

## **JEWISH RESOURCES ON MISCARRIAGE/PREGNANCY LOSS AND INFERTILITY**

This section is intended to provide some support for people dealing with pregnancy loss and/or infertility. The resources below are not medical; rather they offer perspectives on dealing with these difficult situations in a Jewish context.

**There are members of the DC Minyan community who have experienced miscarriages and/or infertility issues and would be glad to speak with others who are suffering through these experiences. If you would like to be put in touch with someone in the DC Minyan community who has experienced a miscarriage and/or infertility issues, please email [lifecycle@dcminyan.org](mailto:lifecycle@dcminyan.org). All emails will be kept strictly confidential.**

*Please note, as with all sections of this resource guide, this by no means represents a comprehensive set of information or exhaustive list of resources. We would welcome any and all suggestions for adding to the usefulness of this page. Please email us at [lifecycle@dcminyan.org](mailto:lifecycle@dcminyan.org)*

### **Websites:**

<http://www.slate.com/id/2077127/entry/2077168/>

An online dialogue from Slate Magazine between two Jewish women who have experienced miscarriage. This dialogue has resonated with many women who have experienced miscarriage.

<http://www.ritualwell.org/lifecycles/pregnancyinfertility/Pregnancy%20Loss/>

A collection of prayers, rituals, poems, articles, and ceremonies relating to pregnancy loss and infertility, from Ritualwell (“a source for innovative, contemporary Jewish ritual.”)

<http://www.jewishwomenshealth.org/article.php?article=62>

A list of Jewish infertility support organizations and some articles about the halachic issues involved in infertility.

<http://www.jewishpregnancyloss.org/>

According to its founders, Jewish Pregnancy Loss is a “private place for Jewish women and men of all religious outlooks who have suffered through miscarriage, stillbirth, or neonatal loss. We hope that by connecting you with others, you will feel less alone. We aim for this site to be somewhere for you to find information, explore your emotions, search for further resources, cry, think things through, and connect to God – in private, but still not alone.”

### **Books:**

***Tears of Sorrow, Seeds of Hope: A Jewish Spiritual Companion for Infertility and Pregnancy Loss*** by Rabbi Nina Beth Cardin (1999)

According to the publisher, this book is a “spiritual companion that enables the reader to mourn within the words and ways of Judaism. Drawing deeply on the wellspring of comfort found in traditional Jewish texts and prayer; it also offers readings and rituals created especially for parents struggling with the uncertainty and sorrow of pregnancy loss and infertility.”

***Hours of Devotion: Fanny Neuda's Book of Prayers for Jewish Women*** by Dinah Berland:

[http://www.dinahberland.com/hours\\_of\\_devotion.shtml](http://www.dinahberland.com/hours_of_devotion.shtml)

Written in the nineteenth century and rediscovered in the twenty-first, this is the first full-length book of Jewish prayers written for women by a woman. Many women experiencing infertility and /or pregnancy loss have found comfort in it.