

## Marriage Preparation

### Natural Family Planning: two options

#### 1. Complete a full course in Natural Family Planning

You must start your class at least four months prior to your wedding date.

a. In person—the best way to take a course

- Call a local instructor. For contact information
  - Visit [www.rockforddiocese.org/nfp/instructors](http://www.rockforddiocese.org/nfp/instructors)
  - Call the Respect Life—NFP Office at 815.399.4300 x382. If you live outside the diocese, we can provide information on a class near you.

b. A home study course or online course

- Couple to Couple League offers a home study course. Order by phone by calling 513.471.2000 or 800.745.8252 or order online by visiting:  
[ccli.org/productsservices/nfp-instruction/home-study-course.php](http://ccli.org/productsservices/nfp-instruction/home-study-course.php)
- The Billings Ovulation Method offers an online course. Register online at:  
[woomb.org/bom/teaching/learningBOM.html](http://woomb.org/bom/teaching/learningBOM.html)

#### 2. Attend a Natural Family Planning Seminar

- Attend a seminar at least three-four months prior to your wedding date.
- Find the schedule and registration form at:  
[www.rockforddiocese.org/nfp/brochures](http://www.rockforddiocese.org/nfp/brochures)
- To register, please print the form and mail in the completed form with payment.
- Please call 815.399.4300 x382 if you have any questions.

### Marriage Preparation Retreat

Visit [familylife.dpsrfd.org](http://familylife.dpsrfd.org) for a list of retreat dates and registration information.

Please call the Family Life Office at 815.399.4300 with any questions.

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## Natural Family Planning Methods

Natural Family Planning is an umbrella term referring to multiple methods of natural family planning. The Diocese of Rockford offers three methods of Natural Family Planning, each of which is scientifically-based and proven as highly effective in identifying the fertile and infertile phases of a woman's cycle.

### **BOM: Billings Ovulation Method™**

Individual instruction; call 815.399.4300 x382 for more information. Also available as an online course; visit [www.woomb.org](http://www.woomb.org) for more information.

Couples track the woman's natural and unique signs of fertility and infertility each day. Observations of the cervical mucus are noted daily primarily through what the woman feels at the vulva during normal daily activities and secondarily through the appearance of the mucus. The Billings Method requires neither internal examinations nor recording temperatures.

### **CCL: Couple to Couple League**

Three classes of group instruction. Also available as a home study course. Visit [www.ccli.org](http://www.ccli.org) for more information.

The couple takes basal temperature readings at a consistent time. The woman makes note of cervical fluid, if present on the tissue after voiding. Internal observations may identify an earlier start of the fertile period. Palpation of the cervix confirms the other signs of fertility. Once the method is learned, couples choose which signs of fertility they will monitor.

### **Creighton Method: Creighton Model FertilityCare™ System**

Introduction and 8 individual chart review sessions. Call 815.227.2870 for more information.

The Creighton Model *FertilityCare*™ System involves observing the cervical fluid on the toilet tissue prior to voiding. Further medical evaluation by a physician is available for couples with difficulty conceiving or other reproductive problems. Referrals are made to either a local family physician or directly to The Pope Paul VI Institute. Information site: [www.osfsaintanthony.org/services/womens-center/creighton-model-fertility-care-system.html](http://www.osfsaintanthony.org/services/womens-center/creighton-model-fertility-care-system.html)

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