

Why choose *Natural Family Planning (NFP)?*

- It can be used to identify serious health problems
- it aids in a better understanding of one's fertility
- Is useful to either achieve or avoid pregnancy
- requires shared responsibility & cooperation by husband & wife
- self-mastery of one's sexual desires
- encourages respect for and acceptance of the total person
- a greater generosity toward new human life and an OPENNESS TO GOD'S WILL.
- environmentally friendly
- has no harmful side effects



The body's reproductive system can be read as "an indication of the design of the Creator" where married couples can discover "the spousal dimension of the body and its place in God's design."

St. John Paul II

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gidiocese.org/pro-life

gidiocese.org/marriage-preparation

Natural Family Planning

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"To experience the gift of married love while respecting the laws of conception is to acknowledge that one is not the master of the sources of life but rather the minister of the design established by the Creator." Humane Vitae

What is

Natural Family Planning (NFP)?

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, no barriers just open communication and planning.

Couples work together and adjust their behavior according to their family planning intention (that is, whether they hope to achieve or avoid a 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!



Excerpts, and more great information, from:

usccb.org/topics/natural-family-planning/what-natural-family-planning

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Methods

- **Basal Body Temperature Method (BBT)** monitors changes in a woman's temperature when she first wakes up.
- **Cervical Mucus Methods (CMM)** also called **Ovulation Method (OM)** monitors a woman's cervical mucus.
- **Sympto-Thermal Method (STM)** combines observation of temperature, cervical mucus, and cervix changes.
- **Sympto-Hormonal Methods (SHM)** similar to STM but includes self-detection of reproductive hormones in the urine by use of a kit

Marquette Method

The Marquette Model (MM) system brings 21st-century technology to NFP. It is a system that uses an algorithm with other biological signs of fertility (i.e., urine hormones, mucus, and/or temperature) to help identify the woman's fertile window. <https://naturalfamilynaturalplanning.com>

Creighton Model (CrMS)

The Creighton Model FertilityCare (CrMS) is a standardized modification of the Billings Ovulation Method. It is an integrated educational system. <https://creightonmodel.com/>

Couple to Couple

Couple to Couple League (CCL) teaches the sympto-thermal method, which relies on external observations and basal body temperature. More great info: <https://ccli.org/>

Requirements

for the Sacrament of Marriage in the Diocese of Grand Island

Please contact your pastor and an NFP Instructor at least 12 months before your wedding. This will allow time for marriage preparation classes to be completed and for any NFP training. A List of Diocesan NFP Instructors is available on the back page.

It is the responsibility of the couple to contact an NFP Instructor.

Required before the wedding date a couple **MUST** complete an **Introductory Course in Natural Family Planning** during marriage preparation. The Diocese provides an introductory video and workbook at no cost to you. A **Certificate of Completion** must be given to the priest, deacon, or team preparing you for marriage.

Love Means More

What is Love? Is Love A Feeling?
Kinds of Love
<https://lovemeansmore.org/podcasts-videos/podcast-archive/>