

NFP Classes at Our Lady of the Annunciation

The Sympto-Thermal Method of Natural Family Planning will be taught at Our Lady of the Annunciation. This method uses three natural symptoms of fertility, in a cross-checking way, for a couple to determine when they are fertile and to cooperate with God in planning their families. The goal of the classes is to make couples self-sufficient in understanding their changing fertility, including post-partum and pre-menopause. The Theology of the Body is used as the basis for the instruction, using NFP in treating each other as persons, not objects. Register for the class at www.ccli.org. The next class begins January 10, 2016 at 1:30-4:00 PM at Annunciation Parish, St. Bakhita Hall. Contact the Parish Office at 298-7553 for additional information.

2017 CLASS DATES:

▶ <u>Class 1:</u>	January 8	February 12	March 12
▶ <u>Class 2:</u>	April 9	May 21	June 11
▶ <u>Class 3:</u>	July 9	August 13	September 17
▶ <u>Class 4:</u>	October 8	November 12	December 17

- Participants are required to attend all 3 sessions in chronological order.
- Sessions are held in St. Bakhita Hall
 - To register for the class:
 - 1) Contact Annunciation Parish to inform which class you are attending
 - 2) Register on-line at: www.ccli.org
 - 3) Go to “Register on-line” (Find a class: Click on 1) Anytime; 2) Main NFP series; 3) Location: United States; New Mexico; zip code: 87110)
 - 4) Courses available will be listed; register for the course date that you plan on attending.
 - 5) Pay for the course on-line; cost of the course is \$146. You will receive an email receipt. If you are Parishioner the cost of the course is \$46; to be reimbursed the difference, a copy of the receipt is to be submitted to the Parish Office; the cost for Non-Parishioners is \$146.

Contact Information:

Our Lady of the Annunciation Parish
2532 Vermont St. NE
Albuquerque, NM 87110
(505) 298-7553
Fax: (505) 294-7418
ATTN: Melanie Mascarenas
mmascarenas@annunciationparishabq.org