



The CREIGHTON MODEL FertilityCare™ System (CrMS) utilizes external observations and incorporates NaProTECHNOLOGY (a registered trademark of the Pope Paul VI Institute for the Study of Human Reproduction), which works naturally with a woman's cycle. It was begun in 1968 by Dr. Thomas & Susan Hilgers, K. Diane Daly, and Ann Prebil.
 Websites: <https://www.creightonmodel.com/> and <https://www.naprotechnology.com/>

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**FERTILITY AWARENESS BASED METHODS
 CORRECT USE EFFECTIVENESS RATES
 RANGE FROM 95.2 - 99.6%**

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Marriage is more than a civil contract; it is a life-long covenant of love between a man and a woman. It is an intimate partnership in which husbands and wives learn to give and receive love unselfishly, and then teach their children to do so as well. Christian marriage in particular is a "great mystery," a sign of the love between Christ and his Church (Eph 5:32)



The research began in 1953 by Dr. John Billings. His wife, Dr. Evelyn Billings joined him in 1965.

The Billings Ovulation Method® is a natural method of fertility management. It teaches you to recognize your body's natural signal of fertility - cervical mucus.

Cervical mucus is the most reliable signal of fertility. Over 50 years of scientific Research have shown this.

The Billings Ovulation Method® has a number of key advantages over other methods of fertility management:

*A unique feature of the method is being able to recognize when you're infertile, as well as fertile.

*When you decide the time is right to have a baby, the method can be used to achieve pregnancy.

*It helps you safeguard your reproductive health
<https://www.boma-usa.org/>
<https://billings.life/>

**The Billings Ovulation
 Method has 4
 simple rules**

Married Love

And the Gift of Life



Natural Family Planning

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<https://www.gidiocese.org/prolife>

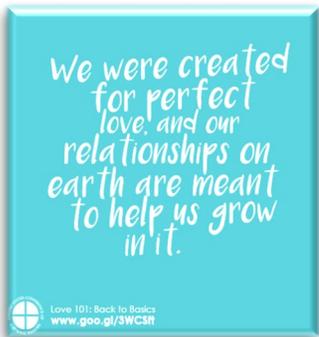
WHAT IS NATURAL FAMILY PLANNING?

Natural Family Planning (NFP) is a general term for methods of achieving or postponing pregnancy based upon observation of naturally occurring indicators of fertile and infertile times in a woman's menstrual cycle. It is entirely up to the couple to decide in which way to use NFP; avoid or achieve. NFP goes beyond simply family planning and is more effective at treating infertility than any other method including IUI (intra-uterine insemination, and IVF (intro-vitro fertilization) all while respecting the dignity of women and marriage.

NFP introductory course is a requirement for the completion of marriage preparation for the Diocese of Grand Island.

Cost

The cost of each method varies; however many instructors offer a reduced fee and do not deny services due to the inability to pay.



Married love is powerfully embodied in the spouses' sexual relationship, when they most fully express what it means to become "one body" (Gn 2:24) or "one flesh" (Mk 10:8, Mt 19:6). The Church teaches that the sexual union of husband and wife is meant to express the full

meaning of love, its power to bind a couple together and its openness to new life. When Scripture portrays God creating mankind "in His image" (Gn 1:27), it treats the union of man and woman as joining two persons equal in human dignity ("This one, at last, is bone of my bones / and flesh of my flesh," Gn 2:23), and as being open to the blessing of children ("Be fertile and multiply," Gn 1:28).



WHY NATURAL FAMILY PLANNING?

All couples whose marriage preparation is taking place within the Diocese of Grand Island **MUST** present a certificate of completion of an approved natural family planning introductory session to the priest, deacon or team preparing them. The certificate will be retained in their permanent marriage record.

It is the responsibility of the couple to contact one of the certified natural family planning coordinators listed in this brochure to set up the introductory session.

The format of the introductory session will be decided upon by the coordinator and the couple and could include one of the following methods of implementation—**individual session; group session; or self-study kit.** There are several different methods of natural family planning taught in the Diocese of Grand Island. A completed class or certificate in any of the methods will fulfill the diocesan requirements.

NFP COORDINATORS DIOCESE OF GRAND ISLAND

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The **Couple to Couple League**, founded in 1971, teaches the sympto-thermal method which relies on external observations and Basal body temperature. [Website: ccli.org](http://Website:ccli.org)

**STOP RELYING ON CHEMICALS AND
START LISTENING TO YOUR BODY !!**

NFP God's plan for spacing babies

NFPI was founded in 2004 by John and Sheila Kippley who have been active in promoting and teaching NFP since 1969. NFP includes ecological breastfeeding and systematic natural family planning. It is a symptothermal form of NFP and relies on observations and temperatures to determine fertile times. [Website: www.NFPandmore.org](http://Website:www.NFPandmore.org)