



## **MARQUETTE MODEL** Natural Family Planning

### **Love, Fertility, and Responsibility PLUS Technology**

#### **Introducing the newest Family Planning method!!!**

The Marquette Method (MM) was developed at Marquette University and is taught only by licensed medical professionals. It is an objective, evidence-based, highly effective (over 99%) method of natural family planning (NFP) that uses biological signs of fertility such as hormone levels and cervical mucus to monitor and understand a woman's fertility. With this information and prayerful discernment, a couple can seek to avoid or achieve a pregnancy. With the convenience of charting with an app, online, or on paper, there is an option for every NFP lifestyle!

Rebekah Knobeloch, RN, BSN, CPN, Marquette Model Instructor, is the founder and director of the *Feminine Genius Ministries* Marquette office in Lincoln, Nebraska. Rebekah and the other instructors in her center have partnered with the Diocese of Lincoln to bring Marquette Model instruction to our NFP Office.

For more information go to: <https://www.femininegeniusministries.com/>

This method and other family planning methods can be found at: <https://www.lincolndiocese.org/nfp/home>

#### **Online Introductory Sessions for Marquette Model can be found**

**at:** <https://www.femininegeniusministries.com/nfp-services>

**You must pre-register for the session.** Introductory Sessions for Marquette Model are \$40 per couple. Each introductory session should last approximately 1 hour.

\*Engaged couples- please plan to come 30 minutes early to cover Church teaching for your marriage prep requirement.

\*Breastfeeding mothers- please plan to stay 30 minutes after to go over the breastfeeding protocol.

Private introductory sessions are available upon request for follow up, breastfeeding/postpartum protocol, and MM instruction for current users.

For more information:

1. Contact Rebekah Knobeloch, RN, BSN, CPN, Marquette Model Instructor, at [rebekahknobeloch@marquettentfp.com](mailto:rebekahknobeloch@marquettentfp.com) or
2. Marquette's Institute for Natural Family Planning: <https://nfp.marquette.edu/> or
3. Local contact- North Platte St Elizabeth Ann Seton parishioner- Kathy Burr -Certified FertilityCare (Creighton Model) Practitioner at 308-991-1880.