

As a married or engaged couple, this may be the first time you are learning about Natural Family Planning (NFP). While instruction in a method of NFP focuses on the biology of your fertility, the practice of NFP means far more.

As you cooperate with God, the practice of a method of NFP will become a way of life for you. It is a living out of your marriage vows day after day as you grow together in trust. When you say "I do" at the altar, you entrust yourselves completely and wholly as a gift to your spouse! This gift is expressed most profoundly in your sexual union as husband and wife. The sexual embrace can specifically allow the intimate bond of your relationship to deepen, and potentially to co-create a child with God.

This love-giving, life-giving meaning of the sexual embrace is at the heart of God's plan for human sexuality and married life. The practice of NFP is your way of saying "Yes" to living out God's plan for love and life; "Yes" to desiring only good for your spouse by mutually respecting your combined gift of fertility; and "Yes" to growing into a mature love guided by grace, self-discipline and sacrifice. The expected periods of abstinence that come with planning your family naturally are not seen as burdensome, but as an opportunity to learn to control your desires and order them to what God desires. It is in both the waiting and the coming together that you will learn the fullness of what God intends for sexual union within marriage and family life. In saying "Yes" you will learn to love like Christ.

NFP can be a means for you to acquire better communication skills, not only about your sexuality but all aspects of your being. It calls you to be honest about your hopes and dreams, fears and failings. A "Yes" to God's plan for love and life can draw you into a deeper prayer life, as you learn to entrust all aspects of your marriage to God's care and concern.

The Church prays that the practice of NFP in your marriage helps you discover and realize your full potential as spouses and as a family!

A Guide to Methods of NFP Instruction

Natural Family Planning (NFP) is an umbrella term for methods used to achieve or postpone pregnancy. All NFP methods teach the observation of naturally occurring signs of fertility in a woman's menstrual cycle, and instruct couples to interpret fertile and infertile phases. Three varying methods of NFP are approved and offered in the Diocese of Fargo:

Ovulation Method

The Ovulation Method is a scientifically proven method researched by Drs. John and Evelyn Billings. It is based on the daily observation of cervical mucus during a woman's menstrual cycle and simple rules are then applied. Model variations of this method include:

Billings Ovulation Method of America (BOMA): www.boma-usa.org
Creighton FertilityCare System: www.creightonmodel.com

Marquette Model

The Marquette Method is taught by medical professionals and teaches the use of the ClearBlue Easy Fertility Monitor. Additional observations of cervical mucus and basal body temperature readings can be charted in combination with the monitor to determine fertility: www.marquette.edu/nursing/natural-family-planning/model.shtml

Sympto-thermal Method

Couple to Couple League (CCL) teaches the Sympto-thermal Method of NFP. In this system, a couple cross-checks signs of fertility: cervical mucus, basal body temperature and changes in the cervix. The benefits of breast-feeding after child-birth are emphasized: www.ccli.org

Prior to the wedding date a **5-6 month** period of time will be needed to locate a teacher, arrange a schedule, and follow through with a full course of NFP instruction. A minimum of 3 sessions of education, spaced approximately 1 month apart, is required to fulfill the diocesan policy for NFP instruction in preparation for marriage. Couples should plan to devote a **three - four month period** of time to meet with an instructor, learn a method of NFP, and chart the woman's cycles. It is expected that NFP instruction with certification will be completed before the wedding date. The cost for a particular course with available follow-up depends on the instructor.

All diocesan instructors are certified to teach a method of NFP.

To learn more about NFP services offered in the Fargo Diocese go to:
or call Brad, 701-356-7903 or e-mail:
brad.gray@fargodiocese.org

RECOMMENDED INSTRUCTORS FOR *Natural Family* PLANNING



DIOCESE OF FARGO

5201 Bishops Blvd., Suite A
Fargo, ND 58104
www.fargodiocese.org/NFP

The Diocese of Fargo NFP Program has been endorsed
by the United States Conference of Catholic Bishops
NFP Program

Brochure revised 6/2017

NFP METHOD QUICK REFERENCE GUIDE

For dates of NFP class schedules, go to: www.fargodiocese.org/NFPinstructors

OVULATION Method:

Bottineau area:

Janel Agnes, RPh, BOMA-USA

701-228-2499 or 701-201-0294, or e-mail: janelma@hotmail.com

\$150 for individual instruction, \$75 for group instruction: 3 sessions and follow-up as needed, materials included.

