

WHAT IS NATURAL FAMILY PLANNING?

Natural Family Planning (NFP) is a general term for methods of achieving or postponing pregnancy based upon observation of naturally occurring indicators of fertile and infertile times in a woman's menstrual cycle. It is entirely up to the couple to decide in which way to use NFP: avoid or achieve. NFP goes beyond simply family planning and is more effective at treating infertility than any other method including IUI (intra-uterine insemination), and IVF (intro-vitro fertilization) all while respecting the dignity of women and marriage.

NFP introductory course options

is a requirement for the completion of marriage preparation for the Diocese of Grand Island.

Cost

The cost of each method varies; however many instructors offer a reduced fee schedule and do not deny services due to the inability to pay.



WHY NATURAL FAMILY PLANNING?



All couples whose marriage preparation is taking place within 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. The certificate will be retained in the permanent marriage record.

It is the responsibility of the couple to contact one of the certified natural family planning coordinators listed in this brochure to set up the introductory session.

The format of the introductory session will be decided upon by the coordinators and the couple could include one of the following methods of implementation—**individual session**; **group session**; or **self-study kit**. There are several different methods of natural family planning taught in the Diocese of Grand Island. A completed class or certificate in any of the methods will fulfill the diocesan requirements.

NFP COORDINATORS DIOCESE OF GRAND ISLAND



The **Billings Ovulation Method** is a simple yet scientific method of Natural Family Planning. The research began in 1953 by Dr. John Billings. His wife, Dr. Evelyn Billings joined him in 1965. Couples using the Billings Ovulation Method track the woman's natural and unique signs of fertility and infertility each day. **WEBSITE: boma-usa.org**

SANTIAGO AND REYNA CHAVEZ
Billings NFP, English and Spanish
1004 East 6th Street
Grand Island, NE 68801
308-383-1199 or 308-383-1474
yaddressandy@yahoo.com



The **Couple to Couple League**, founded in 1971, teaches the sympto-thermal method which relies on external observations and basal body temperature. **WEBSITE: ccli.org**

JOHN AND CRYSTAL VANDERBEEK
5106 Avenue N Place
Kearney, NE 68847308-224-6507
littlefishpreschool@gmail.com



The **Creighton Model FertilityCare™** utilizes external observations and incorporates **NaProTECHNOLOGY®**, which is a reproductive science that works naturally with a woman's cycle. It was begun in 1968 by Dr. Thomas Hilgers, K. Diane Daly, Ann Prebil and Susan Hilgers. **WEBSITES: creightonmodel.com naprotechnology.com**

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Natural Family Planning International (NFPi) was founded in 2004 by John and Sheila Kippley who have been active in promoting and teaching NFP since 1969; Steve Craig is now their director. It is the sympto-thermal form of NFP and relies on observations, temperatures and cervical position.
WEBSITE: NFPandmore.org

MARY DEY, NFPi TEACHER
Natural Family Planning International
2404 Vandergrift Avenue
Grand Island, NE 68803.....308-384-8472

ertility is not a disease and should not be treated as such. It is a gift from God and couples should prayerfully consider their family size.

NATURAL
Family
PLANNING



DIOCESE OF GRAND ISLAND

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