

GO NATURAL IN 2009!



UPCOMING NATURAL FAMILY PLANNING CLASSES

Many Natural Family Planning Classes are held throughout the Cleveland and Youngstown Dioceses. Classes give you all you need to easily, simply and successfully practice NFP in your marriage. The classes are great for both engaged and married couples who want to follow the Church's divine teaching on contraception, as well as **those seeking to lead a more natural, healthy lifestyle without the abortifacient, cancer, stroke or other risks from birth control**. NFP is perfect for those who don't feel they are ready for kids yet, experiencing problems getting pregnant and also for those who have started their families and would like to space their children naturally and allow God into this key aspect of their marriage.

SOME BASICS:

- **NFP is 99% effective and very easy to learn.** It is not a big time commitment with 3-5 classes spread over 3-4 months so engaged couples should begin classes at least a few months before the wedding. Once you learn it, it takes 1 minute/day.
- Cost varies based on the curriculum and materials provided. Scholarships, subsidies, and payment plans are available. Plus, you no longer have to worry about the monthly cost or medical risks of contraception. Please do not let cost be the reason you do not look into this "insurance" for your marriage.

Current Class Listing

DATE	DAY	TIME	PLACE	CITY	CONTACT	PHONE	EMAIL	COST
2/22	SUN	1 PM	QUEEN OF HEAVEN	GREEN	BEN & KAY METZLER	330.896.3350	NFPTEACHER@HOTMAIL.COM	\$135*
3/7	SAT	9 AM	TBD	CANTON	JIM & KATHRYN LITTLE	330.588.8104	2LITTLEFAMILY@SBCGLOBAL.NET	\$135*
3/8	SUN	7 PM	MERCY HOSPITAL	CANTON	MERCY WOMEN'S PAVILION	330.489.1329 OR 1.800.223.8662	SEESANFM@SSSNET.COM	\$40
3/16	MON	6:30 PM	ST. JOHN WESTSHORE HOSPITAL	WESTLAKE	TIM & MARY ELLEN JAKUBISIN	440.779.5793	TFMEJ@AOL.COM	\$135*
4/5	SUN	2 PM	MEET IN HOME	HUDSON	JENNIFER & FRANK RICARD	330.653.3733	JENRICARD@ROADRUNNER.COM	\$75
4/4	SAT	9 AM	POMERENE HOSPITAL	SUGARCREEK	BEN & KAY METZLER	330.896.3350	NFPTEACHER@HOTMAIL.COM	\$135*
4/14	TUES	6:30 PM	ST. VICTOR MEET IN HOME	RICHFIELD	GREG & SUSAN RADZIALOWSKI	330-659-7240	GSRADZ@FAMILINK.COM	\$135*
5/17	SUN	1 PM	ST. JOSEPH	RANDOLPH	DAVE & VALERIE RODENBUCHER	330.808.1699	VALERIERODENBUCHER@NEO.RR.COM	\$135*

DATE	DAY	TIME	PLACE	CITY	CONTACT	PHONE	EMAIL	COST
6/2	TUES	7 PM	MERCY HOSPITAL	CANTON	MERCY WOMEN'S PAVILION	330.489.1329 OR 1.800.223.8662	SEESANFM@SSSNET.COM	\$40
6/17	WED	TBD	HOLY FAMILY	STOW	LEO AND TONI DOTY	330.689.0632	TMKA@JUNO.COM	\$75
7/14	TUES	6:30 PM	MEET IN HOME	RICHFIELD	GREG & SUSAN RADZIALOWSKI	330.659.7240	GSRADZ@FAMILINK.COM	\$135*
AUG.	TBD	TBD	ST. ANTHONY	PARMA	RICH & JENNY AMIOT	440.843.3981	DENIM112@HOTMAIL.COM	\$75
8/1	SAT	10 AM	MERCY HOSPITAL	CANTON	MERCY WOMEN'S PAVILION	330.489.1329 OR 1.800.223.8662	SEESANFM@SSSNET.COM	\$40
8/17	MON	6:30 PM	ST. JOHN WESTSHORE HOSPITAL	WESTLAKE	TIM & MARY ELLEN JAKUBISIN	440.779.5793	TEMEJ@AOL.COM	\$135*
9/6	SUN	7 PM	MERCY HOSPITAL	CANTON	MERCY WOMEN'S PAVILION	330.489.1329 OR 1.800.223.8662	SEESANFM@SSSNET.COM	\$40
9/13	SUN	1 PM	QUEEN OF HEAVEN	GREEN	BEN & KAY METZLER	330.896.3350	NFPTEACHER@HOTMAIL.COM	\$135*
10/3	SAT	9 AM	TBD	CANTON	JIM & KATHRYN LITTLE	330.588.8104	2LITTLEFAMILY@SBCGLOBAL.NET	\$135*
10/11	SUN	7 PM	MERCY HOSPITAL	CANTON	MERCY WOMEN'S PAVILION	330.489.1329 OR 1.800.223.8662	SEESANFM@SSSNET.COM	\$40
11/8	SUN	1 PM	ST. JOSEPH	RANDOLPH	DAVE & VALERIE RODENBUCHER	330.808.1699	VALERIERODENBUCHER@NEO.RR.COM	\$135*

* COURSE FEE OF \$135 INCLUDES COUPLE TO COUPLE LEAGUE STUDENT GUIDE, *FERTILITY, CYCLES & NUTRITION* BOOK BY MARILYN SHANNON, *CONTRACEPTION, WHY NOT?* CD, INTERACTIVE CD OF NFP MATERIALS, THERMOMETER, ONE-YEAR MAGAZINE SUBSCRIPTION AND CONSULTING. **CCL'S HOME STUDY COURSE CAN BE PURCHASED ONLINE AT WWW.CCL.ORG FOR \$150.**

LA SALETTE FERTILITY CARE CENTER, WADSWORTH-RITTMAN HOSPITAL, WADSWORTH, OH

Introductory sessions teaching the Creighton method of NFP offered once a month on Monday nights at 7 PM. Please call the office for exact dates. Cost based on your medical insurance co-pay. Dr. Margarita Lassaletta is an OB\GYN and family practice doctor **specializing in male and female infertility** at Wadsworth-Rittman Hospital. To register, call **Dr. Lassaletta** at **330.336.5046**.

New classes are added throughout the year. You can e-mail or call us for the latest info or check the class listing on the Diocese of Cleveland's Office of Marriage and Family website at <http://www.clevelandcatholiccharities.org/mfm/NFP.htm> or <http://www.livingbreadradio.com> or request a list of teachers and scholarship info from the Youngstown Diocese, 330.744.8451.

*For more information about Natural Family Planning or for the Home Study course, please go to Couple to Couple League www.ccli.org. Natural Family Planning classes are open to all engaged and married couples of all faith backgrounds. We encourage everyone, even if you are currently using birth control, to attend. NFP classes are a service provided by volunteers who want to share NFP's amazing benefits for both the health of the woman and the health of marriages. **To register and for more information, please contact the teachers for the classes listed above or Ben & Kay Metzler, nfpteacher@hotmail.com at 330.896.3350.***

We look forward to teaching you or linking you to other teachers!