

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. The 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 or Mira Fertility Monitors. 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

A gift for your marriage

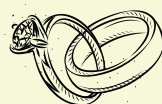
As a married or engaged couple, this may be the first time you are learning about Natural Family Planning (NFP). While instruction in a method of NFP focuses on the biology of your fertility, the practice of NFP offers much more for your marriage.

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!



**2025
RESOURCES**

Natural Family Planning Methods & Instructors

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

Ovulation

CAVALIER AREA

Anita Stevens, BOMA-USA

701.265.2235 anitastevens1882@gmail.com

\$150. 3 sessions & follow-up as needed. Materials included.

FARGO AREA

Brandon & Tonia Clark, FCPI, Creighton Model FertilityCare System featuring NaPro Technology

701.367.0912 48heal@gmail.com

\$300. 1 introductory session & 5 follow-up sessions. Materials included.

Lori Lefor, FCP, Creighton Model FertilityCare System featuring NaPro Technology

gofsfcpi@gmail.com

\$300. 1 introductory session and 5 follow-up sessions. Materials included.

GRAND FORKS AREA

Katie Zubrod, FCP, Creighton Model FertilityCare System featuring NaPro Technology

719.482.6270 kt.ande24@gmail.com

\$300. 1 introductory session & 5 follow-up sessions. Materials included.

JAMESTOWN AREA

Leann Ripplinger, CFCP, Creighton Model FertilityCare System featuring NaProTechnology

701.269.6775 fcs.heartland@hotmail.com

\$300. 1 introductory & 5 follow-up sessions. Materials included.

Cory and April Foth, BOMA-USA

701.269.3168 aprilsfoth@gmail.com

\$140. 3 sessions & follow-up as needed. Materials included.

MUNICH AREA

Jessica Ruehle, CFCI, Creighton Model Fertility Care System featuring NaProTechnology

701.230.0139 jessica.m.ruehle@gmail.com

\$300. 1 introductory session & 5 follow-up sessions. Materials included.

NEW ROCKFORD AREA

Jackie Schmaltz, BOMA-USA

320.293.2210 savvyfertility@gmail.com

\$130. 3 sessions and follow-up as needed. Materials included.

ROCK LAKE AREA

Jen Lagein, CFCP, Creighton Model FertilityCare System featuring NaProTechnology

701.367.6386 lovingarmsfcc@utma.com

\$300. 1 introductory session & 5 follow-up sessions. Materials included.

WAHPETON AREA

Denise Herding, BOMA-USA

701.640.2035.

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



Marquette

FARGO AREA

Natalie Aughinbaugh, DNP, APRN, CNP

701.866.7890 natalie.aughinbaugh@gmail.com

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

Melenie Hulm, PA-C

320-266-5824 melanie.hulm@outlook.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. All registration & payment at register.ccli.org. Please use zip codes below.

Please note the "Video-based" option does NOT fulfill diocesan requirements for marriage preparation.

FARGO AREA 58102-58104

Deacon Clarence and Betty Vetter

LAMORE AREA 58458

Jacob and Ruth Loegering

701.799.7654 jrloegering@gmail.com

NFP Quick Reference Guide

For the most up-to-date list of instructors and class dates, visit fargodiocese.org/nfp

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