

OVULATION Method:

Bathgate area:

Jim and Sandy Rasmussen, BOMA-USA
701-265-3717

\$125: 3 sessions and follow-up as needed, materials included.

Belcourt area:

Nancy Brien, BOMA-USA
701-477-0373, or e-mail: magnificent7mom@gmail.com

\$35: 3 sessions and follow-up as needed, materials included.

Bottineau area:

Janel Agnes RPh, BOMA-USA
701-228-2499 or 701-201-0294, or email:
janelma@hotmail.com

\$150: 3 private instruction sessions and follow-up as needed, materials included.

Cavalier area:

Anita Stevens, BOMA-USA
701-265-4943

\$135: 3 sessions and follow-up as needed, materials included.

Devils Lake area:

Dennis and Judy Miller, BOMA-USA
701-644-2611, or e-mail: djmiller@polarcomm.com

\$135: 3 sessions and follow-up as needed, materials included.

Ellendale area:

Richard and Nicole Reis, BOMA-USA
701-349-2314

\$120: 3 sessions and follow-up as needed, materials included.

Fargo area:

Jens and Mary Jo Andersen, Families of the Americas
Email: jensandmj@yahoo.com

\$125: 3 sessions and follow-up as needed, materials included.

Mary Johnson, CFCP, Creighton FertilityCare System featuring NaProTechnology

1-218-233-6103, or e-mail: ryanmaryjohnson@hotmail.com

\$125: 5 sessions/includes 1 introduction session followed by private instruction with teacher, materials included.

Joe and Kayla (RN, BSN) Lorsung, BOMA-USA

701-799-9918, or e-mail: Kayla.Lorsung@gmail.com

\$125: 3 sessions and follow-up as needed, materials included.

Marissa Oster, BOMA-USA

701-527-6470; or e-mail: marissa_oster@hotmail.com

\$125: 3 sessions and follow-up as needed, materials included.

Grand Forks area:

Erin Perronteau, BOMA-USA
701-740-1030 or e-mail: erin.perronteau@yahoo.com

\$135: 3 sessions with follow-up as needed. Materials included.

Hillsboro area:

Justin and Amy Mootz, BOMA-USA
701-840-4963

\$135: 3 private instruction sessions and follow-up as needed, materials included.

Harvey area:

Elizabeth Leier, LPN, BOMA-USA
701-324-2802, or e-mail: eleier@gondtc.com

\$150: 3 private instruction sessions and follow-up as needed, materials included.

Jamestown area:

Leann Ripplinger, CFCP, Creighton FertilityCare System featuring NaProTechnology
701-952-1750, or e-mail: fcs.heartland@hotmail.com

\$45: Introductory Session (includes 1st year materials)

\$25/per follow-up session. 5 sessions needed to complete diocesan requirements.

Lamoure area:

Ryan and Maggie Norrell, BOMA-USA
701-213-1172 or e-mail: rmnorrell@gmail.com

\$135: 3 sessions and follow-up as needed, materials included.

Wahpeton area:

Julie Budke, LPN, BOMA-USA
218-731-3395 or e-mail: budke@bradcowisp.com

Sliding scale fee: 3 sessions and follow-up as needed, materials included.

MARQUETTE Method:

Fargo area:

Natalie Aughinbaugh, BSN, RN
701-866-7890, or e-mail: natalie.aughinbaugh@gmail.com

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

Renee Johnson, BSN, RN

701-237-6530 or e-mail: Renee@firstchoiceclinic.com
\$125: Group sessions/ \$150 for individual instruction.

SYMPTO-THERMAL Method:

Please note: Couple to Couple League (CCL) provides instruction in the Sympto-thermal Method. Cost for a 3 class series is \$135. Materials included. All registration and payment for classes is done online. You will need to search for a class by zip code. Go to: www.ccli.org/registerforclass

Fargo zip code areas: 58102 - 58104

Frank and Sally Casey, CCL

Clarence and Betty Vetter, CCL

Bill and Jen Wilke, CCL

Grand Forks zip code areas: 58201 - 58203

Destin and Stacey Coles, CCL

Phil and Laurie Kraemer, CCL

Greg and Stacey Paintner, CCL

(For questions call Cheryl at 701-847-3093)

Valley City zip code area: 58072

Eric and Suzie Lahlum, CCL

Wahpeton zip code area: 58075

Kurt and Kristin Detloff, CCL

For Spanish speaking needs:

Xavier and Maria Balderas, CCL

(Winnipeg, Canada) 1-204-257-3089

For dates of NFP class schedules, go to:

www.fargodiocese.org/NFP and click on Instructors/Classes.

