

Methods offered in the Bismarck Diocese

Method availability varies, see bismarckdiocese.com/nfp for current options. Charting apps are available for all methods. Each option of NFP is taught by a trained professional in that method.

Billings Ovulation Method™ — \$200

- thebillingsovulationmethod.org
- Observations of 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. The couple charts the most fertile sign the woman sees each day to identify her fertile and infertile times.
- The first class is approximately three hours; subsequent individual follow-ups are 20-30 minutes.

Chart Your Cycle Engaged — \$325

- awesomecatholicmarriage.com
- Observations of the cervical mucus (and optional temperatures) are done daily by the woman. The couple charts the most fertile sign of the day in the ChartNeo app to identify her fertile or infertile times. It is an online coaching and charting program designed to equip couples with the knowledge and tools needed to chart the menstrual cycle.
- Course is a 12-week online, on-demand program, which includes 4.5 hours of content and three coaching calls.

Couple to Couple League — \$135

- ccli.org; Diocesan teachers: bismarckdiocese.com/ccl
- The Couple to Couple League (CCL) is a symptothermal method (STM) of NFP. The woman observes cervical mucus, basal body temperature and changes in the cervix to paint a full picture of the woman's fertility each month.
- Classes meet three times, each a month apart.
- Method offers "live online" courses taught all over the world, **but onsite and live online classes must be taught by a Bismarck Diocese instructor found at bismarckdiocese.com/ccl.**

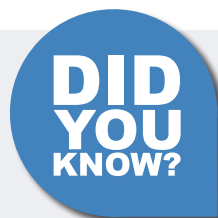
Classes taught by a non-diocesan teacher and self-paced classes DO NOT fulfill the requirement for NFP. Do NOT register for these types of classes.

Creighton Model FertilityCare™ System — \$200

- creightonmodel.com and popepaulvi.com
- Observations of cervical mucus are made daily by the woman while using the bathroom. Couples chart daily the most fertile observation using a standardized recording system to identify fertile and infertile times.
- Medical evaluation by a physician trained in NaPro Technology is available to couples who may have difficulty achieving pregnancy or experience other reproductive health problems. naprotechnology.com
- Course begins with a one-hour introductory session, followed by five, one-hour private follow-up sessions. The course takes place over three months and additional long-term follow-ups are available.

Marquette Model — \$200

- www.marquette.edu/nursing/natural-family-planning-model.php
- 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 woman'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.
- Course begins with an introductory session and followed by two individual sessions, taking place over a three-month period.



Charting your cycle creates a powerful diagnostic tool that goes beyond simply avoiding or achieving pregnancy. This applies to a wide range of reproductive issues, such as PMS, acne, PCOS, endometriosis, post-partum charting and pre-menopause, through the entirety of the woman's procreative life.



Preparing the Way for the Sacrament of Marriage

"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"



Bismarck Diocese
Office of Family Ministry
bismarckdiocese.com/familyministry

2023/2024

Congratulations on your engagement!

Sacrament of Marriage
Preparation Checklist:

Nine or more months prior to wedding:

- Before contacting a parish, if either party (Catholic or non-Catholic) has previously been married, and the union has not been dissolved through death or received a Document of Freedom to Marry, contact the Tribunal Office at the Bismarck Diocese, 701-204-7203.
- Make an appointment with your parish priest or deacon nine months or more prior to desired wedding date. At this appointment, you will review the parish and diocesan policies for entering into the sacrament of marriage, including any fees to the parish.

Six to nine months prior to wedding:

- Sign up for and attend a Bismarck Diocese pre-marriage seminar weekend as far out from your wedding date as possible, to best utilize the rich resources of the weekend in your engagement and relationship.
- Approximately six months prior to your wedding date, no later than four months, attend a full course (three months to complete) of the Natural Family Planning method of your choice. See inside of brochure for more information.

Timing per parish requirement:


- Take a pre-marital inventory (done with parish priest, deacon or a sponsor couple), followed by meetings (approximately four meetings) with the priest/deacon/sponsor couple to discuss the results of the inventory.
- Meet with the parish priest or deacon to complete the necessary pre-nuptial questionnaire.
- Supply the priest or deacon with a current (issued within nine months) copy of your baptismal certificate.
- Meet with the priest, deacon or parish staff to discuss details of the wedding celebration, including scripture readings, petitions and music.

Seminar Weekends

Friday: 7 - 10:30 p.m. and Saturday: 8 a.m. - 6 p.m.

- Pre-registration is required at bismarckdiocese.com/pre-marriage. A fee of \$150 per couple is due at that time.
- An email will be sent confirming your seminar date and providing important information.
- The seminar topics include sacramental love, family spirituality, affection and intimacy, Natural Family Planning, communication, love and forgiveness, and finances and consists of activities, presentations, group discussions and couple exercises.
- To receive the certificate of completion, you must attend the entirety of the weekend. If you anticipate any conflicts, please select a different weekend.

2023-2024 Seminar Dates


**Bismarck
Pro-Cathedral
of St. Mary**

September 8-9, 2023
October 6-7, 2023
January 19-20, 2024
February 9-10, 2024
March 15-16, 2024
April 19-20, 2024
May 3-4, 2024
June 21-22, 2024
September 20-21, 2024
October 4-5, 2024


**Dickinson
Church of
Queen of Peace**

September 29-30, 2023
February 16-17, 2024
October 18-19, 2024


**Minot
Church of
St. John the Apostle**

September 22-23, 2023
February 23-24, 2024
October 25-26, 2024

Natural Family Planning

- The Bismarck Diocese requires attendance in a full course of a method of Natural Family Planning (NFP) during the pre-marriage preparation timeframe. **This takes approximately three to four months.** Both the man and woman are required to attend all sessions. The method you choose **must be taught by a Bismarck Diocese instructor.**
- NFP is science-based, accurate, natural, healthy, reliable and moral methods of family planning. There are many methods which all can be used to achieve or postpone a pregnancy naturally and morally. There are no side-effects and allows the man and woman to be equally responsible in planning their family. The married couple is responsible for making certain that their desire to avoid pregnancy is in conformity with the generosity appropriate to responsible parenthood.
- With thoughtful discernment and for just reasons, married couples may wish to space the birth of children or avoid pregnancy for an indeterminate period. When the instructions to temporarily avoid pregnancy are followed, NFP is 97-99% effective.

How to complete the NFP diocesan requirement:

- Visit bismarckdiocese.com/nfp to research each method offered by the Bismarck Diocese. Choose the preferred method that works best for your needs.
- Register for the method of your choice by choosing that method's page (click on the blue medallion with the method's title). You can find a class on the calendar or reach out to one of the instructors with the information listed in their bio. While classes are offered regularly, they can fill up quickly, creating a waiting list and extending the time frame to begin.
- **You are able to register for an ONLINE class, as long as it is being taught by a Bismarck Diocese instructor.**
- Both the man and woman need to attend all meetings to achieve competency in the method.
- A certificate of completion will be given when competency is met within the method. **This takes approximately three to four months.**
- More about each of the methods offered in the Bismarck Diocese on the back of this brochure.