

NFP: An Accepted Method of Birth Control



Couples are choosing Natural Family Planning for many reasons. It is natural; promotes shared responsibility; is highly effective with motivation and proper instruction; is free from side effects; does not require a physician's care; is immediately reversible when a couple wishes to achieve a pregnancy; is economical; and is morally acceptable to people of all religious denominations. Many women express a real joy in discovering their fertility for the first time. NFP has given many a true sense of liberation from depending on artificial contraceptives. For many, it increases communication and enriches the relationship.

Couples who chose Natural Family Planning have chosen it aware that some sacrifice is involved. Periodic abstinence for NFP couples has proven to be a time for expressing their mutual love in many different ways. Many find their lovemaking has taken on newer, deeper dimensions. Lovemaking is not restricted to sexual intercourse, but is reflected in attitudes of respect, kindness, trust, and admiration.

In recent years, much research has been done regarding the fertility cycle. Natural Family Planning provides an awareness of a couple's combined fertility. With this awareness, a couple in each cycle chooses to responsibly plan or postpone pregnancy.

Although a man is theoretically fertile 100 percent of the time, a woman is fertile a few days each cycle and then naturally infertile as a result of hormonal changes. As this happens, her body provides certain signs or symptoms which indicate her fertile and non-fertile phases. The Sympto-Thermal Method of Natural Family Planning makes use of all the signs of fertility, and can be used throughout all stages of the childbearing years. The primary signs common to women in their reproductive years are changes in the cervix, cervical mucus, and basal body temperature. Natural Family Planning involves observing, recording and interpreting these natural changes. Some women have other minor signs including spotting, breast tenderness or fullness, ovulation pain and mood changes. Fertility changes indicate the few days before, during, and after ovulation when pregnancy is possible. The Sympto-Thermal Method can be used with cycles of any length or degree of irregularity. Natural Family Planning (fertility awareness) will alert a breastfeeding mother of the return of her fertility and will indicate diminishing fertility for a woman approaching menopause.

Natural Family Planning is not the outdated calendar rhythm method, but rather focuses on the physical changes which identify the fertile phase in each present cycle.

Because of its general appeal, its safety and effectiveness, NFP has gained widespread attention. There are over 300 NFP programs across the United States and many organizations around the world. Most of these efforts are led by married

couples who have found Natural Family Planning the best possible answer for them and wish to share this knowledge with others.

Couples wishing to attend Fertility Awareness/Natural Family Planning information sessions, or who wish instruction, should always be referred to trained and certified instructors.

NFP Education of Rochester, N.Y., Inc., is a non-profit, non-sectarian organization serving 12 counties. It operates under policies of the NFP board of directors. Currently, 14 couples (three more training) have been trained and certified to teach NFP and volunteer their time teaching NFP to engaged/married couples and providing information sessions throughout the 12 counties. The organization was formed in January 1978 and that year instructed 151 couples (136 couples in 1979, and 189 couples in 1980). Thousands of others have attended information sessions or heard speakers promote the fertility awareness and acceptance.

Information sessions are held 7:30-9 p.m. the first Monday each month at the Bishop Kearney Bldg. at St. Mary's Hospital, and 7:30-9 p.m. the second Friday each month at Rochester General Hospital. These sessions are also given upon request throughout the 12 counties. Information sessions are open to the public at no charge. Registration is not required. Instruction is available through small classes or private instruction.

More information can be obtained by calling or writing: NFP Education, 89 Genesee Street, Rochester, N.Y. 14611, (716) 464-8705.



Dreams of a once in a lifetime wedding are not complete without a dress that is as special as the occasion.

Bridal gown creations can fulfill any form of dream. There is much to choose from in styling, fabric, and color. Whatever your choice you can realize your dream at a reasonable price. If tradition and romance are your style, picture yourself wearing a princess style satin gown with a long train and veiling topped by a crown of orange blossoms. Or consider a family heirloom gown worn by several brides in your family.

Simplicity is expressed by a gown in plain silk or nylon tulle. And non-traditionalists may adapt anything from an Hawaiian lei to a sheer sari for distinctive wedding attire.

Selecting a wedding gown is primarily a matter of appropriateness. The season, time of the ceremony and budget are basic guidelines. In addition, it is customary to avoid extremely low cut necklines and to remember that wedding guests view the gown from the back throughout the ceremony. Sleeves are usually long on formal wedding gowns. Short or three-quarter-length sleeves are suitable for less formal summer weddings.

Wedding gowns don't have to be stark white. Choose a shade most becoming to you. Off white colors are: eggshell, ice-white, bridal ivory (usually worn with heirloom lace), antique tones and candlelight. Some pastels go well with candlelight effects. Nearly any dress can be ordered in the shade you want if you plan far enough ahead.

Satin is the traditional wedding gown fabric and is appropriate for any season. However, lighter fabrics are more common for summer. Organza dotted Swiss, embroidered voile and cotton Cluny are favorite cool summer wedding fabric choices. Lustrous satin and rich taffeta make popular fall and winter gowns. Velvet is a dramatic December wedding fabric choice.

There are three lengths of bridal trains. Brush trains are very short and "brush" the floor. Chapel trains are about one to three feet long. The most formal cathedral train is over six feet in length. All are about the width of a church aisle. They are usually a back-line extension of the gown and may be cut down without destroying the style.

The veil and accompanying headdress should be becoming and in harmony with the bridal gown. The headdress forms a frame for the face and should be complimentary to the coiffure. Some types of headdresses are: wreaths, crowns, caps, turbans, pillboxes and crisscross bands with decorative trimmings.

For the finishing touches, shoes should be closed toe and heel. Most importantly, they should be comfortable for the amount of standing that will be done. Hosiery should be sheer, pale beige or flesh colored. Gloves are optional.

Although the attendants pay for their own gowns, the bride selects them. She should consider colors becoming to each girl and make allowances for figure imperfections. A simple design is more effective and practical for later use.

Attention NEW HOMEMAKERS THINK FISH

FOR A TASTY, INEXPENSIVE ADDITION TO YOUR DAILY MENU PLANNING, THINK FISH AND SEAFOOD

FOR THE BEST IN FISH AND SEAFOOD, THINK PALMER'S

BRIGHTENING-UP MEALTIME FOR OVER ONE HUNDRED AND THIRTY YEARS.

SINCE 1850
Palmer
Fish 'N' Seafood

- PERINTON HILL MALL RT. 31 & 250 223-5900
- DOWNTOWN 141 STATE ST. OPP. ANDREWS 546-6100
- WESTMAR PLAZA INSIDE BELLS MARKET 2150 BUFFALO RD. GATES 247-3252
- GENESSEE REGIONAL MARKET 900 JEFFERSON RD. 424-3210
- OUR NEWEST LOCATION GOODMAN PLAZA INSIDE OF BELLS MARKET 826 N. GOODMAN ST. 482-9048



Professional Photography
for all occasions

TED SUSS 442-7985
the prism call anytime

Professional photography
doesn't have to cost a fortune.

Let me design a wedding album tailored to your budget