and teacher education are offered.
- Teacher education is offered in the Spanish language.
- The PPVI Institute is accredited by the American Academy of FertilityCare™ Professionals (AAFCP).
- The AAFCP maintains a list of certified Creighton Model FertilityCare™ teachers.
- A variety of educational programs are available for health care professionals, clergy and laity.
- Training in the innovative NaProTechnology, an ethical approach to women’s health care, is also provided to physicians.
- A variety of resources, including scientific research, is published by the PPVI Institute.

Contact the education department for further information.

Note: The PPVI Institute is part of the network of FertilityCare™ education centers. These centers are accredited by the American Academy of FertilityCare™ Professionals for teacher education. Two of these centers have met the USCCB’s Standards for Diocesan NFP Ministry in the area of teacher education. Since the curriculum is standardized, the only significant difference among the centers lies in the individual members of the faculty per center. To meet the USCCB NFP standards, NFP teacher training programs must apply for Approval individually.

For further information, contact:
Pope Paul VI Institute
6901 Mercy Road
Omaha, NE 68106
Website: www.popepaulvi.com
(402) 390-9168
(402) 390-9851 FAX
Email: education@popepaulvi.com

NFP Education for Healthcare Professionals

Fertility Awareness Collaborative To Teach the Science (or FACTS)

FACTS is a national collaborative of physicians, nurses, and NFP educators committed to educating physicians in NFP. FACTS members provide lectures for healthcare professionals and others. Among their resources on their website is an hour-long e-learn that provides an introduction to the science and methods of FABMs. Each subject section is followed by a quiz. CEUs and CMEs are available. Please note, the individual chapters of the e-learn are
also provided in MP4 files on YouTube. These individual chapters can easily be used for general NFP education. See www.FactsAboutFertility.org.

For further information, contact:
Marguerite Duane, MD
mduanemd@gmail.com.

Marquette University College of Nursing NFP Institute
The Marquette University Institute for Natural Family Planning (Milwaukee, Wisconsin) offers an online self-paced educational program for healthcare professionals that includes:
- Core course in all natural indicators of fertility
- Teacher training service program in the Marquette Method of NFP that integrates new hormonal monitoring technology
- An evidenced-based case study NFP medical application course
The online educational services are designed for professional (BSN level) nurses, advanced practice nurses, physicians, and physician assistants. CMEs are available through the Medical College of Wisconsin (Milwaukee). Contact hours for nurses are also available through the Wisconsin Nurses Association-Continuing Education Approval Program.

For further information contact:
Richard J. Fehring, PhD, RN, FAAN (richard.fehring@marquette.edu)
or
Mary Schneider, MSN, FNP-BC (mary.schneider@marquette.edu)
Institute for Natural Family Planning, College of Nursing
Marquette University
Milwaukee, WI
(414) 288-3854
muinstnfp@mu.edu

Pope Paul VI Institute for the Study of Human Reproduction
The Pope Paul VI Institute (Omaha, Nebraska) offers a variety of educational programs for healthcare professionals in the Creighton Model FertilityCare™ system and in NaProTechnology (women’s reproductive health services). These programs carry the appropriate CMEs and CEUs from the School of Medicine, Creighton University.

Medical Consultant
This six month program consists of two Education Phases (an eight-day course and a seven-day course) and supervised practicum via long distance supervision. Note: This program is only for medical doctors, osteopaths, nurse practitioners, physician assistants, nurse midwives, or pharmacists.

Medical Consultant/Practitioner
This combined program of 13 months consists of two Education Phases (an eight-day course and another eight-day course) and supervised practicum via long distance supervision. An On-Site Visit is required. Note: Prerequisite—Bachelor degree or RN degree and certification as a FertilityCare™ Practitioner with a minimum of one year of teaching the
Creighton Model Fertility Care™ System.

Nurse Practitioner, Physician Assistant, Nurse Midwife, or Pharmacist
These certificate programs include a combination of the Creighton Model Fertility Care™ Practitioner (teaching the method) and Medical Consultant Programs (working with NaProTechnology). A Fertility Care™ Practitioner who is a nurse practitioner, physician assistant, nurse midwife or pharmacist may return to Education Phase II and complete the Medical Consultant portion of the program.

For further information, contact:
Education Program Coordinator
6901 Mercy Road Omaha, NE 68106
(402) 390-9168
(402) 390-9851 FAX
E-mail: education@popepaulvi.com
Web Page: http://popepaulvi.com/education