

Seminar Weekends

Friday: 7-11 p.m. *and* Saturday: 8 a.m.-6 p.m.

- Conclude with Mass and certificates.
- To receive the certificate of completion, you must attend *all* sessions. If you anticipate any conflicts, please select a different weekend.
- Program consists of activities, presentations, group discussions and couple exercises.
- Pre-registration is *required*. A fee of \$150 per couple is due at registration.
- Pre-registration and payment is online at bismarckdiocese.com/marriage-preparation.
- An email will be sent confirming your seminar date and providing relevant information.

Themes of the weekend

- Sacramental Love
- Affection and Intimacy
- Communication
- Love and Forgiveness
- Finances
- Family Spirituality
- Natural Family Planning

2019-20 Seminar Dates

Bismarck

St. Mary's Parish, Bismarck

November 15-16, 2019	May 1-2, 2020
January 17-18, 2020	June 12-13, 2020
February 21-22, 2020	September 18-19, 2020
March 13-14, 2020	November 20-21, 2020
Apr. 3-4, 2020 (Palm Sunday)	

Minot

St. John the Apostle
Catholic Church
November 8-9, 2019
February 28-29, 2020
November 6-7, 2020

Dickinson

Queen of Peace
Parish Center
November 15-16, 2019
February 21-22, 2020
May 1-2, 2020
November 20-21, 2020

Preparing the way for the Sacrament of Marriage

The Office of Family Ministry has developed this checklist to ensure your preparation for the Sacrament of Marriage in the Catholic Church is as meaningful as it can be. May God bless your engagement and preparation.

- Before scheduling your wedding at a parish, if either party (Catholic or non-Catholic) has a prior attempt at marriage which has not been dissolved through death or received a Document of Freedom to Marry, please contact the Tribunal Office at the Diocese of Bismarck, 701-204-7203, before contacting the church.
- Take a pre-marital inventory. Following, meet with priest, deacon, or sponsor couple to discuss the results of the pre-marital inventory. (approx. 4 meetings)
- Attend the Diocese of Bismarck Marriage Preparation Seminar. Plan to attend far out from your wedding date to best utilize the rich resources for your relationship.
- Attend a full course of Natural Family Planning (NFP).
- Meet with parish priest/deacon to complete the necessary pre-nuptial questionnaire.
- Make an appointment with your parish priest/deacon 9 months prior to set a tentative wedding date. Preview parish and diocesan policy.
- Supply your priest/deacon with a current copy (issued within 9 months or first contact) of your baptismal certificate.
- Meet with your priest, deacon, or parish staff to discuss details of the wedding celebration including scripture readings, petitions, and music.
- Participate in the Sacrament of Reconciliation.
- Pray and enjoy quiet moments together as a couple. Ask God to bless your relationship and thank God for the gift of each other.

Questions or more info

Contact: Tara Brooke, Family Ministry
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2019-2020

Preparing the Way for the Sacrament of Marriage

A planning guide for
marriage preparation in the
Diocese of Bismarck.

Congratulations on your engagement!
During this time of preparation for the
Sacrament of Marriage may you be filled
with God's grace and blessings.



Diocese of Bismarck
Office of Family Ministry

What is NFP?

- General title for methods of family planning that is science-based, accurate, natural, healthy, reliable and moral. There are many methods of NFP and *all* can be used to achieve, or to postpone, a pregnancy naturally.
- A method of family planning that has no harmful side-effects, is virtually cost free, and allows man and woman to be equally responsible in planning their family.

Effectiveness of NFP:

- Couples who carefully follow all the rules for avoiding pregnancy all the time: 97-99%
- Couples who do not follow all the rules for avoiding pregnancy all the time: 80-90%

Methods offered in the Diocese of Bismarck:

Billings Ovulation Method™

- www.thebillingsovulationmethod.org
- Observations of the cervical mucus are noted daily primarily through what the woman senses at the vulva during normal daily activities and secondarily through the appearance of the cervical mucus. Couples chart daily the most fertile sign the woman sees each day to identify her infertile and fertile times.
- Charting app available.
- Taught by a woman or married couple certified to teach the method.
 - One class, approximately three hours, followed by individual follow-ups, usually 20-30 minutes.

Creighton Model FertilityCare™ System

- www.creightonmodel.com or www.popepaulvi.com
- Observations of cervical mucus are made daily by the woman when she goes to the bathroom. Couples chart daily the most fertile observation of the day using a standardized recording system to identify her infertile and fertile times.

- Medical evaluation by a physician training NaProTechnology www.naprotechnology.com is available for couples who have difficulty achieving pregnancy or experience other reproductive health problems.
- Charting app available
- Taught by a FertilityCare Practitioner (woman or married couple). Begins with an intro session (1 hour) which occurs in a classroom style setting, followed by 5 private follow-up sessions (1 hour each). Additional long term follow-ups are scheduled to help the couple maintain confidence in using the system over time and to monitor the health of the woman's cycles.

Marquette Model

- nfp.marquette.edu
- The Marquette Model (MM) system of NFP brings 21st century technology to NFP by using the ClearBlue Easy Fertility Monitor, a device used at home which measures hormone levels in urine to estimate the beginning and end of the time of fertility in a women's menstrual cycle. The information from the monitor can be used in conjunction with observations of cervical mucus, basal body temperature, or other biological indicators of fertility.
- Charting app available

Sympto-Thermal Methods

- www.ccli.org or www.symptopro.org
- The Sympto-Thermal Methods are based on the observation and interpretation of changes in basal body temperature, cervical mucus and the cervix to determine the fertile and infertile phases of the menstrual cycle.
- The couple takes the women's resting body temperature upon waking. Observations of the cervical mucus are noted daily through what the woman senses at the vulva during normal daily activities and cervical mucus present on the tissue after going to the bathroom. Optionally, internal cervix checks may be performed in addition to the other observations. These signs are charted

on a daily basis to help the couple determine the infertile and fertile times.

- Charting app available
- Taught in a classroom style setting in 3-class series (classes are 2 hours each) with additional individual chart reviews as needed.

* *Certificate of completion will be given when competency is met within the method. Competency will be determined by your particular method. However, all methods must have at least three meetings over the course of a two month span.*

How to find and register for an NFP class:

- Go to www.bismarckdiocese.com/nfp
- Read about the different methods in greater detail and choose which method would work best for your needs.
- Use the calendar feature to figure out when particular classes are held.
- Click on the link to register for classes
- If you have questions about a particular method of NFP please contact one of the instructors of that method. Contact information is available on the Diocese of Bismarck website.



“The very preparation for Christian marriage is itself a journey of faith. It is a special opportunity for the engaged to rediscover and deepen the faith received in baptism and nourished by their Christian upbringing. In this way they come to recognize and freely accept their vocation to follow Christ and to serve the Kingdom of God in the married state.”

—Pope John Paul II
The Role of the Christian
Family in the Modern World

