

INSTRUCTORS BY LOCATION

ANNANDALE

Pavo & Alelú James (Spanish) 703-642-8378

ARLINGTON/FALLS CHURCH

Peter & Marjorie Hickman 703-528-0297

Stephen & Susan Baumert 703-652-4637

ASHBURN

John & Tanya Lebron 703-729-9011

Marcos & Myriam Perez (Spanish) 703-729-1716

CHANTILLY

Len & Barbara Rice 703-222-5121

Kirby & Richelle Smith 571-921-7343

CLIFTON/MANASSAS

Matt & Mary Lewandowski 703-335-7471

Chris & Angela Smith 703-266-6756

FAIRFAX

Stan & Carol Greer 703-352-1619

FREDERICKSBURG/SPOTSYLVANIA

Paul & Laurie D'Antonio 540-548-3630

Steve & Rita Wasilewski 703-441-8067

GAINSVILLE

Dustin & Erin Atkinson 703-753-8537

POTOMAC FALLS/WATERFORD

Robert & Theresa Bruton 540-882-3027

SPRINGFIELD

Bob & Gerri Laird 703-339-7261

Joe & Lori Trechter 703-584-7924

STAFFORD

Patrick & Alison Kelly 540-720-5213

Mike & Stacie Ferry 540-373-8617

STEPHENS CITY

David & Rosemary Jaswa 540-869-7177

This schedule provided by:



Catholic Diocese of Arlington

Office for Family Life

200 N. Glebe Rd, Suite 523

Arlington, VA 22203

703-841-2550

familylife@arlingtondiocese.org

Can't find a convenient class?
Order a home study course!



Couple to Couple League

1-800-745-8252

<http://ccli.org/learn/homestudy.php>

Cost: \$159 (incl. S&H)

Consultants from CCL Central available to all homestudy couples to answer questions and to review charts.

Learn Natural Family Planning

Fall 2009 - Winter 2010

SCHEDULE



Couple to Couple League
Northern Virginia Chapter

703-352-4452

www.nova.ccli.org

For information in Spanish, please call:

Marcos & Myriam Perez

703-729-1716

Pavo & Alelú James

703-642-8378

The Couple to Couple League (CCL) ...

offers a safe, effective and morally acceptable means of family planning. Certified teaching couples instruct engaged and married couples in charting the daily signs of the woman's fertility. This knowledge can be virtuously applied in order to achieve or postpone pregnancy. NFP properly used never works against conception and fosters respect for the total person as well as the life-giving, love-building design for marital intimacy.

Effectiveness

NFP is 99% effective in avoiding pregnancy when a couple understands and is committed to following the method. Even women with irregular cycles or who are post-partum, breastfeeding or premenopausal can effectively use NFP. In addition to knowing the method, communication and cooperation between spouses is key.

No Harmful Side Effects

NFP is safe and healthy - respecting the natural fertility of spouses and fostering the value of the human person and human life. No barriers, chemicals or surgery involved. In fact, NFP use can strengthen the bond between husband and wife as they mutually adjust their behavior to the woman's cycle and communicate openly about their sexual desires and desire for children. And daily charting can help the woman with early detection of certain health concerns.

Low Cost

The total cost for the course and materials is \$135/couple. (Reduced fee for Spanish courses.) After completion of the course, future expenses are minimal (i.e. \$4/year for charts plus a thermometer battery every few years).

NFP Classes In Northern Virginia:

NFP courses usually consist of three 2 ½ hr. classes spaced one month apart. Please contact the teaching couple directly to verify schedule and to register.

Oct 18 **UPGRADE CLASS**

St. Timothy (Chantilly)
Sunday @ 6:00 p.m.

Len & Barbara Rice 703-222-5121
lrice31@cox.com

Oct 18 **PREMENOPAUSE CLASS**

St. Timothy (Chantilly)
Sunday @ 7:00 p.m.

Len & Barbara Rice 703-222-5121
lrice31@cox.com

Oct 18 Nov 22 Dec 6

St. Raymond (Springfield)
Sundays @ 2:00-4:30 p.m.

Contact:
Bob & Gerri Laird 703-339-7261
gmlaird@catholicculture.org

Nov 15 **POST-PARTUM CLASS**

St. Timothy (Chantilly)
Sunday @ 7:00 p.m.

Len & Barbara Rice 703-222-5121
lrice31@cox.com

For the most up-to-date class listing,
visit www.novaccli.org.

UPGRADE CLASSES

CCL members who completed an NFP course prior to '08 are welcome to attend a FREE refresher course to learn the simplified, updated method.

Nov 15 Dec 13 Jan 10
St. Leo the Great (Fairfax City)
Sunday @ 2:00 p.m.

Stan & Carol Greer 703-352-4452
greerstan@verizon.net

Dec 13 **POST-PARTUM CLASS**

St. Raymond (Springfield)
Sunday @ 2:00 p.m.

Joe & Lori Trechter 703-584-7924
joetrecht@aol.com

Jan 10 Feb 7 Mar 7
St. Raymond (Springfield)
Sunday @ 2:00 p.m.

Joe & Lori Trechter 703-584-7924
joetrecht@aol.com

Feb 7 Mar 7 Apr 11
Holy Trinity (Gainesville)
Sunday @ 12:00- 3:00 p.m.

Dustin & Erin Atkinson 703-753-8537
nfp@holytrinityparish.net

FREE sessions now offered for Post-Partum and Pre-Menopausal CCL member couples to assist with better charting during these times.