

### ***Aims of Research:***

The ethical analysis of contraception in marriage is incomplete without the many varied voices of married Catholics. Through this research, I hope to help fill the gap of lived experience that remains in the discussion on Natural Family Planning and artificial contraception.

### ***Method:***

- 10 interviews (via phone call or Zoom)
- Requirements for participation: All participants must be married, at least one partner must be Catholic
- Snowball sampling
- Subjects were all within reproductive age

### ***Interview Questions:***

Subjects answered questions on methods of family planning, family size, financial status, religious education, and family education

# **Natural Family Planning: The only viable and ethical method of birth control for married Catholics in the United States?**

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### ***Common Themes:***

- All couples reported a strong faith, regardless of family planning method
- Frustration with a lack of education on NFP and/or contraception
- Health concerns
- Financial concerns
- All couples described Unique circumstances in their marriage
- Openness to contraception as an option for some or all Catholics

### ***Conclusions:***

Married life is more varied and complicated than discussion on NFP makes it seem. In order to best care for married Catholics, the Church must listen to the diverse voices of Catholics as a method in studying theology and ethics.