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D I O C E S E
of NEW ULM

Office of Family Life
1421 6th Street North
New Ulm, MN 56073
(507) 359-2966
cfier@dnu.org
www.dnu.org

Natural Family Planning Contacts

Ovulation Methods

www.aafcp.org

www.fertilitycare.org

www.popepaulvi.com

www.creightonmodel.com

www.naprotechnology.com

Creighton Model FertilityCare System –

NaPro Technology

The following practitioners have completed the certified training for Creighton Model FertilityCare System.

Sr. Candace Fier, MTS, BSN, RN, CFCE

27762 County Road 27

Sleepy Eye, MN 56085

507-233-5328 cfier@dnu.org

Beth Gilb, MSW, CFCP

FertilityCare

Practitioner Hope FertilityCare Center

307-202-2322 bethgilb7@gmail.com

James J. Joyce, MD - Family Practice

Creighton Model FertilityCare medical consultant; does not instruct

400 4th Avenue NW

Sleepy Eye, MN 56085

507-794-3691 familyjoyce11@hotmail.com

Francille A. Knowles, MD - Family Practice

Terence J. Knowles, MD - Family Practice

Creighton Model FertilityCare medical consultants; do not instruct

New Ulm Medical Center

1324 5th Street N , New Ulm, MN 56073

800-795-1211 or 507-217-5000

francille.knowles@allina.com

terence.knowles@allina.com

Twin Cities Fertility Care Center

HealthEast/St. Joseph's Hospital

69 W. Exchange Street

St. Paul, MN 55102

651-223-3088 www.tcnfp.org

Billings Method

www.billingsmethod.com/
www.boma-usa.org
www.ovulationmethod.org
www.woomb.org

St. Cloud Diocese

Natural Family Planning Office
320-252-2100
www.stclouddiocese.org/OMF/NFP/index.shtml

Sympto-Thermal Methods

www.ccli.org www.planificacionfamiliar.org
<http://web.mac.com/ccl.twincities/NFP/Home.html>
www.nwfs.org/nfp.htm

Couple to Couple League

The following couples have completed the certified training for Couple to Couple League.

Jennifer and John Rabaey

2683 County Road 5
Marshall, MN 56258
507-532-7532 johnrabaey@starpoint.net

Brenda and Dan Voracek

365 Carol Ct.
North Mankato, MN 56003
507-625-5008 dvoracek@hickorytech.net

Patty and Pat Berkner

Certified CCL Promoters – not instructors
30318 State Highway 68
Sleepy Eye, MN 56085
507-794-2662 pattyberkner@yahoo.com
507-220-9179

NFP International

www.nfpandmore.org

Kathleen and Steven Jacobs

19434 County Road 2
Silver Lake, MN 55381-6154
320-327-2702 NFamilyP@gmail.com

U. S. Conference of Catholic Bishops

www.usccb.org/prolife/issues/nfp/index.shtml

Ovulation Method **CrM Fertility*Care***

The Creighton Model (CrM) Fertility*Care* System is a standardized modification of the Billings Ovulation Method that has significant medical applications. CrM Fertility*Care* relies upon the observation and charting of biological markers, including cervical mucus, the most accurate sign of fertility, providing an understanding of a woman's health and fertility.

Observations of these biomarkers allows:

- Couples to use the method both to achieve and to avoid pregnancy.

- Cooperation with NaproTechnology, a new reproductive science, to identify and treat conditions such as: infertility, miscarriage, hormone problems, PMS, ovarian cysts and unusual bleeding.

CrM Fertility*Care* instruction in the spirit of the teachings of Pope Paul VI and John Paul II provides the truly Catholic view of human sexuality and respect for the total person. It assists couples to realize the challenge laid out in the Theology of the Body – to understand and respond to the innate language of the body that expresses total reciprocal self giving in love of husband and wife.

Instruction is initiated by contacting one of the CrM Fertility*Care* practitioners on the contact list. A schedule of individual teaching classes is set up with each couple, allowing for personalized instruction that results in maximum confidence in the use of the method. Likewise it offers a greatly appreciated flexibility in scheduling. Instruction is geared to use of the method throughout the woman's whole reproductive life time and provides opportunities for ongoing instruction throughout all phases of that life time, including postpartum and premenopause.

