



Minority report

by Holly Rutchik

Do you ever feel like you're not normal?

If you practice NFP, you're in a distinct minority — even among your Catholic peers.

Ninety-eight percent of self-identified Catholic women use contraception, according to a recent study by the Guttmacher Institute, the research arm of Planned Parenthood.

Congratulations, NFP-practicing couples! You're members of a minority group that recognizes God in your marriage and you're more likely to stay married.

"I guess only 2 percent of Catholics are brilliant. That's unfortunate," said CCL member Mary Gietman of Oshkosh, Wis. "If 98 percent of Catholics were jumping off a cliff, would you follow them? Women deserve better than contraception, and NFP is right there waiting for them."

Practicing NFP is certainly counter-cultural, but so was Jesus. NFP couples know that living in the truth often means living outside of popular opinion — which can be wonderful. Just ask the woman without a cell phone who has important phone numbers memorized or the

driver without a GPS who could find his way home if left to his own devices. They own information, rather than owning something that has information.

Learning and practicing NFP unlocks the beautiful mystery that is a couple's joint fertility. Having all the information on how the body works is always better than simply knowing how to make it stop working, regardless of how many people choose the latter.

Kent Lasnoski, a CCL supporter from Quincy, Ill., and his wife, Cait, have been using NFP for six years. "NFP is a joyful part of marriage that unfortunately most Catholics are missing out on," he said. "The fact that only 2 percent are using NFP excites me because I get to share and invite the rest of the Church into it," he said. "We use NFP because it's true, not because it's popular."

NFP is exciting because the 2 percent of Catholic couples using it in their marriages are not a passive 2 percent. These couples are proud to be in the minority because they know NFP has many benefits, not only to their fertility but also to their marriages.

Instant friends

Being part of such a minority group can also have great benefits outside of marriage. When your lifestyle represents just 2 percent of your faith group, it's easy to be drawn towards likeminded others and create good, lasting relationships.

"When you move to a new city, you measure the closeness of new friends based on whether you can talk about fertile phases with them," said Cait Lasnoski, who is the mother of four.

NFP couples know that by understanding their bodies and the gift that is fertility, couples are better able to postpone or achieve pregnancy, identify potential fertility or health problems and answer the call to share this information with others.

Fact is fact, and NFP is in line and consistent with the teachings of the Catholic Church. Contraception is not. The fact that only 2 percent of couples are making this choice does not change the truth.

"I chose not to measure my faithfulness by the faithfulness or unfaithfulness of others," said Cari Donaldson, a CCL supporter and mother of six from West Simsbury, Conn. "It's Christ who sets the bar, not us."

The NFP couple knows that the use and benefits of NFP set them apart from today's popular culture. They have robust marriages and a clear sense of their vocational call. If happiness and truth are wrong in today's world, who wants to be right?

Go online
artofnfp.org

What's your favorite aspect of being part of the NFP minority?