



With only 4 simple rules, The Billings Ovulation Method is a natural method of fertility management that teaches you to recognize your body's natural signal of fertility.

CREIGHTON MODEL

The Creighton Model FertilityCare™ System (CrMS) is a standardized modification of the Billings Ovulation Method. It is built on research, education and service (the “triangle of support” for the CrMS user) and is an integrated educational system designed to assure the highest quality service delivery possible for the FertilityCare™ Educator, Practitioner and the client couple.



Teaches the sympto-thermal method which relies on external observations and Basal body temperature.

NFP INSTRUCTORS FOR THE GRAND ISLAND DIOCESE

ANDREA MACK, CFCP

NFP Instructor CrMS
Grand Island NE
308.390.8857
andreaverr@hotmail.com

DR. MATT & ABBIE WECKER

NFP Instructors CCL
Kearney NE
308.850.7105
matt.abbie.wecker@gmail.com

DR. KYLE & JULIE MYERS

NFP Instructors Margquette & CCL
Kearney NE
402.580.2928
juliepmyers@gmail.com

DEREK & ALLISON KLEIER

NFP Instructors, CrMS
Giltner NE
402.990.9977
allison.kleier@gmail.com

ABIGAIL SASSE

NFP Instructor CrMS
Chadron, NE
402.370.5842
abigailsasse@gmail.com

HANNA COX, CFCP

NFP Instructor CrMS
Burwell NE
308.201.0105
hello@cloakofroses.com

JODI BUNTING-GLASER, CFCP

NFP Instructor CrMS
Fertility Care Center of Sandhills, LLC
Spalding NE 68665
402.689.7520
jodibunting@hotmail.com

MARRIED LOVE

AND THE GIFT OF LIFE



Natural Family Planning

Diocese of Grand Island

2708 Old Fair Rd

Grand Island NE 68803

Phone: 308.382.6565

gidiocese.org/pro-life

gidiocese.org/marriage-preparation



Natural Family Planning (NFP)

is the general title for the scientific, natural, and moral methods of family planning that can help married couples either achieve or postpone pregnancy.

NFP methods are based on the observation of the naturally occurring signs and symptoms of the fertile and infertile phases of a woman's menstrual cycle. No drugs, devices, or surgical procedures are used to avoid pregnancy.

Since the methods of NFP respect the love-giving (unitive) and life-giving (procreative) nature of the conjugal act, they support God's design for married love!



All couples whose marriage preparation takes place in 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 for this sacrament.

It is the responsibility of the couple to contact one of the certified NFP Instructors ASAP to get on a waiting list.

Marriage is more than a civil contract; it is a lifelong 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 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
~Ephesians 5:32



Why NFP?

- Supports reproductive health
- Has no harmful side effects
- Is environmentally friendly
- Is inexpensive
- Cooperates with a couple's combined fertility
- Is useful to either achieve or avoid pregnancy
- Can be used throughout the reproductive life cycle
- Requires shared responsibility & cooperation by husband & wife
- Fosters mutual communication between husband & wife
- Encourages respect for and acceptance of the total person
- Promotes marital chastity
- Values the child
- Honors God's design for married love!