Natural Family Planning (NFP) Awareness Week
July 19–25, 2020

It’s about love — Both husband and wife understand their fertility, emotions and family-planning intention (whether to have a baby or not).

It’s about life — Successful use of NFP requires a couple to communicate.

It’s about freedom — Successful use to avoid pregnancy relies upon a couple’s following what they know about the method and each another.

It’s about gift — Couples quickly appreciate their shared responsibility for family planning. Husbands are encouraged to “tune into” their wives’ cycles, and both spouses are encouraged to speak openly to each other about their sexual desires and their ideas on family size.

It’s no coincidence that the annual NFP Awareness Week is in July, as this week highlights the July 25 anniversary of “Humanae Vitae” (“Of Human Life,” an encyclical written by Pope Paul VI) as well as the feast of Sts. Joachim and Anne (July 26), the parents of the Blessed Mother.

Any married couple can use NFP. A woman need not have “regular” cycles. NFP education helps couples to understand fully their combined fertility, thereby helping them to either achieve or avoid a pregnancy. The key to the successful use of NFP is cooperation and communication between husband and wife — a shared commitment. NFP is unique among methods of family planning because it enables its users to work with the body rather than against it. Fertility is viewed as a reality to live, not a problem to be solved. (What is NFP? NFP Program, U.S. Conference of Catholic Bishops, see: usccb.org/nfp/natural-family-planning/what-is-nfp.)

The Diocese of Burlington supports the following online resources (as supported by the USCCB):

✦ Couple to Couple League
✦ Natural Family Planning International Inc.
✦ Creighton Model Fertility Care
✦ Marquette University Natural Family Planning
✦ Pope Paul VI Institute
✦ The American Academy of Fertility Care Professionals

— Terri McCormack, Marriage and Family Life Coordinator for the Diocese of Burlington
Diocese of Burlington Online Ministry Opportunities
Summer 2020

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<td>Eucharistic Adoration — Livestream — <a href="http://www.vermontcatholic.org/tvmass">www.vermontcatholic.org/tvmass</a></td>
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07/16 THURSDAY
Virtual Theology on Tap with Fr. Matthew Rensch
Zoom online • 7 - 8:30 pm
Young adults ages 18-39 are invited to bring their favorite brew and join in! Learn more: vermontcatholic.org/event/virtual-theology-on-tap-with-fr-matthew-rensch/

07/17, 18 FRIDAY & SATURDAY
Steubenville Live — Online
Life Teen will be live-streaming a Steubenville Youth Conference, which will include many interactive elements to allow us to actively participate from home. While nothing can fully replace an in-person Steubenville Conference, we’re blessed to have the opportunity to gather virtually as the Body of Christ. Registration opens on June 15 with rates at $40 per person: https://steubenvilleconferences.com/live/

07/19 SUNDAY
Steubenville Youth Hike
Stowe Ski Mtn. Parking Lot, Stowe • 3:30 pm
Following Steubenville Live, join us for a socially-distanced hike at Stowe Mountain. We’ll spend time in prayer, and reflecting on the conference as we hike. Bring food, water, and good hiking shoes!

07/22 WEDNESDAY
Vermont Catholic Professionals — Virtual Professional Development
Zoom online • 8 - 9 am
“Crossing Communication Barriers By Leading with Love” presented by Mary Farley, Intelligent Careers Group / Founder, FarLake Consulting. Learn more: vermontcatholic.org/event/vcp-networking-breakfast-7/

07/25 SATURDAY
Young Adult Hike: Mt. Mansfield
Sunset Ridge Trailhead • 9 am
Young adults are invited to hike the Sunset Ridge Trail of Mt. Mansfield with Fr. Matthew Rensch. Bring food, water and sturdy hiking shoes.

CHRIST OUR Hope
2020 BISHOP’S ANNUAL APPEAL

During these challenging times, a gift of any size is greatly appreciated and supports many online and essential ministries that keep us all connected.

2020 Bishop’s Annual Appeal Goal: $2,700,000

38.9% As of July 1, 2020: $1,050,339

Upcoming Events

Summer Challenge

- Complete the challenge as a family and and earn a prize!
- Be entered in drawing for grand prize — a super family fun basket!
- Deadline for all submissions is September 9, 2020.

www.vermontcatholic.org/summerchallenge

JULY 12 – 18, 2020

Challenges to Grow Your Marriage

Love one another

Dance Together — In the Dark
Light a candle or flashlight, string some lights up, grab your phone with your playlist (or preload a slow song that you both enjoy). Take your shoes off (if you want) and dance together. For extra adventure dance more than one night together this week, or include the kids if they’re home.

www.vermontcatholic.org/marriagechallenge