

## **Principles of Couple to Couple League**

The Creator of the universe and the Lord of Life has created marriage for the mutual sanctification and growth in love of husband and wife for the procreation of children to be raised in the ways of the Lord.

The embrace of the sexual intercourse is intended by God to be a renewal of the couple's own marriage covenant, to be a reaffirmation of the very purposes of marriage. Therefore, sexual intercourse is intended by the Author of love and life for building marital love and for the procreation of children.

Adultery, fornication, and homosexual acts are contrary to the order of creation.

Young people in any form of sexuality education must be instructed about the marital meaning of sex.

Young people must be encouraged to be chaste; they should be instructed in both the practical and moral-religious reasons for chastity.

Married couples are called to be generous in the service of life.

Married couples are not required to have as many children as may be physically possible.

It is contrary to the order of creation to use unnatural ways of birth control. These include abortion, sterilization, and contraceptive behavior, e.g., using such anti-contraception or anti-implantation drugs, chemicals, and devices, or behaviors such as withdrawal, masturbation, or sodomistic acts. The use of drugs or devices that prevent the continuation of newly conceived life constitutes the grievous immorality of abortion.

When Christian prudence leads a couple to conclude they should delay or space pregnancy or keep their family at its present size, they are called to practice periodic abstinence during the fertile times, i.e., to practice natural family planning.

Natural family planning is an art which needs to be learned; it is a humanizing art because it utilizes the human powers of observation, analysis and interpretation, and cooperative decision making.

The natural methods provide data accurate enough so that a well instructed couple can achieve an efficiency of self-regulation that ranks with the most effective means of contraception. "Natural" has to do with what is in accord with the very being of man and woman as creatures made in the image and likeness of God.

Sexual activity is habit forming; couples need the help of God in placing the sexual drive at the service of authentic married love.

Breast feeding is the best care for the baby; it is an important part of the natural family planning package, but it is not just a birth control technique.

Natural family planning is the best approach to family planning in every respect - health, morality, and in the development of married love.

Children are to be accepted as a gift from God, whether they are asked for or not.

Technological reproduction which depersonalizes the act of human procreation as an act of married love is contrary to the order of creation.

Every adequately instructed couple can develop fertility awareness. The right of the couple to decide what to do with this information must be respected. Thus a CCL Teaching Couple may not tell a couple when to have or not to have coitus or tell the woman when to wean her baby. CCL representatives offer personal recommendations and suggestions only when asked. And, most importantly, they support the couple's own natural family planning program.

Involvement in causes, including your own, should always respect the priorities of family needs.