Instruction consists of eight follow-up sessions which allow for a complete initial instruction, followed by increasingly independent use of the method that addresses all natural variations that take place in the woman's cycle over time.

Sympto-Thermal Method Couple to Couple League

The Couple to Couple League (CCL) teaches three basic signs of fertility — temperature, mucus and cervix — and how to apply this knowledge both to achieve and to avoid pregnancy. The multiple signs of the Sympto-Thermal Method (STM) provide flexibility for individual situations and help couples grow in confidence.

We teach NFP within the moral constructs of the Magisterium of the Catholic Church, with an emphasis on the teachings of Pope John Paul II and the Theology of the Body. Couples learn of God's vision and plan for marriage and family, and how to live out their sexuality while respecting the dignity of each other and their union. The health and safety benefits of NFP are contrasted with the side effects and dangers of artificial contraception. Review of effectiveness data further supports its use.

CCL classes are taught by professionally-trained volunteer couples who have witnessed the benefits of NFP in their own marriage. They offer practical suggestions for making the practice of NFP a team effort involving both spouses.

A course series consists of three classes spaced one month apart. Supplemental classes for the postpartum and premenopause transitions are also offered.

The Teaching Couple provides ongoing chart review and consultation until each student couple is comfortable and confident in their personal NFP use. This follow-up continues after the series, if needed.

Find and register for classes at www.ccli.org. Students with no Teaching Couples in their area can learn and receive consultation through the *Home Study Course*, also available on the website. Some Teaching Couples may be able to schedule additional classes upon request.

Sympto-Thermal Method NFP International

Natural Family Planning International (NFPI) offers instruction in two distinct, yet complementary, forms of NFP: the Sympto-Thermal Method and Ecological Breastfeeding.

The Sympto-Thermal Method is easy-to-learn and highly effective. Couples learn to observe multiple common symptoms (such as temperature, mucus, and physical changes in the cervix); this often gives them more confidence in using the method.

Ecological Breastfeeding is a form of child care that normally spaces babies about two years apart on the average.

Our classes combine Catholic teaching on marriage, family, and sexuality with NFP in a way that leads couples to recognize and accept the truth. The class consists of three meetings held one month apart. Contact Steven or Kathleen Jacobs at (320) 327-2702 or at NFamilyP@gmail.com.

NFP Resources

Marriage: Love and Life in the Divine Plan -This is the newly approved Pastoral Letter on marriage from the U.S. Conference Catholic Bishops.

Married Love and the Gift of Life | En Español This document of the U.S. Conference of Catholic Bishops summarizes Church teaching on marriage, conjugal love and responsible parenthood in an easy to read question and answer format.

[English Audio; MP3](#) | [Spanish Audio; MP3](#)

Parish Bulletin Insert

Parish Bulletin Insert En Español

Second Vatican Council Documents

Gaudium et spes (Pastoral Constitution on the Church in the Modern World) 1965

Papal Documents

Pope Benedict XVI on Marriage: A Compendium 2008

Deus caritas est (God is Love) 2005, Pope Benedict XVI

Evangelium vitae (The Gospel of Life) 1995, Pope John Paul II

"Theology of the Body" 1979-1984, Pope John Paul II

Familiaris consortio (The Role of the Christian Family in the Modern World) 1980, Pope John Paul II

Humanae vitae (Of Human Life) 1968, Pope Paul VI

Casti connubii (On Christian Marriage) 1930, Pope Pius XI

NFP Resources, Continued

Documents of the Holy See

Catechism of the Catholic Church 1997

Dignitas personae (On Certain Bioethical Questions) 2008,
Congregation for the Doctrine of the Faith

*Vademecum for Confessors Concerning Some Aspects of the
Morality of Conjugal Life* 1997, Pontifical Council for the
Family,

Donum vitae (Instruction on Respect for Human Life) 1987,
Congregation for the Doctrine of the Faith

USCCB Documents

Ethical Directives for Catholic Hospitals (Sixth Edition)
2018, U.S. Conference of Catholic Bishops

*Human Sexuality from God's Perspective, Humanae Vitae 25
Years Later* 1993, Committee for Pro-Life Activities

For a full complement of resources go to USCCB Natural
Family Planning



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