**Bulletin Announcements**

Below are bulletin announcements that can be used to educate and encourage your parishioners to use Natural Family Planning. Each announcement is slightly different, touching on the different applications and uses for NFP (in line with Church teaching, diagnostic tool to address underlying health issues, irregular cycles, alternative to hormonal birth control, much more than the rhythm method, charting as a single woman, addressing PMS, using a natural form of family planning while breastfeeding, etc.).

Please feel free to use these announcements in anyway you see fit. A great way to use them would be to run them in a series each week for nine weeks. Because each announcement touches on a different aspect of NFP, it would be beneficial for parishioners to see all of the announcements in order to educate them on what NFP can do for them. You could also use any of them during:

* National NFP Awareness Week
* Fertility*Care* Week: March of each year
* Respect Life Month: October of each year
* Advent/Lent: use as an educational series

Please let me know if you have any questions or if you would like me to create some announcements more tailored to your parish needs.

Sincerely,

Erin Welsh, CFCP

**Announcement #1**

Do you want to learn a natural method of family planning either to avoid or achieve pregnancy? Are you interested in a method that is in line with Church teaching and works with your body?  The Creighton Model Fertility*Care* System helps couples understand and manage their fertility together. Husbands play a key role in the process, learning to read the couple’s chart and understand days of fertility. The “issue” of fertility is no longer on one spouse’s shoulders, but the couple uses the program together, motivating each other to bring about success.

Contact Erin Welsh, CFCP, at [holyfamilyfertility@gmail.com](mailto:holyfamilyfertility@gmail.com) or check out [www.holyfamilyfertilitycare.com](http://www.holyfamilyfertilitycare.com) for more information.

**Announcement #2**

Are you looking for a more natural and healthy way to manage your fertility? Are you interested in a program that enables your spouse to take an active role in learning about your fertility? Are you struggling to get pregnant? Are you looking for a real and effective solution to Infertility, Miscarriage, PCOS, or Endometriosis? Are you tired of being told the birth control pill is the only solution to your reproductive health problem?

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**Announcement #3**

Many women might think, “I can’t use a natural form of family planning, my cycle is too crazy!”  The great news is, any woman can use NFP!  Your cycle could be regular, irregular, long, or anovulatory, or you could be breastfeeding, premenopausal, or post-pill.  Regardless of the “category” your cycle falls under, you can work with an instructor to confidently understand how to chart your cycle and learn how to identify days of fertility and infertility to achieve or avoid a pregnancy.

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**Announcement #4**

Do you have a health issue that your OB/GYN insists hormonal birth control is the *only* answer for?  There is another way!  The Creighton Model of Fertility*Care* can help you get to the root of the problem, instead of using hormonal birth control to treat just the symptoms.  When a woman charts her cycle in the absence of hormonal birth control (which forces her cycle to “regulate” itself), she can see her body in its true state.  This will allow any diseases or irregularities to be seen and treated.  The pill can only act as a band-aid, masking symptoms of underlying problems.  Removing that band-aid will allow that issue to be treated and a woman’s body to be restored.

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**Announcement #5**

Isn’t NFP just the rhythm method?  Over the last 40 years NFP has become scientifically precise, using observation-based methods to track the existing conditions of a woman’s body in order to determine periods of fertility and infertility.  The days of simply assuming you ovulate on day 14 of your cycle are gone, and a new era of precise fertility tracking is upon us! Husbands and wives can use this system together to navigate their fertility and to plan their family.

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**Announcement #6**

Why should a woman care about her fertility if she is not married and starting a family?  The Creighton Model of Fertility*Care* is about opening the eyes of women to see the beauty of their bodies. It is about monitoring our health as women.  ***Fertility is health.***The system offers you the ability to be confident in the knowledge of your fertility and your body.  You no longer have to rely solely on your doctor for information about your reproductive health.

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**Announcement #7**

Do you suffer from severe PMS?  The diagnosis involves the following list of symptoms: bloating, irritability, breast tenderness, weight gain, carbohydrate craving, crying easily, depression, fatigue, headaches, insomnia, or cramping.  These symptoms must occur for at least 4 days prior to the onset of menstruation.   Only ***one*** of these symptoms is required for diagnosis of PMS.

The Creighton Model Fertility*Care* chart can be used to help diagnose and treat the PMS.  By pairing a chart of your symptoms with your Creighton Model chart, a complete picture of PMS can be obtained.  This allows for irregularities in your chart to be seen and helps a doctor trained in the Creighton model to evaluate your situation and provide a treatment plan.

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**Announcement #8**

There are critics that would argue that using a natural system while breastfeeding is next to impossible and is not accurate for couples who want to avoid a pregnancy.  That is simply not true. The Creighton Model Fertilty*Care* System has been extensively researched to ensure that it remains 99.5% effective to avoid pregnancy even while breastfeeding when used correctly.

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**Announcement #9**

Fertility is not meant to be something that only one spouse is concerned about and manages. Complete knowledge of your fertility as a couple involves both husbands and wives being engaged in the process. The Creighton Model Fertility*Care* System empowers both spouses to understand their fertility and motivate each other to succeed in planning their family.

If you are interested in learning about how husbands can become more involved in the process of understanding the couple’s fertility, contact Erin Welsh, CFCP, today! Contact Erin Welsh, CFCP, at [holyfamilyfertility@gmail.com](mailto:holyfamilyfertility@gmail.com) or [www.holyfamilyfertilitycare.com](http://www.holyfamilyfertilitycare.com).