

Taking an NFP class series with Couple to Couple League-Frequently Asked Questions

1. Do both of us need to attend?

The Couple to Couple League believes the most effective way to teach, learn and practice NFP is as a couple. Except for circumstances beyond your control such as a long distance relationship or a military deployment, we strongly encourage you to attend together. If you are unable to attend together, we encourage both of you to try to attend a class wherever you are, if possible. If not, the woman should attend and share what she is learning by going through the materials with her fiancé/spouse.

If one of you does not have access to a local class or you would like to attend a class together while being long distance, virtual classes are also available. Those are listed on the NFP Class Offerings page.

2. How long are the individual classes in the course?

Class 2 and Class 3 of the in-person and virtual (web) class series are about 2 ½ hours. Class 1 is sometimes a 1/2 hour longer. The Home Study course is self paced.

3. Do we have to attend all three classes of the course?

All classes are essential because it takes time to master the concepts presented and to become confident in practicing the method.

4. What if we have a conflict and can't make it to one of the classes?

Ideally all three sessions of the class should be taken by the couple together, however, if one of you has to miss one class (i.e. your fiancé has a business trip and can't make class two), do not let this hinder you. We will do our best to work with you and ensure that you can confidently use knowledge of your fertility even if you end up missing one class.

If you can't make it to a class, you can decide to wait for another series to open that will allow you to attend all three classes together. Or you can pick the series that works best and contact the Teaching Couple as soon as possible about the (potential) conflict. They can work with you to find the best way for you to gain the information you will miss.

5. Do we need to bring our course pack with us to class?

Most couples find it easiest to just bring the course pack with them so that everything is contained and easy to carry. However, for class you will only need The Art of Natural Family Planning Student Guide, the yellow background sheet (to be filled out and turned into your TC at the first class) and a writing utensil.

6. What can we start doing now to prepare for our class next month?

We would recommend making a note of when you start your next period if you don't already keep track of that information. The class material is very interesting, you may want to begin to read the material for class one found in your Student Guide.

7. Is babysitting provided?

Babysitting is not provided. However, nursing babies are always welcome to attend class with mom and dad.

8. Is a full NFP class required to be married?

This is a question only the priest or deacon preparing you for marriage can answer. Many priests and deacons do require a full NFP course as part of a couple's marriage preparations. At the end of the class series, your teaching couple will provide you with a certificate of completion for your requirement.

Even if you are not required to take a full NFP course as part of your marriage preparation, we would highly recommend it. The knowledge gained from taking an NFP course can be a great aid to having a loving marriage.

9. How soon before we get married should we take an NFP class?

We recommend taking a full NFP series as early as possible. It is preferred that the series end before your wedding date. This provides you with a deeper knowledge of your fertility and more experience with the method so that you are confident with the method once you are married. Gaining knowledge of your fertility may also help you to discern God's will with your family planning intentions. Even if you do not intend to postpone pregnancy once married, the method can aid you in achieving a pregnancy and will give you knowledge of your fertility that may aid you later in your marriage.

10. We are doing our marriage prep in northeast Ohio, but we're getting married elsewhere. How can I show my priest that we have attended all three classes?

Let your Teaching Couple know that you are in need of documentation and they will happily provide you a certificate of attendance following the completion of class three.

www.neo-nfp.com