

# *What is the Couple to Couple League?*

The Couple to Couple League is a non-profit, interfaith, international lay organization dedicated to teaching and promoting *Natural Family Planning* (NFP) in accordance with God's plan. CCL teaches NFP to anyone who wants to learn, both Christians and non-Christians. Founded by a lay Catholic couple in 1971, CCL today has over 800 volunteer teaching couples throughout the world. CCL teaches the *sympto-thermal method* of NFP. Independent studies have shown that the sympto-thermal method is 99% effective for avoiding pregnancy and that it is significantly more effective than other common NFP methods that use mucous only. The sympto-thermal method is also a valuable aid for couples who are trying to achieve a pregnancy. This method is simple to learn, has no harmful side effects, and is inexpensive.

CCL also teaches and promotes *ecological breast-feeding*. This little-known technique, when done properly, naturally spaces children an average of 24 months apart and fosters a more intimate mother-baby bond for improved mental, physical, and spiritual health. CCL is probably the largest organization in the world (and perhaps the only one) that teaches NFP using the *couple-to-couple* format. Spouses are encouraged to learn together and share in the marriage-building practice of Natural Family Planning. Teaching couples go through a rigorous training process and volunteer their time out of love for God and neighbor. CCL's international headquarters are located in Cincinnati, Ohio.

The superior effectiveness of the *sympto-thermal method* of NFP and the wonderful benefits of *ecological breast-feeding* are not known by many. The Catholic Church teaches that "every effort must be made to render such knowledge (of the ... body's rhythms of fertility) accessible to all married people and also to young adults before marriage, through clear, timely, and serious instruction and education given by married couples, doctors, and experts." (Familiaris Consortio, sections 33, 71, and 72)

Twice the Holy See in Rome has endorsed the Couple to Couple League for its work in teaching and promoting NFP. A copy of the endorsement from Alfonso Cardinal Lopez Trujillo, President of the Pontifical Council for the Family, is available upon request. Various catholic bishops throughout the United States have embraced and welcomed the Couple to Couple League. These include Bishop Chaput of Denver, Bishop Bruskewitz of Lincoln, Bishop Myers of Newark (formerly of Peoria), and many others.

We have come to believe that NFP is a *vitaly important secret* to successful marriages and a key to raising children who will respect God's laws and remain chaste in a world where it is increasingly difficult to do so. Because of this, we became official promoters for CCL in 1995. Like teaching couples, promoters volunteer their time and work closely with teaching couples to help set up classes and to promote NFP.

CCL is a growing family of couples all over the world who are building a new culture of life in a world that has embraced a culture of death. CCL is working to make marriage a communion of life and love for the glory of God and the supreme good of mankind. In a world that is ravaged by sins of lust, CCL proudly and boldly teaches chastity, simple obedience to Gods law, both in and outside of marriage.

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