

Diocesan Regulations

For engaged couples-5-6 months prior to the wedding date the couple must choose a method, locate a Diocese of Fargo approved instructor, arrange a schedule, and complete an NFP course. A minimum of 3 sessions, spaced a month apart, is necessary to complete the instruction. NFP instruction with certification varies with instructors and methods.

METHODS

Natural Family Planning (NFP) is a term for methods used to achieve or postpone pregnancy within marriage using observation and interpretation of naturally occurring signs of fertility in a woman's menstrual cycle. Fargo Diocese offers 3 methods.

Ovulation

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 that are applied. Variations of this method include: Billings Method www.boma-usa.org
Creighton Method www.creightonmodel.com

Marquette

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.php

Sympto-Thermal

The Couple-to-Couple League (CCL) teaches the Sympto-Thermal method. 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

For more information about NFP services in Fargo Diocese
fargodiocese.org/NFP
Brad 701.356.7903
brad.gray@fargodiocese.org

A GIFT FOR YOUR MARRIAGE Natural Family Planning

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 offers much more for your marriage.

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 as you grow in trust. When you say "I do" at the altar, you entrust yourselves completely as a gift to each other. Your sexual union expresses this gift. It can allow the intimate bond to deepen, and potentially co-create a child with God.

The practice of NFP is your way of saying "Yes" to desiring only good for each other by mutually respecting your combined gift of fertility. It is a "Yes" to growing into a mature love guided by grace, self-discipline, and sacrifice. The expected periods of abstinence that come with naturally planning your family are seen as an opportunity to learn to control and order your desires according to what God desires. It is in the waiting and the coming together that you will learn to love like Christ.

This love-giving, life-giving meaning of the sexual embrace is at the heart of God's plan for human sexuality and married life.

As you entrust your marriage to God's love and care, NFP can be a channel to acquiring better communication skills in every aspect of your relationship. It can lead you to a deeper prayer life and to being open and honest with one another about your deepest hopes and dreams. The Church prays that the practice of NFP in your marriage will help you discover and realize your full potential as spouses and family!

Natural Family Planning Resources



Methods & Instructors

Endorsed by the
U.S. Conference of Catholic Bishops
NFP program

NFP Quick Reference Guide

For NFP Class dates and schedules visit www.fargodiocese.org/NFPinstructors

Infertility care and local NFP physicians: www.fargodiocese.org/infertility

Ovulation

CARRINGTON AREA

Cory and April Foth*, BOMA-USA

701.269.3168 april.sabina@gmail.com
\$140. 3 sessions and follow-up as needed.
Materials included.

DEVILS LAKE AREA

Dennis and Judy Miller, BOMA-USA

701.644.2611 djmiller@polarcom.com
\$135. 3 sessions and follow-up as needed.
Materials included.

Jessica Ruehle, CFCI, Creighton Model

FertilityCare System featuring NaProTechnology
701.230.0139 jessica.m.ruehle@gmail.com
\$210. 5 sessions/1 introduction session (no charge)
followed by individual instruction.
Materials included.

FARGO AREA

Marissa Duppong, BOMA-USA

701.527.6470 marissaduppong@gmail.com
\$140. 3 sessions and follow-up as needed.
Materials included.

Joe and Jolene Hendrickx, BSN, BOMA-USA

218.371.5778 joehendrickx1@gmail.com
\$125. 3 sessions and follow-up as needed.
Materials included.

Mary Johnson, Creighton Model FertilityCare System featuring NaProTechnology

218.233.6130 ryanmaryjohnson@hotmail.com
\$210. 5 sessions/1 free introductory session
followed by individual instruction.
Materials included.

Stephen and Miriam Rolczynski, BOMA-USA

701.202.8813 smrolski@gmail.com
\$125. 3 sessions. Follow up as needed.
Materials included.

Anita Stevens, BOMA-USA

701.265.4943 anitastevens1882@gmail.com
\$135. 3 sessions and follow-up as needed.
Materials included.

GRAND FORKS AREA

Katie Zubrod, CFCP, Creighton Model

FertilityCare System featuring NaPro Technology
719.482.6270 kt.ande24@gmail.com
\$210. 1 introductory session and 5 follow-up
sessions.
Materials included.

JAMESTOWN AREA

Leann Ripplinger, CFCP, Creighton Model

FertilityCare System featuring NaProTechnology
701.952.1750 fcs.heartland@hotmail.com
\$220. 1 introductory session and 5 follow-up
sessions.
Materials included.

NAPOLEON AREA

Dawn Becker, BSN, RN, BOMA-USA

701.226.3087 dawn16marie@gmail.com
\$125. 3 sessions and follow-up as needed.
Materials included.

ROCK LAKE AREA

Jen Lagein,* CFCI, Creighton Model FertilityCare System featuring NaProTechnology

701.367.6386 pjlagein@wwdb.org
\$210. 5 sessions/1 introductory session (no
charge) followed by individual instruction.
Materials included.

WAHPETON AREA

Denise Herding, BOMA-USA

701.640.2035
\$125. 3 sessions and follow-up as needed.
Materials included.

Marquette

FARGO AREA

Natalie Aughinbaugh, DNP, FNP-C

701.866.7890 natalie.aughinbaugh@gmail.com
\$125. 3 sessions and follow-up as needed.

Emily Jacobs, BSN, RN

218.371.8650 jacobs.emilyjean@gmail.com
\$125. 3 sessions and follow-up as needed.

Mitch Lehn, BSN, RN

763.478.1586 mitchell.lehn@gmail.com
\$125. 3 sessions and follow-up as needed.

Sympto-Thermal

Couple to Couple League (CCL)

\$140. 3 class series. Materials included. Register
and pay at register.ccli.org. Please use zip codes
below. **Couples must be onsite to fulfill diocesan
requirements for marriage preparation.**

Edgeley Area 58433

Mike and Erlea Schlosser

Fargo Area 58102-58104

Deacon Clarence and Betty Vetter, CCL

Grand Forks Area 58201-58203

Destin and Stacey Coles, CCL
Greg and Stacey Paintner, CCL
Mitch and Lee Walski, CCL
For questions call Cheryl 701.330.3252

LaMoure Area 58458

Eric and Suzie Lahlum, CCL
Jacob and Ruth Loegering, CCL