

Married Couples- Suggested Pre-Requisites for Your NFP Course

Dear Couples,

If you are taking NFP classes after being married for a few years, you may want to prepare for these classes by either watching some of the YouTube Videos and/or read any of the print media we list as resources below. The Diocese of Phoenix began requiring all engaged couples to take a daylong seminar in Theology of the Body prior to their required NFP class in January 2010 and since that requirement began there has been much higher NFP acceptance levels by these couples. We are excited that you want to learn NFP and hope it will be a blessing to your marriage.

Below are our suggestions for resources which you can feel free to use as preparation for your NFP classes.

In His Service,
 Cindy Leonard
 Coordinator
 Office of Natural Family Planning
 Diocese of Phoenix
 400 E. Monroe St.
 Phoenix, AZ 85004
 602-354-2123
www.phxnfp.org

"Man appears in the visible world as the highest expression of the divine gift, because he bears within himself the inner dimension of the gift." (TOB 19:3)

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| <u>A Life-Giving Love: Embracing God's Beautiful Design for Marriage</u> | Kimberly Hahn |
| <u>Called to Give Life: A Sourcebook on the Blessing of Children and the Harm of Contraception</u> | Jason T. Adams |
| <u>Catechism of the Catholic Church-</u> Sacrament of Matrimony: Paragraphs 1601-1666 Sanctity of Life: Paragraphs 2258-2330 Chastity, Love of Husband & Wife Offenses against the Dignity of Marriage: 2331-2400 | <u>Catechism of the Catholic Church</u> |
| <u>Good News about Sex and Marriage</u> | Christopher West |
| <u>Love and Responsibility</u> | Karol Wojtyla |
| <u>Man and Woman He Created Them: A Theology of the Body</u> | Pope John Paul II |
| <u>Theology of the Body Explained</u> | Christopher West |
| http://www.ewtn.com/library/PAPALDOC/JP2FAMLT.HTM <i>Familiaris Consortio (Letter to Families)</i> | Bl. Pope John Paul II |
| http://www.ewtn.com/library/PAPALDOC/JP2MULIE.HTM Mulieris Dignitatem (On the Dignity of Women) | JPII Bl. Pope John Paul II |
| http://nccbuscc.org/laity/marriage/MarriedLove.pdf | Married Love and the Gift of Life |
| http://www.theologyofthebody.net/ | Theology of the Body articles and posts |
| http://www.christopherwest.com | Theology of the Body articles and posts |
| www.affirmlife.com | Mary Shivanandan |
| http://28daysonthepill.com/seven_min.html 7 min. video | 28 Days on the Pill |