

# RESOURCES FOR CHALLENGES IN INFERTILITY

## PRAYERS

*Prayers for Couples Who Desire to Conceive of a Child*

<http://saintanna.org/holy-relics/prayers-for-couples-who-desire-to-conceive-of-a-child/>

*Akathist 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

<http://oca.org/parish-ministry/familylife/october-pregnancy-and-infant-loss-awareness-month>

*The Greek Orthodox Position on the Ethics of Assisted Reproduction* by Dr. Metropolitan Nikolaos

<http://www.bioethics.org.gr/MMLN%20assisted%20repro.pdf>

*The Value of A Child* by Matushka Jenny Schroedel

<http://ocampr.org/wp-content/uploads/2013/04/OCAMPR-2012.docx>

*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

<http://www.goarch.org/archdiocese/departments/family/articles/document.2014-03-19.4204869622>

## **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)

*Naming the Child: Hope-Filled Reflections on Miscarriage Stillbirth, and Infant Death* by Jenny Schroedel, Paraclete Press (2009)

## **PODCASTS INTERVIEWS**

*Struggling with Infertility* by Father John Breck

[http://www.ancientfaith.com/podcasts/illuminedheart/struggling\\_with\\_in\\_fertility](http://www.ancientfaith.com/podcasts/illuminedheart/struggling_with_in_fertility)

*Naming the Child* by Matushka Jenny Schroedel

[http://www.ancientfaith.com/podcasts/features/naming\\_the\\_child](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](mailto:office@saintanna.org)  
Information from the website of St. Anna Greek Orthodox Church and Shrine.  
[www.saintanna.org](http://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](http://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](http://www.asrm.org)