For a national listing of NFP providers and physicians go to:
www.omsoul.com



Diocese of Fargo Recommended Instructors for Natural Family Planning (NFP)

Respect Life Office
5201 Bishops Blvd., Suite A
Fargo, ND 58104
www.fargodiocese.org/NFP

Brochure revised 7/2011

Diocese of Fargo Policy on the Instruction of Natural Family Planning (NFP) for couples preparing for marriage:

In desiring that couples preparing for marriage gain a complete appreciation and understanding of the nuptial meaning of the human body and the truth, dignity and meaning of human sexuality, Bishop Samuel J. Aquila implemented a policy on education in NFP for the Diocese of Fargo effective September 8, 2005. Some aspects of the policy are as follows:

- ◆ *All couples preparing for marriage within the Diocese of Fargo shall receive an introduction to the Church's teaching on conjugal love modeled after John Paul II's "Theology of the Body". This should occur during the interview with their parish priest, deacon or qualified marriage couple and through the Marriage Preparation weekend.*
- ◆ *Couples are required to attend a full course of instruction in a diocesan approved method of NFP. A complete listing of instructors and class schedules can be found at:
www.fargodiocese.org/NFP*
- ◆ *Special consideration is to be given to couples who are entering a second marriage. Their past training and experience should be taken into account when setting out a plan of marriage preparation. If they are within child bearing years, the above policy is still an expectation that is omitted only when previous equivalent training is already present.*

NFP is a way of life... While NFP provides a scientifically sound means of achieving or avoiding pregnancy, it is so much more. NFP is a way of life that allows couples to build on their marriage relationship with greater trust, care & concern and to experience the ways of true love.

The Diocese of Fargo NFP Program has been endorsed by the Diocesan Development Program for NFP of the United States Conference of Catholic Bishops

A Guide to Methods of Instruction in NFP:

Natural Family Planning is an umbrella term for certain methods used to achieve or avoid pregnancy. All methods teach the observation of naturally occurring signs of fertility in a woman's menstrual cycle, and instruct couples to interpret fertile and infertile phases. Three varying methods of NFP are approved and offered in the Diocese of Fargo:

Ovulation Method

The Ovulation Method is a scientifically proven method researched by Dr. John Billings. It is based on the simple recognition of natural signs of fertility that appear for a few days during the woman's menstrual cycle. By keeping accurate records a woman can confidently identify the fertile and infertile phases of her cycle. Variations of this method include the Billings Ovulation Method of America (BOMA), Families of the Americas, and Creighton FertilityCare System. A minimum of 3 sessions is needed to fulfill diocesan requirements for a full course of instruction.

Marquette Method

The Marquette Method offers the latest in NFP technology and research. It teaches couples the following signs of fertility that have been scientifically proven effective as well as medically safe: observation of cervical mucus, basal body temperature, and monitoring urinary hormones. Instruction includes 3 sessions and individual follow-up with the teacher.

Sympto-thermal Method

Couple to Couple League (CCL) teaches the Sympto-thermal Method of NFP. In this system, a couple cross-checks signs of fertility: cervical mucus, waking temperatures and changes in the cervix itself. Couples are also taught the benefits of breast-feeding after child-birth. Instruction is classroom style taught over a period of 3 sessions, each a month apart.

Couples should plan to devote a three month period to attending instruction and beginning to practice a method of NFP. The woman will be asked to chart her fertile signs and apply what she observes to method rules. All diocesan instructors are specifically trained to teach a method of NFP. Costs for a particular course depend on the method of instruction.

To learn more about NFP services offered in the Fargo Diocese go to: www.fargodiocese.org/NFP or call Rachele, 701-356-7910, or e-mail: rachele.sauvageau@fargodiocese.org