

Table of Contents

11	INTRODUCTION
13	<i>How to Use This Guide</i>
14	<i>Sacred Language</i>
17	CHAPTER ONE
	SARAH: AGE, LAUGHTER, MALE FACTOR, SURROGACY, AND EGG DONATION
21	AGE
21	<i>Chronologically Young, Biologically Old</i>
21	<i>Genesis 18:11</i>
22	Self-Care:
22	<i>Forever Young</i>
24	<i>Embracing the Role of Older Mama</i>
27	LAUGHTER
27	<i>Fertility Fiasco at a Wedding</i>
28	<i>Genesis 18:12</i>
29	Self-Care:
29	<i>A Time to Cry and a Time to Laugh</i>
31	<i>Laughter Yoga</i>
32	DOUBT
33	<i>Do I Still Believe?</i>
34	<i>Genesis 18:14</i>
34	Self-Care:
34	<i>Believe Fixing is Possible</i>
35	MALE FACTOR AND SPERM DONATION
35	<i>Finding Someone to Tell</i>
37	<i>Genesis 18:12–13</i>
38	Self-Care:
38	<i>Who is Mighty</i>
39	<i>Nurturing without Biology</i>
40	<i>My Daughter's Sperm is Not Her Father</i>

42 SURROGACY AND EGG DONATION

- 42 *The Surprising Delivery*
42 *My Children Have Jewish Souls*
44 *Genesis 16:2*
45 Self-Care:
45 *She Won't Have Your Eyes*
46 *Accepting a New Reality*
47 *Choosing Wisely*
47 *Building Connection*

49 **CHAPTER TWO**
REBECCA: PARTNERSHIP, CHALLENGING
PREGNANCIES, AND PREGNANCY LOSS

53 SUPPORTIVE PARTNERSHIP

- 53 *Praying for My Wife*
54 *Genesis 25:21*
55 Self-care:
55 *Healing My Partner*
57 *Song of Songs 2:6*
57 *Gratitude*
58 *Genesis 25:21 cont.*
58 *Re-labeling Ourselves*

59 CHALLENGING PREGNANCIES

- 59 *A Pregnancy Filled with Fear*
60 *Genesis 25:22*
61 *It Was All Preventable*
63 Self-care:
63 *Hands of Kindness*

64 PREGNANCY LOSS:
TAKING THE TIME TO MOURN

- 64 *Waiting to Miscarry*
65 Self-care:
65 *Healing After a Miscarriage*
67 *Jeremiah 31:14*
67 *Writing a "Eulogy"*
68 *Wailing Wall*
69 *Prayer After Miscarriage or Stillbirth*
70 *Creating a Memorial*
70 *Psalms 118:5*

71	PREGNANCY LOSS: FINDING COMFORT
71	<i>Second Trimester Pregnancy Loss</i>
72	Self-Care:
72	<i>Community</i>
73	<i>Silent Affection</i>
74	<i>Receiving Comfort</i>
75	<i>Blanket of Reassurance</i>
77	CHAPTER THREE
	RACHEL: EMOTIONAL CHALLENGES, MARITAL DISCORD, AND MEDICAL AND NATURAL INTERVENTIONS
81	JEALOUSY
81	<i>Jealous of My Sister</i>
82	<i>Genesis 30:1</i>
83	Self-Care:
83	<i>Sending Self-Blame off to Sea</i>
83	<i>Positive Jealousy</i>
85	EMOTIONAL CHALLENGES/ DEPRESSION
85	<i>Falling into a Deep Depression</i>
86	<i>Genesis 30:1 cont.</i>
86	<i>The Four Outsiders</i>
87	Self-Care:
87	<i>Breathing New Life</i>
88	<i>A Life-Affirming Decision</i>
89	<i>Choosing Life</i>
90	MARITAL DISCORD
90	<i>Almost Divorced</i>
91	<i>Genesis 30:2</i>
93	<i>Sexual Intimacy</i>
95	Self-Care:
95	<i>Finding Compassion in the Many Waters</i>
97	<i>A Shared Song</i>
97	<i>Peace Within Your Palace</i>
98	FERTILITY DRUGS/ART
98	<i>Journeying Forth Through IVF</i>
99	<i>Genesis 30:14</i>

- 101 Self-Care:
101 *Prayer that Medicine Should Heal*
101 *Prayers for the IVF Journey: Retrieval, Conception, Transfer, Waiting*
103 *Renewal of the Body, Renewal of the Spirit*

104 EASTERN MEDICINE AND
NATURAL HEALING

- 104 *Three Amazing Healers*
105 *Judges 13:2-4*
106 *Prayer for Complete Healing to all our Wounds*
106 Self-Care:
106 *Song of the Grasses*
107 *Earth and Sky*

109 **CHAPTER FOUR**
HANNAH: COMMUNITY, PRAYER, CLERGY, AND GOD

113 COMMUNITY

- 113 *Are You Pregnant?*
114 *Samuel I 1:2-8*
116 Self-Care:
116 *Washing Away the Words*
117 *Planning for the Next Time*
118 *My Soul is Pure*

119 PRAYER

- 119 *In the Presence of God*
120 *Samuel I 1:11*
122 Self-Care:
122 *I Pour Out My Heart Like Water*
123 *Techine for a Woman Experiencing Infertility*
124 *Reciting a Psalm*

124 CLERGY AND SPIRITUAL LEADERS

- 124 *My Rabbi Had Been There Too*
125 *He Didn't Write Me Back*
126 *Samuel I 1:13-15*
127 Self-Care:
127 *Holding Hannah's Hand*

128 GOD

- 128 *Struggling with God and Infertility*
130 *Samuel I 1:20*

130	Self-Care:
130	<i>The Three Keys</i>
133	<i>Abandoned and Embraced</i>
135	CHAPTER FIVE
	BATIA: ADOPTION,
	SINGLE PARENT BY CHOICE, LGBTQ
139	ADOPTION
139	<i>Will I Be Chosen</i>
140	<i>I Wish I Had Known</i>
141	<i>Exodus 2:5–10</i>
142	Self-Care:
142	<i>Opening Up for Judgement</i>
143	<i>Living in Limbo</i>
143	<i>Mourning a Failed Adoption</i>
145	SINGLE PARENT BY CHOICE
145	<i>I'm Not Alone at All</i>
146	<i>Exodus 2:7</i>
146	Self-Care:
146	<i>Filling the Void</i>
148	<i>Making Room for Love</i>
149	LGBTQ
149	<i>We Never Expected to Conceive the Natural Way</i>
149	<i>Overcoming Discrimination and Using a Relative's Sperm</i>
150	Self-Care:
150	<i>A Circuitous Journey</i>
151	<i>Plan B</i>
153	CLOSING
	A NOTE FOR LOVED ONES
159	TOOLS FOR THE JOURNEY
159	Mikveh
163	Glossary
166	Resources
171	ACKNOWLEDGMENTS
173	Permission
174	Works Cited