Every life, no matter how brief, is a sacred gift from God. Every child bears the image and likeness of God and is cherished by Him from the first moment of conception. Even when that life ends before birth, we believe the child's soul is held tenderly in the mercy of God, who said, "Before I formed you in the womb, I knew you" (Jeremiah 1:5).

When a child is lost through miscarriage, the grief is profound, but often silent and misunderstood. A woman who has endured a miscarriage commonly feels emptiness at the physical loss of her baby, or guilt, as though she did sometime to cause the miscarriage. Other emotions include anger and jealousy toward other women who are able to carry a baby to term, followed by shame for having these feelings. More than anything, a prevailing sadness takes hold, affecting both the mother AND the father. Unfortunately, it is not uncommon for these emotions to be dismissed or only allowed to be felt for a short period of time, as early miscarriages are often seen as an unfortunate, yet routine, occurrence.

If you or someone you love has experienced the loss of a child through miscarriage, please know that **your grief is real** and **you are not alone**. We invite you to reach out to our parish office for spiritual and pastoral support.

Resources

BOOKS:

Nursery of Heaven: Miscarriage, Stillbirth, and Infant Loss in the Lives of the Saints and Today's Parents, by Patrick O'Hearn and Cassie Everts. (Link:

Grieving Together: A Couple's Journey Through Miscarriage, by Laura and Franco Fanucci.

Blessed Is the Fruit of Thy Womb: Rosary Reflections on Miscarriage, Stillbirth, and Infant Loss, by Heidi Indahl.

A Catholic Guide to Miscarriage, Stillbirth, and Infant Loss: Compassionate Answers to Difficult Questions, by Abigail Jorgensen.

After Miscarriage: A Catholic Woman's Companion to Healing and Hope, by Karen Edmisten.

The Grief of Dads: Support and Hope for Catholic Fathers Navigating Child Loss, by Patrick O'Hearn.

MINISTRIES/GROUPS:

Catholic Miscarriage Support – Practical and spiritual support for Catholics who have lost a child to miscarriage—offering practical, emotional, and spiritual resources, including an explanation of the physical process of miscarriage and how to navigate the hospital.

Held in Hope—a nonprofit company that creates and distributes miscarriage kits to equip and support women through their pregnancy loss.

Heaven's Gain Ministries—provides a guide to miscarrying at home, miscarriage kits, and recommendations for saline preservation.

Prenatal Partners for Life—offering miscarriage care packages, mentoring, and compassion.

Mommy To A Little Saint - Catholic Pregnancy and Infant Loss Support—a private Facebook group for Catholic women who have experienced the loss of a young child through miscarriage, stillbirth, and infant loss.