

## MARQUETTE METHOD

The Marquette Model brings 21st-century technology to NFP by using urine fertility biomarkers collected at home that measure hormone levels. These biomarkers can be used in conjunction with cervical mucus or basal body temperature and an algorithm to confidently determine the woman's fertile window.

## 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.



Couples to Couples League (CCL) Teaches the sympto-thermal method which relies on external observations and Basal body temperature.

## NFP INSTRUCTORS

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## MARRIED LOVE

AND THE GIFT OF LIFE



## Natural Family Planning

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[gidiocese.org/pro-life](http://gidiocese.org/pro-life)

[gidiocese.org/marriage-preparation](http://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 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!