



*Springs of Hope Virtual Retreat*  
*Miscarriage and Infertility: One Couple's Journey*  
*Brian and Cayce Farina*

Meditate upon the words of this prayer for bereaved parents. Whether your grief is from the death of a child, the burden of infertility, or both, ask the Holy Spirit to speak to your heart through this prayer.

Let us praise the Father of mercies, the God of all consolation.

For those who trust in God, in the pain of sorrow there is consolation, in the face of despair there is hope, in the midst of death there is life. As we mourn the death of your child, we place ourselves in the hands of God and ask for strength, for healing, and for love.

Listen to the words of the Book of Lamentations:

*My soul is deprived of peace, I have forgotten what happiness is; I tell myself my future is lost, all that I hope for from the LORD. But I will call this to mind, as my reason to have hope: The favors of the LORD are not exhausted, his mercies are not spent; They are renewed each morning, so great is his faithfulness. My portion is the LORD, says my soul; therefore I will hope in him.*

Let us pray to God, who throughout the ages has heard the cries of parents. For these parents, who know the pain of grief, that they may be comforted. For this family, that it

may find new hope in the midst of suffering. For all who have suffered the loss of a child, that Christ may be their support.

Compassionate God, soothe the hearts of these parents, and grant that through the prayers of Mary, who grieved by the Cross of her Son, you may enlighten their faith, give hope to their hearts, and peace to their lives. Lord, grant mercy to all the members of this family and comfort them with the hope that one day we will all live with you, with your Son Jesus Christ, and the Holy Spirit, forever and ever. May God give us peace in our sorrow, consolation in our grief, and strength to accept his will in all things.

Amen.

(Excerpted from the *Book of Blessings*, © 1988, United States Conference of Catholic Bishops, Washington, DC).

## Resources for Miscarriage Bereavement Support

Brian and Cayce, along with several volunteers, run a bereavement ministry for miscarriage, stillbirth, and infant death, called In God's Hands. We are here to support you. Learn more:

<https://www.stthomasofvillanova.org/in-gods-hands.html>

Cayce's collection of quotes, images, and articles relating to miscarriage, grief, and infertility

<https://www.pinterest.com/caycelf/in-gods-hands-ministry/>

Website with Information on Miscarriage, Catholic Beliefs, Burial Information, etc

<http://www.catholicmiscarriagesupport.com/>

Website/Organization with caskets/vaults for miscarried/stillborn babies, and natural miscarriage remains collection kits

<https://heavensgain.org/>

Grieving Together by Franco and Laura Fanucci: a Catholic couple co-wrote this book following the losses of children through both miscarriage and infant death. This book addresses differences in grief for husbands and wives.

Shrine of the Unborn at Church of the Holy Innocents in New York, NY: Will put children's names in a book of life and one Mass per month is offered for these unborn children.

<https://shrineofholynnocents.org/shrine-of-the-unborn>

Empty Arms by Sherokee Ilsa is a book for parents who have experienced a miscarriage, stillbirth, or infant death, and provides information on the burial process or immediate logistical concerns that can be stressful for grieving families.

Grandparents Cry Twice by Mary Lou Reed is a book specifically for grandparents in the event of a miscarriage, stillbirth, or infant death, to address the unique needs and experiences of grieving grandparents.