

SPOTLIGHT FOR AUGUST

NATURAL FAMILY PLANNING

In the 1950s, Drs. John and Lyn Billings of Australia were urged by their parish priest to develop a totally natural way to achieve or postpone pregnancy, since the commonly used Rhythm or Calendar Method was proving to be unreliable for many couples. Today, the Billings Ovulation Method of Natural Family Planning is established in over 120 countries and supported by over 50 years of scientific research. The World Health Organization (WHO) has found it to be over 99% effective in postponing pregnancy and highly effective in helping sub-fertile couples achieve pregnancy! Even more importantly, it is in keeping with Catholic moral teaching. It also has been found to enhance communication and mutual respect between spouses.

The Billings Ovulation Method is taught at St. Paul the Apostle Church on the third Monday of each month from 7-9 pm. Accredited teachers meet with couples privately to teach them how to recognize and record their fertile signs. The next clinic will be Monday, Aug. 15 from 7-9 pm (patio entrance). Drop in to hear a 30-minute presentation or call us for more information at 613 544 8495. Please spread the word!