RESOURCES FOR CHALLENGES IN INFERTILITY

PRAYERS

_Prayers for Couples Who Desire to Conceive of a Child_

_Akatist to the Righteous Joachim and Anna_ Printed by St. Paisius Orthodox Monastery; Safford, AZ

_Ascetic Lives of Mothers: A Prayer Book for Orthodox Moms_ by Annalisa Boyd Published by Ancient Faith Publishing
http://store.ancientfaith.com

_Prayer after a Miscarriage_
O Sovereign Master, Lord our God, Who was born of the all-pure Theotokos and Ever-Virgin Mary, and as an infant was laid in a manger: do You Yourself, according to Your great mercy, have regard for this Your servant (Name) who has miscarried that which was conceived in her. Heal her suffering, granting to her, O Loving Lord, health and strength of body and soul. Guard her with a shining Angel from every assault of sickness and weakness and all inward torment. You who accept the innocence of infancy in Your Kingdom, comfort the mind of Your servant and bring her peace. Amen.

ARTICLES

_Infertility and the Intercession of the Saints_
http://saintanna.org/holy-relics/infertility-the-intercessions-of-the-saints/

_A Mother’s Heartache_ by Jennifer Hock
http://myocn.net/grief-when-a-baby-dies/

_A Hidden Community_ by Jennifer Hock
http://myocn.net/grieving-after-miscarriage/
Comforting those Who Have Lost a Baby During Pregnancy or Shortly Thereafter

By Dennise Kraus

The Greek Orthodox Position on the Ethics of Assisted Reproduction

by Dr. Metropolitan Nikolaos

The Value of A Child

by Matushka Jenny Schroedel

When the Fruit of the Womb is Not Expedient

by Fr. John Shimchick
https://oca.org/parish-ministry/familylife/when-the-fruit-of-the-womb-is-not-expedient

Sharing the Loss of the Wished for Child

by Fr. John Shimchick
https://oca.org/parish-ministry/familylife/sharing-the-loss-of-the-wished-for-child

Parenting an Adopted Child

by Anna Higgins

Books

Empty Cradle, Broken Heart: Surviving the Death of Your Baby by Deborah L. Davis, Fulcrum (1996)

On Death and Dying, by Elisabeth Kubler-Ross, Scribner (2014)

Ended Beginnings by Claudia Panuthos and Catherine Romeo, Praeger (1984)

Children of My Heart Finding Christ through Adoption by Ashley Lackovich-Van Gorp, Ancient Faith Publishing (2014)

PODCASTS INTERVIEWS

Struggling with Infertility by Father John Breck
http://www.ancientfaith.com/podcasts/illuminedheart/struggling_with_infertility

Naming the Child by Matushka Jenny Schroedel
http://www.ancientfaith.com/podcasts/features/naming_the_child

Insight to Adoption by Jennifer Hock
http://myocn.net/insight-to-adoption/

SPIRITUAL DISCIPLINES FOR ORTHODOX CHRISTIAN COUPLES DESIRING TO CONCEIVE OF A CHILD

Petitioning God as individuals, as a couple, or as His Bride, the Church, is a sacred and blessed undertaking. Our hope remains, in each and every instance, that God hears our fervent prayer. And, we pray that each and every petition is unto our salvation!

When an Orthodox Christian couple is petitioning God to conceive, both the husband and the wife ought to be living disciplined and prayerful lives. This includes:

- Regularly attending the Divine Services, most notably the Divine Liturgy.
- Following the prescribed fast of the Church and frequently receiving the Holy Eucharist with the blessing of his/her spiritual father.
- Celebrating the Blessing of Water Service in the home with clergy.
- Participating regularly in Holy Confession.
- Celebrating and being anointed with Holy Unction.

Additionally, a couple may:

- Request Holy Oil and Holy Water from our Parish for personal devotion.
- Submit names to be included in Divine Services at our Parish and at the Skete of Saint Anna.
- Seek the Intercessions of Ss. Joachim & Anna formally in prayer.
- Follow a more defined prayerful discipline established by the Skete of Saint Anna.

To schedule a visit to our Parish to venerate the Holy Relics of Ss. Joachim and Anna, to submit a prayer request, to receive a blessed icon of Ss. Joachim and
Anna, Holy Oil and Holy Water, or to learn of the Prayer Discipline of the Skete, please contact the Church Office at 916.772.9372 / office@saintanna.org
Information from the website of St. Anna Greek Orthodox Church and Shrine. www.saintanna.org.

OTHER RESOURCES

ZOE for Life
ZOE is a non-profit Christ-centered support organization with three major goals: to help women who need confidential emotional and spiritual support during crisis pregnancies; to assist Orthodox Christians seeking to adopt; and to provide and education for Pure Living and other resources. www.zoeforlifeonline.org

American Society for Reproductive Medicine
The Vision of the American Society for Reproductive Medicine (ASRM) is to be the nationally and internationally recognized leader for multidisciplinary information, education, advocacy and standards in the field of reproductive medicine. The ASRM is a non-profit organization whose members must demonstrate the high ethical principles of the medical profession, evince an interest in infertility, reproductive medicine and biology, and adhere to the objectives of the Society. www.asrm.org