



Mary Zaremba looks over the shoulder of her husband Joseph, as he proof reads some notes on economics.



Ann Keck and husband Skip Henderson drink coffee in their kitchen.

Natural Family Planning An Alternative

In the past six years more than 1,000 couples in the area of the diocese have discovered Natural Family Planning, NFP for short.

And once the couples discover it, their reasons for turning to the natural alternative to mechanical or medical means of planning their families are as varied as the couples themselves.

For some, a moral question is involved. For others, economic reasons prevail. Health reasons are taken into consideration, and a growing number of younger couples are turning to NFP simply because it is natural.

As witness these pages, NFP appeals to a broad spectrum of religious conviction, life style, profession and interest.

Therese Petracca, head of the Rochester NFP office at 89 Genesee St. Rochester, 14611, predicts that even with the present growth of the movement, there will be a greater increase in the use of NFP within the next five years.

"The younger couples," she said, "see a lot of benefits in getting back to nature," in determining their family size.

Her office, Natural Family Planning Education of Rochester, N.Y. is devoted "to strengthening marriages and family life," she said. And through NFP, "we are making an inroad on that goal."

Ann Keck and her husband Skip Henderson "had basically used everything and hadn't been happy with anything," in determining their family size.

The Goodman street couple first heard about NFP on local television; and just about a year ago they learned the methods.

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