Cavalier area:

Anita Stevens, BOMA-USA

701-265-4943, or e-mail: astevens@polarcomm.com

\$135: 3 sessions and follow-up as needed, materials included.

Devils Lake area:

Dennis and Judy Miller, BOMA-USA

701-644-2611, or e-mail: djmiller@polarcomm.com

\$135: 3 sessions and follow-up as needed, materials included.

Jessica Ruehle*, CFCI, Creighton FertilityCare System featuring NaProTechnology

701-230-0139, or email: jessicamuehle@gmail.com

\$180: 5 sessions/1 introduction session (no charge) followed by individual instruction with teacher, materials included.

Fargo area:

Marissa Duppong, BOMA-USA

701-527-6470, or email: marissaduppong@gmail.com

\$125: 3 sessions and follow-up as needed, materials included.

Joe and Jolene Hendrickx*, BSN, BOMA-USA

218-371-5778, or email joehendrickx1@gmail.com

\$125: 3 sessions and follow up as needed, materials included.

Mary Johnson, CFCP, Creighton FertilityCare System featuring NaProTechnology

218-233-6103, or e-mail: ryanmaryjohnson@hotmail.com

\$180: 5 sessions/1 introduction session (no charge) followed by individual instruction with teacher, materials included.

Joe and Kayla Lorsung, RN, BSN, BOMA-USA

701-799-9918, or e-mail: Kayla.Lorsung@gmail.com

\$125: 3 sessions and follow-up as needed, materials included.

Stephen and Miriam Rolczynski*, BOMA-USA

701-202-8813, or e-mail: smrolski@gmail.com

\$125: 3 sessions; materials included.

Grand Forks area:

Katie Zubrod*, CFCPI, Creighton FertilityCare System featuring NaProTechnology

719-482-6270, or email: kt.ande24@gmail.com

\$180: 5 sessions/1 introduction session (no charge) followed by individual instruction with teacher, materials included.

Meghann Diedrich*, BOMA-USA

701-215-1166, or email: meghann.fitzmaurice@gmail.com

\$125: 3 sessions and follow-up as needed, materials included.

Harvey area:

Elizabeth Leier, LPN, BOMA-USA

701-324-2802, or e-mail: elroseleier@gmail.com

\$150: 3 individual instruction sessions and follow-up as needed, materials included.

Jamestown area:

Leann Ripplinger, CFCP, Creighton FertilityCare System featuring NaProTechnology

701-952-1750, or e-mail: fcs.heartland@hotmail.com

\$195 for introductory session (includes 1st year materials) and 5 follow-up sessions. 5 sessions needed to complete diocesan requirements.

Napoleon area:

Dawn Becker*, RN, BSN, BOMA-USA

701-226-3087, e-mail: dawn16marie@gmail.com

\$125: 3 sessions and follow-up as needed, materials included.

Wahpeton area:

Denise Herding*, BOMA-USA

701-640-2035

\$125: 3 sessions and follow-up as needed, materials included.

MARQUETTE Method:

Natalie Aughinbaugh, DNP, FNP-C

701-866-7890, or e-mail: natalie.aughinbaugh@gmail.com

\$125: 3 sessions and follow-up as needed.

Emily Jacobs*, RN, BSN

218-371-8650, or e-mail: jacobs.emilyjean@gmail.com

\$125: 3 sessions and follow-up as needed.

SYMPTO-THERMAL Method:

Couple to Couple League (CCL)

\$140: 3 class series. Materials included. All registration and payment is done online at: register.ccli.org. Input one of the zip codes below.

Only the "Live Onsite" option fulfills the diocesan requirement for marriage preparation.

Fargo area zip codes: 58102-58104

Clarence and Betty Vetter, CCL

Grand Forks area zip codes: 58201-58203

Destin and Stacey Coles, CCL

Greg and Stacey Paintner, CCL

Mitch and Lee Walski, CCL

(For questions call Cheryl at 701-847-3093)

La Moure area zip code: 58458

Eric and Suzie Lahlum, CCL

Valley City area zip code: 58072

Jacob and Ruth Loegering, CCL

* means practicum instructor