

Abortion

To everything there is a time and a season.
Adonai, the author of beginnings and endings,
be with me now as I let go of this potential life.

There is a time for planting, and a time for uprooting
the planted.

Allow me my doubts
even as I remain steadfast in my decision.
Strengthen my soul as I make the choice
that is right for this time and this season.

There is a time for weeping and a time for laughing.
Adonai, help me to remember
that as sure as morning follows night,
I too will emerge once again into a new day.
Be with me as I move forward into a time of healing;
be my support as I knit myself back into wholeness.
To everything there is a time and a season.

PREGNANCY LOSS

Things That Are Not To Be

In this world of endless possibilities,
Some things are not to be,
A voiceless answer to my prayers,
An echo of the sounds of creation
A tree uprooted then replanted
The sun tracing a path backward
Across the vast hollow horizon.

Some things are not to be,
The baby that grew tenderly within
Gone now, leaving whispers and flutters
A trail of tears, a mountain-top loneliness
Born from wind and salt and clay.

The body remembers with neural connections
Woven together to embrace me, remind me
You were once here
A frail silvery thread connected
You ever so tentatively to me.

It frayed as the twilight unfolded
The world of endless possibilities
Offered one more thing, not to be:
This loss I wanted to refuse,
The silver thread needs mending
Frail yes, but you were once here.

Not in full form, not in full color
Not full of spirit nor body
And yet something of you lingers.
You belong to the twilight,
You dwell in the whispers,
You echo in my holy tears.

On Miscarriage or Stillbirth

may the name for the Source of Creation be magnified
and my pain grow less and less;
may the will of the Holy One work through me
day by day, hour by hour
so that this raw grief wears thin
and though despair has me, may I know that
the beauty of the world remains
even seen through tears
may I find my way to a place of peace
over this lost child
and may this be my promise:
I will not forget you,
little one I never met
and I ask that the One who makes peace in the high places
(as well as the hidden ones inside)
make peace for you;
give you comfort and angelic shelter
this blessing I ask
for myself
and the one whose life was cut so short

INFERTILITY

A Prayer When One Experiences Infertility

We have been praying for a child, God, but month after month our hopes have turned to disappointment. Bless us with a child, God. Help me, God. Let me conceive. Turn my envy into love, my despair into hope, my anxiety into calm, my tears into joy. Bless my doctors with wisdom and skill. Let the seed of life be planted and let it take root. Make me fertile, God. Be with me, God; watch over me, hear my prayer. Amen.

A Prayer for Accepting Infertility and Exploring Adoption

God, we want more than anything to have a child. We have tried all the techniques our doctors have to offer. We have lived through a roller-coaster ride of hope and excitement, disappointment and sorrow. I am tired, God. My body is tired.

I still believe in the possibility of a miracle, but perhaps a biological child is not the miracle You have in store for us. I am sad that I may never have the privilege of carrying my child, but perhaps there is a child waiting somewhere at this very moment who is destined to be ours.

We are ready now, God, to begin to explore the opportunity of adoption. Give us the courage, God, to embark on this new journey. Renew our hope. Fill us with the determination and the patience we will need to see this through.

Bless us, God, with a child. Hear this prayer, God. Amen.

Accepting Infertility

Adonai, Source of life and Creator of all, help me to accept
the unacceptable.

It is painful to acknowledge that I have reached the end of
a long and difficult road,

one that I hoped would bring forth a child.

I feel alone and abandoned, denied what I long for most.

I need You now as I struggle against the limits of the
possible.

Comfort me in my grief; console me as I mourn a future
that will not be.

Lend me Your strength so that I can bear the crushing
weight

of this anger and disappointment.

Support me as I struggle to find delight in this world.

Reawaken me to the beauty of Your universe

until I am once again able to envision a future of new
possibilities.

And help me move through despair

so that I will be able to declare with a whole heart:

those who sow in tears will reap in joy.

Accepting Infertility: For a Man

God of Mysterious Power:

So many moments I have imagined all the ways I would
raise my child.

I have looked forward to being a father;

To hear a child's voice call for me:

In love,

In laughter,

In a cry,

And that I would respond:

To lift,

To hug,

To soothe;

These chances are slipping through my hands.

I fear my shoulder will never feel the warmth of a child's
breath in surrendered trust.

Please hold me now as I move through this awareness

Toward something I cannot yet grasp.

Catch me, please, in my leap of faith.